



jainvani

A Publication by Jain Society of Metropolitan Washington

**Together,
We Pray for Vishwa Shanti**

इहोऽलमास्तु इहोऽलमास्तु
par-hit-nirata bhavantu bhutaganah
दोऽहोऽलमास्तु नाऽहोऽलमास्तु
इहोऽलमास्तु इहोऽलमास्तु

www.jsmw.org

JAIN SOCIETY OF METROPOLITAN WASHINGTON

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

NEW JAIN CENTER

SITE WORK NEARING COMPLETION



IMAGINE

*Our beautiful glowing Shikharbandhi Temple and the Jain Center
on this beautiful site.*

Newsletter Credits

It takes several hours of creative thinking, writing, editing, graphic design, styling, and production. We thank all the contributors who always work hard on this newsletter.

We're looking for a graphic designer (Canva, Photoshop, just an artistic eye) to join our team. If you are interested, please contact Rahul Jain at publications@jainsocietydc.org.

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LEADERSHIP MESSAGE

Jai Jinendra!

During these trying times, we turn to those closest to us for support. Holding hands and helping one another is necessary to return to our full strength. As a leader in our Jain community and local community I have taken this task upon myself, and to ensure that all efforts are made forth in support of our Jain community, local community, and generations to come. With this vision, we have been able to extend a helping hand and lift those in need. To kick-off our new initiative, 'Neighbor Helping Neighbors', I secured collaboration with the PG County Public School Board, local Elected and Law Enforcement Officials, and Community leaders. Along with the help of countless Jain and non-Jain volunteers, my family, and donations worth thousands, we provided care packages with a brief letter on Jainism for those in need in our immediate New Temple surroundings. I worked closely with one of our trustees, Dr. Gitaben Shah, for all guidance related to the closure of our temple for safety of members due to COVID-19. We are lucky to have an expert in infectious disease to provide clarity and to promote the highest degree of safety.

To bring strength to our area, on May 7th, 2020 we were invited to participate in the 'National Day of Prayer' along with the Maryland State Governor. In addition to the many new initiatives we have begun during this pandemic, there are even more new projects coming our way. We are taking a special step in providing for our community by launching a donation program aimed to give the 'Gift of Education' by providing laptops to schools who may have lost funding or are underfunded to establish remote learning. By giving students access to the tools to learn and grow, JSMW will establish a positive impact for years to come. Thanks to all donors, volunteers, committee members, and trustees for every effort made to support this community and our Sangh. Please explore this publication in entirety to hear about all the details for our recent projects and initiatives.

Yours truly,

Sharad Doshi, President, Executive Committee

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JSMW STANDS TOGETHER DURING COVID-19

A GLOBAL PANDEMIC

Best stated by the United Nations, “We are facing a global health crisis unlike any in the 75-year history of the United Nations — one that is killing people, spreading human suffering, and upending people’s lives. But this is much more than a health crisis. It is a human, economic and social crisis. The coronavirus disease (COVID-19), which has been characterized as a pandemic by the World Health Organization (WHO), is attacking societies at their core.”

The Jain Society of Metropolitan Washington is equally impacted. Since early March, our community leaders, health experts, and executive leadership took the proactive action to postpone and cancel JSMW gatherings to ensure everyone’s health and safety remain at the forefront of our society’s priorities. Although we have not been able to physically engage in our routine JSMW activities that we so long for and appreciate, we have been standing together to fight these uncertain times with spiritual connection, supportive contributions, and helping hands.

DAILY PRAYERS: A SPIRITUAL CONNECTION

JSMW has been coming together for two daily prayers. Members are encouraged to do a Navkar Mantra Jaap for 108 times daily at 12:39pm. In addition, every evening Sangh members conduct online prayers on a secure conference line. During these evening prayers, we wish good health and safety for all living souls and we say prayers that seek healing from such diseases. We also ask for forgiveness for any thought, words or actions committed either knowingly or unknowing that may have caused pain and suffering to any living beings including the COVID-19 virus. These prayers may be recited by any JSMW member. Many young children have participated in our daily prayers and we continue to encourage them to take part. We are proud of our community’s parents and teachers for providing our children with this Sanskar.

- To participate in our evening prayers, please visit <https://tinyurl.com/jsmwdailyprayers>. Sign up slots open every two weeks but please check often for availability.
- To join the call, please dial 351-888-6178 @ 8:45pm.



FOOD DRIVE: A SUPPORTIVE CONTRIBUTION

The economic impact of this Pandemic has disrupted the daily lives of several families in the neighborhoods surrounding our new temple site in Beltsville, MD. JSMW recognizes the economic hardship that may fall upon many individuals and has therefore launched an amazing initiative titled Neighbor Helping Neighbors. In these trying times, our Sangh has stepped up to help these struggling families in a small but meaningful way. As responsible neighbors, we organized and executed food donation drives for the needy families. We partnered with the Homeowners Association (HOA) of Beltsville where our new temple is under construction. The HOA is working with local Prince George County schools offering food to those children who are no longer receiving free meals from their schools given school closures.



Under the leadership of President, Sharad Doshi, and Director of Public Relations, Pulkrit Gangwal, our Sangh organized two food drives - the first in April and the second in May. Our society members donated funds to support this noble cause with open hearts and collected the targeted amount in a matter of days. Several members worked behind the scenes to identify food items in line with Jain principles, reaching out to grocery stores to place bulk orders and planning logistics for the event day. Several staff members of President Sharadbhai’s office volunteered to pack roughly 1600 meals and 700 facemasks for 200 families. Each meal consisted of

non-perishable food items (5lb rice, pasta, beans, peanut butter, vegan sauce, pretzels). On the day of the food drives, about 25 members were present to distribute the packages to these families. JSMW members who are doctors or financial experts were available to offer medical or financial advice to the visiting families.



Police officers from Prince George's County Police department and city council officials dropped by to thank JSMW for generous donations and show of support for the local community. The visiting families were grateful for our contributions and showed willingness to learn more about Jainism and JSMW via the flyers enclosed with their packages. A huge shout-out to all JSMW members who contributed in different ways to the success of this event. A special thanks to Pavan Zaveri and Satish Shah for on-site Q&A, to Navin Vora and Subhash Choksi for volunteer snacks, to Megha Doshi and Nishma Shah for identifying Jain Vegan food, and especially to Sharad Doshi for his leadership and initiative in bringing this event together.



- To donate to this great cause, please visit: <https://tinyurl.com/jsmwcoviddonation>
- For questions, please contact JSMW President, Sharad Doshi, at president@jainsocietydc.org/ 301-748-8111 or the Director of Public Relations, Pulkit Gangwal, at publicrelations@jainsocietydc.org/ 619-813-2412.

HELPING HANDS: JSMW'S ACTS OF KINDNESS

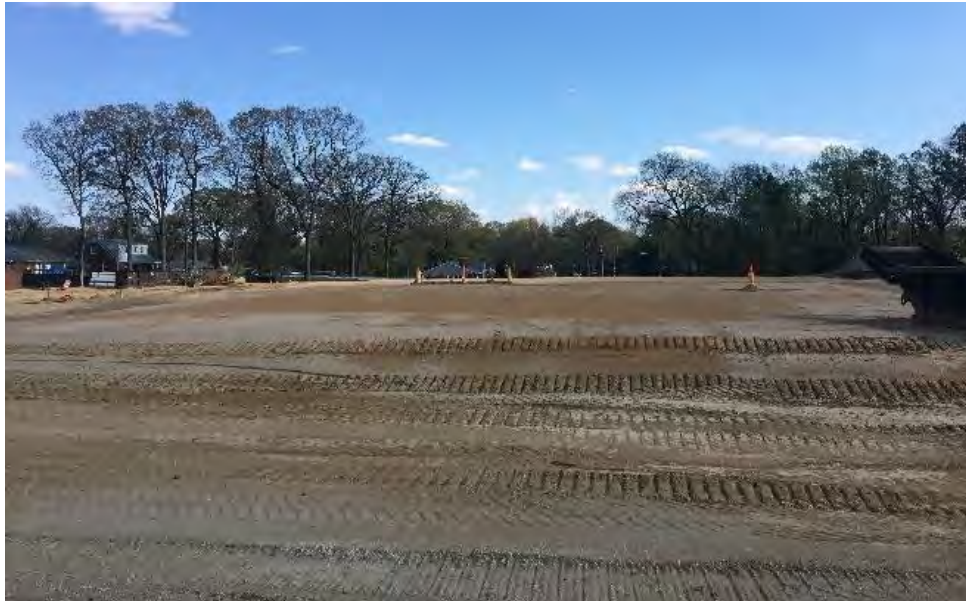


JSMW is encouraging members to help each other during this time of need. If you need assistance with groceries, please contact Shilpa Manoj Shah at shilushah11@gmail.com who will attempt to identify volunteers who have offered to help. Please note, all requests may not be honored and protecting individual safety and social distancing will remain the priority.

Contact HelpingHands@jainsocietydc.org if you are able to lend a hand or have any questions.

NEW TEMPLE UPDATE (AS OF 5/10/2020)

As we are approaching to mid-2020, multiple activities were initiated, completed and are in-progress for the New Shikharbandhi Temple. Site development work started on June 1st, 2019 and is progressing. Due to weather and COVID-19 conditions, completion is behind schedule.



SITE WORK STATUS

- Verizon has removed their cables. Our Site Contractor has removed North/West pole and he will remove remaining pole from Lincoln roadside from ground in upcoming weeks.
- Work related to main underground water and sewer line is completed by our site contractor. WSSC has sent a letter for Release of Liens to our Site Contractor (Mid Atlantic Site contracting), signed and notarized. Our Site Contractor will provide this letter and other necessary documents next week to WSSC. Upon receipt of this information, WSSC will issue "Certificate of Substantial Completion".
- Contractor has installed underground PVC sleeve to bring gas line when building is ready.
- Main building pad is on sub-grade with passing compaction tests.
- Contractor has started remaining concrete work for curb and gutter on west side of building. This work is delayed due to continuous rain, leaving ground too wet to work
- Extension of 4 copper pipes, installed during Shilanyas, is complete.
- Electrical contractor has completed installation of main concrete encased duct bank, which will bring electrical power to building. Electrical contractor will start installation of underground conduit for site lighting, security camera, and telecommunication after completion of curb and gutter work by site contractor.
- After completion of electrical site work, following work will be completed by site contractor
 - back filling of temporary storm drainage pit in south end,
 - Stone base for parking area and driveway
 - Micro Bio-retention for entire site
 - Asphalt payment (Base coat)
 - Grass pavers
 - Recreation Area Concrete

STATUS OF BUILDING CONSTRUCTION

- Based on Request For Proposal (RFP) we issued last year for building construction, we received proposals from four contractors. Proposal from one contractor found incomplete. Construction committee has completed evaluation of remaining three proposals based on technical and financial aspect. Each construction committee member scored each proposal on a point system.
- Construction committee is working on a draft contract, which will be used to sign a final contract with success full contactor.

- Once, the COVID-19 situation improves, in upcoming months, construction committee will negotiate technical and financial terms with contractor and select one best contractor which will be recommended to temple committee and general body for final approval

FINANCE UPDATES

Our current financial picture is summarized below as of **April 16, 2020**. The table below lists the upcoming construction expenses (Site Work as well as other expenses):

Construction Expense	Contract	Paid	Balance
Mid Atlantic (Main site work)	\$1,658,181.30	\$893,548.30	\$764,633.00
Birkhead (Site Electrical work)	\$149,850.00	\$20,055.37	\$129,794.63
Stevenson (Third Party Inspection)	\$35,000.00	\$24,282.00	\$10,718.00
CV Inc., (Civil Engineer)	\$130,000.00	\$123,400.00	\$6,600.00
NBJ Architect	\$390,555.00	\$ 333,084.00	\$57,471.00
Potential Change orders	NA	NA	\$25,000.00
Total	\$2,236,586.30	\$1,394,369.67	\$994,216.63

LEGAL UPDATES

In month of February, we requested help from our lawyer to remove old utility wires and poles from our site.

OTHER UPDATES

- Audio Video Sub-committee was created with few members of temple committee and sangh members due to the need during the RFP process.
- Additional sub-committees** formed to be ready for Day 2 operations of the new Jain Temple
 - Operations and Maintenance (O&M)
 - Policy
 - Process

If you are ever in the area, please swing by the construction site and visualize our grand New Temple and Jain Center standing there in just a few years.

Arvind Shah

Chair, Temple Committee

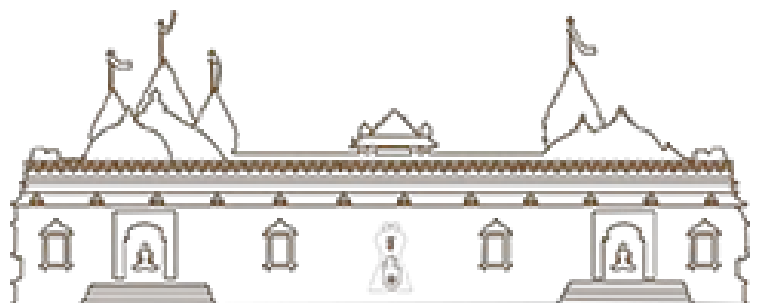
FUNDRAISING UPDATE

JSMW is entering a historic period. Thanks to all our donors and well-wishers - **Khoob Khoob Anumodna** for pledges and donation for this highest cause. We are very fortunate to have an opportunity to donate our hard-earned money for building a Shikharbandhi Shri Shankeshwar Parshwanath, Shri Adinath Temple, and Sthanak. This kind of opportunity comes only once in a lifetime.

Let us take a SANKALP that together we can, and we will, build this temple by 2022 and contribute with Tan Man Dhan. This spectacular temple of white marble will be a pride of Washington DC. To help us in this quest, the Board of Trustees (BOT) has appointed Dr. Sushil Jain as the Fundraising Chair with Dr. Atul Shah, Chairman of BOT, as the co-chair. Sushilbhai, BOT, and the Fundraising Team will make every effort locally, nationally, and internationally to identify fundraising resources in pursuit of our goal.

Atul Shah

BOT Chairperson | chairperson@jainsocietydc.org



PATHSHALA UPDATE

As a vast religious community, we strive to educate young scholars regarding the fundamental principles of Jainism. Our enthusiastic Pathshala teachers work really hard to imbibe these values within the students' minds, with various educational activities. . From taking their students to the Jain center to viewing educational films to delivering presentations in class, each classroom has a unique way of amplifying their Jain values.

Pathshala runs from September to June parallel to the academic school year. JSMW Pathshala also holds classes such as Hindi class, Gujarati class, and Sutra class to help children become more involved with the community and interact with traditions. All these pathshala activities and initiatives continue to expand every year.

CLASSES CONTINUE VIRTUALLY

Despite the recent school closures to promote social distancing during this pandemic, our creative leaders and dedicated teachers have found a way to continue Pathshala! Instructors electronically provide students with a video calling link and conduct class during normal Pathshala time from 10:15AM – 12:00PM on Sundays. During these virtual video classes, students engage in regular Pathshala activities remotely in the comfort of their home!



JAIN ACADEMIC BOWL - JAB

JAB is a bi-annual competition held during JAINA conventions and recently in YJA as well as several Jain Sanghs from around the United States. Questions are asked based on a 400+ page JAB Manual. JSMW Pathshala has participated and has competed in the finals for the past two JAB competitions! Our students are very passionate about JAB and have a goal to go to the finals again during the next July 2021 JAB competition. Therefore, twenty-five students have registered for additional JAB classes that are conducted outside of routine Pathshala classes since January this year.

We are proud of our Pathshala students who have been putting in the time and effort to prepare for the upcoming competition. Their age ranges from 8-14 years and they come prepared and ask very innocent and thought-provoking questions. As teachers, it is very satisfying to interact with these students and see their excitement to learn. They are all winners right from the beginning and we salute their keen interest and efforts in learning our Jain principles. This forum also gives an opportunity for kids to reach out and make everlasting friendship with kids from other competing Sanghs.

C2 CLASS TEMPLE CLEAN UP

In January, C2 students (~age 10) engaged in a community service activity and cleaned the upstairs temple room. It was counted as an extra-credit, so all the kids were super excited! In the beginning, the room looked very messy and cluttered. There were boxes in every corner filled with random stuff. When the class looked at the closet inside, they got the heebie-jeebies. The class determined that it was time to straighten the room, once and for all. The class found many cool items in the Jain Center. There were knick-knacks, diff daffs, and mishmashes. Give a high five to the kids in C2 and when you next stop by the Jain Center, make sure that you go to the upstairs room and see the great cleanup job that they did.



Thanks to Pathshala students, **Syna Lodhaya** (Class E1) and **Keya Shah** (Class C2) for their writing skills and contributions to this Pathshala update section. For any questions, please contact Director of Education, **Nita Shah** at education@jainsocietydc.org.

PATHSHALA 2020-2021 REGISTRATION IS OPEN



We are preparing our 2020-2021 academic year. To enroll your child, please complete the steps below.

Registration Steps

- **Step 1: VOLUNTEER**

Complete a volunteering or a sutra teacher form: (if not interested, follow step 2)

- <https://tinyurl.com/jsmwpathshalavolunteer>

- **Step 2: REGISTER**

Complete the student registration online application:

- <https://tinyurl.com/jsmwpathshala2021>

- **Step 3: PAY**

Mail your payment via check - we are ONLY accepting CHECKS this year.

- Checks should be payable to JSMW.
- **In memo**, write the student's name followed by '2020-2021 Pathshala' (example: Rishab Jain, 2020-2021 Pathshala).
- **Mail check to:** JSMW Pathshala, C/O Raju Shah, 7004 Girard St, McLean VA 22101. If you are unsure of your total amount after completing the registration form or have any questions, please email pathshala-registration@jainsocietydc.org.

2020-2021 Pathshala Schedule

(Tentative)

- September 13, 27
- October 11, 25 (10/25 Halloween Celebration for younger classes)
- November 8, 22 (11/8 Diwali, 11/22 Jnan Panchmi)
- December 6, 20
- January 10, 24
- February 7, 21
- March 7, 21
- April 4, 18 (4/25 MJK)
- May 2, 16
- June 6, 13 (6/6 Finals; 6/13 End of year celebrations)



Important Dates and Notes

- **June 7:** Registration form closes (step 1 and step 2)
- **June 30:** Checks should be received for discount to take effect
- **September 13:** Pathshala Begins
- Registration will not be considered complete until payment is received in full.
- All registrations questions should be emailed to pathshala-registration@jainsocietydc.org.

RECENT EVENTS

HOME ENERGY WORKSHOP WITH INTERFAITH POWER & LIGHT

Lord Mahavira taught: "One who neglects or disregards the existence of earth, air, fire, water and vegetation disregards his own existence which is entwined with them." The electricity we use is one of the most direct ways that our own daily existence is entwined with the fate of the natural world. In an interesting session in January 2020, **Joelle Novey** (Director of Interfaith Power & Light), informed us where our energy comes from and why it matters. We learnt about this company's collaboration with the Montgomery County Faith Alliance for Climate Solutions, through which caring folks from across the county are coming together to respond to climate change.



THE POWER OF POSITIVE LANGUAGE AND FUNDAMENTALS OF PUBLIC SPEAKING

During the Pathshala on Sunday February 22nd, JSMW organized an event for educating kids about stepping into the world of Public Speaking. Our presenters were two experienced Toastmasters from Northern Virginia who brought 40 years of Public Speaking experience to the table.

- **The Power of Positive Language** - Bettie St. Clair engaged the audience with how to choose the "Right Words" to communicate your message.
- **Fundamentals of Public Speaking** - Cheryl Baker presented the building blocks of Public Speaking and showed a variety of examples during the presentation.

The session was well received, and many parents suggested to have such events for kids and youth. The Speakers were presented with the newly designed JSMW Apron as a token of appreciation. JSMW thanks the speakers, team, and its members for making this event a success.

INTERNATIONAL FOOD SHOWCASE

JSMW members displayed their stellar culinary skills in solo or teams of up to 4 in the 1st International Food Showcase. With over 20 entries ranging from appetizers to main-course to desserts, participants delighted the palate of those present with a global array of popular food dishes – **each made with a Jain recipe!** We thank the Today's Women Today's Girl group and Shilpa Shah for organizing this great event.



Talented Food Showcase Participants

- ✓ Archana Shah
- ✓ Keyuri & Isha Rajani
- ✓ Mamta Shah
- ✓ Manna Shah & Sonal Ajmera
- ✓ Meeta Gangar
- ✓ Megha Doshi, Nirali Mehta, Shilpa P. Shah, Ami Shah
- ✓ Minal Jain
- ✓ Nilima Shah
- ✓ Pratiksha Jain, Shradha Jain, Megha Tatiya
- ✓ Sejal Gangar
- ✓ Sharad Doshi
- ✓ Shilpa M. Shah
- ✓ Sweta Gala & Toral Shah
- ✓ Vaishali & Nimesh Chhedha
- ✓ Vipul & Nishi Shah



View full gallery and recipes online at: <https://jsmw.org/news/press-releases/international-food-showcase-2020/>

MAHAVIR JANMA KALYANAK

Jains all around the world celebrate Bhagwan Mahavir's Janma Kalyanak on the thirteenth day of the bright half of the moon in the month of Chaitra. This year it fell on April 6th. Year after year, we all look forward to getting together on this occasion and celebrating by doing bhakti, pooja, vidhaan, pravachan, and processions combined with a showcase of culture and learning by our Pathshala students. This year, being unlike any other before, we were forced to find innovative ways to continue life, find "new" normal, slow down, and introspect.

During these testing times, to not miss this opportunity to celebrate the life of Bhagwan Mahavir and pious occasion of his Janma Kalyanak, the Jain Society of Metropolitan Washington performed a virtual Bhaktamar Vidhaan on



Sunday April 5th followed by a virtual Bhakti on April 6th. On April 5th, members joined in virtually to recite the Bhaktambar gathas, argh, pooja stotra and do the Aarti. About 30 families joined virtually and many families went the extra mile to set the mandla, argh samagri and pooja thalis at their respective homes. The virtual JSMW MJK Bhakti on April 6th was attended by more than 100 families and took labh of Bhakti and Stavans sung by talented and melodious JSMW singers.

Khoob Khoob Anumodana to all members who participated in these events and making them successful. Let us continue to immerse ourselves in virtual and personal bhakti, bhaav and meditation which is need of the hour, even more so than ever.



ONGOING AND UPCOMING EVENTS

All in-person events are cancelled due to COVID-19 until further notice. Please continue to watch your emails for further notice. Stay safe and stay in equanimity.

WINNING PATHSHALA ESSAYS

Several Pathshala students participate in JSMW's annual summer Essay Competition. Last summer, the topics and winners were:

- **B1/B2 (age 7-8):** How can following Jain principles help our environment? **Winner:** Devika Shah
- **C1/C2 (age 9-10):** How can modern technology help Jains further their spiritual development? **Winner:** Jayen Tolia
- **D/E/G (age 11-15):** Jainism: Past, Present and Future. **Winner:** Aneri Shah

These are thoughtful and, in some ways, even thought-provoking essays highlighting how well our teachers and parents are educating our future Jain leaders. In this edition of the newsletter, we are producing the essay by Devika Shah. Please stay tuned for this year's upcoming summer Essay Competition. Our JSMW Education Director will send an email to all Pathshala families with full details in the coming weeks.

How can following Jain principles help our environment?

By Devika Shah

Did you know that following Jainism helps the environment? We care about the environment because we don't want it to get polluted. If the air gets polluted, we won't have clean air to breathe. If the water gets polluted, we won't have clean water to drink. We don't want our land to become a dumpster because living beings are living on the land.

One Jain principles that relates to the environment is Aparigraha which means non-attachment. If you are not attached to things then you do not always need new stuff. You might just put all your old stuff in the trash and that will create more and more garbage which takes up land. For example, after the school year if you didn't use that many pages in one of your notebooks then you don't have to buy a brand new one for next year. Instead, you can rip the pages that you already used and use the notebook again for next year with the remaining unused pages. If you can reuse stuff that will be a lot better.

Another principle that relates to the environment is Ahimsa which means non-violence. Non-violence is related to recycling because when you recycle you are not hurting the earth. When you put a bunch of stuff in the trash then you are hurting the earth because the earth is being invaded with trash. For example, lets say you're drinking from a plastic water bottle at the beach and instead of recycling it you just throw it in the ocean. That plastic bottle might hurt an animal because it might swallow the water bottle. If the water keeps getting polluted with the trash then that is not good for the environment. If you recycle it's a lot better because things will get used again.

Another example of the Jain principle non-violence that is helping the environment, is not eating meat. There are a lot of cows today because people eat a lot of meat. If people stopped eating meat then the farmers don't have to have that many cows to feed all the people. Cows produce farts that is called methane which makes the earth a lot hotter which is like putting a blanket on earth. The heat will melt the ice and that will cause more water which will cause more flooding. Slowly the land will disappear and then living beings can't live because living beings need food and shelter from the land. Being vegetarian also uses a lot less water, land, and energy to make vegetables/fruit instead of meat. For example, a pound of meat uses 2500 gallons of water. However, a pound of wheat uses 108 gallons of water. So let's stop eating meat!

If we start reusing, reducing and recycling which is part of non-attachment and non-violence, then the earth won't get polluted. If we stop eating meat then that is non-violence which helps reduce global warming and uses less of the earth's land and water. So now you can see how Jain principles help the environment.

WE SALUTE THE JSMW FRONTLINE

HEROES

Doctors, nurses, store keepers, delivery professionals, essential workers, social workers, and all who put themselves in the harms way, we thank you and praise you for your selfless act.



Authored By The YJA Education
Subcommittee:

Rishi Zaveri, Sakhi Shah, and Umang Lathia

The idea of FourSquare comes from The Kingmaker, a Hindi-English quarterly magazine released by the Shree Ratnatrayee Trust under the guidance of Acharya Maharaj Sahebs in India. We hope it succeeds in providing different perspectives within unifying themes. Please [visit yja.org/msm](http://visit.yja.org/msm) and click on the tab next to "Q & A" in order to access previously published issues of The Kingmaker.

Foursquare: Vision

Glasses

Glasses are a tool we use to correct our vision when we are unable to see the world clearly. Without glasses, our world becomes only the objects we can see and we easily become blind-sided by what we cannot. We use glasses to see the world clearly which allows us to explore the world better.

Through our daily lives, we make thousands of choices a day. However, if our mindset is not in balance, we may make choices that we later regret. If we are engrossed with immediate life enjoyments and day-to-day dramas or focus too heavily on long-term plans and goals, we become similar to someone who needs glasses but has none. We need a way to correct this imbalance.

In these situations, we should view our lives with 'glasses' on, effectively putting our goals and happiness into perspective. This allows us to adjust the power of these biases and measure how these changes affect our mindsets. We may realize that by carefully considering the 'nearsighted' and 'farsighted' effects of our actions, we can weigh these focuses better, which allows us to make better, balanced decisions. Doing this will allow us to live a more harmonious life as we begin a new year.

Eye Drops

A Maharaj Saheb once said in his discourse-

"When eye hurts, eye drops; when I hurts, drop I."

What a beautiful lesson to keep with us for the rest of our lives! When our eyes are infected and begin to itch, we are quick to retrieve eye drops to make the infection go away. But what about when someone offends us or acts against our expectations? Instead of getting mad or feeling upset, as we are habitually inclined, we must learn to fetch the eye drops of humility. Instead of being quick to anger, we should be quick to forgive.

The "I"-infection of I/me/mine makes us think that we have absolute control over the world. We act as if the world will work according to our desires. By dropping this fantasy, we gain the virtues of patience, understanding, and acceptance. We begin to see from others' points of view, and stop judging them against our expectations.

So, let us take this lesson to heart today and begin to see the world selflessly, without the infection of ego.

Sunglasses

Sunglasses, before becoming a means of expression and fashion, served a simple purpose: shielding our eyes from ultraviolet radiation (UV rays). These rays- can severely damage our eyesight; thus, sunglasses play a key role in keeping a clear, clean, and healthy vision.

We live in a materialistic world, in which we frequently face the temptation to make the wrong choices or keep an unclear mind. Our clouded vision can be a result of the content on social media, the negative influence of those close to us, or even something as common as an advertisement for an item we do not need. These distractions can hold us back, therefore, it is important that we remember to keep a clean mind and block out bad thoughts, similar to the way we keep sunglasses on our eyes.

Some examples of "sunglasses" to protect our inner sight include meditation, prayer, and reflection on our thoughts, words, and actions. Clearing our minds will help us move forward, make better choices, and live a simpler life with fewer complications.

Eye Exams

We regularly visit the optometrist for eye appointments. During these visits, the doctor checks our vision, determines the health of our eyes, and advises changes that need to be made. They offer us a perspective grounded in training and expertise - one we do not have ourselves.

In our lives, we can gain this perspective from our gurus and mentors through regular check-ins. Their expertise and wisdom help us correct our path when we are off-course, and validate our decisions when we are heading in the right direction. These figures could be Sadhus, Pathshala teachers, parents, and even friends who inspire us. Regularly seeking their advice over the upcoming year will enable us to quickly improve ourselves and our decision-making skills through 2020 and beyond.

(This article was originally published in YJA Young Minds)

TREASURER'S REPORT

Below is a list of all donations above \$50 received between **Dec 1, 2019 and Mar 31, 2020**. Jain Society of Metropolitan Washington sincerely appreciates your generous donations. If we have missed anyone's name, or if you find an error, please let us know by sending an email to Treasurer@jainsocietydc.org. The donation recognitions below are split between the donations toward the current temple and the new temple.

CURRENT TEMPLE DONATIONS

TOTAL DONATION \$1,000 AND ABOVE			
Donor	Donation	Donor	Donation
Sandeep & Jhalak Mehta	\$2,064.00		

TOTAL DONATION \$50 – \$999			
Jiten & Sabitha Sanghvi	\$752.00	Harendra & Dipti Shah	\$601.00
Harendra & Dipti Shah	\$601.00	Atul & Aruna Shah	\$351.00
Shashikant & Manju Bhandari	\$303.00	Mehul & Ami Doshi	\$301.00
Sanjay & Swati Jain	\$301.00	Mukesh & Neeta Mehta	\$248.00
Deep & Hiral Desai	\$222.00	Harilal & Jhaver Gangar	\$201.00
Jadhavji & Meena Gangar	\$201.00	Kamlesh & Arti Shah	\$201.00
JAB Team (Harshvi, Jahnavi, Lay, Khushi, Shrusti, Samkit, Parth, Maneet, and JAB Teacher - Megha Doshi)	\$200.00	Rahul & Savita Jain	\$176.00
Kishor & Shushila Shah	\$151.00	Vinod & Seema Singhai	\$151.00
Allap & Sheetal Shah	\$114.00	America's Charities	\$108.00
Dimple & Rupal Doshi	\$101.00	Jigar & Nancy Shah	\$101.00
Mahesh & Ramila Shah	\$101.00	Saritha Surendramal	\$100.00
Hitesh & Jyoti Shah	\$92.00	Anshuman Jain	\$51.00
Arvind & Sanyukta Shah	\$51.00	Praveen & Sunita Jain	\$51.00
Michelle McHenry	\$50.00		

NEW TEMPLE DONATIONS

The donations below include the Facebook match for the GivingTuesday campaign.

TOTAL DONATIONS \$25,000 AND ABOVE			
Donors	Donation	Donors	Donation
Atul & Aruna Shah	\$250,000	Kamlesh & Gita Shah	\$135,120
Dilip & Dr. Leena Parikh	\$25,000	Hasmukh & Sudha Shah	\$25,000
Manish & Brinda Shah	\$25,000		

TOTAL DONATIONS \$10,000 TO \$24,999			
Ashok & Pallavi Shah	\$23,056	Dilip & Aruna Arwindekar	\$22,305
Yogendra Sheth	\$20,000	Arvind & Sanyukta Shah	\$17,948
Pragneshkumar & Sonal Shah	\$17,597	Sahil & Ripal Shah	\$17,508
Saurabh Dalal	\$15,316	Manoj & Kanta Dharamsi	\$15,000
Tapan & Sonal Shah	\$15,000	Allap & Sheetal Shah	\$13,153
Pavan & Meenal Zaveri	\$12,955	Rahul & Savita Jain	\$12,545

Mahaveer & Anitha Nabiraj	\$11,503	Nitin & Shefali Ajmera	\$11,111
Tushar & Nishma Shah	\$10,496	Sandeep & Jhalak Mehta	\$10,090
Dipak & Jyoti Shah	\$10,001		

TOTAL DONATIONS \$5,000 TO \$9,999			
Rajen & Seema Shah	\$9,996	Mahesh & Premila Shah	\$8,375
Nimesh & Vaishali Chheda	\$7,584	Hitesh & Jyoti Shah	\$6,112
Ujval & Deepal Shah	\$6,045	Amit & Harshada Patani	\$6,009
Parthav & Sheetal Jailwala	\$5,942	Narendra & Sangita Shah	\$5,500
Ravindra & Manju Kasliwal	\$5,300	Pradhuman & Dhanlaxmi Zaveri	\$5,098
Akhil & Renuka Jain	\$5,000	Manish Dhiraj Shah	\$5,000
Mona Dhiraj Shah	\$5,000	Nitin & Meeta Sogani	\$5,000
Satish & Pallavi Shah	\$5,000	Sushil & Asha Jain	\$5,000

TOTAL DONATIONS \$50 TO \$4,999			
Gautam & Dhruti Shah	\$4,998	Vinod & Seema Singhai	\$4,997
Punamchand & Chandra Vora	\$4,673	Harsha Patel	\$4,253
Prasanth & Nirmala Jain	\$4,011	Parash & Rina Shah	\$4,004
Sailesh & Mona Shah	\$3,501	Devang & Rani Ajmera	\$3,215
Kalpesh & Komal Shah	\$3,056	Bhupendra & Surekha Shah	\$3,001
Ritesh & Payal Jain	\$3,000	Sharad & Sonal Doshi	\$2,789
Pinak & Dharmishta Shah	\$2,569	Parin Gangar	\$2,501
Gyan & Kumi Shah	\$2,499	Harshad & Taru Matalia	\$2,499
Nilesh & Manna Shah	\$2,491	Raju & Rupal Desai	\$2,400
Bipin & Rashmi Turakhia	\$2,121	Pulkit & Pratiksha Gangwal	\$2,010
Hemen & Bela Gandhi	\$2,000	Kamlesh & Chandrika Shah	\$2,000
Mahesh & Ramila Shah	\$2,000	Raju & Monica Shah	\$2,000
Sanjay & Indu Jain	\$1,501	Gunvanti & Pinkesh & Vaishali Gala	\$1,033
Navin & Nirmala Vora	\$1,018	Prashant & Rupal Udeshi	\$1,001
Aruna D Maniar	\$1,000	Chetan & Sonal Ajmera	\$1,000
Dinesh & Bhavana Mehta	\$1,000	Harilal & Jhaver Gangar	\$1,000
Jadhavji & Meena Gangar	\$1,000	Manish & Darshna Desai	\$1,000
Rita S. Jain	\$1,000	Savindra & Sonali Jain	\$553
Umit & Sonal Shah	\$550	Kamlesh & Arti Shah	\$501
Pankaj & Smita Shah	\$501	Prakash & Ameeta Sanghvi	\$501
Hetal & Palak Shah	\$500	Manoj & Shilpa Shah	\$500
Pinkesh & Minal Shah	\$500	Siddharth & Dharmishta Galliara	\$500
Kishor & Mayurika Doshi	\$301	Jigar & Nancy Shah	\$285
Hitesh & Falguni Doshi	\$250	Pragnesh & Neeta Shah	\$250
Deepak & Anita Padliya	\$200	Adarsh Gandhi & Gunjan Gugale	\$151
Sachin & Ruchita Shah	\$151	Subhash & Arti Choksi	\$135
Lakin & Sonali Haria	\$101	Mahendra & Jyoti Shah	\$101
Praveen & Sunita Jain	\$101	Sunil & Seema Jain	\$101
Jignesh & Jaimini Shah	\$100	Anand & Monica Desai	\$95
Arvind & Nayana Mehta	\$95	Bhupesh & Yash Mehta	\$80
Mahendra & Nea Maloo	\$60	Yogesh & Smita Pawar	\$60

Rushabh & Manpreet Shah	\$51	Warne & Laura Nelson	\$51
Andre & Rakhee Colaco	\$50	Nayan & Jyotsana Shah	\$50
Paresh & Kavita Modi	\$50	Rishi & Shilpa Dharamsey	\$50

Donate to JSMW

Donating to JSMW is easy. Pick the way you prefer to send in your payment.



CHECK PAYMENT

- **Mail** in your checks: P.O. BOX 4548, SILVER SPRING, MD 20914
- **Dropoff** your checks at the Jain Center in the check box
- **Hand deliver** it to the treasurer or any of the EC members



ONLINE PAYMENT

- **Pay on Facebook:** <https://www.facebook.com/jainsocietydc>
- **Pay through PayPal Giving Fund:** <https://go.jsmw.org/2QvTqkX>
(For online payments, your donation receipts will be sent by Facebook/ PayPal, not JSMW)

JYOC CORNER

The Jain Youth of the Capitol (JYOC) is JSMW's youth group for youth between the ages of 13-19 years. Within the last six months, JYOC has planned and carried out multiple successful events.

HOLIDAY PARTY

On December 15th, JYOC had its annual Holiday Party. Over 30 members came and enjoyed many fun interactive games. At the beginning the kids broke up into teams and played a holiday version of "Guess the Song." Next, they played a game where the youth could have a chance at unwrapping a present with fat gloves on. The person who finished unwrapping the present got to keep the prize! Members got the full holiday experience by ending off the party with some hot chocolate!



BUDDY BLANKET MAKING EVENT



On January 19th, JYOC hosted a blanket making event in partnership with YJA. There was a great turnout, with over 40 youth coming to help. Over 20 blankets were made and donated to Project Linus, a nonprofit organization which gives blankets to children in need.

CANNED FOOD DRIVE

From January 5th to February 23rd, JYOC collected canned food at every Pathshala. As usual, all classes were competing against each other and this year, class D2 won with 68 cans! 164 cans of food were donated to Manna Food Center who gave the food to people in need in Montgomery County.



"HOW JAIN ARE YOU?" SESSION

On February 23rd, JYOC hosted an event called "How Jain Are You?" This session was a discussion intended to show the youth that Jainism can be interpreted in many ways and many people follow Jainism differently. One person is not "more Jain" than another. Everyone drew their compass demonstrating their "true north" in Jainism.

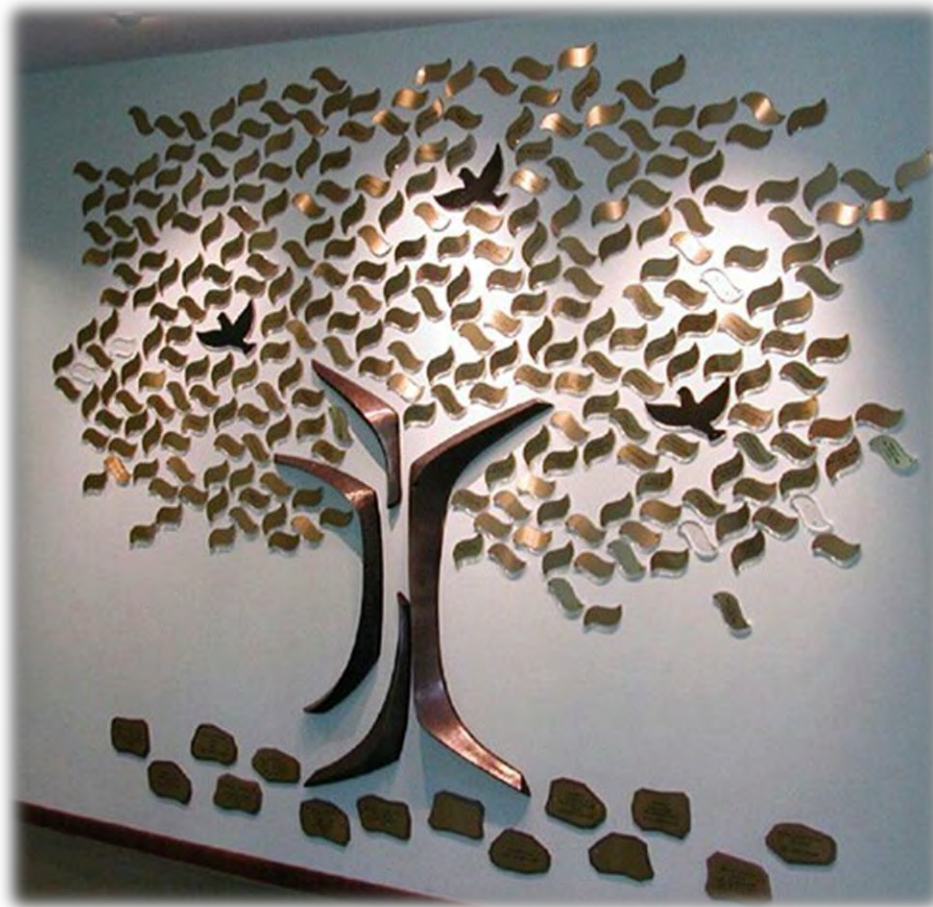
NEW JAIN CENTER

Kalpavruksh (Tree of Life) Program

According to the Jain cosmology - the Kalpavruksh is a wish-granting tree that fulfills the desires of people in initial stages of worldly cycle. The Kalpavruksh will be prominently located in the New Jain Center permanently. Donation for sponsoring various parts of the Kalpavruksh will be as follows:

Tree Trunk	\$10,001
Med Branch	\$7,501
Small Branch	\$5,001
Ground Plaque	\$2,501
Dove/Bird	\$2,001
Fruit	\$1,501
Flower	\$1,501
Leaf	\$751

For information, please contact Nitin Sogani (443-527-6388), Atul Shah (301-274-0319), or Ravi Kasliwal (301-963-6844).



(This tree image is for illustrative purposes only; actual Kalpavruksh tree may look different)

A RECIPE FROM THE INTERNATIONAL FOOD FESTIVAL



Chocotorta

An Argentinian Chocolate Cake

Dessert | Prep Time: 20 minutes | Freezing Time: 2 hours | Total Time: 2 hours 20 mins

Ingredients

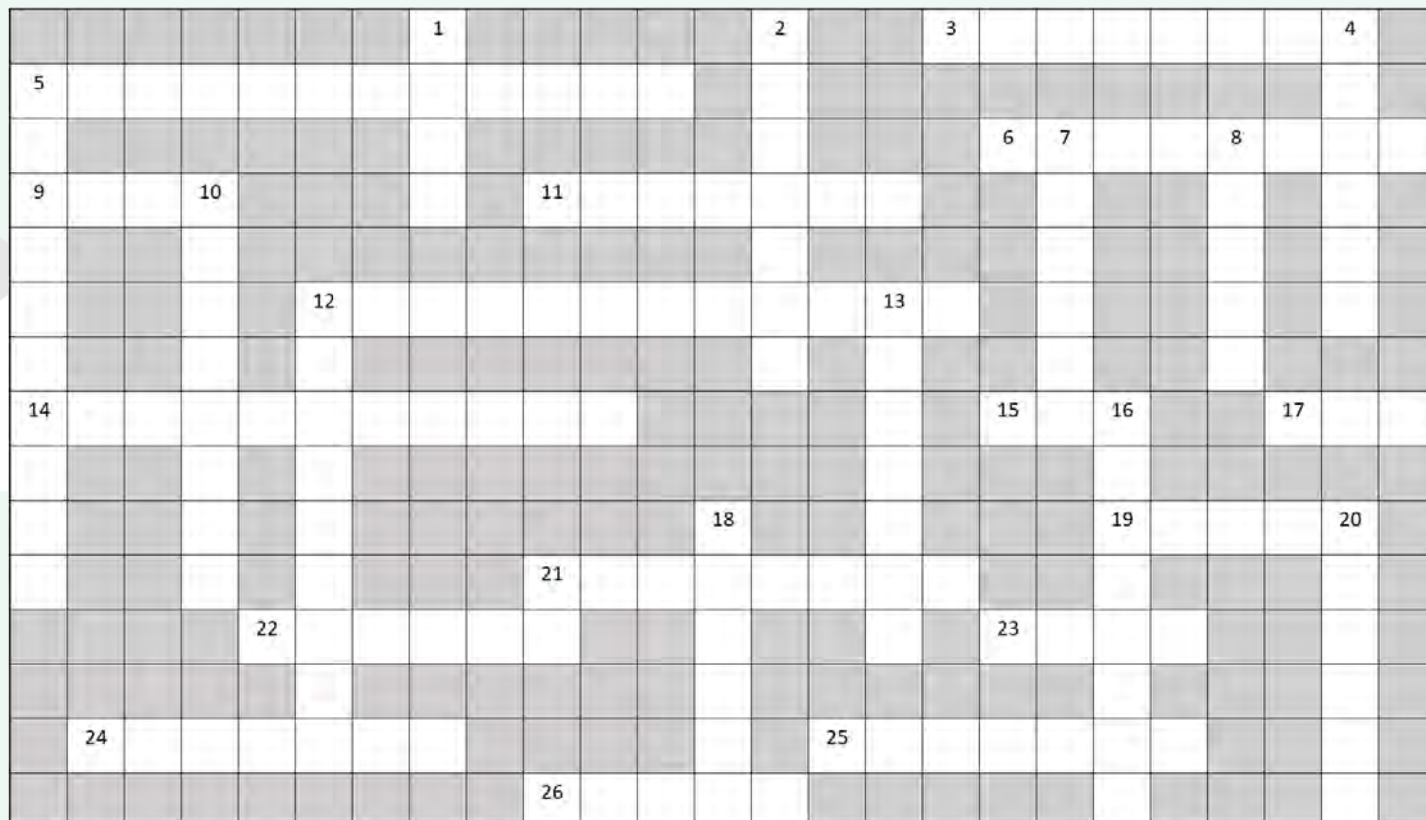
- 14 - 16oz dulce de leche
- 2 8oz boxes of cream cheese, softened
- 2-3 packs of chocolate cookies
- 1 cup brewed coffee

Instructions

1. Cream the softened cream cheese with mixer until light; add dulce de leche and beat on medium for 2 minutes until light.
2. Prepare an 8x8 baking pan; cut parchment paper into long pieces to fit and hang over the sides
3. Combine the brewed coffee and pour some in a shallow dish. Submerge each cookie one by one in the coffee and then layer them in the baking dish until the bottom is fully covered.
4. On top of the layer of cookies, spoon about a third of the cream cheese mixture over it and spread it evenly. Top that with another layer of coffee-soaked cookies; continue to layer.
5. Freeze for at least two hours.

JSMW ACTIVITY CORNER

Our C1 class, 4th grade Pathshala students, are learning about Karma this year. The crossword puzzle contains several words from their class vocabulary. How many can you answer correctly?



ACROSS

- 3 Equanimity
- 5 Multiplicity of views
- 6 Indirect Knowledge
- 9 Offering Food
- 11 Right Faith
- 12 Telepathy
- 14 Charity Obstructing
- 15 Body Determining Karma
- 17 Heavenly Being
- 19 Hellish Being
- 21 Most dangerous karma
- 22 Karma duration
- 24 Shedding Karma
- 25 Age Determining Karma
- 26 Status Determining Karma

DOWN

- 1 Helpful Activities (Punya)
- 2 Inner Enemies
- 4 Non-Destructive Karmas
- 5 Theft (Pap)
- 7 Karma Inflow
- 8 Anger
- 10 Empathy towards all
- 12 Wrong Beliefs
- 13 Feeling Karma
- 16 Human
- 18 Stopping karma inflow
- 20 Free from Ghati karmas
- 23 Karma intensity



JAIN SOCIETY OF METROPOLITAN WASHINGTON

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

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

CURRENT JAIN CENTER

1021 Briggs Chaney Road, Silver Spring, MD 20905

NEW JAIN CENTER

4241 Ammendale Rd, Beltsville, MD 20705

CONTACT

<http://www.jsmw.org> | info@jainsocietydc.org

Let's help those in need



www.jsmw.org/CovidDonation

Neighbor
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