



आराधना

Aradhana

A Publication of the Hindu Society of Greater Cincinnati
Devdham of North America™

Ashadh/Shravan

Vikram Samvat, 2065 /66

July 2009

HAPPY GURU PURNIMA

Happy NAG PANCHAMI

Website: www.cincinnati temple.com

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Phone: (513)528-3714

GURU PURNIMA

Gurubrahma Guruvishnu Gururdevo Maheshwaraha |
Guruhu sakshaat Parambrahman tasmai Shrigurave namaha ||

"The guru is Brahma, Vishnu and Mahesh (Shiva), veneration to the Guru who is Parabrahman manifest."

The second line of the couplet does not literally mean that the Guru becomes Parabrahman - God, rather he is venerated as if God is manifesting through him.

The Sanskrit root "Gu" means darkness or ignorance. "Ru" denotes the remover of that darkness. Therefore one who removes darkness of our ignorance is a Guru. Only he who removes our ultimate darkness, known as Maya, and who inspires and guides us on to the path of God-realization is the true Guru. Students also refer to their school teacher or college lecturer as guru. The connotation of the word guru in this case is one who imparts temporal knowledge (Apara Vidya) and is thus accordingly offered respect.

A spiritual aspirant, no matter how brilliant, can never attain such knowledge by his own endeavor. This is stipulated in the Shrimad Bhagwatam The Guru plays a vital role in boosting the aspirant frequently, when he loses track, becomes despondent or simply runs out of steam. The aspirant is thus better able to obey the Guru if he understands the Guru's glory.

Guru Govind donu khade, kisko laagu paay,
Balihari Gurudevaki jinhe Govind diyo bataay.

Guru and Govind are present before me, to whom shall I bow down first? Glory to the Guru since he showed me Govind.

IF YOU HAVE FOUND A SIDHA GURU, YOU HAVE FOUND GOD

CONTD on Page 7

If you or someone you know, is not receiving ARADHANA, or if you need a change in address, please contact Mr. Mohan Chopra at 859-331-2416 or Geeta Mehan at (513)754-0400 email : mehan101@gmail.com

Deadline for submission of articles for next Aradhana is Aug 10

HSGC Temple Information

Page : 2

Regular Weekly and Monthly Events

Page 4

Current Events and Pooja Information

Page : 3

Upcoming Events

Page 5

TEMPLE INFORMATION

<div>EXECUTIVE COUNCIL 2008</div> <div>President: Meena Mehta (513) 574-6763</div> <div>Vice President: Krutarth Jain (513) 884 1259</div> <div>Secretary: Siva Sivaganeshan (513) 563-2901</div> <div>Treasurer: Amar Sharma (513) 777-5771</div> <div>COMMITTEE CHAIRPERSONS</div> <div>Pooja Committee: Amita Gupta (Chair):(513) 336-8782 Kiran Dayal (Cochair):(513)474-4051</div> <div>Communications/Editor: Geeta Mehan (513) 754-0400 email: mehan101@gmail.com</div> <div>Membership & Fundraising: Raneshwar Gupta (513)232-3331</div> <div>Property Management & Maintenance: Shiv Sharma (513) 459-9520</div> <div>Cultural Activities: Jyoti Desai (513) 745-0876</div> <div>Religious Education & Youth Activities: Anisha Singh (513) 469-7432</div> <div>Long Range Planning Laxmi S. Srivastava (513) 474-0533</div> <div>Priests: Senior Priest: Acharya Kailash Sharma 770-0705 Acharya Chakreshwar Sharma 528-0901 Pandit Srinath Bhattar 528-3714 Attorney: Aronoff, Rosen & Hunt 241-0400 Temple Manager: Laxmi Srivastava 474-0533 Accountant: Open</div>	<div>RELIGIOUS DISCOURSE</div> <div>Sundays 12:15 - 12:45 PM</div> <div>First Sunday : Upanishads</div> <div>Second Saturday : 1008 Gayatri Jaap</div> <div>Second Sunday : ChildrenProgram</div> <div>Third Sunday : Sunder Kand Path</div> <div>Fourth Sunday : Shri Ganesh Atharvshirsha Path</div> <div>Fifth Sunday : Jagannath Puja</div> <div>Members of the community are invited to speak on topics related to Hindu religion, Philosophy, culture, reformation, Gurus, self-preservation, etc. If you would like to talk or like to suggest someone who may be interested, , please call Amita Gupta at 513- 336-8782</div> <div>Devotees are requested to sit-in Sunday Pooja as well as bring Prasad and Lunch. You may wish to use this occasion to celebrate important events such as wedding anniversaries,birthdays, ishta devata pooja, graduation, and other memo- rable days. Events can be hosted by individuals, families, groups of families or organizations. Please reserve your Sunday of choice ASAP by putting your name and phone-no in the calendar at the temple & calling Amita Gupta (513) 336-8782 or Meena Sondhi 513-831-9788</div> <div>TEMPLE SCHEDULE</div> <div>Monday - Friday : 9:00AM-12:00 Noon 5:00 PM - 8:00 PM</div> <div>Saturday, Sunday & US Holidays 9:00 AM - 8:00 PM</div> <div>SPECIAL PROGRAM ON WEEKENDS</div> <div>9:15 - 9:30 A.M. Suprabhatam</div> <div>9:30 - 11:00 A.M. Daily pooja of Temple Deities</div> <div>11 :00 - 11:30 A.M Sponsored Pooja</div> <div>11 : 30 - 12:15 A.M Bhajan</div> <div>12 : 15 -12:45 P.M. Religious discourse</div> <div>12:45-1:00 P.M. Birthday and Anniversary pooja and announcement</div> <div>1 : 00 P.M. Aarti</div> <div>Please Donate Generously for your Temple</div> <div>Your Temple needs</div> <div>1. Sponsors for flower \$50/week</div> <div>2. Sponsors for Sunday pooja</div> <div>3.Your temple needs your support</div>	<div>2009 POOJA COMMITTEE & RELIGIOUS ACTIVITIES MEMBERS</div> <div>Amita Gupta (Chairperson): 336 -8782</div> <div>Kiran Dayal (Co-chairperson): 474-4051</div> <div>Acharya Kailash Sharma 770-0705</div> <div>Acharya Chakreshwar Sharma 528-0901</div> <div>Pandit Srinath Bhattar 528-3714</div> <div>Swarna Chaudhary 232-2343</div> <div>Madhu Sharma 232-9991</div> <div>Meena Karamchandani 683-9454</div> <div>Meena Sondhi 831-9788</div> <div>Kalpana Srivastava 233-9184</div> <div>Uma Sanguai 793-9384</div> <div>Muralee 573-0550</div> <div>Vasundhra Dasari 777-3353</div> <div>Sangita Patel 791-0855</div> <div>Minati Bhattacharya 272-0361</div> <div>Manju Gupta 232-3331</div> <div>Anju Saha 474-3922</div> <div>Purbi Dey 688-1721</div> <div>Sulbha Midha 573-7012</div> <div>Suchitra Mishra 573-9775</div> <div>Temple Manager's Committees</div> <div>Laxmi S. Srivastava- Temple Manager 474-0533</div> <div>1.Office Manager Mohan Chopra</div> <div>2. I/C Swami Lectures Laxmi S. Srivastava Vinay Kumar Devdas Mukerjee Meena Mehta Bobba Choudhary</div> <div>3. Temple Data Base Nandkumar Khemchandani Mohan Chopra Laxmi S. Srivastava</div> <div>4. Anniversary & Birthday Data Raj Agarwal Shakuntala Agarwall</div> <div>5 E-mail .Data Pradeep Goyal Nandkumar Khemchandani</div> <div>6. Gift Shop Meena Sondhi Madhu Sharma</div> <div>7.Computer Tech Sup- port Sreedhar Suvarana Aashish Shah</div> <div>8. Financial Data Amar Sharma Raj Bodalia Laxmi S. Srivastava</div> <div>9. I/C Temple Web site Bharat Vala Debasis Dey Jayesh Thakkar Krutarth Jain Pritesh Dhope Laxmi S. Srivastava</div> <div>10. I/C Temple Calendar Meena Mehta Ashvin Mehta Acharya Kailash Sharma</div> <div>11. Volunter Services Rajan Odayar Kedarnath Nambori Dilip Patel Vijay Kumar Sharma Laxmi S. Srivastava</div> <div>12. Temple Photographers Krutarth Jain Naba Mishra Hetal Patel</div>
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Pooja Information

RATES FOR POOJA & PRIEST SERVICES |

SERVICE	IN TEMPLE	OUTSIDE TEMPLE
Abhishekam (All Deities)	\$101.00	—
Aksharabhyas	\$101.00	\$151.00
Anna-Prashanam	\$101.00	\$151.00
Ashtottharam (108) Archana	\$21.00	—
AyushyaHomam/B'day Celebra.	\$101.00	\$151.00
Ground Breaking Ceremony	—	\$151.00
Griha Pravesh	—	\$151.00
Kalayana Uthsava (Lord Ram/ Sita)	\$121.00	—
Kesh Khandan (Churakaran)	\$101.00	\$151.00
Naam-Karan	\$101.00	\$151.00
Navagraha Pooja	\$101.00	\$151.00
Nischitartham (Engagement)	\$151.00	\$251.00
Baby Shower Pooja		\$151.00
Nitya (1 Day) Kainkaryam (Seva)	\$101.00	---
Poolangi Seva (With Flowers)- (Only During Off Winter Season)	\$101.00	---
Regular Archana	\$11.00	—
Sahasranama (1008) Archana	\$51.00	---
Sathyanarayana Pooja	\$101.00	\$151.00
Seemantham	\$101.00	\$151.00
Devi Jagaran	\$75.00	\$101.00
Akhand Ramayan Paath	—	\$151.00
Shashti Poorthi (60th B'day Celeb.)	\$101.00	\$151.00
Anniversary celebration	\$101.00	\$151.00
Suprabhat Seva	\$21.00	---
Unjal (Swing) Seva	\$31.00	---
Upakarma (Thread changing)	\$51.00	---
Upanayam/Brahmopadeshnam/ Thread Ceremony	\$151.00	\$251.00
Vahan Pooja	\$51.00	---
Yearly Shradham (Barkhi)	\$101.00	\$151.00
Wedding	\$301.00	\$501.00

SPECIAL POOJA RATE

Rates for Mata Ki Chauki performed at another temple will be 15% of the money collected at the temple or a minimum of \$ 501.00.

1. Poojas performed by priests outside the temple will be rated according to the number of poojas performed.
2. 40 Cents/Miles for Travel expense to the Priest to perform pooja at your home.

Rates are subject to change without notice. Rates of Poojas out of Greater Cincinnati will be \$100.00 more than the rates of outside pooja within greater Cincinnati area.

Temple Rental: Lower Floor Only

	Full day	Half day
Monday -Thursday (except holidays)	\$301	\$151
Friday, Saturday & Holidays	\$501	\$351
<u>Sunday after 3PM only</u>	—	\$351

Note: For half day select one of the two:

8:00 AM to 2:00 PM **OR** 4:00PM to 11:00 PM

Temple rental applies to all private reservations for those events/poojas that are performed by private parties and not announced in the temple.

Security/ Cleaning deposit: \$151 required. This deposit will be forfeited if the basement hall bathrooms and kitchen area are not cleaned by the party renting the place.

NOTE: To schedule a Pooja or to rent a temple hall (lower level) please contact pooja Committee chairperson only.

Pooja Committee Announcement:

To schedule a Pooja or to rent a temple hall (lower level) please contact Amita Gupta at 336-8782

If you have any question or suggestion about temple activities contact Amita Gupta at 336-8782, any EC Members or Temple at 528-3714.

1. **Archana** performed during temple hours by sponsorship. No Archana on Sundays between 11 a.m.-1 p.m.
2. **Outside poojas** and other religious services will be conducted by appointment only.
3. To **schedule any poojas** please contact Pooja Committee chairperson at least one week in advance.
4. If you would like to bring **food and prasad** in the temple, Please contact Pooja Committee chairperson .
5. **Cancellations** of pooja should be done 3 days in advance or else the full fee for the pooja will be charged.

St. Vincent De Paul Donation Box

You may have noticed this box near the Parking Lot . Please donate generously . Share your blessings with those that need them. Open your

VOLUNTEERS NEEDED

If you can spare some time to volunteer your services in different areas for your Temple Please come forward and call any E C Members. Your services will be greatly appreciated.

Regular Weekly & Monthly Events at the Temple

Monthly Navgrah Pooja

Every first Saturday of the Month

July 4 , Saturday 3 pm to 5:30 pm

Sponsors needed for Pooja \$51.00

For Details please call

Amita Gupta: 336-8782; Temple priests: 528-3714

Monthly Murugan Abhishekham /Pooja

Every second Saturday of the Month

July 11 , Saturday 4.00pm

Sponsored by Murugan Group.

Amita Gupta: 336-8782; Temple priests: 528-3714



Monthly Satya Narayan Pooja

On Every Purnima of the Month

July 7 , Saturday at 6:30 pm

Sponsorship \$ 51.00

To sponsor pooja call Amita Gupta: 336-8782

Temple priests: 528-3714

Monthly Shri Ganesh Pooja & Shri Ganesh Atharvshirsha Path

Every 4th Sunday of the month: July 26 , Sunday 10:30AM

This pooja is dedicated to each month's

Sankashti Chaturthi to Lord Ganesh.

For more information & Sponsor the pooja please call

Jyoti Divekar : 204-8037

Mangal Nemade : 234-8373

Amita Gupta: 336-8782

Temple Priests: 528-3714

Monthly ABHISHEKAM/KALYANOTSAVAM FOR LORD SRI VENKATESWARA

On July 25, 4th Saturday of each month ,
from 10:30 AM-12:30PM.

To sponsor and details please call any of the following:

Anand Konda: 481-4119; Vasundhara Dasari: 777-3353

Suseela Paturi: 481-8591; Surendra Hanumanthanna: 661-8733

Pandit Sri Srinadh Bhattar: 528-3714

Weekly Shiv Mahiman Stotram

Every Monday at 6:30pm



Weekly Hanuman Chalisa Path

Every Tuesday at 6:30pm

To sponsor pooja please call Amita Gupta: 336-8782

Weekly Vishnu Sahasranaam Parayana

Vishnu Sahasranaama Parayana (chanting) will now take place Every Thursday at 7:00 pm in the temple.

Please join us for the chanting.

For more information, please contact Temple priest s: 528-3714

Weekly Venkateswar Pooja

Every Friday at 6:30pm

To sponsor pooja please call Amita Gupta: 336-8782

Temple priests: 528-3714

Bhagavad - Geeta Class

For children and parents
(Presented by CHESS Balvihar)

- ⇒ Bhagavad-Gita is the manifest quintessence of all the teachings of the Vedic scriptures. - Adi Sankara
 - ⇒ The Bhagavad-Gita is the most systematic statement of spiritual evolution of endowing value to mankind. *It is one of the most clear and comprehensive summaries of perennial philosophy ever revealed; Its enduring value is subject not only to India but to all of humanity.*
-Aldous Huxley
- Join us in understanding and appreciating the timeless wisdom of the Bhagavad-Geeta.*

When: Fourth Sunday of the month, 11am to 12:45pm

Where: The Hindu Temple

Taught by: Sri Koti Sreekrishna,

Notes with transliteration guide (Sanskrit to English) provided.

Anisha Singh: 469 - 7432; Vasanta Vemuri: 232- 5767

NEW PROGRAM

1008 Gayatri Jaapa

9th May ,9:30am-1pm

Followed by Aarti, Prasad and Lunch

For details call Temple 528-3714

Amita Gupta 336-8782; Ganesh 857-

719-1500; Acharya Kailash Sharma

652-5382

This prog will be held every 2nd Saturday



Meaning of Gayatri Mantra

**Om Bhur Bhuva Suvah; Tat Savithur Varenyam
Bhargo Devasya Dheemahi; Dhiyo Yonah
Prachodayat**

Oh Mother, who subsists in all the three Kaalas (Time: Past, Present and Future), in all the three lokas (Lokas: Heaven, Earth and Lower Regions) and in all the three gunas (Gunas - Attributes: Sathwa, Rajas and Thamas), I pray to Thee, to illumine my intellect and dispel my ignorance just as the splendorous sunlight dispels all darkness. I pray to Thee to make my intellect serene and bright and enlightened.

We meditate on that adorable light of the divine Supreme who should rouse our intellects. The earth (bhur), the planets (bhuvah), and the galaxies (swah) are moving at a very great velocity, the sound produced is Om, (the name of formless God.) That God (tat), who manifests Himself in the form of light of suns (savitur) is worthy of bowing/ respect (varenyam). We all, therefore, should meditate (dheemahi) upon the light (bhargo) of that deity (devasya) and also do chanting of Om. May He (yo) guide in right direction (prachodayat) our (nah) intellect (dhiyo).

Thought For The Day

Happiness is not a matter of getting what we want

It is a matter of wanting what we get

Upcoming Events at the Temple

JULY 2009 EVENTS

Lord Murugan 5th Anniversary Festival

July 4, 4:30-8p.m.

4:30 Lord Kanapathy (Ganesh) Pooja

4:45 Abhishekam to Lord Murugan, Sri Valli and Sri Deivayani

5:15 Bhajan

6:15 Archana

6:30 Mangala Theepa Pooja including
Ashtanama Archana (108 Names) for Lord Murugan

7:00-8:00 Arthi and Prasad, followed by dinner.

Sponsorship for Abhishekam \$101.00, Archana \$21.00.

For details please call Amita Gupta 513-336.8782, Temple 513 528-3714.

Navgraha Puja, July 4, Sat, 3p.m.

Bahuda Yatra (Return Yatra of Jagannathji to the Temple) July 5, Sun 10a.m. to 12:30p.m.

Shri Satya Narayan Puja , GURU PURNIMA ,

July 7, Tues 5:30p.m ; Sponsorship \$51

For details please call Amita Gupta 513-336-8782.

July 10, 6:30p.m. 108 Satya Narayan Puja, see page 11

SHRAWAN SOMWAAR (Monday) Shiva Puja

July 13, 20th, 27th, Aug 3rd, 10th, 17th

Contd

JULY 2009 EVENTS

Shrawan Somwar contd

10:00am to 11:30am Shiva Abhishek & Aarti

06:15pm to 07:15pm Shiva Abhishek , *Bilva Patra Archana

07:15pm to 8:00pm Shiva Mahimnaha Path , Bhajans & Aarti

Sponsorship \$101.00 Abhishek, \$11.00 *Bilva patra Archana (Depends on Availability)

For details please call Amita Gupta 336-8782, Acharya Kailash Sharma 652-5382, Janak Dave 859-371-9645, Temple 528-3714.

Aadi Kiritgai Puja, July 17, Fri, 6-7 p.m.

MATA KI CHOWKI, July 18, Sat, 4p.m. to 8p.m.

Sponsored by Premdutt & Swarn Varma Family

Sunderkand Path, July 19th, 10:30am to 1pm

Shri Venkateshwar Abhishekham

July 25th Sat. 10am to 12:30pm

Sponsorship \$51

Shri Ganesh Puja & Atharvshirsh Path

July 26th Sunday 11am to 1pm

Naag Puja (Naag Panchami)

July 26th Sunday , 9:30am to 11am

Vara Maha Laxmi Vrata Puja

July 31st , Friday, 6:30pm

AUG 2009 EVENTS

Navgrah Puja

Aug.1st 3 pm, ,Sponsorship \$51

Mata Ki Chowki.

**Aug. 1st Sat., 4pm to 8pm, Spon-
sors :Mantro, Minhas & Pathak Families**

Sri Jaganathji Puja, Aug 2 ,11a.m.

**Aug 2nd ,Sun, 11:45am-12:45pm,
SATSANG / PRAVACHAN :**

Bhakti Yoga in Ramayan

By- Acharya Kailash Sharma

Balbhadra Janmadin Puja

Aug5,Wed,10a.m.

Rig/Yajur Yakima

**Aug5,Wed, 7a.m,8a.m.,9a.m.,
(Changing of Sacred Thread)
Sponsorship \$51**

SATYA NARAYAN PUJA

Aug 5,Wed 6:30p.m.

Sponsorship \$51

Gaytri Japa/Homa/Havan

Aug 6,Thurs 6:30p.m.

Murugan Abhishekam

Aug 8,Sat 4p.m., Sponsorship \$ 101

AUG 2009 EVENTS

Sundarkand Path

Aug 9,Sun,10:30a.m.

Please note That this Path has been
Moved from 3rd to 2nd Sun due to
Nand Mahotsavam

Shri Krishna Janamashtami

Birthday of Lord Krishna

Aug 14,Fri 6:30 p.m. to 12a.m.

Midnight.

Need Sponsors...Pl ease call Amita Gupta
336-8782; Kiran Dayal 474-

4051; Acharya Kailash Sharma 652-5382 .

Nand Mahotsava

Aug. 16th ,Sun, 10:30am to 1pm

(Celebration of lord Krishna's Birthday)

Details to follow

Shri Venkateshwar Kalyanotsavam

Aug 22,Sat 10:30 a.m.-12:30p.m

Sponsorship \$51

Hartalika Teej/ Kevada Teej

Shiv Parvati Puja

Aug. 22nd Sat. 5:30p.m.

Shri Ganesh Puja /Atharvashirsh Path

Aug.23rd Sunday 11am to 1pm

Shri Ganesh Chaturthi Celebration

Aug. 30th Sunday 10:30am to 1pm

Details to Follow.

Apart from guiding the aspirant on the path to God-realization, the Guru throws light on the profound meanings of the vast array of scriptural knowledge. Hence the Mundaka Upanishad calls such a Guru "Shrotriya" - knower of the true meanings of the scriptures. Adi Shankaracharya forbids an aspirant in endeavoring to decipher the meanings without a Guru. In his commentary on a Mantra (1/2/13) of the Mundaka Upanishad, he says: "Even if one possesses knowledge of the scriptures, he should not attempt to delve into their meanings by himself. He should obtain the knowledge of Brahman only through the Guru." Therefore one should have immutable faith in his words, and by his words should realize the knowledge of God. "The sadhu who lives in a way in which he subdues his indriyas and antahkaran, but is not subdued by them, who engages in God-related activities only, strictly observes the Panch Vartamans, believes himself as being Brahman and worships Lord Purushottam, can be known neither as a human being nor a deva, since neither man nor deva possess such attributes. Therefore such a sadhu, though a human being, deserves to be worshipped at par with God."

WHAT IS GURU PURNIMA

The full moon day in the Hindu month of Ashad (July-August) is observed as the auspicious day of Guru Purnima, a day sacred to the memory of the great sage Vyasa. All Hindus are indebted to this ancient saint who edited the four Vedas, wrote the 18 Puranas, the Mahabharata and the Srimad Bhagavata. Vyasa even taught Dattatreya, who is regarded as the Guru of Gurus. The true Hindu knows that the Guru is the only guarantee for the individual to transcend the bondage of sorrow and death and to experience the Consciousness of the Reality

Serving the Guru

"The Guru's form should be meditated upon; the Guru's feet should be worshipped; his words are to be treated as a sacred Grace which ensures final liberation."

The disciple should humbly pose questions to the Guru and please him by serving him. He will then impart the knowledge of God, so ordain the wise sages....Bhagwat Gita

Aspirants awake at 4a.m , meditate on Guru, Chant prayers and later in the day they worship the Guru's feet.

Therefore on the day of Guru Purnima, disciples introspect, and resolve to offer puja and reverence to the Guru in mind, action and speech; implicitly obey his unvoiced wishes, commands, serving him as one would God to attain all there is to attain on the path of God-realization:

Minutes of EC Meeting, May 3, 2009

PRESENT: Meena Mehta, Krutarth Jain, Siva Sivaganesan, Amar Sharma, Amita Gupta, Geeta Mehan, Jyoti Desai, Raneshwar Gupta, Shiv Sharma, Anisha Singh.

Canopy Completed

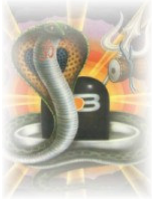
Meena Mehta announced the good news from the Long Range Planning Chairperson Laxmi Srivastava that the canopy for the steps at the entrance to the lower level has been completed and passed by the building department.

Gate Repaired

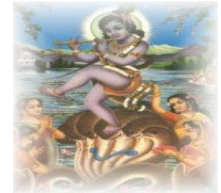
Shiv Sharma announced that the front main gate has been repaired.

New Donor Category

A new donor category of Elite Membership was proposed. Devotees donating \$5,000 over three consecutive years in the general fund or in the special project, will be identified as Elite Members. The proposal was unanimously approved.



NAG PANCHAMI



On the fifth day of the bright half of Shravan people worship the snake, "nag". The day is known as "Nag Panchami". Naga Panchami is the festival of snakes celebrated on the fifth day of the bright fortnight in the month of Shriven. People visit temples specially dedicated to snakes and worship them. Shiva temples are also favoured places for veneration as

The Snake and the Farmer

A farmer was ploughing his field. At the edge of the field there was an anthill which he inadvertently destroyed with the plough, and thus the young serpents that were hiding in it were killed. When the mother snake returned found them cut into pieces. She understood that the farmer had killed them and was bent on taking revenge.

At night when the farmer was sleeping with his wife and children, the snake came and began to bite the feet of the farmer, his wife and children. The eldest daughter had gone to the house of her father-in-law. The snake resolved to kill her too.

and towards the neighbouring village. She found her. But then she saw the young girl with joint hands worshipping the snake she had made out of "gandh", and the nine "nagkule" (young snakes). She had offered them "nagane" (gram soaked and parched), "lahya" (rice blown out by parching), and "durva" (grass sacred to Ganpati), and she was praying with great devotion, "O God Snake, don't be angry if I have committed any mistake. Look after my people at home and in my father-in-law's house. Forgive any fault we may have committed inadvertently."

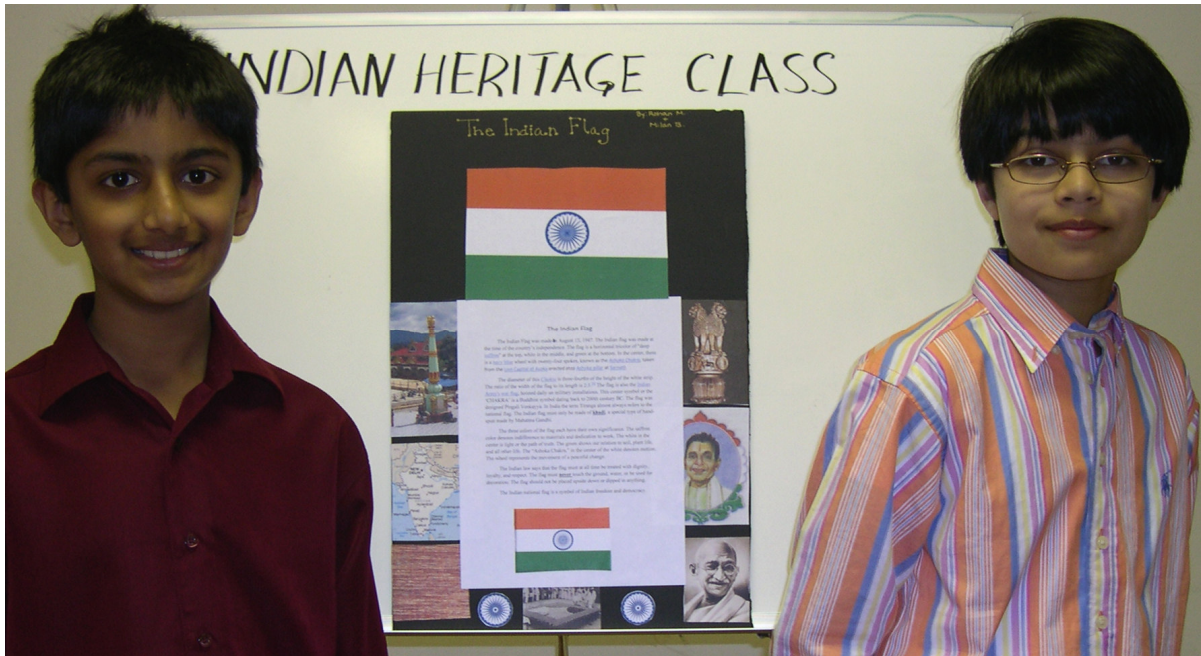
The snake was very sorry for having killed her family. She told the girl what had happened but gave her some nectar to sprinkle on her dead family and they would come back to life.

Legend of Krishna and NAG KALIA

Nag Panchami is also connected with this legend. Young Krishna was playing with the other cowboys when their ball fell into a deep part of the river Yamuna, in which lived the terrible snake Kaliya. Everybody was afraid of that part of the river. Krishna dived into the water and the terrible snake came up. But Krishna was ready and jumping on the snake's head he caught it by the neck. Kaliya understood that Krishna was not an ordinary boy. So Kaliya pleaded with Krishna to spare his life with the promise that henceforth he would not harass anybody. Then he let the snake go free into the river again.

On Nag Panchami day the victory of Krishna over the Kaliya snake is commemorated. For this reason Krishna is known as "Kaliya Mardan". Snakes are believed to like milk. As this is the day of the serpents, devotees pour milk into all the holes in the ground around the house or near the temple to propitiate them. Sometimes, a small pot of milk with some flowers is placed near the holes so that the snakes may drink it. If a snake actually drinks the milk, it is considered to be extremely lucky for the devotee. The festival is celebrated with much enthusiasm by all, especially women.

Indian Heritage Class



Rohan Mangal and Milan Bhandari did a wonderful and creative presentation on the origin and significance of Indian flag. Below is their presentation to the Indian heritage Class.

The Indian Flag was made on August 15, 1947. The Indian flag was made at the time of the country's independence.

The flag is a horizontal tricolor of "deep saffron" at the top, white in the middle, and green at the bottom. In the center, there is a navy blue wheel with twenty-four spokes, known as the *Ashoka Chakra*, taken from the Lion Capital of Asoka erected atop Ashoka pillar at Sarnath. This center symbol or the "*Chakra*" is a Buddhist symbol dating back to 200th century BC. The diameter of this *Chakra* is three-fourths of the height of the white strip. The ratio of the width of the flag to its length is 2:3.

The flag was designed by Pingali Venkayya. The flag is also the Indian Army's war flag, hoisted daily on military installations. In India, the term Tiranga almost always refers to the national flag. The Indian flag must only be made of khadi, a special type of hand-spun made by Mahatma Gandhi.

The three colors of the flag each have their own significance. The saffron color denotes indifference to materials and dedication to work. The white in the center is light or the path of truth. The green shows our relation to soil, plant life, and all other life. The "*Ashoka Chakra*" in the center of the white denotes motion. The wheel represents the movement of a peaceful change.

The Indian law says that the flag must at all time be treated with dignity, loyalty, and respect. The flag must never touch the ground, water, or be used for decoration. The flag should not be placed upside down or dipped in anything.

The Indian national flag is a symbol of Indian freedom and democracy.

KID'S DAY CAMP

Organized by HSGC

FREE KID'S DAY CAMP

Date: Saturday, Aug 29, 2009

Place: Hindu Temple of Greater Cincinnati, 4920 Klatte Rd,
Cincinnati, OH 45244
Phone-513 528 3714

Time: 11 am to 5 pm
10:30 am - registration

Age: 5 years to 12 years Younger children need to be with the parent

Activities:

- 1) Yoga/Surya namaskar
- 2) Pooja
- 3) Story Telling and Camp Song
- 4) Lunch Break
- 5) Art and Craft
- 6) Games
- 7) Havan by children

Lunch: Parents to bring a cover dish and soft drinks to share

Coordinators Anisha Singh - 513 503 2824 singhanisha@hotmail.com
Vineet Rastogi - 513 398 3216 agarwagu@yahoo.com
Radhika Aiyer - 513 336 6769 radhikaiyer@cinci.rr.com

Name: _____ Age: _____

Name: _____ Age: _____

Parents: _____ Phone: _____

Email: _____

I release HSGC from any liability

Signed by parents _____

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vandeham kamdam
vitatam vishwam yen

July 10th Friday, 2009, 6:30 pm

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6:30pm to 8:00pm Puja & Satya Narayan Katha

8:00pm to 8:30pm Bhajan & Aarti

9:00pm Mahaprasad (Dinner)

We need 108 sponsors / Yajmans to sit in puja. For details & to reserve your place

Please call- Temple 513-528-3714, Amita Gupta 513-336-8782. Kiran Dayal 513- 474-4051

Acharya Kailash Sharma 513-652-5382.

Temple will provide all the puja samagri for puja.

JOIN KROGER AND MEIJER COMMUNITY REWARDS PROGRAM

The Hindu Society of Greater Cincinnati is now, a partner with Kroger and Meijer in their Community Rewards Program to get the advantage of their good will of community support. They will donate from about 2% to 4% of the total amount we spend as a community to the HSGC.

HERE IS HOW YOU JOIN KROGER

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Join Meijer Two Ways

(1) If you do not have any type of Meijer card follow this:

With Meijer one has to fill out the Application Form on their Website.

Here are the general instructions to do so.

Go to the website: www.Meijer.Com/Rewards

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Fill out the Application Form

Enter the **HSGC Code No. 964616**

Complete the form

Meijer will send you a Special Card of Community Rewards Program.

(2) If you have any type of Meijer Card or Account follow this:

Go to the website and update your Membership

Follow further Instructions

Enter HSGC Code No. 964616 on Item 2, Option A

Submit.

Both these ways Meijer will directly reward the HSGC.

Please go ahead and enroll in this program and donate to your Temple without any cost to you at all. So let us take advantage of this program.

Raneshwar Gupta at 513:232:3331 and Meena Mehta at 513:574:6763.

CREMATION SERVICES GUIDE

About six years ago a small group of people from our community prepared and published (on HSGC website) cremation services guide. The purpose of this guide was to organize data for the Indo-American Community residing in the greater Cincinnati Area and to assist the community when such services need to be rendered.

HSGC feels we need to update this guide. We are looking for a few people preferably a representation from different parts of India, who would be interested in undertaking this task to meet the following objectives

To ensure that services are provided to Indo-American community in a uniform & consistent manner for cremation.

To ensure that costs of services provided are reasonable by negotiating pricing in advance.

To relieve the burden of the family by giving them information on what to do while they are in sorrow.

To provide a community service efficiently and effectively in an organized manner.

Please contact Meena Mehta at 513-574-6763 or send e-mail at minaash2009@live.com about your interest by June 15th 2009. We will have the first meeting on this topic by end of June. HSGC would like to actively support this activity.

Regards

Meena Mehta ,HSGC President

(Nothing here intended to be a legal advice)

Tips for an Exceptional, Superb & Powerful Life!

- 1.) Take a 10-30 minute walk every day. And while you walk, smile. It is the ultimate antidepressant.
- 2.) Sit in silence for at least 10 minutes each day. Buy a lock if you have to.
- 3.) Always pray and make time to exercise.
- 4.) Spend more time with people *over* the age of 70 And *under* the age of 6.
- 5.) Eat more foods that grow on trees and plants And eat less foods that are manufactured in PLANTS.
- 6.) Drink green tea and plenty of water. Eat broccoli, almonds & walnuts.
- 7.) Try to make at least three people smile each day.
- 8.) Clear your clutter from your house, car, desk and let new and flowing energy into your life.
- 9.) Don't waste your precious energy on gossip, issues of the past, negative thoughts or things you cannot control. Instead, Invest your energy in the positive present moment.
- 10.) Realize that life is a school and you are here To learn. Problems are simply part of the curriculum that appear and fade away like algebra class...but the lessons you learn will last a lifetime.
- 11.) Eat breakfast like a king, lunch like a layman And dinner like a beggar .
- 12.) Life isn't fair, but it's still good.
- 13.) Life is too short to waste time hating anyone.
- 14.) Don't take yourself so seriously. No one else does.
- 15.) You don't have to win every argument. Agree to disagree.
- 16.) Make peace with your past so it won't screw up the present.
- 17.) Don't compare your life to others'. You have no Idea what their journey is all about.
- 18.) Ladies - Go on and burn those 'special' scented Candles, use the 600 thread count sheets, the good China and wear fancy clothes now. Stop waiting for a special occasion. Every day is special.
- 19.) No one is in charge of your happiness except you.
- 20.) Frame every so-called disaster with these Words: 'In five years, will this matter?'
- 21.) Forgive everyone for everything.
- 22.) What other people think of you is none of your Business.
- 23.) Time heals almost everything. Give time, time!
- 24.) However good or bad a situation is, it will Change.
- 25.) Your job won't take care of you when you are Sick.. Your friends will. Stay in touch with them.
- 26.) Get rid of anything that isn't useful, beautiful or joyful.
- 27.) Envy is a waste of time.. You already have all You need. God provides, remember?!
- 28.) No matter how you feel, get up, dress up and show up. Remember that you are too blessed to be stressed.
- 29.) Call your family often.
- 30.) Each night before you go to bed complete the following statements: 'I am thankful for _____. 'Today' I accomplished _____.
- 31.) Enjoy the ride. Remember that this is not Disney World and you certainly don't want a fast Pass. You only have one ride through Life so make The most of it and enjoy the ride.

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July Birthdays and Anniversaries *Happy Anniversary*

Rajkumar & Shakuntala Agarwal, Pradeep & Aparna Ambe, Rajappa & Chandra Asthagiri, Sharad & Arti Buddhdev, Ramesh & Niranjana Candadai, Param & Lalitha Hariharan, Jagmohan & Shashi Khanna, Shankar & Nithya Krishnan Vishwanathan

Happy Birthday

Poonam Agarwal, Rajkumar Agarwal, Deepak Bhandari, Sonia Bhati, Kishore Bobba, Sheela Bodalia, Ranga Brahmamdam, Pratima Dayal, Mitul Desai, Geetika Gupta, Viswamitra Halekote, Rohan Hemani, Neerja Jindal, Pawan Kedia, Amit Khemchandani, Ami Kothari, Nishir Kumar, Reena Kumar, Sreyas Mahadevan, Vikranth Mirle, Jagdish Nawani, Vithal Nemade, Hansaben Patel, Minal Patel, Sonika Patel, Asha Sundaram Ramarathnam, Srinath Ramarathnam, Karthik Raturi, Suresh Saxena, Sydney Saxena, Ashish Sharma, Madhu Sharma, Kailas Sheth, Ravi Sheth, Shalini Sreekrishna, Santhanam Srinivasan, Savitha Srinivasan, Sunil Srivastava, Nalini Vala, Lola White

*(Celebrated on the first Sunday of each month in the temple.)

** (Celebrated on the second Sunday of each month in the temple.)

Note: In the April Aradhana, Birthdays and Anniversaries

were listed as "May" instead of "April"....sorry about that

If you would like to include your name in the above lists, please call Raj or Shakuntala at 513-733-1537.



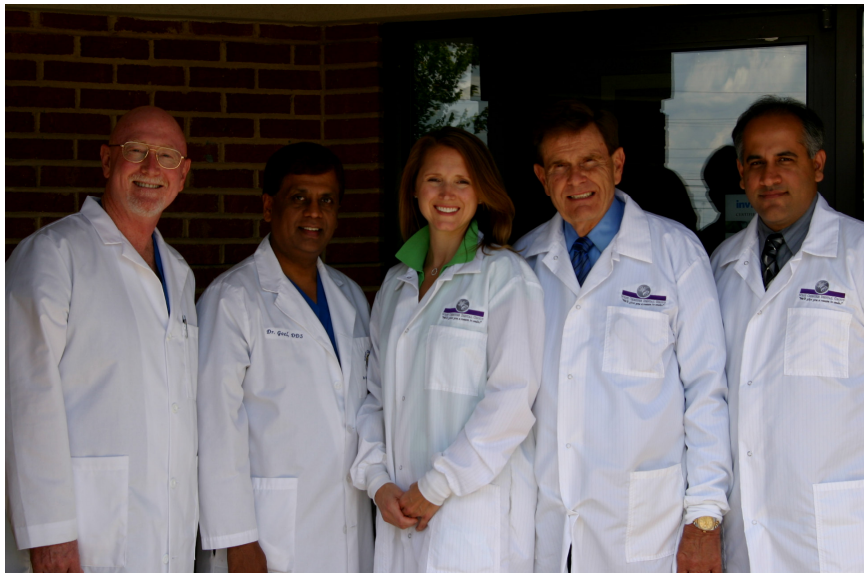
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