



JAIN

SOCIETY OF METROPOLITAN WASHINGTON

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

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NO7-3

August, 2007

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President's Message

Jai Jinendra. Over the last few weeks we had the pleasure of having several speakers visit Metro Washington; each with Lord Mahavir's message of Ahinsa, Anekantwad and Peace. Next month we will be celebrating Paryushan Parva followed by Das Lakshan Parva starting on September 8th and ending on 25th September. Munishri Manak Muniji will deliver Pravachans during Paryushan. Pre-taped lectures and discussions will be presented by Rajnibhai Gosalia and others during Das Lakshan Parva. All members are urged to come to Jain Center during these celebrations.

We do not have any sponsor for the Swami Vatsalya Bhojan during Swapana ceremony program on Sunday, September 9th. The total expenses are around \$4501. Please partner with other families and friends, and become sponsor for this auspicious event.

The activities at the center are increasing significantly each month, thanks to our planners, volunteers, and sponsors for insuring each activity is well planned and coordinated to avoid schedule conflicts.

A special thanks to nearly 30 volunteers from Washington and Baltimore for volunteering to serve Lunch on Sat, July 7th during JAINA convention. You, volunteers, continuously sacrifice your personal happiness, family time to serve our community without asking for anything in return. It is community's responsibility to acknowledge, recognize these sacrifices regardless of how large or small they may be. When you want to be served, make sure you start with "please, I need help" and always end with a big "thank you". In my experience, any deviation from this comes across as demand which results in de-motivated and non-enthusiastic volunteer. If it weren't for volunteers we would be spending thousands of dollars in hiring people, who lack sense of ownership to do the same work. Let's stay together, help each other and move forward to make Jain Community in Metropolitan Washington always better for

tomorrow than it was yesterday - as Vibrant as possible.

With my deepest warm regards and thank you to all volunteers.

Dr. Sushil Jain

Trustee's Report

In view of some liability incidences occurring at other Jain Centers, the Board of Trustees have decided not to allow any one to stay overnight at our Jain Center until getting proper legal advice on the liability issues and implementing any necessary measures to mitigate them. We are sorry that that this policy will cause inconvenience to our members who would have preferred to stay overnight at the Jain Center during Paryushan and Das Lakshan Parva or other programs, but the Trustees feel strongly that protecting our Jain Society assets from any possible future liability suit is of prime importance.

Atul Shah, Chairman, Board of Trustees

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UPCOMING EVENTS

Jain Society Picnic

Sunday, August 12th

11:00 a.m. – 4:00 p.m.

Youth Committee is organizing the Jain Society of Metropolitan Washington picnic:

WHEN Sunday, August 12th
11:00 a.m. – 4:00 p.m.
WHERE Regional Park, 2000 Lake Ridge Drive; Boyds, Maryland 20841

Great Company, Games, and Boating (for a fee)
Sonal Sheth is organizing the menu for the picnic. Please call or e-mail Sonal (see below) to see what you can bring. We kindly request that you only bring Jain-friendly food (no garlic, onions, potatoes, carrots, etc.). Bring an independent dish that does not require anything supportive, such as

- Corn-on-the-cob
- watermelon
- drinks (soda, water, juice)
- chutney
- sandwiches
- Bhel

Quantity to bring: enough to feed your family and 10 other people.

Sonal Sheth, Youth Coordinator,
sonal_sheth@hotmail.com (202-489-4598)

Dr. Ujjwalaben and

Pandit Dineshbhai

August 9th thru 19th

We are pleased to announce that Dr. Ujjwalaben and Dineshbhai Shah will be at the Jain Center for ten days from Thursday August 9 evening at 8:15 p.m.. The daily program starting from Friday August 10 will be as follows. The program will end at 5:00 p.m. on Sunday August 19. There will be no evening program on the 19th:

8:00 a.m. – 8:30 a.m. Pooja
10:00 a.m. – 12:00 Noon Pravachan

3:00 p.m. – 5:00 p.m. Pravachan
8:15 p.m. – 9:45 p.m. Pravachan

Ujjwalaben will continue with the second chapter of Tatvarth Sutra and Chhaha Dhala where she left off last year. Pandit Dineshbhai will continue with Gunasthan Vivechan with the 4th Gunasthan. He will also continue with Jain Siddhant Praveshika as he has done over the last three years.

Panch Teerth Yatra September 1st thru 3rd

During the labor-day weekend (September 1st through 3rd), we will be going by one 50-seater bus to visit the Jain temple in Detroit and Hindu-Jain temples in Pittsburgh, Toledo and Cleveland. We will leave at 7:00 a.m. on Saturday, September 1st, and will return at about 8:30 p.m. on Monday, September 3rd. We will visit Pittsburgh and Toledo temples on Saturday, Detroit temple on Sunday, and Cleveland temple on Monday.

Charges for this 3-day trip are only \$150.00 each for the first 2 persons of a member family and \$100.00 each for additional person of that member family living with them in the same household. In addition to these charges, members will be responsible for paying for the hotel room for two nights. Note that we have reserved hotel rooms at a group rate of \$45 per night.

Few seats are now available because of some cancellations. These seats are being reserved on a first come first served basis on the receipt of the check and form (see previous newsletter for form). If you are interested in this religious and fun trip, please reserve your seat by sending the form along with check at your earliest to Manoj/Kanta Dharamsi at 11820 Triple Crown Road, Reston, VA, 20191-3014. Send early to avoid possible disappointment of being too late.

Please note that children under 12 will not be allowed unless accompanied by an adult. After receiving checks for the first 50 persons, a waiting list will be prepared for any additional persons wanting to join the trip. Any cancellations will be filled by the persons on the waiting list. If there is no person on the waiting

list, then, persons canceling their trip will be allowed to find their replacement. If they can not find any replacement, the charges paid by them for the trip will NOT be refunded, but will be treated as donation to Jain Society for this trip.

Paryushan Parva September 8-15, 2007

Paryushan Parva will be celebrated from Saturday, September 8th through Saturday, 15th. We are pleased to announce that H.H. Manak Muniji will grace our Paryushan celebration. He will deliver Pravachans in Hindi. Evening Pravachan will be followed by Arti & Mangal Divo. The programs during the Paryushan Parva will be held at the Jain Center except for the following programs:

- Swapna Ceremony
- Samvatsari Pratikraman in Prakrit

The timings for Pravachans will be as follows:

Saturdays, Sept 8th:

Morning Pravachan ... 10:30 a.m. – 12:15 p.m.
 Afternoon Pravachan 3:00 p.m. – 4:30 p.m.
 Evening Pravachan 8:15 p.m. – 10:00 p.m.

Weekdays (Monday, Sept 10th thru Friday, 14th):

Evening Pravachan 8:15 p.m. – 10:00 p.m.

Saturdays, Sept 15th:

Morning Pravachan ... 10:30 a.m. – 12:15 p.m.

Swapna Ceremony Sunday, September 9th

Swapna ceremony will be held at High Point High School starting at 2:30 p.m. During the Swapna ceremony, members will have the honor of carrying each Swapna to the beats of drums and music. First 7 Swapnas, except for the 4th Swapna – Lakshmi, will be pre-assigned for a donation of \$401 each for first 3 Swapnas, and \$501 for Swapna # 5, 6 and 7. More than one family can join together in the Gheeboli. Please call Ashok/Pallavi Shah at 301-260-1264 if you wish to take any of these 6 Swapnas (#1-3 and #5-7). This assignment will be done on a first come first served basis. Gheeboli will be performed for Lakshmi and other Swapnas that

are not pre-assigned, and also for Parnu, Arti and Mangal Divo. Two or more families can join in Gheeboli or for the pre-assigned Swapnas.

The Swapna ceremony will be followed by **Swami Vatsalya Bhojan** (dinner). We do not have any sponsor for the Swami Vatsalya Bhojan. The total expenses are around \$4501. Please volunteer to sponsor or partner with other families and friends, and become sponsor for this auspicious event. A group of families can join together to sponsor it. Alternately, separate individual families can sponsor by making a donation of about \$501 each. Interested sponsors/donors are requested to contact Dr. Sushil Jain 301-670-0519 or Kanta Dharamsi at 703-620-9837.

If we do not have enough members to fully sponsor the Swami Vatsalya Bhojan, a minimum donation of \$6.00 per person will be requested from all members. If you wish to participate in the dinner, please inform us before **Tuesday, September 4, 2007** of the number of participants (adults, and children of age 4-11 & 12-17). You may inform us by (1) sending an e-mail to Dinner@JainSocietyDC.org giving details of your name (both husband and wife) and phone number; (2) by registering at our web site JainSocietyDC.org/Registration.asp; (3) by mailing the enclosed form so as to reach by September 4, OR, (4) by calling any one of the following persons: Ashok/Pallavi Shah at 301-260-1264, Nilesh/Manna Shah at 301-549-2776, or Paresh Shah 703-435-8118. We will make arrangement for extra food to accommodate guests and members who have not sent their RSVP by September 4. Such individuals can participate in the dinner by donating a minimum of \$8.00 per person to the Swami Vatsalya fund.

**Directions to: High Point High School
 3601 Power Mill Road
 Beltsville, MD 20705**

From Capital Beltway I-495, take I-95N
 From Baltimore, take I-95S to Washington.
 Take exit 29B, Rt. 212 (Power Mill Road)
 towards Calverton. Drive 1.2 miles, the school
 is on your left.

Samvatsari Pratikraman Saturday, September 15th

Samvatsari Pratikraman in Prakrit will be held at Shri Mangal Mandir. The Samvatsari Pratikraman program will start at 3:00 p.m. sharp with Gheeboli for reciting Pratikraman Sutra. Pratikraman will start exactly at 3:30 p.m. sharp. To avoid causing any disturbance while the Pratikraman is in progress, all Pratikraman participants are requested to come before 2:40 p.m. and be seated before 3:00 p.m. Please do not bring any children under the age of 8 years.

Pratikraman in English will be held at the Jain Center from 5:00 p.m. to 6:30 p.m. Children as well as parents are welcome to participate in the Pratikraman in English.

Sthanakvasi Pratikraman will be held at the Jain center from 5:30 p.m. to 7:30 p.m.

Arti & Mangal Divo and Tapasvi Bahuman programs will be held at the Jain Center starting at about 7:00 p.m.

Directions to Mangal Mandir at 17110 New Hampshire Ave, Silver Spring, MD 20905 are given below:

From Jain Temple: Turn left on Briggs Chaney Road and right on New Hampshire Ave. After 2 miles Mangal Mandir will be on your left (immediately after passing the traffic light for Ednor Road).

From I-495: Take exit #28A for north New Hampshire Ave (Route 650N). After about 7 miles, Mangal Mandir will be on your left (immediately after passing the traffic light for Ednor Road).

From I-95 South: Take exit 33B for Route 198 West towards Burtonsville. After about 4 miles, turn right at the traffic light for New Hampshire Ave. After 1 mile, Mangal Mandir will be on your left (immediately after passing the traffic light for Ednor Road).

Das Lakshan Parva September 16th thru 25th

Das Lakshan Parva will be celebrated from Sunday, September 16th through Tuesday, September 25th. For the Das Lakshan program we will have prerecorded Pravachans by Pandit Jugal Kishorji (Yugalji) of Kota, Rajasthan. Pandit Yugalji is the foremost Jain Scholar currently living in the world. He is now getting to be very frail due to advancing age, but we have good sets of Pravachans by him. We will have these Pravachans as the main part of the program and add our explanations when needed.

We will also devote a few minutes to recognizing the day's Dharama-Lakshan each day. The program will be from 8:15 to 9:45 pm each evening except for the Pratikraman day. The Pratikraman will be from 7:30 to 9:00 p.m.

Ramanikbhai Savla

September 29th thru November 25th

Ramanikbhai Savla is arriving on Sept. 29th and will be here thru Nov. 25th. He will be teaching Jain Siddhants at the Jain center during the weekends and one weekday evenings. He will also continue to teach during other weekdays at individual residences where he will be staying during the rest of the week. His style of teaching is such that everyone - those without much background and those who study regularly - will benefit.

Tarlaben Doshi

October 16th thru 20th

Tarlaben Doshi, a scholar from India, has accepted our invitation to deliver Pravachan from Tuesday, October 16th through Saturday, October 20th. The Pravachan programs will start at 8:30 p.m. from Tuesday thru Friday. On Saturday, the Pravachan will start at 2:30 p.m.

Nav Smaran

November 10th

Nav Smaran (reciting of nine Stotras) will be held at the Jain Center on Sunday, November 10th, starting at 10:30 a.m. It will be followed by lunch and Pooja.

PAST EVENTS

JAINA Convention

The 14th Biennial JAINA Convention was held in Edison, New Jersey from July 3rd - 7th. As usual, it was a great success. Congratulations to:

- ❖ Manu Shah for receiving JAINA Recognition Award
- ❖ Sushil Jain for his election as the Secretary of JAINA for the next two years.

Jain Society Sangh participated on serving lunch on Saturday. We did a great job on moving the lunch lines smoothly. Thanks to everyone who volunteered to be part of the Jain Society's group to help serve lunch.

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 (Classes will start in Sept)
- ✚ Adult religious classes in parallel with Sunday School starting on September 30
- ✚ Adult Adhyatmik studies each Sunday - 8:00 a.m. to 10:00 a.m.
- ✚ Abhishek each Sunday at 9:00 am
- ✚ 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
- ✚ Monthly Executive Committee meeting 2nd Sunday of each Month - 1:30 p.m. POC: Jatin Shah

Jain Sunday School For Children

Jain Sunday School is held from September through May. It consists of 5 levels of classes (A thru E). The classes are held on 2nd and 4th Sundays from 10:15 a.m. to 12:30 p.m. A planned curriculum is followed for each class.

Enrollment is open to all members. The next session will start in September, 2007.

We urge all members to enroll their children and take advantage of this unique opportunity. Please, fill out the form located on our website. Also the website provides the information on timetable and the curriculum.

Please note that it is mandatory to have the paid registration form given to the Sunday school coordinator prior to attending the children's Sunday School.

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*

Kids Korner

Paryushan Parva

Paryushan Parva is one of the most important and widely celebrated annual festival of the soul. Jains all over the world participate in its celebration. Paryushan Parva means to abide within the soul in order to purify it. Thus, it is the celebration of spiritual awareness. The most important concept of Paryushan Parva is that it is the time for mutual forgiveness for wrong doings. We contemplate and reflect on our misdeeds and the ultimate goal of life. It not

only gives us an opportunity to practice basic tenets of Jainism, but also motivates us to do soul searching, self analysis, self realization and introspection of the life we have led.

Paryushan extends for eight days for Shwetambar Jains, followed by ten days for Digambar Jains. Since Digambar Jains celebrate for ten days with one day for each attribute, it is also known as Das Lakshan.

DIGAMBAR JAINS:

Digambar Jains celebrate Paryushan for ten days, known as Das Lakshan, each day emphasizing one of the ten virtuous attributes. Each day one chapter from Tattvaarth Sutra, the holy book, is read and contemplated on. The following are the ten virtuous attributes associated with the ten days of celebration:

Day 1 ...	Day of Kshama (Ultimate Forgiveness)
Day 2 ...	Day of Mardava (Ultimate Modesty)
Day 3 ...	Day of Arjava (Ultimate Straightforwardness)
Day 4 ...	Day of Satya (Ultimate Truthfulness)-
Day 5...	Day of Shaucha (Ultimate Purity of Body and Mind)
Day 6 ...	Day of Sanyam (Ultimate Self-Control)
Day 7 ...	Day of Tap (Ultimate Penance)
Day 8 ...	Day of Tyaag (Ultimate Renunciation)
Day 9 ...	Day of Akinchanya (Ultimate Non Attachment)
Day 10 ..	Day of Brahmacharya (Ultimate Spiritual Enjoyment)

SHWETAMBAR JAINS:

The following are the eight attributes that Shwetambar Jains concentrate on:

- SAMYAG GNYAN (Right Knowledge) – Acquiring the right knowledge
- SAMYAG DARSHAN (Right Perception) – Acquiring an unbiased and objective view of Jain religion
- SAMYAG CHARITRA (Right Conduct) – Practicing what one believes in
- TAP DIVAS (Penance Day)

- SWAPNA DIVAS (Day of Dreams) – On this day, the story of Mahavir Bhagwan's birth and Trishala's dreams are recited.
- SANYAM (Day of Self Control)
- ATMA SHUDDHI (Purification of Soul)
- SAMVATSARI – We perform Pratikraman and clean our conscience by asking mutual forgiveness from all living creatures of the Universe

During this auspicious occasion, we get a chance from our busy schedule to contemplate and reflect on our past activities. Jains set aside their daily work and dedicate their time to:

- Visiting the Temple
- Reading, listening and contemplating on Scriptures – Swadhyaya
- Sitting in equanimity – Samayik
- Kshamapana – Mutual forgiveness for the misdeeds and wrong doings from and to all
- Observing five basic tenets to a greater extent than normally done
 - Non-Violence
 - Truth
 - Non Stealing
 - Purity of Body and Mind
 - Non Possessiveness
- Eating before sunset
- Not eating vegetables, especially green leafy ones and ones grown under ground.
- Engaging in Self control (Sanyam)
- Observing fasting (Tap) to purify the soul. Fasting entails self purification of physical and spiritual state. The process is designed to help one to cleanse and purify the soul from bondage of karma matters. Fasting has various forms and different levels of observation – from very strict to easy.
 - Atthai – eight days of fast, only boiled water can be consumed
 - Upvas – Fast whole day, boiled water can be consumed
 - Ekaashan – Eating once a day, boiled water can be consumed

- Byashan – Eating twice a day, boiled water can be consumed
- Performing Pratikraman for about an hour except Samvatsari which lasts upto three hours. Pratikraman gives us a chance to reflect on our wrong doings and promise to refrain from those activities.

How to Observe Pratikraman

There are certain essential rules prior to performing Pratikraman;

- ✚ Take a bath
- ✚ Wear clean clothes
- ✚ Sit cross legged on a wooly cloth in a quite place
- ✚ Have a Muhapatti (while clean handkerchief)
- ✚ Have a Navkarwali (Rosary) Navkarwali has 108 beads representing the following total 108 qualities:
 - Arihantas 12 qualities
 - Siddhas 8 qualities
 - Acharyas 36 qualities
 - Upadhyayas 25 qualities
 - Sadhus 27 qualities
- ✚ Have a Charavala (Soft white brush) (Optional)
- ✚ Before sitting down, examine the place for any tiny living creatures

Pratikraman is divided into six essentials. At the conclusion of six essentials, Moti Shanti is recited. Moti Shanti is a hymn of peace and well being of all living beings. This Shanti is recited in the praise of Shantinath Bhagwan and other Tirthankars. The Pratikraman ritual is concluded with Kshamapana:

Khaamemi Savve Jeeva

I grant forgiveness to all living beings

Savve Jeeva Khamantu Me

May all living beings grant me forgiveness

Metti Me Savve Bhuesu

My friendship is with all living beings

Vairam Majham Na Kenai

My enmity is totally non-existent

“Michchhami Dukkadam” are the two words of mutual exchange which are very important and recited throughout the Pratikraman. Everyone is expected to recite them. We fold our hands in front of us and recite “Michchhami Dukkadam” as we meet others. Michchhami Dukkadam means forgiving and asking to be forgiven for any misdeeds committed knowingly or unknowingly.

KSHMA VEERASYA BHUSHANAM

On This Auspicious Occasion of

KSHAMAVANI

We Ask Forgiveness For Any Misdeeds
Committed Knowingly or Unknowingly

MICHCHAMI DUKKAMA

Article from one of our children

“Welcome The King Of Festivals To Our Places

We Will Worship You with All Our Fingers”

Jainism has a rich tradition of rituals and festivals. The Jain festivals are known as Parva.

The word Parva means auspicious day. Paryushan Maha Parva is an ancient and chief of all Jain festivals.

Paryushan Parva consists of eight days per Shwetambar tradition and ten days per Digambar tradition. It starts on twelfth day of the dark half of the month Shravan. During Paryushan Parva the Kalpa Sutra is read which contains a detail account of Lord Mahavir and the lives of other Tirthankars. Listening to the Kalpa Sutra among others are the most important activities that should be performed by Jain people during Paryushan. The Kalpa Sutra is read by Guru Maharaj. The auspicious dreams of Queen Trishala are exhibited to the Jain followers. Four important factors of Paryushan Parva are:

- ❖ Attam Tap - fasting for three days.
- ❖ Chaitya Paripati - visiting other temples
- ❖ Swamivatsalya - honor and respect other Jains
- ❖ Kshamapana - forgiveness

The final day of Paryushan is Samvatsari. This is the day when Jains perform Pratikraman and ask forgiveness from family, friends and others for any wrongful acts they might have committed towards them during the year. The request for forgiveness requires humility and elimination of hatred.

To sum up, Paryushan Parva is a grand Jain festival of self-introspection, self-enlightenment and self-achievement, which ultimately leads to the one and only one final goal, also known as liberation or salvation. The soul of the festival is forgiveness.

Namo and Khamo are the two slogans. When a person puts these two elements in life, it gives a new light in life.

MICHCHHAMI DUKKADAM

Juhi Hegde

Editor's note: Juhi is 12 year old daughter of Kalpna and Manohar Hedge. During Bhavana program at Baltimore Temple on 3rd Sunday of the Month, Juhi is always there to recite her stavan in Gujarati along with harmonium tune played by her as well. She recites different stavan at every Bbavna program

Story Time

IRIAVAHIA SUTRA

(Repentance & Apologies)

Aimutta

Aimutta was the prince of Polaspur's king. On one hot day, while this seven year old child was playing with a few friends on the streets, he saw Gautam Swami who was bare-footed and bald, and was making rounds for Gochari (food). Aimutta ran to him and asked him why he was wandering. On hearing the answer, Aimutta took Gautam Swami to house.

His mother was pleased with his devotion and welcomed Gautam Swami by the greeting, "Matthen Vandami" (I solemnly bow with my head down). Aimutta's mother introduced Gautam Swami as a learned Ganadhar of Lord

Mahavir. Aimutta responded that they were so lucky to give him Gochari and proceeded to listen to Gautam Swami's discourse.

When it was time for Gautam Swami to leave, Aimutta asked Gautam Swami if he could carry the bag (containing food utensils) that Gautam Swami was holding so diligently. Gautam Swami told him that the bag could only be carried by one who has accepted monkhood. The boy liked this monkhood, but he was told that he needed his parents' permission. The mother, upon hearing the request, told him that he was only a child and was not familiar with the rigorous code of conduct that a Muni has to live by. Aimutta insisted on Diksha (monkhood) saying that the code cannot be known beforehand, and that he was willing to suffer all the hardships that may follow. He told his mother that he knew two things: (1) One who is born is sure to die; and (2) One does not know when he will die. Although still a child, Aimutta explained the transitory nature of life to his mother, who remained silent.

After making Aimutta the king for one day, he was permitted to take the initiation before Lord Mahavir. Then he was entrusted to an elderly Muni for training.

One day, young Aimutta Muni went with the elderly Muni to the lake. While the elderly Muni was resting, Aimutta Muni saw children playing with paper sailboats in the water, and he also put his small pot in the lake and told the other boys how nicely his boat was floating.

On seeing this, the old Muni told Aimutta Muni that he had become a Muni and thus had taken vows not to harm all kinds of living organisms and here, Aimutta Muni was breaking his vow. Feeling deeply ashamed of himself, Aimutta Muni went to Lord Mahavir with great repentance and while reciting "Iriavahia Sutra," he began crying. He uttered the words, "Pankkamane Biyakamane" and began to apologize to all living beings. While doing so, he attained Kevalgnyan (nothing but knowledge) and ultimately got liberation

MORAL LESSON: We often say this Iriavahia Sutra ourselves, but only as a recital of words is "Dravya Kriya." However, if recited with true and sincere repentance, it can become a "Bhav Kriya".

Source: <http://www.ibiblio.org/jainism/database>

PARYUSHAN PUZZLE

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		32											33								34
35																	36				
				37													38				
		30																			40

ACROSS

- 5. Pratikraman that comes once a year
- 8. Pratikraman is concluded with _____
- 9. Eating once a day
- 10. Clean, white handkerchief
- 16. 8th day associated with attribute "Renunciation"
- 19. 7th day associated with attribute "Penance"
- 21. Eight days of fasting

- 22. Name given to ten days of Paryushan
- 25. Sutra recited at Pratikraman that helps to climb the steps of spirituality
- 26. Going back for reflection and get closer to the soul
- 28. Activity celebrated to recall Queen Trishala's dreams
- 29. One of the essentials of Pratikraman

32. Eating twice a day
33. Rosary with 108 beads
35. Perception. A pure soul has infinite perception
36. Knowledge
37. _____ Dukkadam
38. 1st day associated with attribute "Forgiveness"
39. Pratikraman means _____
40. Liberation

DOWN

1. Non-Violence
2. Comes once a year
3. 4th day associated with attribute "Truthfulness"
4. _____ Sutra, the holy book
5. 5th day associated with "Purity of body and mind"
6. Pursuit of sensual gratification and material comforts
7. A deed, good or bad
8. Liberated souls who keep Jain religion alive
9. One of the major sects of Jain
10. Saamaayik mean being at _____
14. 1st segment of Pratikraman
15. Highest state of meditation
17. Reading, listening, and contemplating of Scriptures
18. Pursuit of prosperity
20. 6th day associated with the attributes "Self Control"
23. Major sect in Jains
24. 3rd day associated with the "Straight Forwardness"
26. Taking vows.
27. Sutra recited during Pratikraman to ask to be excused
30. Paying respect to Guru
31. 9th day associated with attribute "Non-Attachment"
34. Sutra that names all twenty four Tirthankars
35. Perception

Health Awareness

BRAIN POWER

As we get older we tend to forget things. Our abilities to concentrate or recall may things may decline. However, we get wiser because the basic creativity, insight into complex situations, and the ability to evaluate situations accurately may actually improve with passing years. **EXPERIENCE IS THE BEST TEACHER.** So, what is the reward for getting older – time makes us wiser and more creative.

As we get older, we usually struggle more frequently to come up with the right word or name. We even call our child with other

sibling's name. We take longer to learn new information or skills. Remembering to do some pre assigned task in the future becomes less reliable. We become less attentive, our power of concentration declines – we are more distracted by irrelevant information or loose focus on the task at hand.

We can ward off these age-related changes by practicing good health habits and exercising our mind. Participate in cognitive exercises designed to boost reasoning skills, memory and mental. We can also challenge our mind at home with activities such as crossword puzzles, math games and Sudoku. In addition, we can also read materials that take us out of our mental comfort zone. It does not hurt to learn new skills; which will keep our mind challenged.

Steps to improve memory:

- ☞ Aerobic exercise boosts circulation – the flow of blood and oxygen to the brain, which enhances mental performance
- ☞ Sleep is crucial for brain functions. You can take following steps to enhance the quality of your sleep time:
 - ❖ Exercise during the day (not close to the bed time)
 - ❖ Eat early enough so dinner is digested before snoozing off
 - ❖ Avoid caffeine after lunch
 - ❖ Get plenty of sun exposure during midday to keep your body's sleep-wake clock in synch.
 - ❖ Eat brain boosting food: fruits and vegetables are best due to antioxidants and nutrients that protect the brain and body
- ☞ To prevent stress, practice deep breathing exercises a few times a day
- ☞ Practice some form of relaxation technique like yoga, meditation or tai chi.

Keep the Aging Brain Sharp

Participate in Mind games; puzzles, word games and other mind builders

Solve the following:

1. There is a pattern below:

A EF HI KLMN

BCD G J OP

There is a reason why some letters are above the line and some are below the line. Figure out the pattern and complete the alphabet.

2. Three Men and a Hotel



Three men decided to split the cost of a hotel room. The hotel manager gave them a price of \$30. The men split the bill

evenly, each paying \$10, and retired to their room.

However, the manager realized that it was a Wednesday night, which meant the hotel had a special: rooms were only \$25. He had overcharged them \$5

He promptly called the bellboy, gave him five one-dollar bills and told him to return it to the men. When the bellboy explained the situation to the men, they were so pleased at the honesty of the establishment that they promptly tipped the bellboy \$2 of the \$5 he had returned and each kept \$1 for himself.

The Problem: Each of the three men ended up paying \$9 (their original \$10, minus \$1 back) totaling \$27, plus \$2 for the bellboy makes \$29. Where did the extra dollar go?

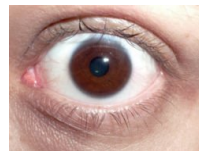
3. Please follow the instructions below carefully.

1. Think of a number between 1 and 10.
2. Multiply the number by 9.
3. Add the digits of your result.
4. Subtract 5 from your new number.

5. Find the letter that corresponds to your number, if 1 = A, 2 = B, 3 = C, etc.
6. Think of a country that begins with your letter.
7. Write down your country.
8. Think of an animal beginning with the second letter of your country.
9. Think of the color of that animal.
10. Write down the animal and its color.
11. Think of an animal that begins with the last letter of your country.
12. Think of a fruit that begins with the last letter of this second animal.
13. **Write down the fruit and the animal.**

Sources: Remedy Summer 2007: Health & Wellness for Life
<http://www.hive-mind.com/mindgames>

Look for solutions in the next issue.



An Eye Opener Ingredient Labeling

What's in the Food?

This article is a continuation from the last newsletter. Here we have explained the ingredients that are outlined along with the process it goes through to achieve its present state.

- Amylase: An enzyme that breaks down starch into a simpler form. It can be derived from bacterial, fungal, or animal (pig-derived) sources.
- Beeswax (white & Yellow): A glazing and polishing agent made from bee honeycomb.
- Bone Phosphate: An anti-caking agent made from the degreased steam-extract from animal bones.
- Cheese – not an ingredient. May be made with an enzyme that is derived from either meat (cow's stomach, rennin

- or rennet) or a vegetarian source. Rennet, an enzyme used in coagulating cheese, is obtained from milk-fed calves. After butchering, the fourth stomach is removed and freed of its food content. Then the stomach goes through several steps including being dry-salted, washed, scraped to remove surface fat, stretched onto racks where moisture is removed, then finally ground and mixed with a salt solution until the rennin is extracted. If vegetarian enzymes are in the process, it would be stated on the label.
- **Cochineal/Carmine/Carminic acid:** coloring made from ground up insect red beetle found in part of Mexico and South America. The female beetles are killed by immersion in hot water, or by exposure to heat from steam, sunlight or oven drying. They are then ground to a fine powder and are used either as cochineal dye or carmine, a more refined extract.
 - **Collagen, elastin, keratin:** Other slaughterhouse byproducts made from hair, skin, and connective tissue.
 - **Disodium Inosinate:** A flavor enhancer often prepared from meat extract and dried sardines. It can also be a synthetic product made via a microbial synthesis process that begins with a vegetable source.
 - **Enzymes:** They are proteins added to foods as modifiers. They can be animal, vegetable, bacterial, or fungal. Those used in cheese-making are often animal-derived, others are used in bread making and are often fungal. Examples of enzymes are: lactase (fungal), lipase (animal, fungal), papain (vegetable), pectinase (fruit), protease (animal, vegetable, bacterial, or fungal), rennet (animal), and trypsin (animal).
 - **Gelatin:** a thickening, stabilizing emulsifying agent made by boiling animal (usually cattle or pigs) skin, ligaments, bones, sinews or other tissues.
 - **Glycerin/Glycerol:** May be produced from animal fats, synthesized from propylene or fermentation of sugars.
 - **Isinglass:** Prepared from the bladder of the sturgeon fish, viz., gelatin from fish
 - **Lanolin:** Waxy fat from sheep's wool
 - **Lard:** Fat from abdomens of pigs
 - **L-Cysteine:** A flour treatment agent that can be extracted from duck and chicken feathers.
 - **Lecithin:** An emulsifier (which allows water & oils to mix), is mostly derived from soy beans, seeds, peanuts and maize.
 - **Natural flavors:** Unspecified, could be from meat or other animal products
 - **Oleic Acid:** Animal tallow -solid fat of sheep and cattle separated from the membranous tissues
 - **Pepsin:** enzyme from pigs' stomachs
 - **Shellac:** Glazing agent obtained from the resin produced by the lac insect.
 - **Sodium stearoyl lactylate:** An animal-mineral (cow, hog-derived, or milk), or vegetable mineral. It is a common food additive, which is often used to condition dough or to blend together ingredients that do not normally blend, such as oil and water.
 - **Stearic Acid:** Tallow, other animal fats and oils
 - **Suet:** Hard white fat around kidney and loins of animals
 - **Tallow:** Solid fat of sheep and cattle separated from the membranous tissues
- When eating out, some apparent vegetarian food that may contain animal products are:
- ❖ Rice and vegetables may be cooked in chicken stock
 - ❖ Soups may contain beef or chicken stock
 - ❖ Wax made from animal products may be put on fruit
 - ❖ Veggie burgers and veggie hot dogs may contain eggs.
 - ❖ Pudding and custard often contain eggs.
 - ❖ Gello often contains gelatin
 - ❖ Potato salad may contain bacon or eggs
 - ❖ Coleslaw and macaroni usually contains eggs (in the mayonnaise)
 - ❖ Baked beans often contain pork
 - ❖ Green beans may contain bacon

- ❖ Flour tortillas, refried beans, biscuits and piecrust may contain lard
- ❖ Bean or split pea soups may contain ham or bacon
- ❖ Caesar salad dressing may contain anchovies
- ❖ Stir-fry vegetables may contain oyster sauce. In some Chinese vegetarian restaurants, oyster sauce may be considered vegetarian.
- ❖ Cooked greens may contain salt pork in the South. Spinach may contain eggs or bacon
- ❖ Baked goods, including cakes, cookies, pies and baked desserts, usually contain eggs
- ❖ Breads may contain eggs
- ❖ Quiche often contains eggs
- ❖ Most Ice creams
- ❖ Most chewing gums contains lanolin, glycerin, petroleum, polyethylene, polyvinyl acetate, petroleum was, and stearic acid.

SOURCES: <http://www.vrg.org/nutshell>
<http://gremolata.com/notsoveggie.htm>
<http://www.exploreveg.org>
<http://www.archure.net>
<http://www.vegetarin-restaurants.net>
<http://www.vnv.org.au>

Editor's note: The best thing to do is to stay away from things you are not certain of.

Youth Corner

To get notified of the next discussion group meeting, please contact the series organizers: Sonal Sheth and Sheetal Haria at sheetz1@gmail.com.

Special Announcement

The theme of the next newsletter will be around Nav Smaran or Diwali. Please submit your material typed in word via e-mail: shah_niru@hotmail.com. The editor reserves the right to edit materials submitted. Articles for November issue are due by October 15, 2007.

NEWSLETTER MAILING

Are you aware you can view and print your own copy of newsletter from the Jain Society's website before it is even released to the printer???

By receiving your own copy via email, you will not only receive it before everyone else who receives the hard copy, but you will be:

- ❖ Saving trees;
- ❖ Saving costs of paper processing;
- ❖ Saving printing and mailing costs; and
- ❖ Saving volunteers' time.

To assist in saving hundred of dollars spent in printing and mailing Newsletters, please, simply access our website at www.JainSocietyDC.org or provide us your e-mail if you haven't done so. We will send you notification of the release of the newsletter. You will also get notified of the last minute updates on all activities related to Jain Society. While this is strictly voluntary, please consider the financial savings to our society.

***THIS IS OUR JAIN CENTER, LET US
ALL JOIN TOGETHER
AND HAVE AN IMPACT ON THE
FINANCIAL SAVINGS***

Since a number of our members have indicated that they do not need a hard copy of our Newsletters, and to save Jain Society's funds on printing and mailing Newsletters to all members, we have decided to mail hard copies to only those who want it.

If you want to receive a hard copy in mail, please fill out the attached form.

Hard copies of the newsletters and circulars will only be mailed out to those who have completed the requested form below and submitted to us. Please bear in mind that Jain Society will have to bear the additional cost of printing and mailing the hard copies.



JAIN

SOCIETY OF METROPOLITAN WASHINGTON

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

YES, WE WOULD LIKE TO RECEIVE A HARD COPY OF THE JAIN SOCIETY'S NEWSLETTERS AND CIRCULARS

Last Name: _____ First Names: _____

Address: _____

Home Phone: _____ Cell Phones: _____

E-Mail Addresses in Capital Letters: _____

Cut here and mail in a stamped addressed envelope



JAIN

SOCIETY OF METROPOLITAN WASHINGTON

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

WILL ATTEND SWAMI VATSALYA BHOJAN ON SEPT 9, 2007

Last Name: _____ First Names: _____

Address: _____

Home Phone: _____ Cell Phones: _____

E-Mail Addresses in Capital Letters: _____

No. of Persons (over age 5) attending the Swami Vatsalya Bhojan

Adults: _____ Children age 12-17 _____ Children age 5-11 _____

Check/Donation for \$ _____ Check No. _____ is enclosed

DONATIONS TO JAIN SOCIETY (OVER \$51)

Received as of July 31, 2007

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

Life Member:

\$151 Vira, Sharad & Rupa

3-Year Members:

\$51 Singh, Inder

General Donations

\$2,501	Jain, Sushil & Asha	\$200	Arwindekar, Dilip & Aruna
750	Shah, Kishor & Sushila	152	Pahadia, Sangeeta
750	Shah, Nayan & Jyotsana	101	Jain, Puneet & Mamata
750	Shah, Umed & Shakuntala		

Gheeboli

\$751	Mehta, Kiran & Sharmila	\$301	Doshi, Jasvant
750	Shah, Premila & Mahesh	201	Shah, Riddhish
501	Majmudar, Jasmili		

Pooja / Shanti Vidhan

\$531	Vira, Sharad & Rupa	\$82	Sogani, Nitin & Meeta
	Jain, Sanjay, Indu, Manekchand		
151	& Sarla	81	Padlia, Deepak & Anita
	Kasliwal, Ravi & Manju and		
141	Pavankumarji Sethi	75	Jain, Praveen & Sunita
131	Jain, Pavan & Nisha	71	Jain, Akhil & Renu
100	Jain, Akhil & Renu		

For Mahavir Jayanti Trophy

\$501 Shah, Manu, Niru, Raju, Monica & Meena

In Honor of Parita & Pathik's Birthdays

\$242 Shah, Ashok & Pallavi

In Honor of Ameer's Birthday

\$101 Mehta, Prakash & Kirtida

In Memory of Daughter Jiva Shah

\$151 Shah, Kalpesh & Koma

Jiv Daya in memory of brother

\$251 Vora, Manish & Nirmala



JAIN

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

Web address: www.JainSocietyDC.org

**ADDRESS SERVICE REQUESTED
FORWARDING POSTAGE GUARANTEED**

Upcoming Events for 2007

Sundays 2nd & 4th @ 10:15 a.mPathshala (Adult & Children)
Sundays @ 8:00 a.m. Adult Adhyatmik Studies
Sundays @ 9:00 a.m.Abhishek
Sundays 1st @ 10:00 a.mDev Shasta Guru Pooja
Sundays Monthly @ 10:30 a.m.Snatra Pooja
Friday, August 9 – Sunday 19Dr. Ujjwalaben & Pandit Dineshbhai
Sunday, August 12 Picnic
Saturday, September 1 – Monday, September 3 Panch Teerth Yatra
Saturday, September 8 – Saturday, September 15 Paryushan Parva
Sunday, September 9Swapna Ceremony
Saturday, September 15Samvatsari Pratikraman
Sunday, September 16 – Tuesday, September 25 Das Lakshan Parva
Saturday, September 29 – Sunday, November 25Ramanikbhai Savla
Tuesday, October 16 – Saturday, October 20 Tarlaben Doshi
Saturday, November 10 Nav Smaran
Sunday, December 9 Annual General Meeting and Elections