



JAIN SOCIETY OF METROPOLITAN WASHINGTON

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

August 2018 Edition

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Message from JSMW Leadership

Jai Jinendra!

Summer has come and progress comes in different forms. We have met less often but activities are still quite strong. The new temple project continues to move forward with necessary permits hopefully reaching to our building permit approval within a few months and many folks connecting with donors and potential donors, locally, nationally and internationally.

The youth and adults from JSMW were super engaged at the Young Jains of America Convention in Chicago as speakers, players, performers and volunteers.

The end of summer means Paryushan and Das Laxan planning is in full swing as is the start of Pathshala and many gatherings. We hope to see many of you at our various events including Pathshala, Swapna Ceremony, Paryushan, Das Laxan, Wellness talks, Chai pe Charcha and General Body Meetings.

Come one, come all, engage and success will be ours!

Pavan Zaveri, President, Executive Committee

Sushil Jain, Chair, Board of Trustees

Janak Rajani, Chair, Past Presidents' Council

Arvind Shah, Chair, Temple Committee

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TEMPLE COMMITTEE UPDATES

Arvind Shah (Chair, Temple Committee) & Ashok Shah (Construction Committee Lead)

The temple committee has been diligently working to obtain various government and regulatory permits which are critical to secure the essential building permit.

A total of thirteen permits are required leading to the building permit as listed below. Two iterations of comments were received from PG County, which were responded to by our Architect and Civil Engineer. The below table provides the current status of various permits and the overall process.

In parallel, work is also in progress with SunTrust Bank and PG County for letter of credit, and with insurance company for Performance and Labor & Material Bond.

Temple Committee needs volunteers for tasks related to engineering (civil, structural, mechanical, electrical), project management, contract management, site work and overall construction.

If you can help, please reach out to:

Arvind Shah (301-461-6761 | ashah.2007@yahoo.com) or Ashok Shah (703-946-4417 | pearl4ashok@yahoo.com)

#	Permit Name/Details	Current Status	Remarks
1	Site Development Concept Plan	Approved	Ready
2	Concept Erosion & Sediment Control Plan	Approved	Ready
3	Preliminary Plan	Approved	Ready
4	Tree Conversation Plan 1	Approved	Ready
5	Environmental Site Design & Erosion and Sediment Control Plan	Approved	Ready
6	Revise Record Plat	On Hold	Until WSSC approves easement
7	MDSHA Access Permit	In Process	CV will submit 2 nd round of response in mid-August.
8	Tree Conservation Plan 2	Approved	Ready
9	Site Fine Grading Plan	Approved for storm drain and storm water management systems only	Roadway system grading and permitting require further review
10	Final Erosion & Sediment Control Plan	Approved	Ready
11	WSSC Easement	In Progress	CV has submitted electronic application. Waiting for WSSC reviewer approval. To upload actual drawing package.
12	NDPES Permit	Approved	Ready
13	Building Permit	In Progress	All technical comments from the county addressed. PG County cannot issue building permit until site permit is issued.

EDUCATION UPDATES

Monica Shah (Director of Education)

Back to school, Back to Pathshala!

On behalf of all our teachers and parent volunteers, we hope you had a fabulous summer and you are ready for another exciting year in Pathshala.

About JSMW Pathshala

Today, we have ~140 students participate in Pathshala activities that promote Jain education and Jain unity. Pathshala topics range the full spectrum from philosophical discussions to ritual awareness. Activities are age appropriate from arts and crafts for our Nursery students to public speaking preparation for our Senior students.

Registration

You can register online via the below link. Please complete one form per child. Upon completing your online form, please visit the donation link and select PayPal. Please add "Child's name Pathshala 2018-2019 Registration" in the PayPal memo line.

- Registration Form Link: https://goo.gl/forms/tY76rrFMK_pGjSBFD2
- Registration Donation Link: <https://jsmw.org/supportjsmw>

2018-2019 Pathshala Dates

Our upcoming planned Pathshala dates are listed below. Though we try to minimize changes, please note there may be adjustments made to the schedule in the future. Please note, the special events and when they will be celebrated. *Please note, the special events and when they will be celebrated.*

Class Dates		Special Event Dates
Sep 30	Feb 3, 17	<ul style="list-style-type: none"> • Diwali Celebration = November 4, 2018 • Gyan Pachami Poojan = November 18, 2018 • Mahavir Janma Kalyanak (MJK) Dress Rehearsal = April 21, 2019 • Mahavir Janma Kalyanak (MJK) = Tentatively April 28, 2019 • End of Year Celebration = June 9, 2019
Oct 7, 21	Mar 3, 17, 31	
Nov 4, 18	Apr 7, 21	
Dec 2, 9, 16	May 5, 19	
Jan 6, 20	Jun 9	

Summer Essay Competition

Congratulations to all essay competition participants!

This is JSMW's 5th consecutive summer essay competition for children age 8 years and up. 1st place prize per category is \$101. Winners will be announced at this year's Swapna Darshan ceremony.

- Class B1/B2 (age 8-9 yrs.): How does Jainism play a role in your daily life (school, sports, etc.)?
- Class C1/C2 (age 10-11 yrs.): How would you explain Jainism to someone who is not familiar with it?
- Class D/E/G (age 12-16): What are some similarities & differences between Jainism and other world religions?

Paryushan/Das Laxan Matrix

Students, it's an auspicious time for Jains around the world. Paryushan and Das Laxan Parva is a time to reflect and look within. Think about how you can control your inner enemies and how you can better exercise the main Jain principles and practices.

➡ **Print the Paryushan/Das Laxan Matrix on the next page and bring it with you the first day of Pathshala.**

Student who return a matrix with at least one box checked, will receive a token for their dedication and accomplishment.

Questions or Comments? Please feel free to contact our Director of Education, Monica Shah, at education@jainsocietydc.org

Name: _____

Class: _____

	Krodh / Anger	Maya / Deceit	Lobh / Greed	Mana / Ego
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				
Day 8				
Day 9				
Day 10				

Identify which kashaya you avoided and explain how you did so.

	Ahimsa / Non-Violence	Satya / Truth	Asteya / Non-Stealin	Brahmacharya – Self Control	Aparigraha / Non-Attachment
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					
Day 8					
Day 9					
Day 10					

Identify which principle you practiced and explain how you did so.

	Tapa / Fasting	Puja	Sutras / Samayik	Other
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				
Day 8				
Day 9				
Day 10				

Identify any rituals or activities you exercised and explain what you did.

CONSTITUTION COMMITTEE

Jatin Shah (Chair, Constitution Committee)

Jai Jinendra,

I am providing a progress report on the work done so far by the Constitution Committee:

We reached our first milestone with the approval of all the amendments we had proposed. Our next task, as identified by the Executive Committee, is to address the following topics:

- Number of leadership positions held by an individual: We have a vast pool of talent and skill sets available within our current membership. There is a greater need to provide opportunities for leadership to members who have shown a keen interest in making our Society a premier organization.
- Elections: Cutoff date for the list of members to be eligible for voting during the General Election. While this item is addressed in the Rules for Elections, we need to investigate if there is a need to codify this item in our Constitution.
- Permanent Nominations and Election Committee: We need to find ways to nurture, mentor and develop skills of our members for future leadership positions within our organization. Our hope is that we can better address this by having a Permanent Standing Committee.

I would also like to reach out to all JSMW members for their concern on any issues that may need to be addressed in our constitution but have not been brought to our attention. Please contact Jatin Shah at Constitution@JainsocietyDC.org.

YOUTH COMMITTEE

The July 4th weekend was an exciting time for many of our JSMW youth members as they traveled to Chicago for the 2018 YJA convention to reconnect with their roots.

Throughout the day, our youth attended many different sessions which ranged in topic from lifestyle to Jainism education to career. These sessions had lectures, discussions, games, and other activities. This year's keynote speaker, Nikita Mitchell, inspired everyone and reminded them of how their roots shaped them. Other daytime activities included watching JAB and learning about the different JIA projects.

At night they had events such as the Netflix and Skillz talent show, in which some of our JSMW youth members participated and our own Vanshika Shah won the "Audience's Choice" Award. They then danced all night long at the Garba in the Galaxy and Windy Wonderland formal. From meeting new people, to learning new things, to just having fun, everyone enjoyed their time at YJA and left with friendships and memories that will last a lifetime. [#yjalove](#)

In addition, the JYOC team also raised funds by running a t-shirt sale campaign and reorganized the bulletin board in the Jain Center kitchen area with a new layout and fresh content.

UPCOMING EVENTS

**** Paryushan and Das Laxan Parva Mahotsav ****

Jain Society of Metropolitan Washington is pleased to announce the 2018 Paryushan and Das Laxan Parva Mahotsav to be held at the Jain Center.

During these auspicious days, various religious programs and services will be organized as detailed below:

1. Paryushan Parva Mahotsav

Key Dates:

- Paryushan: Thursday, September 6th through Thursday, September 13th
- Swapna Ceremony: Saturday, September 8th
- Samvatsari Pratikraman and Tapasvi Bahuman: Thursday, September 13th
- Tapasvi Parna: Friday, September 14th

Speaker: We are pleased to announce that **Lalitbhai Dhama** ("Veer" Sainik, Tapovan, Ahmedabad) has kindly accepted to grace the Paryushan Parva celebration this year at our Jain Center.

LALITBHAI DHAMI

“वीर” सैनिक

Chair Person:

- Tapovan Sanskar Pith, Ahmedabad
- Tapovan Sanskar Dham, Navsari

Trustee

- Jivan Jagruti Trust
- Akhil Bhartiya Sanskruti Rakshak Dal
- Antrixji Tirth Suraksha Seva Samiti
- Sainik Kalyan Nidhi
- Jivdaya Kalyan Nidhi
- Vardhaman Sanskar Dham



A Person, who born for Jain Shasan, Living for Jain Shasan and who has served Jain Community through out the Life is Lalitbhai Dhama.

Inspired by Yug Pradhan Acharya Sam Pa. Pu. Pa. Shri Chandrashekhar Vijayji Msa – He surrendered his entire life for Jain Shasan at the age of 26.

He has been continuously serving Jain Shasan since last 45 years in various fields with Vision of

“તારા શાસન કાજે જીવી ફીટવાની હિમ્મત ધારું”

Paryushan Parva Details

During the Paryushan we will serve lunch and dinner at the temple. If you wish to participate, please let us know at least 24 hours in advance, by adding your name to the spreadsheet at the temple. Please RSVP for daily lunch and dinner. Please refer to the detailed schedule on the following page.

Paryushan Sponsorship

Paryushan Swami Vatsalya sponsorship at the temple is \$101 per day. You can sponsor any number of days as you wish.

If you wish to sponsor a day, you can either write your name for the day on the spreadsheet at the temple or email your name with the donation and days to events@jainsocietydc.org.

Schedule for Samvatsari Pratikraman on Thursday, Sept 13

Pratikraman	Time	Place
Mothers' Pratikraman	12 pm	Jain Center
Deravasi Samvatsari Pratikraman	3:30 pm	Mangal Mandir 17110 New Hampshire Ave, Silver Spring MD 20905
Sthanakvasi Samvatsari Pratikraman	3:30 pm Aloyana will be recited from 3:30 pm to 5:15 pm, followed by Pratikraman starting at 5:30 pm.	Jain Center
English Pratikraman	5 pm	Maloo Residence 1221 Briggs Chaney Rd, Silver Spring, MD 20905

Aarti and Mangal Divo will be performed at Jain Center immediately after Pratikraman in the evening, followed by Tapasvi Bahuman.

Samooch Parna

Parna for Tapasvis will be held at the Jain Center on Friday, Sep 14th morning starting at 8:30 am. Various opportunities for Parna sponsorship and other activities are available. If you wish to be a sponsor, please send us email at Events@JainSocietyDC.org.



JAIN SOCIETY OF METROPOLITAN WASHINGTON



Shree Shanti Mathay Namah
PARYUSHAN MAHA PARVA PROGRAM
 September 6, 2018 to September 13, 2018

VEER SAINIK from TAPOVAN, INDIA
 Shree Lalitbhai Dhani
 Shree Jinaybhai Shah

Paryushan 2018 Detailed Program

Paryushan Mahapara Day	Tithi, Sunrise-Sunset, Date	Color Of the Day (Importance) Wear clothes of this color	Morning	Afternoon	Evening
Shravan Vadi 10	9/5/2018 Wednesday	Colorful/Traditional Parva Paryushan na Vadhama			06:45 PM Devasi Pratikramana 08:30 PM Bhakti - Aarti/Mangal Devo (Raag: *) and Parva Paryushan Aarya Re...
Day 1	Shravan Vadi 11 06:35 - 19:40 9/6/2018 Thursday	White Color of Ahihant Mother of all color Jivdaya is mother of Jainism	06:00 AM Rayi Pratikramana 09:00 AM Asthprakar Pooja + Snatra Pooja 10:30 AM Morning Pravachan (Ashtanika) KHAMEMI MICCHHAM VANDAMI	02:00 PM SAADHNA - NAMASKAR MAHAMANTRA Magical of Amanu-purvi Maths and Religion	06:45 PM Devasi Pratikramana 08:30 PM Bhakti - Aarti/Mangal Devo (Raag: *) and Pravachan Jain Ramayan - 1
Day 2	Shravan Vadi 12 06:36 - 19:38 9/7/2018 Friday	Red Color of Siddh The liberated Soul Red represents Energy	06:00 AM Rayi Pratikramana 09:00 AM Asthprakar Pooja + Snatra Pooja 10:30 AM Morning Pravachan (Ashtanika) DHARMA GAMSHE TO DHARMI GAMSHE	02:00 PM TATVA GYANI - KNOWLEDGE IS POWER	06:45 PM Devasi Pratikramana 08:30 PM Bhakti - Aarti/Mangal Devo (Raag: *) and Pravachan Jain Ramayan - 2
Day 3	Shravan Vadi 14 06:38 - 19:36 9/8/2018 Saturday	Colorful/Traditional Prabhu Bhakti Day Bring Happiness	06:00 AM Rayi Pratikramana 09:00 AM Asthprakar Pooja + Snatra Pooja	01:00 PM 14 Supan + Prabhu Veer Janma Vanchan *** MATA TRISHILA JHULAAVE PUTRA PARABE RE... JHULO RE JHULO THE TO TRISHILA NA JAAVAAA Aarti - Kumar pal Maharaja	06:45 PM Pakkhi Pratikramana
Day 4	Shravan Vadi 30 (Amas) 06:39 - 19:34 9/9/2018 Sunday	Yellow Color of Acharya Head of Jain Leaders Organization Power	06:00 AM Rayi Pratikramana 08:30 AM Asthprakar Pooja + Snatra Pooja 10 AM Chaitra (Uperan) Vandana well - SPECIAL Program AA CHE ANGAAR AMARA - GURU KRUPA SE PRABHU MILE...	02:00 PM JAIN HOUSEE - KNOWLEDGE GAME - LET'S PLAY YOUNGSTERS SESSION BUT ALL AGE WELCOME	06:45 PM Devasi Pratikramana (27 Bhav Nu Stavan) 08:30 PM Krupa Bhakti & Bhavna, Aarti/Mangal Devo (Raag: *) and Pravachan - Kesaray Rang
Day 5	Bhadava Sud 1 06:40 - 19:32 9/10/2018 Monday	Green Color of Upadhyay Teacher of Jain Order Balance Body, Mind & Soul	06:00 AM Rayi Pratikramana 09:00 AM Asthprakar Pooja + Snatra Pooja 10:30 AM Pravachan (Kalpa-Sutra) KALPA-SUTRA PUJAN + VOKHAYU	02:00 PM Pravachan (Kalpa-sutra)	06:45 PM Devasi Pratikramana 08:30 PM Bhakti - Aarti/Mangal Devo (Raag: *) and Pravachan Jain Ramayan - 3
Day 6	Bhadava Sud 2 06:42 - 19:30 9/11/2018 Tuesday	Orange Color of Tap Arma Suddhi	06:00 AM Rayi Pratikramana 09:00 AM Asthprakar Pooja + Snatra Pooja 10:30 AM Pravachan (Kalpa-Sutra)	02:00 PM Pravachan (Kalpa-sutra)	06:45 PM Devasi Pratikramana Panch Kalyanik Stavan 08:30 PM Bhakti - Aarti/Mangal Devo (Raag: *) and Pravachan Jain Ramayan - 4
Day 7	Bhadava Sud 3 06:43 - 19:28 9/12/2018 Wednesday	Blue Color of Anumodna Religious aspiration and Devotion	06:00 AM Rayi Pratikramana 09:00 AM Snatra Pooja 10:30 AM Pravachan (Kalpa-Sutra)	02:00 PM Pravachan (Kalpa-sutra)	06:45 PM Devasi Pratikramana 08:30 PM Bhakti - Aarti/Mangal Devo (Raag: *) and Pravachan Jain Ramayan - 5
Day 8	Bhadava Sud 4 06:44 - 19:26 9/13/2018 Thursday	White Color of Peace Shows purity, selflessness Kshmapana	06:00 AM Rayi Pratikramana 09:00 AM Snatra Pooja 10:00 AM Bursasura Asthprakar Pooja & Chitra Pat Darshan PAUSHADH - 06:00 AM TO EVENING PRATIKRAMAN	03:30 PM Samvatsari Pratikramana (Main) **** KHAMEMI SAVVA JIVE.	07:30 PM Aarti/Mangal Devo (Raag: *) Aarti Darshan, Tapasya Bahuman and SANGH KSHMAPANA... MICCHHAMMI DIKADAM MAHOTSAV
Day 9	Bhadava Sud 5 06:46 - 19:24 9/14/2018 Friday	Colorful/Traditional Prabhu Bhakti Day Bring Happiness	06:00 AM Rayi Pratikramana 08:30 AM Samoh Parva		
Day 10	Bhadava Sud 6 06:47 - 19:22 9/15/2018 Saturday	Colorful/Traditional Prabhu Bhakti Day Bring Happiness	06:00 AM Rayi Pratikramana	12:39 PM ASHTAPADI MAHA POOLAN BHAAV-YATRAA JAY ADMINATH	

*** Daily Aarti / Mangal Devo will be sung in various Rang (like Bhairav, Ashwini, Makashi and so on....) *** 14 Supan + Prabhu Veer Janma Vanchan -> Eleanor Roosevelt High School located at 7601 Hanover Parkway, Greenbelt, MD 20770
 **** Samvatsari Pratikramana -> Sweetanbar Pratikraman at Mangal Mandir (17110 New Hampshire Avenue, Silver Spring MD 20905), Shivanakvas Pratikramana at Jain Temple Man Hall (Aoyama starts at 3:30 pm), Mothers Pratikraman starts at Noon, English Pratikraman at 5 pm
 All timings are subject to change, check www.jsmw.org for most current program

Swapna Ceremony Details

This year, the Swapna Ceremony will be celebrated at Eleanor Roosevelt High School.

- Date and Time: Saturday, Sept 8, 2018, 1 pm, lunch at 11:45 am*
- Venue: Eleanor Roosevelt High School, 7601 Hanover Parkway Greenbelt, MD 20770
- RSVP: Please RSVP latest by Sept 5th.

*Considering challenges in getting school this year, we have to celebrate Swapna Ceremony on a Chaudas, hence JSMW has arranged for both lunch and dinner.

Schedule:

- Lunch: 11:45 am - 12:45 pm
- Swapna Ceremony Program: 1:00 pm - 5:45 pm
- Swami Vatsalya (Dinner): 5:45 pm
- Pratikraman: 6:45 pm **at Eleanor Roosevelt High School ** Please note ****

We request to all of you to please come on time. During the Swapna Ceremony, the labharthi members will have the honor of carrying each Swapna to the beats of drums and music.

Gheeboli for Swapnas: Information regarding Gheeboli for Swapnas will be communicated prior to the beginning of Paryushan. Please be sure to check your email for related messages, or at www.jsmw.org.

Swami Vatsalya Bhojan (Dinner)

Swapna Ceremony program will be followed by Swami Vatsalya Bhojan, for which sponsorship opportunities are currently available. You can sponsor the Swami Vatsalya Bhojan by donating a starting amount of \$101 (Sadharmik Bhakti Bronze). Additional sponsorship options include \$251 (Silver), \$501 (Gold), \$1,001 (Platinum), and \$1,501 (Diamond) levels. You or a group of families can jointly sponsor the entire Swami Vatsalya Bhojan for a donation of \$6,001. For sponsorships, please send us an email at Events@JainSocietyDC.org.

2. Das Laxan Parva

Das Laxan Parva will be celebrated this year from Friday, September 14th to Monday, September 24th. As it has become customary since last few years, a Mandal Vidhan Puja will be organized on the weekend days of September 22nd and 23rd. We will play Pravachan on 10 Dharm by Dr. Sanjeev Godha.

Das Laxan Parva Schedule

- Friday, Sept 14: Aarti at 7:30 pm, Pravachan from 8-9 pm
- Saturday, Sept. 15 and Sunday, Sept. 16: Abhishek, Puja starting at 9:00 am to 11 am. Pravachan 11:15 am to 12:15 pm. Followed by lunch (Saturday pravachan will be in upstairs hall)
- Monday, Sept 17 - Friday, Sept 21: Aarti at 7:30 pm. Pravachan from 8 to 9 pm
- Saturday, Sept 22 - Sunday, Sept 23: Chosath (64) Riddhi Mandal Vidhan Puja starting from 9 am to Noon. Followed by Pravachan and Lunch
- Monday, Sept. 24: Das Laxan Pooja starting at 9:30 am onwards
- Monday, Sept. 24: Pratikraman starting at 5 pm. Followed by Aarti

3. Guest Speaker: Tarlaben Doshi – Mon, 8/20 to Thur, 8/23

Tarlaben Doshi will bless us with Pravachans from Monday, 8/20 to Thursday, 8/23. Lectures will be delivered in Gujarati each day from 8:15 pm to 9 pm at the Jain Center. Lecture topics will be: Mantri Shree Vastupal Ni Sat Mangni (request) Na Sandarbhe (reference) Shravak Jivan.

4. Jain Youth (JYOC) Temple Lock-in and Elections, Sat, 8/25 to Sun, 8/26

The 2017-2018 youth committee is very excited to announce the last event for their term. We will be hosting an overnight Temple Lock-In on Sat, August 25 at 5:30 pm to Sun, August 26 at 10 am. From sessions to community projects to games, we hope to bring our youth together to socialize, have fun, and make new memories together.

Registration: <https://goo.gl/forms/WSfjO2nuNieog9YU2>

Elections for 2018-2019 JYOC committee will occur on Sat, 8/25 as well.

Get involved, join the team – submit your nomination to youthadvisor@jainsocietydc.org.

5. Guruvandana with Samirbhai Shah – Fri, 8/31, 7:30 pm

All are invited to participate in this wonderful journey of Guru Vandana, along with learned scholar Samirbhai Shah from Ahmedabad on Friday, August 31st, 2018 @ 7.30 pm.

Dinner will be served at 6 pm. Please mark your calendars and participate in the program. Sponsorship opportunities in any amount are available. Aangi will also be performed. Please RSVP at <https://goo.gl/forms/QE7r0voaPypXRmM23>.

6. Asthapad Bhav Yatra with Samirbhai Shah, Sat, 9/1, 1 pm to 7 pm

All are invited to participate in the wonderful journey of Asthapad Bhav Yatra, along with learned scholar Samirbhai Shah from Ahmedabad on Saturday September 1, 2018 @ 1 pm.

Dinner will be served at 5:30 pm. Please mark your calendars and participate in the program. Sponsorship opportunities in any amount are available. Aangi will also be performed. Please RSVP at <https://goo.gl/forms/QE7r0voaPypXRmM23>.

7. NEW! “Wellness” Discussions and Chai Pe Charcha @ JSMW Pathshala

Pathshala has become a nucleus for JSMW community engagement and our members are facilitating several new activities.

We are very excited to announce that this Pathshala year we are organizing informational sessions on “Wellness” topics for our members. Topics such as physical and mental health, financial health, professional career planning, senior health management, legal matters such as wills and trusts, cyber safety, etc. to name a few will be the focus in these sessions.

The first session is planned during Pathshala on Sun, Oct 21 at 10:30 am. Be sure to be there! Further sessions are planned for Sunday, Nov 19 and Dec 16.

If you have a topic you’d like to hear about, drop us a line at events@jainsocietydc.org or see one of the Executive Committee members.

We will also continue our **Chai Pe Charcha** discussions into the upcoming season with the first one on **Sun, Nov 4, at 10:30 am at Cloverly Elementary School’s Cafeteria.**

Stay tuned for more information on topics and speakers via JSMW weekly emails!

Even if you're not a regular Pathshala attendee, you can support JSMW Pathshala by sponsoring events or prizes. You can even buy a JSMW Pathshala T-Shirt to show your support!

For more information on any of our Pathshala curriculum related activities, please contact Monica Shah, Director of Education, at education@jainsocietydc.org. For information on extra-curricular activities, send us your questions at events@jainsocietydc.org.

8. JSMW Quarterly General Body Meeting – Sun, 10/7, 10:30 am

Our quarterly General Body Meeting will be held on Sunday, Oct 7, 2018 at 10:30 am at Cloverly Elementary School's cafeteria. We will be using these as a forum to increase communication and engagement. Further details with an agenda will be provided in upcoming communications. Please make sure JSMW secretary has your current email address.

9. Annual General Body Meeting and Exec Committee Elections – Sun, 12/2

JSMW Annual General Meeting will be scheduled for December 2, 2018. Election for JSMW Executive Committee 2019-2020 will also occur during the AGM. Further details for AGM agenda and election guidelines will be provided in the upcoming weeks both via email and next print newsletter. Please ensure you are able to receive JSMW emails consistently,

RECENT EVENTS

1. JSMW Health Fair – Blood-Work: April 8, 2018, Health Fair: May 6, 2018

Jain Society of Metropolitan Washington, with support from American Diversity Group, held its first Health Fair on April 8 and May 6.

On April 8th there was a blood draw where LabCorp was the main sponsor. 82 people participated in this free service.

On May 6th at the Health Fair, blood test results were available for pick-up and reviewed by general physicians. Doctors from various specialties were available for consultation. The JSMW Health Fair was successful with identifying people with low bone density at risk for fractures, abnormal labs indicating chronic disease, and with providing counseling on many chronic diseases such as pre-diabetes, high blood pressure, cholesterol and many more. Representatives from Community Health Education and Research Corporation (CHERC) and American Asian Health Initiative held community outreach and awareness tables at the event to inform our people and provide information to the community. A panel of speakers delivered informative and inspirational presentations.

Event leads Shilpa Jain and Jhalak Mehta coordinated with multiple teams and orchestrated the entire event inspiring a large team of volunteers to make this a success. ADG team Sonal Patel, Kalpesh Patel and Mayur Modi supported the Health Fair immensely. Pavan Zaveri supported the event from planning till execution.

Consultants Dr. Mahesh Ochaney, Dr. Abhimanyu Tushir, Dr. Anita Ganagar, Dr. Ketan Parikh, Dr. Atiya Goplani, and Dr. Sushil Rattan provided helpful consultation advice to participants.

The health care professionals spoke about improving and maintaining a healthy physical and mental lifestyle.

Name	Presentation Topic
Dr. Deepty Bhansali, MD, Pathology	My lab results- What should I know
Dr. Leena Parikh, Pediatrics	Pediatric Vaccines
Dr. Vipul B Shah MD, Internal Medicine	Diabetes Management
Asha Jain, Registered Dietitian & Certified Diabetes Educator	Healthy Eating in prevention and management of Diabetes

Dr. Arvind Mehta, Cardiologist	New Blood Pressure Guidelines
Dr. Kiran Parikh, General and Laparoscopic Surgeon	Screenings for breast, colon, etc.
Dr. Nitin Doshi, Internal/Adult Medicine, Pediatrics and Obesity Medicine	How to enjoy the multiplication of Joy of Health freedom at any age with disease proof lifestyle management
Shraddha Jain, Physical Therapist	Ergonomics- The Correct Posture
Keyuri Rajani, Physical Therapist	Exercise Prescription: Theory and Practice
Dr. Sushil K. Jain, Former DoD Special Education Advisor, Optometric Physician	Bullying Prevention & Intervention

The event couldn't be successful without the support from our volunteers:

- Event Leads: Shilpa Jain and Jhalak Mehta
- Setting up welcome desk: Shilpa P. Shah and Swati Jain
- Registering participants and distributing blood test results: Ashish Jain and Devang Ajmera
- Measuring bone density: Jinal, Viral, Hardik, Pinkesh Shah
- Dental Hygienist: Stuti Shah
- Gynecologist Aid: Monali Shah
- Vision Acuity and Glaucoma Testing Aid: Dhairya Shah
- CO2 testing: Rajan Shah
- Gastroenterologist and Cardiologist Aid: Parag Mehta
- Blood pressure measurement: Mansi Sogani, Palak Shah
- Weight & height measurement: Sameer Bhavsar
- Speakers MC and Audio Visual: Vishal Mehta, Hemen Gandhi
- Public flow & directions: Sahil Shah, Mehul Doshi, Nimesh Chheda, Nilesh Doshi
- Hospitality (Tea, water bottles, food, snacks): Mina Shah, Sandeep Mehta, Minal Shah
- Facilities: Navinkaka, Naren Datta
- Parking for doctors + ADG volunteers: Ankur Bhachawat



2. Mahavir Janma Kalyanak – Saturday, April 14, 2018

MJK celebrations were held on Saturday, April 14, 2018 at Paint Branch High School located at 14121 Old Columbia Pike, Burtonsville, MD 20866. We had a great member turnout for the event.

The event schedule was lined up with creative and splendidly choreographed performances not only from kids of all Pathshala classes, but also from Adults.

Thanks to the meticulous planning and coordination by the MJK core program team (Archana Shah, Mina Shah, Monica Shah, Pathik Shah, Sahil Shah, Sandeep Mehta, Shilpa Jain, Vishal Mehta) and the many dedicated volunteers, the program was a great success.

A big thanks to the Pathshala teachers for going above and beyond, to all the Pathshala parents, Volunteers and the dozens of generous sponsors for their support



3. Spring Camp – Weekend of April 20-22, 2018

After a highly successful religious camp last year, we had a very pleasant, joyous, and successful "Spring Camp 2018" this year too. This was an event hosted by the JSMW, from Friday, April 20th, 2018 to Sunday, April 22nd at the Pecometh Camp & Retreat Ministries; a beautiful waterfront property conveniently located along the banks of the Chester River on Maryland's Eastern Shore. This 3 days/2 nights overnight camp was limited to first 56 children from our Pathshala (8 years and older), with a goal of exposing them to religious sessions and fun-filled activities, all offered away from their homes, families, and technology-free!

The event received very positive response from the attendees, their parents, as well as from the parent chaperones. It was not possible without the selfless dedication, contribution, hard work, and tireless efforts put in by the Planning Committee: Shilpa (Manoj) Shah, Megha Doshi, Arti Choksi, and Nikunj Shah; Keyuri Rajani who served as a liaison between the Camp Committee and Executive Committee. Additionally, special recognition goes to our parent volunteers, for their immeasurable assistance in caring for every child in their assigned group: Prachi Shah, Nirali Mehta, Nea Maloo, Sunil Dharamsi, Allap Shah, and Mehul Doshi.

Listed below is the summary of the "Spring Camp 2018" event:

- There were 28 boys and 28 girls attending the camp along with four male and four female chaperones listed above. A special thanks to Dr. Rupal Udeshi and Dr. Vipul Shah for

volunteering to be our chaperones as well as Camp Physicians-in-residence, for any health-related emergency.

- There were two lodges reserved for separate overnight accommodation for boys and girls. Male chaperones were accommodated in the boys' lodge and similarly female chaperones in the girls' lodge.
- We had religious sessions delivered by our very own members Saurabh Dalal and Foram Shah, as well as established scholars like Sunil Vakharia, and Dr. Nitin Doshi. Their sessions were eye-openers for several attendees and were thoroughly inspiring as well.
- All food served throughout the camp, was prepared fresh, by the venue's staff, with guidance and recipes received from the Planning Committee. This included Mexican and American cuisine. All food served met the restrictions that come with being vegetarian and followed Jain principles. The hard-working kitchen staff was extra ordinarily nice with all the attendees and treated us as their family. There was not a single instance of an exception or any errors made at all.
- Due to exceptional service-oriented attitude, several child campers as well as parent chaperones were recognized, either by the Planning Committee or their fellow campers. Child campers include: Niyati Shah, Samkit Doshi, Rishi Parekh, Jai Doshi, Parth Mehta, Ajeet Choksi, Rushil Shah, Kavya Zaveri, Kunal Shah, Harsh Shah, Sahil Dharamsi, Samyak Jain, Moksh Shah, Ananya Shah, Devika Shah, Shrushti Doshi, Jaini Chheda, Dhvani Jain, and Kashvi Mehta. Adult chaperones recognized include: Sunil Dharamsi and Allap Shah.
- The Planning Committee has captured great feedback directly from the child campers as well as the parent chaperones and have already started working towards a third offering next year.



4. Jain Workshop – Friday, April 27, 2018 to Sunday April 29, 2018

Jain Workshop was jointly organized from April 27-29, 2018 by the JAINA Education Committee, Jain Washington Society of Metropolitan Washington (JSMW) and Jain Society of Northern Virginia (JSNoVA) at the Jain Temple of JSMW in Maryland. The workshop was attended by 48 people, mostly from the DC metro area, but there were also some attendees from Nairobi, Kenya, New Jersey and Pennsylvania. The workshop was very well received, and it was an enlightening experience.

The moderator for the workshop was Pravin Shah from Raleigh, NC. He not only knows a great deal about Jainism, but also has a deep understanding about the world in which we and our children live here in the United States, and is able to show how Jainism has a place in daily life. He has researched Jain literatures and scriptures for more than 35+ years to get to the root of the questions and answers many people have about Jainism. There is a reason he does this – he refuses to accept an answer just because “that’s the way it is.” Pravin Uncle is someone who is willing to answer any question, no matter how controversial the question is. This is an extremely difficult task when it comes to religion and challenging a belief system that people have held on to for many years - it requires courage, dedication, calmness, open-mindedness,



and commitment, and Pravin Uncle has all of those qualities. He used an interactive model to teach and answer each and every question. He provided the logic and principles he used to arrive to his particular perspectives. He truly embodied Mahavir’s teaching and told us not to accept anything that he said blindly, but to always test with our own experiences, reasoning, and logic.

We all went into the workshop with a basic understanding about Jainism and walked away not only with a deeper understanding about fundamentals of Jainism, Philosophy of Karma in Jainism, World Religions but also seeing its realistic application in our daily lives. One of Pravin Uncle’s core messages was that Jainism is an internal religion, and not about counting the number of activities or rituals one does. Any activities that help us remove our Kashayas (vices) and Mithyatva (wrong belief/ignorance) is true religion.

Here are some quotes from the people who attended the workshop:

"Life throws opportunities at you, and this was certainly one of them"

"Completely satisfied with the workshop. Future workshop should be arranged for youth. More emphasis on day to day related activities and Jainism topic can be used for future"

"A lot of unlearning"

Throughout the workshop, we served only vegan food and used biodegradable paper products. The feedback that we got from the attendees was that eating delicious vegan food for 3 days straight made them feel healthier and energetic.

If you have any questions, please feel free to reach out to:

Priyal Gandhi (priyalgandhi123@gmail.com), Pratiksha Shah (pratiksha77@gmail.com) and Megha Doshi (meghandoshi@gmail.com)

Note: After reading the complete article, please use the following link to comment on this article:

<https://jainaedu.blogspot.com/2018/05/reflections-from-jain-workshop.html>

5. D.C. Central Kitchen – Sat, May 12, 2018

JSMW's annual tradition of yet another DC Kitchen service project concluded on Sun, May 12, 2018, with volunteers on a waiting list to help! Performed by an army of 45+ JSMW volunteers, the team prepared Jain meals for 4,500+ needy people, and this effort saved hundreds of lives by serving Jain food. This event was a great example of "talking and walking" the Jain principle of *Ahimsa* (Non Violence) and *Jiv Daya*..

For last 10 years, more than 50 volunteers have joined us for this community service project.

6. Pathshala Year-end celebration, Volunteer and Senior Appreciation – Sun, 6/3

On June 3rd our temple celebrated Pathshala Year-End Celebration, Senior and Volunteer Appreciation event.

The event started with all our Pathshala children reciting morning prayers and leading Samuhik Chaityavandan. The Sutra class children did a great job reciting the sutras with perfect pronunciation/uchhar and clarity.

This was followed by Senior Appreciation. *"For what they have achieved throughout their life and for all they continue to accomplish, we owe seniors our heartfelt gratitude."* We recognized seniors of our Sangh for all their guidance and support through the years, and presented to them a small token of appreciation.

This event was then followed by Volunteers Appreciation. *"Those who can, do. Those who can do more, volunteer."* Handwritten thank-you notes were exchanged by our members, kids, youth and adults alike, as a gesture of appreciation for the support they provide to the society and in working together as a team.

In parallel we had various fun activities for our Pathshala children. The activities included moon bounce, an obstacle course, beanbag toss, face painting, flower making, photo booth, tug of war and henna. All of this culminated with a well-planned and delicious lunch which was appreciated by all. The lunch was sponsored by Pathshala parents.

The event was enjoyed by all Pathshala children and our members. It was a great success, thanks to our sponsor's blessings and volunteer efforts.

We would like to extend a big thank you to our sponsors: Manubhai, Niruben Shah and Pradhumanbhai, Dhanlaxmiben Zaveri.

Thank you to Tejas Doshi, Kanvi Shah and Ajeet Choxi who shared inspirational thoughts and importance of having a new community temple.

Kudos to all the volunteers including Pavan Zaveri, Monica Shah, Savita Jain, Rahul Jain, Sahil Shah, Sandeep Mehta, Shilpa Shah, Nita Shah and Sunil Dharamsi. A special thank you to Rupa Mehta for coordinating this event.

7. Jain Youth Exchange Program - Washington, DC, 6/23 – 6/28

JAINA in collaboration with JITO Ahmedabad & Bhartiya Jain Sangathana (BJS) is proud to present the Jain Youth Exchange Program [JYEP]. This was the fourth year of this unique program that offers exposure to different cultures and ranks as one of the most powerful ways to promote international understanding and Jain way of life. The program intends to provide hundreds of young students with the opportunity to meet people from other countries and to experience new cultures, planting the seeds for a lifetime of international understanding. This year, there were 12 Jain Youths (ages 18 - 25) from around the globe visiting the US, for approximately 21 days, starting from Boston (4 days), followed by New York (5 days), Washington, DC (5 days), San Francisco, CA (5 days) and ending with Chicago, IL. These youths attended the YJA Convention in Chicago.

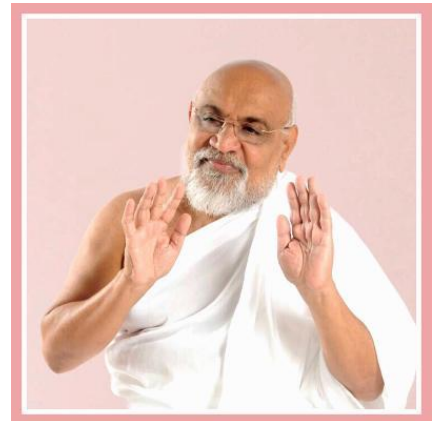
From Jun 23 to June 28, these youths were hosted by JSMW. Led by Dr. Sushil Jain and supported by several JSMW volunteers and families, these Jain Youths had a well-rounded, educational and memorable trip to a variety of venues such as local area temples, National Harbor, National monuments, Museums, Interfaith Dialog & meetings, US Capitol tour, Jain Center, AAHOA, White House and more.

8. Pujya Shri Jinchandraji Maharaj (Bandhu Triputi) – 7/10 Cancelled

It is would have been our distinct honor to host Pujya Shri Jinchandraji Maharaj (Bandhu Triputi) to meet and bless our Sangh, and provide a discourse on the evening of Tuesday, July 10th.

Bandhu Triputi graced our Jain Camp in 1988 and graced our very own JSMW temple Pratishtha in 1989.

Unfortunately, on the previous night, Maharaj Saheb injured his shoulder with a fracture and was flown back to India. We wish him a speedy recovery and look forward to Maharaj Saheb's blessings on his next trip to the US.



9. Sri Gurudev Brahmurishi Guruvananda Swamiji's Visit - Sun, 7/22

Gurudev Gurvanandaji is a well renowned and esteemed saint from India. JSMW had the privilege to host him for a lecture on Sun, July 22. Prior to arriving at the Jain Center, Swamiji visited the new Temple site and blessed the land and construction project for uninterrupted execution. JSMW welcomed over 100 of Guruji's devotees who arrived in Washington from as far as Canada, Atlanta and Chicago to get his Darshan. Dinner was served to all attendees followed by a captivating 2-hour lecture that Gurudev, now 80, conferred while continuously standing. Gurudev also individually blessed dozens of attendees with a variety of tokens.



10. Jain Samanijis Lecture and Day Camp, Sun, 8/5

Jain Samani Pramukha Shreenidhiji and Jain Samani Nirdeshika Shri Shruthnidhi graced the Jain Center on Sun, 8/5 with lectures in English for morning sessions with youth and kids, and afternoon session with adults.

Morning session topics were a) Enhancement of Memory Power and Meditation and b) Game - Around the World Estates, followed by Q & A session.

Afternoon session topics were a) Know your past through your present (with Meditation), and b). Short lecture and Open book quiz on Bhaktamar Stotra.

Lunch was served in-between the 2 sessions.



11. Today's Girl, Today's Women Group

As we round out the year, the JSMW's Today's Woman's group had a successful year. The group's presentations spanned from learning about Instant pot recipes, promoting healthy skin, learning about heart health and improving our financial knowledge, specifically about cryptocurrencies. While enhancing our knowledge and skills, we continued with our community service impact by creating and distributing gifts to children with long term illnesses staying at the Children's Inn receiving lifesaving treatment at the NIH.

We kicked off our new year of programming with our Annual Family Day and Healthy Breakfast Contest on Sunday August 19 from 8:30-11:30 am. This year's exercise classes included yoga and a Doonya Bollywood workout.

Today's Woman group: Nita Bhavesh Shah, Shilpa Shah, Rena Surana-Nirula and Minal Jain.

ON-GOING EVENTS

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

1. Bi-weekly Sunday School Pathshala from September to June. Please contact Monica Shah, Director of Education, at Education@JainSocietyDC.org or 443-306-9955.
2. Adult religious classes are held in parallel with Sunday school from 10:30 am -12:15 pm. Please contact Dr. Atul Shah at 301-274-0319, or Pravin Dand at 301-384-3367 for more information.
3. Every Saturday: 10 am - Kesar Pooja
4. 2nd Sunday of each month: Snatra Pooja at 10:30 am followed by lunch.
5. 4th Sunday of each month - Dev Shastra Guru Pooja at 10 am followed by lunch.
6. 4th Saturday of each month - Jinvani Event at 10:30 am followed by lunch.

GENERAL INFORMATION AND ANNOUNCEMENTS

Updated 3D video of our New Temple is now live online!

Video of Khanan Vidhi and Bhoomi Poojan are online too!

<https://jsmw.org>

Calling Volunteers to Help with JSMW Publications, Communications and Marketing

If writing, formatting and organizing of print, web, marketing and graphic design material sparks your interest ...

... Come join the JSMW publications and communications team!

Reach out to:

publications@jainsocietydc.org

Request to Return Jain Center Library Books

A gentle reminder to all JSMW members to please return any library books back to the Jain Center that you may have checked out and are no longer reading.

Donate to JSMW

Explore various options to make your tax deductible donations to JSMW via Paypal, Amazon Smile, Check, Stocks and IRAs at:

<https://jsmw.org/supportjsmw/>

Connect with us on Facebook at:

www.facebook.com/jainsocietydc

Not Getting Email?

If you are not receiving JSMW weekly email, check to see our emails are not landing in your Spam/Junk folder.

If you need to update your active email address, send a message to JSMW Secretary at secretary@jainsocietydc.org

Did you know?

Our Jain Center provides Wi-Fi access for you to connect your mobile or laptop.

When connecting to the Wi-Fi, find and connect to the "JSMW-Guest" wireless network.

Ask a JSMW volunteer to help you with the Wi-Fi password.

Comments, Questions?

We'd love to hear from you. Please drop a line to the JSMW publications team at publications@jainsocietydc.org

JAIN SOCIETY OF METROPOLITAN WASHINGTON

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

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2018 Calendar of Events (details within)

Date	Program/Location
Mon, 8/20 – Thur, 8/23	Pravachans by Tarlaben Doshi
Sat, 8/25	JYOC Election and Temple lock-in event
Fri, 8/31	Guruvandana w/ Samirbhai Shah
Sat, 9/1	Asthapad Bhav Yatra w/ Samirbhai Shah
Thur, 9/6 – Thur, 9/13	Paryushan Parva
Sat, 9/8	Swapna Ceremony
Thur, 9/13	Samvatsari, Tapasvi Bahuman
Fri, 9/14 - Mon, 9/24	Das Laxan Parva
Sun, 9/30	First day of Pathshala
Sun, 10/7	JSMW Quarterly GBM
Sun, 10/21, 11/19, 12/16	Wellness Topic Presentations
Sun, 11/4	Chai Pe Charcha
Sun, 12/2	JSMW Annual GBM and Elections

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