



JAIN

SOCIETY OF METROPOLITAN WASHINGTON

A NON-PROFIT TAX-EXEMPT RELIGIOUS ORGANIZATION, ID # 54-1139623

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NO7-4

November, 2007

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President's Message

Jai Jinendra. Our Paryushan and Das Lakshan Parva celebration was a grand success. Many Shravaks, Shravikas and Tapasvies took advantage of many hours of lectures to rejuvenate their spiritual lives.

Similarly, we were blessed with several speakers since our last newsletter. I am pleased to announce that each event was well attended and received many positive feedbacks from presenters as well as attendees.

This year our pre Paryushan Panch Teerth Yatra embarked with over 50 Yatrics to Pittsburgh, PA, Toledo Ohio, Detroit, MI and Cleveland, Ohio. Once again this Yatra was also a memorable event for all those who attended it. There is a growing demand for these types of field trips in the future. We also had the opportunity to host 55 Yatrics from New Generation Jains from New Jersey.

As we nearly conclude 2007, there's much more that needs to be accomplished. The most important project is to build our Temple. As you know, there are several cities breaking ground for new Jain temples. I think we need to shift into much faster gear. We should break up the tasks and divide the work among several teams.

I want to encourage young families to step forward and volunteer for

leadership positions for 2008. In addition, I request you all to attend Annual General Body meeting and provide your feedback on the future course you would like our Society to take.

At this time I want to thank all volunteers, especially current Executive Committee members, Trustees, and youth committee members for supporting me in our quest of making our society an excellent place for our well being not only spiritually, but also socially and emotionally. I hope you continue to support our leaders as they strive for success. Finally, on behalf of our volunteers and myself, I want to apologize for any words, deeds or action that might have hurt anyone's feelings. Michchhami Dukkadam & Uttam Kshama.

Dr. Sushil Jain

TABLE OF CONTENTS

President's Message	Page 1
Ranminkbhai Savla	Page 2
Nav Smaran	Page 2
Aymbil	Page 2
Annual General Meeting	Page 2
Past Events	Page 3
Ongoing Activities	Page 4
Saurabh Get Award	Page 5
Beware	Page 5
Health Awareness	Page 6
Appeal California Fire	Page 7
Youth Corner	Page 7
Pathshala News	Page 7
Kid's Korner	Page 8
An Eye Opener	Page 10
Donations	Page 13
Election Rules	Page 15
Election Nomination Form	Insert

UPCOMING EVENTS

Ramanikbhai Savla

September 29th thru November 25th

From September 19th through November 25th, Ramanikbhai Savla will devote his time to teaching Jain Siddhants at the Jain Center during the weekends and one weekday evening. He will also teach during other weekdays at individual member's residences.

Nav Smaran

Saturday, November 10th

Nav Smaran program will be held at the Jain Center on Saturday, November 10th starting at 10:30 a.m. followed by lunch and a Snatra Pooja. Nav Smaran is the reciting of nine Stotras in the memory of Bhagwan Mahavir's Nirvan on Diwali day. Nirvan is a state when a soul gets liberated after shedding all eight types of Karma particles.

All members are encouraged to come to the Jain Center for Nav Smaran. The sponsors for the lunch are Fakirchand & Manjuben Dalal, Kiran & Rita Shah and Rajesh & Sujata Vora.

Nav Smaran is on the new year day of the Indian calendar.



**We wish everyone a
Happy New Year**

Aymbil

**Thursday, November 22nd
(Thanksgiving Day)**

We will celebrate the Thanksgiving Day, Thursday November 22nd as an Ahimsa Day by having an Aymbil program at the Jain Center. If you wish to participate, please write your name on the sign-in sheet at the temple. You can also call Manna Shah (410-531-6218) or Shefali Dalal (301-890-3784) before November 19th.

Annual General Body Meeting Sunday, December 9th

The following is the agenda for the Annual General Body meeting:

1:30 p.m. – 3:30 p.m. ... General Body Meeting
3:30 p.m. – 4:00 p.m. Election
4:00 p.m. – 5:00 p.m. Open Discussions

General Body Meeting

During the Annual General Body Meeting, the Executive Committee, the Board of Trustees, the Youth Committee, and the teachers will present a report on the annual activities, accomplishments and the statement of accounts. Any other topics put forward by the member will be discussed and voted upon by the general body if required.

An informal session will be held after the elections to discuss future activities for our Society. All members are requested to attend the General Body Meeting and provide their feedback. All suggestions/ideas are valid, and you are most welcome to present yours. Let us all decide together as to what course our Society should take in the future. The Jain Center belongs to all of us. Your voice will be heard, just show us your presence.

Election of Officers

Elections will be held for two (2) trustees for a term of 2 years, and for all positions of the Executive Committee and the Youth Committee for the year 2008. Serving on a committee is very challenging and rewarding work. We encourage all members and especially our younger members to step forward and bring their knowledge, skills, and leadership abilities to the Jain Society. Please send your nomination(s) by filling out the form listed elsewhere in the newsletter. You can mail it or hand deliver so that it reaches the election committee before 1:30 p.m. on Sunday, December 2nd.

Nomination form and details for various positions, eligibility requirements and other regulations are provided elsewhere in the newsletter.

PAST EVENTS

Panch Teerth Yatra September 1st thru 3rd

Panch Teerth Yatra was held during the labor-day weekend (September 1st through 3rd). A total of 51 people traveled by bus and visited 5 temples. We left at 7:00 a.m. on Saturday, September 1, and returned at 8:30 p.m. on Monday, September 3. We visited Pittsburgh and Toledo temples on Saturday, Detroit temple on whole day Sunday, and Cleveland temple on Monday. The program in Detroit temple included Darshan/Pooja and a Snatra Pooja program in the morning and a Bhavana program in the evening. In the afternoon, we visited Hare Krishna temple and took a tour of the Ford Mansion wherein it is located. Program at other temples included Darshan/Pooja and Bhavana programs. All visited centers gave a very warm welcome, and offered excellent hospitality. All participants enjoyed the whole trip including the various discussion/entertainment programs held in the bus.

Paryushan Parva September 8-15, 2007

Paryushan Parva was celebrated from Saturday, September 8 through Saturday, 15. It was graced by H.H. Manak Muniji who delivered excellent Pravachans in Hindi each day. In addition to Pravachans, Sanmayik and/or Pratikraman were held each day at the center.

Swapna Ceremony Sunday, September 9th

Swapna ceremony was held on Sunday, September 9th. During the ceremony, members had the chance of carrying each Swapna to the beats of music led by a procession of children performing different dances, ras and garba. H.H. Manak Muniji explained the significance of all Swapnas. Kanubhai Doshi and Jigar Shah completed the Gheeboli efficiently within 2 hours. The ceremony was followed by Swami Vatsalya Bhojan sponsored by Rekha & Kailash Mehta, Sudhaben & Shilpa Udani, Punamben,

Kanan & Manish Shah, Vaishali & Pranab Shah, Kalpana & Manohar Hegde, Hansa & Lalit Mehta, Sadhana & Virendra Shavdia, Chandra & Punam Vora and Kokila & Bhupendra Mehta.

Over 750 members attended the program. Thanks to all volunteers for making the program a grand success.

Samvatsari Pratikraman

Samvatsari Pratikraman was held on Saturday, September 15th at Shri Mangal Mandir for Deravasi Jains and at Jain Center for Sthanakvasi Jains as well as for children in English. Over 400 members took part in the Pratikraman at Mangal Mandir and over 200 at Jain Center. After the Pratikraman, Aarti and Mangal Divo were performed at the Jain Center. Thereafter, a program to honor all the Tapasvis was held. Parnu was held on Sunday, September 16th at the Jain Center. It was sponsored by Subhash & Arti Choxi, and Allap Shah.

Various Tapasyas as listed below were performed by the following members:

Atthai

Shashikant Bhandari	Prakash Mehta
Subhash Choxi	Navin Vora
Narendra Goda	

Attham

Dilip Dharamshi	Atul Shah
Bela Gandhi	Bhavin Savla
Jyoti Goda	Hemangini Shah
Bhupesh Mehta	Nitesh Shah
Mona Parikh	Sailesh Shah
Ashok Shah	Tanuja Shah

Other Tapasya

Niyati Jhaveri	2 Year Varsitap
Jyotsna Shah.....	Ayambil Varsitap
Sangeeta Shah	1 Year Varsitap
Pravin Dand.....	1 Varshitap (200 Upwas)
Pravin Dand.....	+ 20 Sthaak Oddi (276 Upwas)
Aruna Shah.....	3 Upvas + 509 Ayambil
Chandraben Shah	50 Ekasana
Punamben Shah.....	50 Ekasana

Also, Congratulations to the following children for doing Tapasya as shown below:

Name (Age)	Performed
Mili Shah (13)	Atthai (8 Upvas)
Ami Shah (14)	Attham: 2; Ekasana: 2
Sahil Shah	Attham: 1
Sagar Shah (11)	Upvas: 7
Priyal Gandhi (12)	Upvas:4
Sonia Dalal (16)	Upvas: 2
Hiren Doshi	Upvas: 3
Kruti Mehta (15)	Upvas: 2
Nimit Mehta (18)	Upvas: 2
Hamil Shah (10)	Upvas: 2; Ekasana: 7; Byasana:1
Nikeith Shah	Upvas: 2; Ekasana: 2; Byasana:2
Nikit Shah	Upvas: 2
Raina Shah	Upvas: 2
Harshal Bhandari	Upvas: 1
Pradnya Bhandari	Upvas: 1
Pratik Bhandari	Upvas: 1
Shefali Doshi	Upvas: 1; Ekasana: 1
Reena Parikh	Upvas: 1
Jinal Shah	Upvas: 1
Mansi Shah	Upvas: 1; Ekasana: 7
Nehal Shah	Upvas: 1
Parita Shah (18)	Upvas: 1
Parth Shah	Upvas: 1; Ekasana: 1
Pathik Shah (21)	Upvas: 1
Payal Vora (17)	Upvas: 1; Ekasana: 1
Nikhil Vora (13)	Ekasana: 3; Byasana: 2
Foram Shah	Ekasana: 2; Byasana: 1
Ishan Shah (10)	Ekasana: 2; Byasana: 2
Kanvi P Shah	Ekasana: 2; Byasana: 6
Keval Shah	Ekasana: 2; Byasana: 1
Ronak Shah	Ekasana: 1
Sahil Desai	Byasana: 3
Aanal Gandhi (11)	Byasana: 6
Shreyal Gandhi (5)	Byasana: 1
Dhruvil (5)	Byasana: 1
Sanket Shah (7)	Byasana: 1
Shivani Shah (9)	Byasana: 2
Yashvi Shah (4)	Byasana: 4
Arpen Jhaveri	Ekasana: 35
Niket Jhaveri	15 days Alternating Upwas/Byasana and then 20 Byasana

The above list is based on the information provided to the Executive Committee. We would also like to congratulate all other Tapasvis who did not inform us of their Tapasya and hence their names could not be included in the above list.

Das Lakshan Parva September 16th thru 25th

Das Lakshan Parva was celebrated from Sunday, September 16th through Tuesday, September 25th. The program included prerecorded Pravachans by Pandit Jugal Kishorji (Yugalji) of Kota, Rajasthan. These Pravachans were the main part of the program and explanations were added as needed. Everyday a few minutes were devoted to recognizing the day's Dharama-Lakshan. The Pratikraman was held from 7:30 to 9:00 p.m. at the Jain Center.

NY Jain Sangh Sunday, September 30th

Approximately 55 members of "Next Generation Jains" from New Jersey came to visit our Jain Center on September 30th. All visitors were young adults between the ages of 20 and 40 together with their children.

ONGOING ACTIVITIES

Following are the details of the ongoing programs at the Jain Center:

- ✚ Sunday School Pathshala 2nd and 4th Sunday of each month - 10:30 a.m. to 12:00 noon followed by Lunch. POC: Nilesh Shah (New classes started in September);
- ✚ Adult religious classes in parallel with Sunday School starting in September;
- ✚ Adult Adhyatmik studies each Sunday - 8:00 a.m. to 10:00 a.m.;
- ✚ Abhishek each Sunday at 9:00 a.m.;
- ✚ Monthly Snatra Pooja (Sundays) - 10:30 a.m. followed by lunch;

- ✚ Dev Shasta Guru Pooja on 1st Sunday of each month - 10:00 a.m. to 11:00 a.m. followed by lunch; and
- ✚ Monthly Executive Committee meeting 2nd Sunday of each Month - 1:30 p.m. POC: Jatin Shah.

Poojas

The Pooja Committee has been very busy performing various Poojas (Vastuk Pooja, Panch Kalyanak Pooja and Antaray Karma Pooja) at the residence of our members and also at the Jain Center. We want to thank the members of Pooja Committee for performing every Pooja with full dedication in a highly professional manner, and for their personal sacrifice to take spirituality to individual homes. If you wish to sponsor any Pooja, please contact Jyoti Doshi at 301-670-6844.

In addition to the above, a Snatra Pooja is performed once a month at the Jain Center. The Pooja preparation starts at 10.00 a.m. followed by the Pooja at 10.30 a.m. The Swami Vatsalya Lunch is served after the Pooja. If you and/or your family members plan to attend the Pooja and/or sponsor Swami Vatsalya lunch, please contact:

*Pallavi or Ashok Shah: 301-260-1264
e-mail: paril33@hotmail.com, OR
Manna or Nilesh Shah: 301-549-2776
e-mail: nilesh_shah99@yahoo.com*

Saurabh Dalal Gets Award

Congratulations to Saurabh F. Dalal for receiving the HENRY SPIRA GRASSROOTS ACTIVIST award at the Animal Rights 2007 Conference held in Los Angeles in July, 2007. Also, in 2006, he received 'AHIMSA AWARD' by Jain Friends, an international Jain internet organization, in Poona, India.

Saurabh has been a pioneer in the vegetarian, animal rights, and environmental movements among Indian Americans in USA. For over 10 years, he has been the President of Vegetarian Society of DC which is the second largest and the oldest vegetarian society in

North America with over 900 members. He is also the chairman of the Vegetarian Union of North America and the Vice Chairman of International Vegetarian Union which holds World Vegetarian Congress every other year in different countries of the world. His presentation at the 2007 JAINA Convention in Edison, N.J. on 'Global Warming' was acclaimed by Dr. L.M. Sanghvi. It included researched information on non-vegetarian diet being the largest contributor to global warming.

On behalf of our Jain Society, Saurabh was one of the pioneers of the "Jain Academic Bowl" competitions held at JAINA conventions, and conducted the bowl at conventions prior to turning it over to Young Jains of America (YJA). He is also a pioneer of YJA, Young Jain Professionals (YJP), and Young Jains International (YJI). He is a vegan himself and has converted many into Vegetarianism and/or Veganism.

Beware

DO NOT DIAL

Area Code 809, 284 Or 876

If you get a message to call some number in these area codes, do **NOT** call these area codes. The message usually tells you that you have won a wonderful prize, or that it is an important message about your relative, etc.; and tells you to return the call. Since there are so many new area codes, people unknowingly return the call.

The 809 area code is located in the British Virgin Islands (The Bahamas). If you call area code 809 from the US, you will apparently be charged \$2,425.00 per-minute. And, you'll get a long recorded message to keep you on the phone as long as possible to increase the charges. Unfortunately, when you get your phone bill, you may be charged \$24,250.00 for a 10-minute call.

If you complain about the charge, both your local phone company and your long distance carrier will not want to get involved and will most likely tell you that they are simply

providing the billing for the foreign company. You'll end up dealing with a foreign company that argues that they have done nothing wrong.

Health Awareness

Stress

We experience stress when we feel overwhelmed and unsure how to meet the demands placed on us; in other words when our personal balance has been upset in some way. We all face different challenges and obstacles in varying forms and degrees everyday in our lives. However, we all have different capabilities to cope with these daily challenges. What we consider stressful depends on many factors, including our personality, general outlook on life, problem-solving abilities, and social support system. Something that's stressful to one may not be to others. They may even enjoy it – they may find it challenging.

Stress does not discriminate age groups; it can affect anyone from children to adolescents to adults. Women are affected twice more than men. Why is this so – women have to balance multiple roles: workplace, rearing children, taking care of household and family demands. We are a sandwiched generation trying to meet the demands of our parents (born in our homeland) and our children born here. We are trying to balance the eastern and western cultures.

A little stress is good for us. It is even challenging. It gives us the push we need, motivating us to do our best and to stay focused and alert. “Stress is what keeps us on our toes during a presentation at work or drives us to study for our midterm when we'd rather be watching TV.” Stress becomes a threat to both our physical and emotional well being when we cannot meet the life's demands. This is when the body tries to overcome stress by certain physiological adjustments. At this point, we may develop physical, physiological or psychological problems. As the level of pressure gets too great, stress eventually surpasses our ability to cope with it in a positive way. This is when people describe themselves as being stressed out, burned out, or at wits end.

At this point, it is important to find positive and productive ways to deal with the stress and, more importantly, to address the cause of stress.

Symptoms:

- Heart pounding in the chest;
- Muscles tensing up;
- Breathe coming faster; and
- Every sense on red alert.

Causes of Stress:

- Jobs and the workplace;
- Financial problems;
- Personal relationships;
- Children;
- Daily hassles/ Being too busy; and
- No time to relax.

Risk Factors:

- Social and financial problems;
- Medical illness;
- Lack of social support; and
- Family history.

Results: Health Issues

- | | |
|---------------|----------------------------|
| ➤ Migraines | ➤ High blood pressure |
| ➤ Ulcers | ➤ Autoimmune diseases |
| ➤ Heartburn | ➤ eating disorders, and |
| ➤ Diabetes | ➤ substance abuse. |
| ➤ Asthma | ➤ Irritable bowel syndrome |
| ➤ PMS | ➤ Chronic pain |
| ➤ Obesity | ➤ Heart disease |
| ➤ Infertility | ➤ Skin problems |
| ➤ anxiety | ➤ depression |

Prevention:

- Set realistic goals and limits;
- Put things into perspective and try not to get upset about insignificant or relatively unimportant matters;
- Take stress, time management, or anger management classes;
- Find activities that you enjoy and set aside time to participate in them on a regular basis;
- Participate in regular physical exercise & meditation;
- Maintain a positive outlook;

- Set goals and break them into easily achievable tasks;
- Reward yourself for the good things that you do each day; and
- Adequate sleep.

Source: <http://www.helpguide.org/mental/stress>
<http://www.stressfocus.com/stress>
<http://www.emedicinehealth.com>

SOLUTION TO THE LAST NEWSLETTER

1. There is a pattern below:

A EF HI KLMN

 BCD G J OP

SOLUTION: The letters above the line are composed exclusively of straight lines. The letters below have curves in them:

2. Three Men and a Hotel

SOLUTION: The faulty reasoning lies in the addition at the end. $3 \times \$9$ does equal \$27, but the \$2 tip is included in that \$27, so it makes no sense to add the \$2 to \$27 to make \$29. They paid \$25 for the hotel room, \$2 for the tip (\$27), and then got \$1 back each to make the original \$30.

3. Please follow the instructions below carefully.

SOLUTION: Sadly, Denmark is an unlikely place to find gray elephants and orange kangaroos.

And so is Djibouti.

Appeal for California Fire

The World community Service of JAINA is collecting funds for the victims of California Fire. We appeal to all of you to donate generously. Please make your check payable to JAINA and mail to Prakash Mehta, 2960 Mother Well Court, Oak Hill, VA 20171.

Youth Corner

About twenty members attended the summer picnic held at Black Hills Regional Park. We enjoyed the potluck lunch, games, and boating. We also organized a weed-pulling day in August at the temple. The adult Jain

Discussion Group met in September to watch and discuss the film and documentary called "What the Bleep Do We Know", a film on the connections between science and spirituality. Please contact Sheetal Haria or Sonal Sheth for more information on the next discussion group.

Youth Camp Held on June 28th - Feedback

We received positive feedback from the campers who attended the Bright and Spiritual Lifestyle Camp which Shrutpragya Swamiji conducted from June 28th through July 1st. The camp was for children between the ages of 12-18 years of age. Most of the campers mentioned that they liked the total relaxation practice and yoga very much. Few of the participants mentioned that the lectures and presentation on personality development were very informative. The campers also learned the importance of time management and the twelve ways to destroy Karma. Some felt that the laughing exercise made them feel more energetic. One of the campers enjoyed learning about three aspects that make up one's personality (attraction, expression, impression). It was also interesting to learn about the five bad habits and a healthy lifestyle.

Few out of state campers felt that there was so much warmth that they did not miss home at all and immediately made new friends.

Pathshala News

Jain Sunday School for 2007-2008 started on September 30, 2007. This year we have 61 children registered, a big increase from last year's 49 children. Jain Sunday School is open to children between ages 6 to 18 years. The class schedule is posted on our website JainSocietydc.org.

Our Volunteer Teachers are Hemangini Shah & Toral Shah for class A, Ami Shah & Kashmira Vaywala for class B, Veena Dand, Rupa Mehta, & Sonal Doshi for class C, Arvind Mehta & Rupal Shah for class D, Nayana Mehta & Rajiv Jain for Class E, and Kamlesh Shah for Class F. Welcome to our new teacher Chirag Shah for class B. Jain Sunday School would not

be possible without these teachers who devote their time to teach Jainism to our children. Thank you very much. We really appreciate our volunteer teachers. Please sign up for sponsoring Sunday School Lunch. We have

many slots open. We thank Saravana Palace (11725 Lee Hwy Ste A15, Fairfax, VA (703 218 4182) for providing lunch for Sunday school on October 14th 2007. www.saravanapalaceva.com.

Kids' Korner

PARYUSHAN PUZZLE – SOLUTION

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Nav Smaran

(Article from one of our Children)

Nav Smaran is the reciting of nine Stotras in the memory of Bhagwan Mahavir's Nirvan, a state when a soul gets liberated after shedding all eight types of Karma particles. The following are the nine Stotras:

1. Navkar Mantra

The salutations are offered here for the Panch Parmeshthi: Arihant, Siddha, Acharya, Upadhyaya and Sadhu. By reciting this Maha Mantra, all our sins and miseries can disappear.

2. Uvasaggaharam

This Stotra is a Stavan about Bhagwan Parshwanath's good virtues. Shree Bhadra Bahu Swami wrote it. By reciting this Stavan, all obstacles or troubles can disappear; thus, the mind can achieve a pleasant state.

3. Shantikaran

This Stotra is about Bhagwan Shantinath. This Stotra is the recollection or remembrance of 16 Vidya Devis, Yakshas and Sashan Devis of 24 Tirthankars. Muni Shree Sundar Suri wrote it. Recital of this Stotra brings happiness.

4. Tijay Pahutt

This Stotra is about Tirthankars. It was written by Shree Manavdev Suri. Recital of this Stotra can eliminate the hardships facing a Sangh (Society).

5. Namiyuan

This Stotra is about Bhagwan Parshwanath. Shree Mantung Suri wrote it. Recital of this Stotra can clear a multitude number of fears.

6. Ajit Shanti

This Stotra is a combined Stavan about Bhagwan Ajitnath and Bhagwan Shantinath, and was written by Shree Nandishen Suri. It is said that at Shatrunjaya, the doors of Ajitnath and Shantinath temples were across each other, but by reciting this Stotra they came to be next to each other.

7. Bhaktamar

This Stotra is the Stavan about Bhagwan Adinath. Shree Mantung Suri Maharaj wrote

it. It is said that King Bhoj put cuffs (Bedis) with chains on Acharya Maharaj to test his tolerance. As he recited each verse of the Stotra, cuffs started dismantling one by one. After all the verses were recited, Acharya Maharaj was freed.

8. Kalyan Mandir

This Stotra is about Bhagwan Parshwanath and was written by Shree Siddhasen Divakar Suri. It is said that Brahmins converted the original Jain temple to Hindu temple by burying the statue of Bhagwan Parshwanath and covering it with Shiv Ling (Shiv Ling is the symbol of Hindu lord Shiva). When Acharya Maharaj came to the temple, he recited this Stotra. As he was reciting the Stotra, the Shiv Ling tore apart and uncovered the statue. It is said that by reciting this Stotra, one can get rid of all bad things in life.

9. Bruhad Shanti

After a Tirthankar to be is born and taken to Mount Meru for special bathing ceremony, Indra, Devs and Devis recite this Stotra. It is said that Bhagwan Neminath's mother, Shiva Devi, wrote this Stotra.

Juhi Hedge

Story Time Sumitra

Long ago in the city of Srichandra, King Tarapida had a minister named Sumitra. He was a devoted Shrivak, and regularly practiced Samayik, Pratikraman, and other religious rites. One day, the king asked Sumitra why he had overloaded himself with all these worthless activities. He wanted to know what he achieved out of them, and suggested that he should give up these things so he may have a pleasant life. Sumitra told the king, "Instead of discouraging me, you should help me in carrying out these activities. You or anyone should know that good deeds help in one's well-being."

One day, the minister finished his duties at the court and went home. This was the fourteenth lunar day, known as Chaturdasi. He was fasting that day. He was late to perform Pausadha at the temple. So he vowed not to leave his house during the night until sunrise and sat down in Pratikraman.

During the night, a messenger came and told Sumitra that the king wanted to see him. The minister told him he could not see the king at that time. The king sent another message to tell him that if he did not go to the king at once, he should resign his office and hand over his royal seal.

Sumitra decided to continue his vow. He told the messenger to pick up the royal seal and tell the king that he would not be able to come. While back, the messenger thought it was not bad to be the minister himself. So he started uttering, "I am the minister, I am the minister." He started repeating it louder and louder. It so happened that some armed men jumped on him, killed him, and grabbed the minister's seal of the office.

When the king heard of the messenger's death, he grabbed an opened sword, and left to go to the temple. He felt certain that Sumitra had a hand in this murder. On the way, he found his messenger who was lying dead with some armed men around him. He asked the men, "Why did they kill this man?" They said, "We are armed men of King Surasen from

Dharavar and came here to kill the minister Sumitra." The king told them who he was. The armed men got scared and surrendered to him.

The king's anger cooled down. He realized that it was good that Sumitra did not come. His vow saved him. King reached Sumitra's house. He told Sumitra, "If you had not been performing your vow today, you would have been killed. This would have been a terrible tragedy for the kingdom. I reinstate you to your office. I am sorry for what I did to you." This event turned the king to be a very religious person. The king met with Acharya Purnachandra, and accepted the vows of a Shravak. The court was turned into a spiritual assembly. Sumitra now became even more special to the king, and the king did many good things for his people and his kingdom.

Editor's note: This story is taken from e-mails sent by Premchand B. Gada of the JAINA Education Committee.

Source: http://www.oshwal.com/jain_r/jain_stories/jainstories.htm



An Eye Opener

Nutrition Power: We Are What We Eat

The food we eat not only influences the health of our heart, but also our brain. What we eat affects every part of us, from the heart to the bones to the brain. Thus, it is imperative that our brain gets the right mixture of nutrients to stay in the top form. Below are the properties of commonly eaten fruits and vegetables:

APPLES	Protects your heart	prevents constipation	Blocks diarrhea	Improves lung capacity	Cushions joints
APRICOTS	Combats cancer	Controls blood pressure	Saves your eyesight	Shields against Alzheimer's	Slows aging process
ARTICHOKES	Aids digestion	Lowers cholesterol	Protects your heart	Stabilizes blood sugar	Guards against liver disease
AVOCADOS	Battles diabetes	Lowers cholesterol	Helps stops strokes	Controls blood pressure	Smoothes skin
BANANAS	Protects your heart	Quiets a cough	Strengthens bones	Controls blood pressure	Blocks diarrhea
BEANS	Prevents constipation	Helps hemorrhoids	Lowers cholesterol	Combats cancer	Stabilizes blood sugar
BEETS	Controls blood	Combats	Strengthens	Protects your	Aids weight

	pressure	cancer	bones	heart	loss
BLUEBERRIES	Combats cancer	Protects your heart	Stabilizes blood sugar	Boosts memory	Prevents constipation
BROCCOLI	Strengthens bones	Saves eyesight	Combats cancer	Protects your heart	Controls blood pressure
CABBAGE	Combats cancer	Prevents constipation	Promotes weight loss	Protects your heart	Helps hemorrhoids
CANTALOUPE	Saves eyesight	Controls blood pressure	Lowers cholesterol	Combats cancer	Supports immune system
CARROTS	Saves eyesight	Protects your heart	Prevents constipation	Combats cancer	Promotes weight loss
CAULIFLOWER	Protects against Prostate Cancer	Combats Breast Cancer	Strengthens bones	Banishes bruises	Guards against heart disease
CHERRIES	Protects your heart	Combats Cancer	Ends insomnia	Slows aging process	Shields against Alzheimer's
CHESTNUTS	Promotes weight loss	Protects your heart	Lowers cholesterol	Combats Cancer	Controls blood pressure
CHILI PEPPERS	Aids digestion	Soothes sore throat	Clears sinuses	Combats Cancer	Boosts immune system
FIGS	Promotes weight loss	Helps stops strokes	Lowers cholesterol	Combats Cancer	Controls blood pressure
FLAX	Aids digestion	Battles diabetes	Protects your heart	Improves mental health	Boosts immune system
GARLIC	Lowers cholesterol	Controls blood pressure	Combats cancer	kills bacteria	Fights fungus
GRAPEFRUIT	Protects against heart attacks	Promotes Weight loss	Helps stops strokes	Combats Prostate Cancer	Lowers cholesterol
GRAPES	saves eyesight	Conquers kidney stones	Combats cancer	Enhances blood flow	Protects your heart
GREEN TEA	Combats cancer	Protects your heart	Helps stops strokes	Promotes Weight loss	Kills bacteria
HONEY	Heals wounds	Aids digestion	Guards against ulcers	Increases energy	Fights allergies
LEMONS	Combats cancer	Protects your heart	Controls blood pressure	Smoothes skin	Stops scurvy
LIMES	Combats cancer	Protects your heart	Controls blood pressure	Smoothes skin	Stops scurvy
MANGOES	Combats cancer	Boosts memory	Regulates thyroid	aids digestion	Shields against Alzheimer's

MUSHROOMS	Controls blood pressure	Lowers cholesterol	Kills bacteria	Combats cancer	Strengthens bones
OATS	Lowers cholesterol	Combats cancer	Battles diabetes	prevents constipation	Smoothes skin
OLIVE OIL	Protects your heart	Promotes Weight loss	Combats cancer	Battles diabetes	Smoothes skin
ONIONS	Reduce risk of heart attack	Combats cancer	Kills bacteria	Lowers cholesterol	Fights fungus
ORANGES	Supports immune systems	Combats cancer	Protects your heart	Straightens respiration	
PEACHES	prevents constipation	Combats cancer	Helps stops strokes	aids digestion	Helps hemorrhoids
PEANUTS	Protects against heart disease	Promotes Weight loss	Combats Prostate Cancer	Lowers cholesterol	Aggravates <u>diverticulitis</u>
PINEAPPLE	Strengthens bones	Relieves colds	Aids digestion	Dissolves warts	Blocks diarrhea
PRUNES	Slows aging process	prevents constipation	boosts memory	Lowers cholesterol	Protects against heart disease
RICE	Protects your heart	Battles diabetes	Conquers kidney stones	Combats cancer	Helps stops strokes
STRAWBERRIES	Combats cancer	Protects your heart	boosts memory	Calms stress	
SWEET POTATOES	Saves your eyesight	Lifts mood	Combats cancer	Strengthens bones	
TOMATOES	Protects prostate	Combats cancer	Lowers cholesterol	Protects your heart	
WALNUTS	Lowers cholesterol	Combats cancer	boosts memory	Lifts mood	Protects against heart disease
WATER	Promotes Weight loss	Combats cancer	Conquers kidney stones	Smoothes skin	
WATERMELON	Protects prostate	Promotes Weight loss	Lowers cholesterol	Helps stops strokes	Controls blood pressure
WHEAT GERM	Combats Colon Cancer	prevents constipation	Lowers cholesterol	Helps stops strokes	improves digestion
WHEAT BRAN	Combats Colon Cancer	prevents constipation	Lowers cholesterol	Helps stops strokes	improves digestion
YOGURT	Guards against ulcers	Strengthens bones	Lowers cholesterol	Supports immune systems	Aids digestion

DONATIONS TO JAIN SOCIETY (OVER \$51)

Received as of October 25, 2007

(Does not include donations made by our members to other non-profit organizations)

Life Membership

\$151	Doshi, Nileshe&Megha	\$151	Shah, Suresh & Rashmi
151	Maisheri, Bhavesh & Ketki	151	Shah, Sahil & Ripal
151	Maru, Hiranaya	151	Shah, Saurin & Shital
151	Mehta, Ashwin & Nayana	151	Singhai, Vinod & Seema
151	Shah, Akshay & Shaila	151	Sogani, Nitin & Meeta
151	Shah, Dharendra & Sheela	151	Zaveri, Pradhuman & Laxmi

3-Year Membership

\$51	Chavan, Nitin & Dipti	\$51	Parekh, Bhushan & Abha
51	Gada, Prem & Kokila	51	Parmar, Vasant
51	Jain, Suken & Hetal	51	Shah, Chaula & Gaurang
51	Jain, Vishal & Shweta	51	Shah, Raxita

Gheeboli and General Donations

6501	Shah, Atul & Aruna	200	Jain, Ashish & Shilpa
3301	Parikh, Gunvati/Subodhchandra	152	Savla, Sakerben & Chhaya
3001	Merchant, Deepak & Sunila	152	Shah, Manu J.
1001	Shah, Sahil G	152	Khona, Sudhir & Dharini
602	Shah, Bhavesh & Nita	151	Shah, Natwarlal & Pushpa
501	Desai, Arvind & Rama	134	Shah, Chandralekha & Bhadra
501	Shah, Saurin & Shital	134	Shah, Mahendra & Bharti
501	Shah, Siddharth & Smita	133	Jhaveri, Pramod & Hansa
451	Shah, Abhay & Rukhmani	131	Zaveri, Pavan & Meenal
401	Mehta, Bhadresh	125	Chheda, Ratilal & Rekha
400	Mehta, Ramesh & Varsha	125	Kot, Megha
353	Dharamsi, Manoj & Kanta	125	Mehta, Kailash & Rekha
352	Doshi, Kanu & Jyoti	121	Shah, Minaxi
351	Dhila, Bhadresh & Shefali	111	Nagda, Niren & Jaya
301	Shah, Kiran B	101	Chheda, Nimesh & Vaishali
301	Shah, Tushar	101	Dharamshi, Dilip & Kusum
301	Tejani, Jitendra & Niranjana	101	Dharamshi, Shilpa & Alpa
252	Dand, Pravin & Veena	101	Gala, Harak & Nalini
222	Shah, Ashok & Pallavi	101	Gala, Vasant & Jyoti
202	Jain, Sanjay & Indu	101	Gangar, Haribhai & Zaver
202	Shah, Uday & Vidhyut	101	Gangar, Kailash & Anita
201	Parikh, Dilip & Leena	101	Gangar, Kanti & Meeta
201	Shah, Shailesh. & Mona	101	Goda, Narendra & Jyotsna

DONATIONS TO JAIN SOCIETY (OVER \$51)

Received as of October 25, 2007

(Does not include donations made by our members to other non-profit organizations)

Gheeboli and General Donations (Cont'd)

101	Jain, Jatin & Parul	100	Gangar, Amrish & Sejal
101	Maisheri, Bhavesh & Ketki	100	Shah, Deepak & Neela
101	Mehta, Alpa	100	Shah, Hitesh & Jyoti
101	Mehta, Jayesh & Parul	100	Shah, Kalpesh & Komal
101	Mehta, Prakash & Kirtida	51	Globex Realty Inc.
101	Shah, Navin	51	Batavia, Anil & Anju
101	Shah, Jatin & Toral	51	Bhavsar, Gunvanti
101	Shah, Jayvanti	51	Desai, Himmat & Tarlika
101	Shah, Mulchand & Ratan	51	Khajuria, Kirit & Bharti
101	Shah, Pragnesh & Neeta	51	Kinariwala, Devang & Falguni
101	Shah, Shilpa A and Ajit	51	Mehta, Nilesh & Minaxi
101	Vora, Arvind & Reeta	51	Parikh, Mukesh & Mona
101	Vora, Bhavi & Anju	51	Shah, Bhavik & Shrutee
101	Vora, Manish & Nirmala	51	Shah, Fatechand & Meera
101	Zariwala, Munawar & Bina	51	Shah, Rohit & Nayna
100	Doshi, Nilesh & Megha	51	Shah, Saroj & Jagdish

Atthai

\$101 Mehta, Prakash & Kirtida

Teachings of Lord Mahavir

- Fight with yourself, why fight with external foes?
- He who conquers himself through himself will obtain happiness.
- All beings hate pain, therefore one should not hurt or kill them. Ahimsa is the highest religion.
- A man is seated on the top of a tree in the midst of a burning forest. He sees all living beings perish. But he doesn't realize that the same fate is soon to overtake him also. That man is a fool.

10 Commandments of Non-Violence (Ahimsa)

1. Live and let live. Love all. Serve all.
2. Where there is love, there is life. Violence is suicide.
3. All souls are alike and potentially divine. None is superior or inferior.
4. All living beings long to live. No one wants to die.
5. Have compassion towards all living beings. Hatred leads destruction.
6. Silence and self control is non-violence.
7. I dislike pain, so all other beings also dislike pain.
8. A wise person does not kill, nor causes others to kill, nor consents to the killing by others.
9. Respect for all living beings is non-violence.
10. Non-violence is the highest religion.

RULES AND REGULATIONS FOR ELECTIONS

1. POSITIONS

The nomination form may be filled for any one of the following 16 positions.

Board of Trustees:	Two Trustees for a term of 2 years.
Executive Committee:	President, Vice-President, Secretary, Joint-Secretary, Treasurer, Joint-Treasurer, and three members-at-large for a term of one year.
Youth Committee:	Coordinator, and four members for a term of one year.

2. RESTRICTIONS

Only members with voting rights are eligible for contesting for election. A voting member can submit a nomination form for only one position. Only one member of a member family can contest for any one position in the Executive Committee since the constitution does not allow more than one person of the same family in the Executive Committee. The same rule applies to the Board of Trustees as well as to the Youth Committee. No officer of the Executive Committee (President, Vice President, Secretary, Joint Secretary, Treasurer and Joint Treasurer) can apply for election to the same office for more than three consecutive terms.

3. VOTING RIGHTS

Husband, wife, their parents and unmarried children of minimum age of 18 years, living in the same household, are entitled to vote at the general body meeting, and also for the election of the Board of Trustees and the Executive Committee. The constitution states that members' married children are not treated as members of the Jain Society, unless and until they become separate members of the Jain Society. As such, married children are not eligible for voting or contesting for election because of the membership of their parents.

Members' unmarried children of age 15 to 25 years, as well as, members of age 15 to 25 are entitled to vote for the election of the Youth Committee. The age requirement must be satisfied on the 1st January of the year for which the elections are being held.

4. ELIGIBILITY REQUIREMENTS FOR CANDIDATES

Board of Trustees: To be eligible for election to the Board of Trustees, a person must be a life member of the Society for at least one year prior to 1st January of the election year, and must have paid a minimum of \$5,000 donation for Jain Center (does not include payments for Gheebolis, membership fees or charges for programs or other services) prior to the Nomination Deadline for the elections.

Executive Committee: To be eligible for election to the Executive Committee, a person must be a member of the Society for one year prior to 1st January of the election year.

Youth Committee: Coordinator shall be of age 18 years and over, and committee members shall be of age 15 to 25 years, on the 1st January of the election year.

5. ELIGIBILITY REQUIREMENT FOR NOMINATORS

A person who is eligible for voting for the election of a position is eligible for nominating a candidate for that position.



JAIN

SOCIETY OF METROPOLITAN WASHINGTON

MAILING ADDRESS: P.O. BOX 4548, SILVER SPRING, MD 20914

Web address: www.JainSocietyDC.org

**ADDRESS SERVICE REQUESTED
FORWARDING POSTAGE GUARANTEED**

Upcoming Events

Saturday, September 29 – Sunday, November 25Ramanikbhai Savla

Saturday, November 10Nav Smaran
..... Mahavir Swami Nirvan Pooja / Snatra Pooja

Thursday, November 22Ayambil

Sunday, December 9 Snatra Pooja
..... Annual General Body Meeting and Elections

Sunday, January 6, 2008Dev Shastra Guru Pooja/ Snatra



JAIN

SOCIETY OF METROPOLITAN WASHINGTON

2008 ELECTIONS Nomination Form

I hereby nominate: _____

for the position of: _____ in the
_____ Board of Trustees
_____ Executive Committee
_____ Youth Committee

_____ Date _____ Full Name of the Nominator _____ Signature of the Nominator

I accept the above nomination and if elected, agree to serve the Jain Society to the best of my abilities.

_____ Date _____ Signature of the Candidate _____ E-Mail Address

_____ Home Phone Number _____ Cell Phone Number _____ Office Phone Number

The Nomination Form must be received by one of the election officers mentioned below by December 2, 2007:

Mr. Prakash Mehta
2960 Mother Well Court
Oak Hill, VA 20171-4066
Phone: 703-318-8252

Mr. Dilip Parikh
10309 Kings Bridge Road
Ellicott City, MD 21042-5851
Phone: 410-750-6426

Mr. Allap Shah
1906 Holly Ridge Drive # 101
McLean, VA 22102
Phone: 562-587-5524