

आराधना



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

Magh/Phalgun Vikram Samvat, 2068 February, 2012



MAHA SHIVRATRI



Website www.cincinnatitemple.com Email: hindusociety@fuse.net Phone: (513) 528-3714

MAHA SHIVA-RATRI CELEBRATION

Feb. 20th Monday 2012, 6 pm to 4 am (All Night) Puja



We need volunteers to chant OM NAMAH SHIVAYA mantra 11000 times in ½ hours blocks starting 5pm. Please send email to janak.dave@uc.edu with your preferred time slots. Kids get first priority.

First Puja

6 pm to 7 pm Shivabhishek

6:30 to 7:30 Puja Thali offering (Archana)**

7: 30 to 8:00 Shiv Mahimnah Path, Bhajans

8: 00 pm Aarti Followed by Prasad (Dinner)

Second Puja

9:30pm - 10:30pm Shivabhishek * 10:30pm to 11:30pm Shiva Mahimnah Path & Bhajans 11:30pm Aarti & Prasad

Third Puja

12:30am to 1:30am Shivabhishek * 1:30am to 2:00am Shiv Mahimnah Path, Arti & Prasad

Fourth Puja

2:30am to 3:30am Shivabhishek ³ 3:30am to 4:00am Shiva Mahimnah Path, Arti & Prasad

We Need sponsors. * Shivabhishek.: \$101.00. All Night 4 times Puja: \$251.00**
Puja Thali: \$21.00 with Ganga jal & Milk
Please sponsor one of the Abhishek for lord Shiva on this auspicious day.

We also request devotees to bring only very small amount of milk for offering due to large collection of milk, which we cannot be offered on same night. Please donate money instead of milk or dry nuts for prasad.

EVENT IS SPONSORED BY – Dr. Raghavan & Bhargavi Pandalai their family

For Details Please call Kiran Dayal 474-4051, Janak Dave: 859-371-9645,

If you or someone you know, is not receiving ARADHANA, or if you need a change of address, please contact Mohan Chopra at 859-331-2416 or Nandkumar Khemchandani : asiindian@aol.com / 513-779-1043

Aradhana (past and present) is also available at temple website: www.cincinnatitemple.com

Deadline for submission of articles for next Aradhana is February 10

TEMPLE INFORMATION

EXECUTIVE COUNCIL 2012

President

Deepak Dixit (513) 440-4258 dndixit@hotmail.com

Vice President

Ambikaipakan Balasubramaniam (513) 204-0213

balasua@yahoo.com

Secretary:

Pradeep Gupta (513) 342-2005 pgupta@cszinc.com

Treasurer:

Prasad Megada (Chair) (513) 779-4582 prasadmegada@yahoo.com

COMMITTEE CHAIRPERSONS

Pooja Committee:

Kiran Dayal(Chair): (513) 474-4051

kdayal2@yaho.com

Communications/Editor:

Sandeep Gupta (513) 336-8782 sandeep.guptas@gmail.com

Membership & Fundraising:

Manish Srivastava (513) 503-2825

mansriva@hotmail.com

Property Management & Maintenance:

Rakesh Patel (513) 892-1830 rockypatel1968@yahoo.com

Cultural Activities:

Asit B. Saha (Chair) (513) 489-5720

absaha09@gmail.com

Religious Education & Youth Activities:

Vinit Rastogi (513) 398-3216

rastogivk@gmail.com

Long Range Planning

Jeetu Patel (513) 836-0606

ipatel5@live.com

Youth Member: Open

Priests:

Acharya Kailash Sharma, Senior Priest

(513) 770-0705

Acharya Chakreshwar Sharma

(513) 528-0901

Pandit Srinath Bhattar

(513) 488-2986

Attorney: Aronoff, Rosen & Hunt

(513) 241-0400

Temple Manager: Laxmi Srivastava

Accountant: Open

Raj Bodalia Chair, Special Activities

RELIGIOUS DISCOURSE

Sundays 12:15 - 12:45 PM

First Sunday : Upanishads Second Saturday : 1008 Gayatri Jaap

Second Sunday: Children Program Third Sunday: Sunder Kand Path Fourth Sunday: Shri Ganesh

Atharvshirsha Path

Fifth Sunday: Jagannath Puja

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 contact Kiran Dayal.

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 memorable days. Events can be hosted by individuals, families, group 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 pooja committee members Kiran Dayal or Meena Sondhi.

TEMPLE SCHEDULE

Monday - Friday : 9:00AM-12:00 Noon

5:00 PM - 8:00 PM

Saturday, Sunday

& US Holidays: 9:00 AM - 8:00 PM

SPECIAL PROGRAM ON WEEKENDS

9:15 - 9:30 A.M.

Suprabhatam

9:30 - 11:00 A.M.

Daily Pooja of Temple Deities

11:00 - 11:30 A.M. Sponsored Pooja

Sporisored r obja

11:30 - 12:15 A.M.

Bhajan

12:15 -12:45 P.M.

Religious discourse

12:45-1:00 P.M.

Birthday and Anniversary pooja and announcements

1:00 P.M.— Aarti

Please Donate Generously

Your Temple needs

- 1. Sponsors for flower \$50/week
- 2. Sponsors for Sunday pooja
- 3. Your support

2012 POOJA COMMITTEE & RELIGIOUS ACTIVITIES MEMBERS

Kiran Dayal (Chair	474-4051
, ,	
Amita Gupta (Co-Chair):	336-8782
Sangita Patel (Co-Chair)	791-0855
Swarna Choudhury (Co-Cha	ir) 232-2343
Acharya Kailash Sharma	770-0705
Acharya Chakreshwar Sharr	ma 528-0901
Pandit Srinath Bhattar	528-3714
Meena Sondhi	831-9788
Manju Gupta	232-3331
Anju Saha	474-3922
Meena Karamchandani	683-9454
Kalpana Srivastava	233-9184
Muralee	573-0550
Vasundhra Dasari	777-3353
Suchitra Mishra	573-9775
Rajan Odayar	336-6843
Vilas Patel	947-0861
Triveni Dave	859-371-9645
Mangal Nemade	234-8373
Shanti Sumkherjii	755-6009

TREASURER Co- Chair

Amar Sharma 777-5771

Temple Manager's Committees LaxmiS.Srivastava, Temple Mgr 474-0533 Raj Bodalia, ,Chair Special Activities583-0184

1.Office Manager
Mohan Chopra

2. I/C Swami Lectures
Vinay Kumar
Devdas Mukerjee
Meena Mehta
Bobba Choudhary
3. Temple Data Base

Nandkumar Khemchandani Ashvin Mehta Raj Bodalia Achaya Kailas

Krutarth Jain(President) Meena Mehta

4. Anniversary & Birthday Data

Raj Agarwal
Shakuntala Agarwall
5 F-mail Data

5. E-mail .Data Pradeep Goyal Nandkumar Khemchandani

6. Gift Shop

Meena Sondhi

Madhu Sharma

7.Security (ADT)

Meena Mehta, Vinay Kumar Kailash Sharma **8. Financial Data** Amar Sharma.

Raj Bodalia Laxmi S. Srivastava **9. I/C Temple Web site** Bharat Vala

Lalit n. Agarwal Krutarth Jain 10. I/C Temple

Calendar Meena Mehta Ashvin Mehta Achaya Kailash

Sharma
11. Volunter Services

Rajan Odayar

Kedarnath Nambori Dilip Patel

Vijay Kumar Sharma

12. Temple Photogra-

phers Naba Mishra Dilip Patel (I/C)

13. Mela Committee

Anil Jindal Jyoti Desai Raneshwar Gupta (Fund Raising Chairperson) Krutarth Jain (President)

Aradhana is Published Monthly . Circulation: Approx. 1750 Families. Advertising Rate: Full Page \$300; Half Page \$150; Quarter Page \$100. and one eighth page \$50. A 10% discount is given for 12 consecutive repetitions of the same advertisement. Hindu Society of Greater Cincinnati (HSGC) is a non-profit organization that caters to the needs of a large community. The views expressed by individual authors in Aradhana are their own and may not reflect the policies of HSGC.

Pooja Information

RATES FOR POOJA & PRIEST SERVICES			
SERVICES	IN TEMPLE	OUTSIDE TEMPLE	
Abhishekam (All Deities)	\$101.00	_	
Aksharabhyas	\$101.00	\$151.00	
Anna-Prashanam	\$101.00	\$151.00	
Ashta Prakari Pooja*	\$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	a) \$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)-	\$101.00		
(Only During Off Winter Season)			
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/Brahmopadesham/	\$151.00	\$251.00	
Thread Ceremony			
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. 50 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.

CHECK-OUT

http://newbhagavadgita.blogspot.com/2010/04/shock-treatment-inbhagavad-gita.html

Temple Rental: Lower Floor Only

	Full day	Half day
Monday -Thursday	\$301	\$151
(except holidays)		
Friday, Saturday & Holidays	\$501	\$351
Sunday after 3PM only —	\$351	
Note: For half day select one of	of the two:	
8:00 AM to 2:00 PM OR	4:00PM to 11:0	00 PM

USE OF KITCHEN \$ 51 Use of Paper Supplies (PS) \$ 101 Use of Kitchen and PS \$125

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 please contact Pooja Committee : Kiran Dayal 474-4051 or to rent a temple hall (lower level) Raneshwar Gupta 232-3331

Pooja Committee Announcement:

To schedule a Pooja or to rent a temple hall (lower level) please contact Kiran Dayal 513-474-4051 or to rent a temple hall (lower level) Raneshwar Gupta 232-3331

If you have any question or suggestion about temple activities contact Kiran Dayal 513-474-4051, 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.
- To schedule any poojas please contact Pooja Committee chairperson at least one week in advance.
- If you would like to bring food and prasad in the temple, Please contact Pooja Committee chairperson.
- **Cancellations** of pooia should be done 3 days in advance or else the full fee for the pooja will be charged.

POOJA SAMAGRI

For convenience of Devotees, Temple can now provide Pooja Samagri for all inside and outside Poojas.

Donation for Puja Samagri is as follows

\$ 21 for any Pooja

\$ 31 for any Pooja including Havan/Homam For more details please contact Kiran Dayal 513-474-4051

IMPORTANT ANNOUNCEMENT

SUNDERKAND CD (sung by Acharya Kailash Sharma)

AVAILABLE in Temple Gift Shop for \$ 10. The money raised will go to temple.

Regular Weekly & Monthly Events at the Temple

Monthly Navgrah Pooja

Every first Saturday of the Month Sponsors needed for Pooja \$51.00 For Details call

Kiran Dayal at 474-4051; Temple priests: 528-3714



Monthly Murugan Abhishekham / Pooia

Every second Sat of the Month Sat 4pm Sponsor Murugan Group. Kiran Dayal 474-4051; Temple priests: 528-3714



Monthly Satya Narayan Pooja

On Every Purnima of the Month 6:30 pm

Sponsorship \$ 51.00

To sponsor pooja call Kiran Dayal 474-4051 Temple priests: 528-3714

Monthly ABHISHEKAM/KALYANOTSAVAM FOR LORD SRI VENKATESWARA

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: 488-2986

1008 Gayatri Jap

Second Saturday of each month at 9.30AM For details please contact temple priest 528-3714 or Kiran Dayal 474-4051



Weekly Shiv Mahiman Stotram

Every Monday at 6:30 pm



Weekly Hanuman Chalisa Path

Every Tuesday at 6:30 p m To sponsor call Kiran Dayal 474-4051 or Temple Priests 528-3714

Shri Ganesh Pooja & Shri Ganesh Atharvshirsha

Every 4th Sunday of the month 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

Kiran Dayal :474-4051 Temple Priests:528-3714

Weekly Vishnu Sahasranaam Parayana

Vishnu Sahasranaama Parayana (chanting) will now take place Every Thursday at 7:00 pm . Please join us for the chanting. Please contact Ganesh Sundaresan 513-752-4025

Weekly Venkateswar Pooja Every Friday at 6:30pm

To sponsor pooja please call Kiran Dayal 474-4051; Temple priests: 528-3714

EDITOR NOTE

Namaskar to All Readers,

It is my good fortune and pleasure to serve at our Hindu Temple as the NEW Communications/Aradhana Editor. I was also the Editor of the historic "Garbha Griha Souvenir" in Oct 2011. My wife, kids and I enjoy volunteering at the Temple. We feel truly blessed by God when we do "Seva" there!



First of all, I would like to THANK ALL the supporters of the temple whether it is in terms of donating money for projects, sponsoring pujas, becoming an HSGC member, buying Temple's Kroger card, volunteering time in helping out with various temple activities, participating in festivals & events at the temple, letting kids participate in the temple dance events and the Indian Heritage Class and lots more. Next, I would also like to THANK ALL the sponsors of the Aradhana Magazine as well as all the folks who submit articles to be published in it. I would like to bring your attention to a very inspiring article on "PHILANTHROPY" in this edition which talks about "giving back" to the community.

I wish to ask our readers to "Adopt a Temple Event" this NEW year. What this means is NOT to participate in "A" temple event but to participate in "AN EXTRA" event this year. Everyone has festivals or "preferred" events that they like to visit the temple for. I am asking you to look at the whole year's temple calendar and identify an event that you've NEVER been to. Then mark it in your "personal" calendar and come & participate in that event at the temple. You may be surprised to find out that ALL the festivals at our temple are celebrated with great tradition and enthusiasm, under the guidance of our learned priests.

Lastly, I would like to get some feedback from our readers about the content that they would like to see in the Aradhana Magazine. We do publish different kinds of articles but we want to know what interests you most. Please email your feedback directly to me at Sandeep.Guptas@gmail.com.

back directly to me at Sandeep. Guptas@gmail.com.

- Sandeep Gupta

FEBRUARY 2012 EVENTS

Feb	4 th	Sat.	Navgrah Puja 3pm Sponsorship \$51.00
Feb.	6 th	Mon	Thai Poosam
Feb.	7 th	Tue	Purnima Satya Narayan Puja . 6:30pm Sponsorship \$51.00 Puja Samgri will be provided, Please bring Fruits, Prasad, and 1 coconut
Feb.	11 th	Sat	1008 Gayatri Japa 9:30am
Feb.	11 th	Sat.	Murgan Abhishekam 4pm Sponsorship \$101.00
Feb	19 th	Sun	Sunderkand path 10:30am
Feb.	20 th	Mon	MAHA SHIVRATRI PUJA 6pm to 4am all night , Sponsorship \$101, \$251, \$21 Event sponsored by - Dr. Raghvan & Bhargavi Pandalai & their family .
Feb	25 th	Sat	Shri Venkateshwar Kalyanam 10am Sponsorship \$51.00
Feb	26 th	Sun	Shri Ganesh Puja & Atharvashirsha Path 11am

MARCH 2012 EVENTS

March	1 st	Thurs- day	Holashtak Begins
March	3 rd	Sat.	Navgrah Puja 3pm sponsorship \$51.00
March	8 th	Thurs- day	Holika Dahan (Holi Fire)7:30pm
March	8 th	Thurs- day	Purnima Satya Narayan Puja . 6:30pm Sponsorship \$51.00 Puja Samgri will be provided, Please bring Fruits, Prasad, and 1 coconut
March	9 th	Friday	Rang (Colors) Holi
March	10 th	Sat.	1008 Gayatri Japa 9:30am
March	10 th	Sat.	Murgan Abhishekam 4pm Sponsorship \$101.00
March	10 th	Sat.	Holi Cultural Program 4pm
March	11 th	Sun	Ganesh Puja & Atharvashirsh Path 11am
March	18 th	Sun	Sunderkand Path 10:30am
March	23 rd	Fri	Chaitra Navratri Begins Kalash Sthapana 6:30pm
March	24 th	Sat.	Venkateshwar Abhishekam 9am to 11am Sponshorship \$51
March	24 th	Sat.	Akhand Ramayan path starts 11am
March	25 th	Sun	Akhand Ramyan Path Ends 12:30pm Sponsored By – Rameshwar & Kiran Dayal family
March	30 th	Fri	Durga Ashtami havan 6:30pm Sponsorship \$51
March	31	Sat.	Ram Navami Puja 11am Sita Ram Kalyanam 10am – 1pm Sponsored by Tarangini
March	31 st	Sat.	Mata Ki Chouki 4 - 8pm Sponsored by - Mata Devotees



Message from the NEW President

Namaskar. On behalf of the new executive committee of the Hindu Society of Greater Cincinnati, I wish you all a happy new year, 2012. Our temple had a very eventful year in 2011 with many accomplishments that we can be justifiably proud of. We also overcame a number of challenges and unanticipated situations. The executive committee of last year deserves kudos for a fine job. Many thanks are also due to the many volunteers who work tirelessly and selflessly for the temple. But most importantly, I want to thank all the devotees for making our temple a vibrant place full of worship, compassion, and culture.

We should all be very proud of this temple. It represents the true spirit of our religion – "Ekam sat vipra bahudha vadanti" meaning "that which exists is One: sages call it by various names". Our founding members have very wisely provided the objectives of our society and the temple. Our objectives are:

- 1. Propagate the teachings and philosophy of Hinduism
- 2. Maintain a temple in the Greater Cincinnati area and regularly conduct religious services in the temple
- Observe major Hindu festivals, promote religious, educational, and cultural activities and provide facilities for learning Sanskrit and other Indian languages.

Over last 30+ years, our society has worked towards realizing these objectives. These are enduring objectives. However, there are many measurable stages in realization of these objectives. A major milestone in our history was the construction of the present temple in 1995. We have expanded the temple since then in many ways. But we are far from done. As the Hindu community in the Greater Cincinnati area, as in many other parts of US, is growing in numbers, growing in age, growing in number of generations, growing in wealth, and growing in income disparities, our challenges are increasing. We need to provide more physical facilities including more space for worship, for education, for cultural activities, for parking, for roads, for infrastructure, for retirement housing and so on. Our challenges are not limited to providing only physical facilities, but in increasing the educational content, promoting spirituality, involving our future generations, seeking new members and volunteers, and facilitating wholesome cultural activities consistent with our religious and cultural heritage. We also need to invest in better facilities management and administration of the temple.

We have already initiated actions in some of these areas. We are offering Yoga classes in the temple by a highly qualified instructor who would be teaching Yoga in the classical tradition and not just as a physical exercise. We have initiated a lecture series by a very prominent scholar in our own community. We are going to place a very heavy emphasis in providing religious education for our young generation. We have developed a new electronic document management system that will go a long way in streamlining our management. We have already started a very transparent communication with our larger community. We are practicing a very prudent financial management. We are in a much better financial shape than many other temples around the country. This is a just a glimpse of what we intend to accomplish in 2012 and beyond.

The new executive committee consists of highly dedicated and highly qualified individuals. These are successful business executives, scientists, engineers, and physicians etc., who are full of new ideas. Many of them are serving on the executive committee for the first time. We will continue to encourage participation of new volunteers in the temple. I am appealing to the entire community to stay very actively involved in the society and the temple by coming to the temple and our programs often, by participating as volunteers, and by providing generous financial contributions. We have come a very long way in last 30+ years and I am confident that this society and the temple will be a vibrant and thriving community for a very long time as long as we stay engaged, focused, and work collaboratively towards realizing the objectives of our society.

Sincerely,

Deepak Dixit
President, HSGC, 2012

MAHA SHIVRATRI

Acharya Kailash Sharma

Maha Shivaratri "The Night of Shiva". This is a festival observed in honor of Lord Shiva. Shiva was married to Parvati on this day. This is the night when Shiva is said to have performed the Tandava or the dance of primordial creation, preservation and destruction.

Devotees repeat the *Panchakshara* Mantra Om NAMAH SHIVAYA as it is said we have plan to chant this panchakshara Mantra during shivratri puja night 11thousand time to dedicate 11 farm of shiva known as Ekadash Rudra. whoever chants this mantra during Shivaratri, with perfect devotion and concentration, is freed from all sins. He/she reaches the abode of Shiva and lives there happily and liberated from the wheel of births and deaths. devotees of Shiva fast during this day and pray to the lord throughout the night. Shivaratri Pooja has been given tremendous significance in Hindu scriptures. It is said that ritual worship of Lord Shiva on a Shivaratri day pleases Lord Shiva the most.

According to Shiva Purana, sincere worship of Lord Shiva yields merits including spiritual growth for the devotees. It also provides extensive details on the right way to perform Shivratri Puja.

Shiva Purana explains that performing **abhisheka** of Shiva Linga with **five different dravyas** including milk, yoghurt, honey, ghee, sugar known as panchamrit while chanting Sri Rudram, Chamakam pleases Lord Shiva. According to the scriptures, each of these dravya (articles) used in the abhisheka blesses a unique quality:

- Milk is for the blessing of purity and piousness.
- Yogurt is for prosperity and progeny.
- Honey is for sweet speech.
- Ghee is for victory.
- Sugar is for happiness.

Worship of Lord Shiva on Shivratri is also considered to be extremely beneficial for women. While, married women pray to Shiva for the well being of their family, unmarried women pray for a husband like Shiva, who is considered to be the ideal husband.

To perform the worship of Lord Shiva on Shivratri, devotees wake up early and take a ritual bath. This is followed by worship to Sun God, Vishnu and Shiva in accordance with the purification rite observed on all-important Hindu festivals.

Devotees then wear fresh new clothes and visit to the nearest temple. As a tradition, devotees observe a fast on a Shivaratri day. Some do not consume even a drop of water This ritual worship of Lord Shiva continues through the day and night of Shivaratri. Devotees stay awake and spent the night in Shiva temples by singing hymns and verses in praise of Lord Shankar. Devotees observing vrat on Shivaratri break it only the next morning by partaking prasad offered to Lord Shiva.

There are various legends related to the auspicious festival of Maha Shivratri. These legends are similar in one sense, as they all throw light on the greatness of Lord Shiva and his supremacy over

all other Hindu Gods and Goddesses. They also explain the importance of fasting on Shivratri and chanting the name of Lord Shiva, while staying awake all night. The reasons behind worship may be many, but the motive is one, to make Lord Shiva happy. The day is considered to be extremely auspicious by the devotees of Lord Shiva and they celebrate it as Maha Shivratri - the grand night of Shiva.

Legends & Stories Of Maha Shivratri

Marriage of Shiva and Shakti

One of the most popular legends of Maha Shivratri is related to the marriage of Shiva and Shakti. The day Lord Shiva got married to Parvati is celebrated as Shivratri - the Night of Lord Shiva. It tells us how Lord Shiva got married a second time to Shakti, his divine consort. There is another version of the legend, according to which Goddess Parvati performed tapas and prayers on the auspicious moonless night of Shivratri, for the well being of her husband. Believing in this legend, married women began the custom of praying for the well being of their husbands and sons on Maha Shivratri, while, unmarried women pray for a husband like Shiva, who is considered to be the ideal partner.

Samudra Manthan

There is another very popular Shivratri legend from Puranas, which explains why people stay awake all night on Shivratri and why Lord Shiva is also known as Neelakantha. According to the story, when the battle between devas and asuras took place, a pot of poison came out of the ocean and on the request of gods, Lord Shiva drank the poison. The poison was so potent that it changed the color of His neck to blue. For this reason, Lord Shiva is also called Neelkanth, where 'Neela' means blue and 'Kantha' means neck or throat. As part of the therapy, Lord Shiva was advised to awake during the night. Thus, to keep Shiva awake, the gods performed various dances and played music. Pleased with their devotion, He blessed them all, the next morning. Therefore, Shivratri is the celebration of this event in which Lord Shiva saved the world.

Legend of Shiva Linga

The legend of Shiva Linga is also deeply related to Maha Shivratri. According to the story, Brahma and Vishnu searched hard to discover the Aadi (beginning) and the Antha (end) of Lord Shiva. It has been believed that on the 14th day in the dark fortnight of the month of Phalguna, Shiva first manifested himself in the form of a Linga. Since then, the day is considered to be extremely auspicious and is celebrated as Maha Shivratri - the grand night of Shiva. To celebrate this occasion, devotees of Lord Shiva keeps fast during the day and worship the Lord throughout the night. It is said that worshipping Lord Shiva on Shivratri bestows one with happiness and prosperity.

Legend of Ganga

The legend of Ganga is another popular legend which is related to Shivratri. Ganga's descent from the heavens to the earth has been narrated in the Hindu mythological epic of Ramayana. This legend explains the popular custom of giving bath to Shiv Linga on Shivratri festival. According to this legend, Lord Shiva held out his thick matted hair to catch the river ganga, as she descended from heaven. The meandering through Shiva's lock softened Ganga's journey to the earth and the holy waters washed away the ashes of Bhagirath's ancestors. The Ganga, thus, became an attribute of Shiva and therefore Shiva is also known as Gangadhara. Believing in this legend, Shiva is given a bath with gangajal and devotees take a dip in the holy water of river Ganga, on Shivratri. Let us all pray this great night of lord Shiva (Shivratri) to give us good life. According to all our devotees experience temple has so much power to fulfill our devotees desires come true. "Chidanand rupah shivohum shivohum" I am That eternal knowing and bliss, Shiva,love and pure consciousness.

Wish you all a very happy Shivratri!

Lesson Plan 4: LAW OF KARMA

For Children 9 years to 14 years

Prepared by Renu Gupta

Law of Karma is the greatest contribution to the world and the biggest gift of Hindu Dharma to the mankind. Each and every Hindu, no matter what Philosophy he/she believes in, agrees with the law of karma in one or other form.

Word <u>"Karma"</u> means action or work. This action could be mental or physical both. When we do the work it is physical Karma, when we think good or bad, it is mental karma.

Hindu believes that this not our first birth. This present life is not the only life we have; we had life in the past and will have life in future also, unless we get "self –realization". We have been born many times before also. That is why, Depending upon the good karma or bad karma, we face the results of our past actions.

Mainly there are three kinds of karma,

<u>Prarbhadh (pre- destined) karma</u> are the karma from our previous lives and we are facing the results of those karma in present life.

<u>Sanchit (accumulated) karma</u> are the karma which are already done, but we have not faced the result of those Karma yet.

<u>Aagami (To come) Karma</u> are the karma which will be done by us in present life and we will face the result of these Karma in Future.

This means, it is in our hand how to make our present and Future life. It is not the fate but our Karma will determine the quality of our life.

In present life we should not blame anyone for bad things happen to us, because these are the result of previous Karma. This thought process will bring peace and comfort to us.

We should do good karma in present life so that our future life will be good. This way we are inspired to work hard, think great and be compassionate.

Law of Karma also explains that we have control only over our actions not on the result of the action. Therefore we should focus only on the action not on the result. For example in your exams you should focus on the studies and work hard, this is in your control not the result of the exam.

If you follow this law of Karma you will enjoy studies, work hard and be at peace.

Bhagwad Geeta very clearly explains the karma in two following shlokas:

Sankhya Yoga - Shloka 47

कर्मण्येवाधिकारस्ते मा फलेषु कदाचन। मा कर्मफलहेतुर्भूमां ते सङ्गोऽस्त्वकर्मणि॥

तेरा कर्म करनेमें ही अधिकार है, उसके फलोंमें कभी नहीं। इसलिये तू कर्मोंके फलका हेतु मत हो तथा तेरी कर्म न करनेमें भी आसक्ति न हो॥४७॥

You have a right to perform your prescribed duty, but you are not entitled to the fruits of action. Never consider yourself the cause of the results of your activities, and never be attached to not doing your duty.

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Sankhya Yoga - Shloka 48

योगस्थः कुरु कर्माणि सङ्गं त्यक्त्वा धनञ्जय। सिद्ध्यसिद्ध्योः समो भृत्वा समत्वं योग उच्यते॥

हे धनञ्जय! तू आसक्तिको त्यागकर तथा सिद्धि और असिद्धिमें समान बुद्धिवाला होकर योगमें स्थित हुआ कर्तव्यकर्मोंको कर, समत्व‡ ही योग कहलाता है॥४८॥

Perform your duty equipoised, O Arjuna, abandoning all attachment to success or failure. Such equanimity is called yoga.

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VAIKUNTHA EKADASHI CELEBRATION















Lecture Series on Hindu Philosophy

HSGC is pleased to announce a year-long lecture series at the temple by Dr. Anil Srivastava. The lecture series will start in January, 2012 and conclude in January, 2013 to coincide with the 150th anniversary of Swami Vivekananda. This is the start of the an initiative at the temple to provide opportunities to our community to get to know more about our philosophy, history, culture, yoga, and various other aspects of our glorious heritage. This lecture series will be followed by other interesting lecture series by very knowledgeable scholars in our own community as well as other visiting scholars and swamijis.

Dr. Anil Srivastava who by profession is an engineer and an active member of Hindu Community of Greater Cincinnati, OH has agreed to volunteer his services and give a series of 'Pravachan' with one 'Pravachan' each month in the Year, 2012. The 'pravachan' will be for half an hour, starting at 12:15 PM and ending at 12:45 PM. The idea is that all Hindus who go to temples, worship different Deities, have different concepts of Gods should also understand how deep is our religion and Hindu philosophy and how much wealth of knowledge is there in our scriptures.

The first 'Pravachan' on January 22nd, will cover a general concept about the 'Hindu Philosophy' and the ultimate goal of human-life, based on verses from Srimad Bhagwad Gita, Upanishads, Darshan, and Vedic Scriptures. The second Pravachan will be on February 12th. The remaining schedule will be published in subsequent issues of Aradhana. Please try to maintain strict silence and discipline during the 'Pravachan'. You will like this series and also grasp some concepts that might encourage and guide you further in achieving and maintaining peace and happiness in everybody's life. The discipline should include arriving at the temple for 'Pravachan' in time, refraining from sounding the bell, and keeping your cell phones on mute during the 'Pravachan.'

PHILANTHROPY: WHAT TO GIVE AND WHERE TO GIVE

By J.K. Bhattacharjee

Charitable Giving in America

Bill Gates and Warren Buffett have donated billions of dollars to transform global healthcare and public education in the United States. According to a Giving USA Foundation report and Indiana University's Center for Philanthropy, Americans donated approximately \$300 billion in 2010. What is surprising is that *of* that \$300 billion, 73 percent — or \$212 billion — comes from individual donors. Foundations, bequests and corporations account for only a quarter of annual charitable giving. Therefore, charity by individuals makes a big difference, and there is strength in numbers. Of the \$212 billion netted from individual charity, religion received \$101 billion — almost 50 percent of all individual donations — while the total gift to education was \$42 billion, and non-profit foundations received \$33 billion.

The Tradition of Giving

According to former President Bill Clinton's book, *Giving: How Each of Us Can Change the World*, all religious faiths speak to our shared obligation to help one another. In Jewish law and tradition, giving "*tzedakah*," up to at least 10 percent of one's income, is obligatory. Islam also has made charity in the form of "*zakat*" obligatory for all those who embrace the faith. Many Christian denominations are taught to "tithe" 10 percent of income to the church and learn from early age that "it is more blessed to give than to receive." For Hindus, from the time of Ashoka all the way to Gandhi, charity is considered as strict obligation. Indians have adopted "*dana*," or gifting ("SEVA"), from time immemorial to promote music, architecture, schools, hospitals and temples.

The duty of Indian Americans to charitable giving needs no emphasis. (1) We are all cultural ambassadors of the best Indian traditions. (2) *Dana* is essential for us to preserve, practice and foster our rich cultural heritage and religious traditions. (3) As residents of America, we are living the "American Dream." (4) By generously giving to local social welfare projects we establish a healthy and respectable relationship with our community. (5) By giving, we set a good example for our children to follow.

According to a February 2009 *Forbes* magazine article called "Indian Americans: The New Model Minority," despite constituting only one percent of the US population, Indian Americans represent three percent of the nation's engineers, seven percent of IT workers, and more than eight percent of the country's physicians. Approximately 69 percent of Indian Americans are college graduates, compared to 30 percent for Caucasian Americans, while the median family income is approximately \$83,000, compared to \$55,000 for Caucasian Americans.

What is Philanthropy?

Philanthropy is not only the giving of money but also the generous donation of time, treasure and talent for worthy causes, in order to make a difference in the community we live in and improve the quality of life for those who are less fortunate. Time and talent are offered by engaging in volunteer service, including day-to-day operation, management, oversight, and the short and long term goal setting of different projects. Community members of all ages and income levels should consider engaging in philanthropy by contributing treasure, time and talent. By giving while living, one can see the positive results and receive personal satisfaction, as well as tax benefits.

To Whom Shall We Give?

Everyone should decide, on a yearly basis, how much money and service to give, and to which projects. Priority should be divided between local projects (supporting the temple, community center, cultural activities, etc.) and global projects (supporting schools and healthcare in poor localities in India). Also take into account support for emergencies (famine, earthquake and hurricane relief, etc.) as well as activities that benefit the local community (Gandhi Food Drive, volunteering at soup kitchens, free health clinics).

Experts recommend that one should support local, credible, projects and to be cautious of "mail order" or "long distance" projects of unknown credibility — no matter how noble they may appear. Suggested local projects to volunteer our time to, in addition to the temple and Indian cultural organizations: schools and colleges attended by us and our children; scholarships for, and the mentoring of, disadvantage students; local hospitals and retirement homes; The United Way, The Red Cross, and The Salvation Army; becoming a member of community civic organizations (Rotary, Kiwanis, Lions Club); the India Studies programs at Indiana University in Bloomington. Such local philanthropy brings positive recognition, visibility and respect to the philanthropist and to our Indian community.

Being An Example for Our Children

Philanthropy not only gives us personal satisfaction and visibility but will also inspire our children and newcomers to the community, giving them an excellent example to follow. Our net worth is not only what we have accumulated but also what we have given to make a difference here in our adopted homeland, professionally and philanthropically, as well as in India. It is also an American tradition to "give back."

Conclusion

In *Giving*, President Clinton wrote that Bill Gates once told him it was harder to give money than to make money. He ended the book asking,

"Who's happier? The uniters or the dividers? The builders or the breakers? The givers or the takers? I think you know the answer. There's a whole world out there that needs you, down the street or across the ocean. Give."

This, too, is *our* charge: to give, and to receive happiness in return.

YOGASADHANA

HSGC is pleased to announce that we will be offering authentic Yoga lessons at the temple from a qualified Yoga instructor. Dr. Shantala Gangatirkar is a qualified Ayurvedic doctor as well as a certified Yoga instructor. Please email your interest and questions in joining this program to the following email addresses. She will reply back to your questions.

Shantala Gangatirkar – gangatirkar.shantala@gmail.com

Instructions for Class

Bring Yoga mat, Napkin

Appropriate attire is desired

You should not eat anything at least 4 hours prior to Yoga classes.

You can have liquids after 30 minutes and solid food 60 minutes after the class.



Dr Gangatirkar will start with "Essentials of Yoga" and upon successful completion of this course, will provide <u>advanced classes for various conditions such as backache, bronchial asthma, arthritis, hypertension, diabetes etc.</u>

The classes will start on Sunday, February 4th 2011. The classes will be held at the temple (lower level) from 10 am to 11 am. Please fill out the attached form and email it to the above emails addresses.

Fees for the class will be \$10/class for ages 18 and up (adults).

For ages 5 to 18, the fees will be \$5/class (children).

If monthly payments are made, the fees will be \$30/month for adults and \$15/month for children. The fees will be payable by check to HSGC.

Dr. Shantala Gangatirkar is a graduate in Ayurvedic Medicine and Surgery (BAMS) from Pune, Maharashtra.

She was introduced to Yoga in her childhood by her mother who happens to be a yoga teacher In India. During her second year of college as a part of the subject 'Preventive and Social medicine', she did the systematic study of yogic sciences in depth. After graduation she completed the certification as a yoga teacher from SVYASA (Swami Vivekananda Yoga Anusandhana Samsthana), Bangalore. Since then she has used yoga therapy in her clinical practice successfully at Madiwala, Bangalore for 4 years.

Following things will be covered in the classes

Yogasanas

Suryanamaskar Pooraka Vyayama Pranayama Kriyas; Omkar Meditation Relaxation techniques

Birthdays and Anniversaries for the Month of February

Happy Anniversary *

Jagdish Bhatia & Kiran, Premanand Nayak & Suneethi, Rajesh Gulati & Renu, Harbinder Pordal & Harpreet, Oormila Kovilam & Gopi, Kavi Shankar & Rekha, Kailash Sharma & Jyoti, Raman Srinivasan & Bageshree Sunil Srivastava & Kalpana, Raghuram Tadepalli & Gayathri, Som Tandon & Nalini, Srinivasan Venkataramani & Savitha, Devanshu Trivedi & Toral, Kishore Kasturi & Pratibha, Tushar Manek & Vishakha, Sudesh Sharma, Manoj Singh & Tanuja,

Happy Birthday**

Pradeeep Ambe, Nakulan Balasubramaniam, Vandana Bhardwaj, Raksha Bhatara, Neha Bhoomready, Krystina Bodalia, Aditya Chaudhury, Ashaali Divekar, Ajit Dixit, Lalita Duggal, Ruhi Gulati, Manju Gupta, Ram Jindal, Anshika Khare, Arya Kode, Felicia Kruse, Rita Kumar, Leenata Maddiwar, Sahik Naik, Kiran Nanavati, Amrit Narayan, Tarakad Natarajan T.V.N., Madhu Nawani, Mangala Nemade, Suresh Padya, Sathvik Reddy, Sidharth Sharma, Sudesh Sharma, Surbhi Sharma, Jaya Srinivasan, Vinita Srivastava, Raghuram Tadepalli, Satish Patel, Avishi Chaturvedi

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

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

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

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.

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

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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.

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HSGC – Executive Council

Meeting Minutes - December 11, 2011

Present: Krutarth Jain(President), Ambikaipakan Balasubramaniam (Vice President), Deepak Dixit (Secretary), Prasad Megada (Treasurer), Kiran Dayal (Pooja Committee), Laxmi Srivastava (Long Range Planning), Asit Saha (Cultural Committee), Anisha Singh (Religious Education Committee), Raneshwar Gupta (Fundraising Committee), Geeta Mehan (Editor-Aradhana), Dilip Patel (Maintenance Committee),

Minutes:

- 1. Update from the Roofing Contractor (Rod Sparks / TruCraft)
 - i. The fixes being done for the shikhar domes are permanent fixes. The domes were not installed correctly and were not water tight. It was causing a lot of water leakage and causing the inside wood to rot. Some domes were not even square shaped. The wood is still in shape but unless the leaks are plugged right away, we could see a lot of deterioration. The domes will be placed correctly and made water tight over next 2-3 weeks, subject to weather conditions.
 - ii. The fixes will be monitored till spring (March/April 202)
 - iii. The shingles will need to be replaced as these are getting quite old. Typical lifecycle of the shingles about 15-20 years (and it has been about 17 years since the construction of the temple). The roof is at an angle that is less than what is recommended by the manufacturer. This factor also affects the life of the roof.
- 2. An inventory control committee will be appointed to make a list of all inventory items and take stock periodically.
- An IT committee will be constituted to support new temple IT initiatives. It will include the website as well. The
 current task for this committee is to create a web based electronic document management system. It will be deployed in early 2012.
- 4. The temple is sponsoring classes for Yoga. It is part of the overall initiative at the temple to promote health and wellness.
- 5. In the future, the temple will also consider providing some guidance on Ayurvedic healing and medicines. Our yoga instructor, Dr. Shantala Gangatirkar, is a qualified Ayurvedic doctor as well.
- 6. The existing parking lot needs to be expanded to address the growing needs for parking, especially on special occasions. For about \$25k, we can start with a gravel parking lot that e of the existing lot. It will double the existing lot. However, it needs to be considered in the overall context of long range planning, budgets, and approvals for expansion from the county.
- 7. We will constitute a committee to consider issues of event management and emergency procedures.
- 8. Marg project update A lot of the approach path has been cleared. Some work is remaining due to bad weather.
- 9. A group sponsoring the Lord Venkateswara Marg has proposed holding a concert from a well-known artist. All extra funds generated will go to the Marg project fund.
- 10. Fire alarms will need to be installed in the new library area. The entire lower level will be evaluated for this need and appropriate action will be taken for the kitchen and other areas needing alarms.
- 11. Last year, the Kroger card program generated revenue of \$5,637.94 through commissions.
- 12. Raneshwar Gupta will explore the possibility of HSGC branded credit cards.
- 13. The road maintenance fund currently has a balance of \$19,704. The expected expense for road repairs is close to \$30k. The repair work will be done in 2012.
- 14. The current balance for the Marg project is \$50,693. At least \$5k is expected back from the sale of the lumber cleared from the property. Moreover, it does not take into consideration additional fund received in the month of December.
- 15. It was agreed that Dr. Koti Srikrishna will be called "Religious Counselor" instead of adjunct priest.



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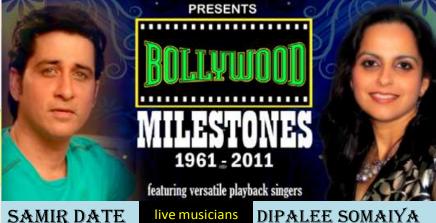
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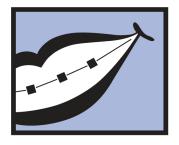
Speaker: Ravi Ravinuthala, MD Gastroenterologist

Date: February 12, 2012 Sunday

Time: 1 pm

Venue: Temple lower level

Lunch will be provided



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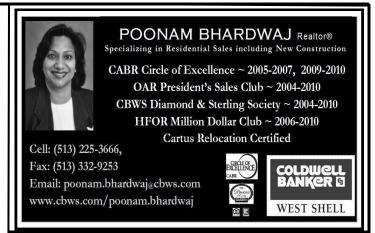
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Directions to Hindu Temple From I-275 take Exit 63A (32West) - drive approximately 1/4 mile - turn right onto OLD 74 - turn left at the first Traffic light onto Summerside Road. After approximately one mile turn right onto Klatte Road. Temple is at the end of Klatte Road. From UC: Take E McMillan to Columbia Pkwy to Beechmont Ave to Route 32 East (to Batavia). Turn left on Old SR - 74. Follow instructions above from Summerside to Klatte Rd. (Phone No. for the Temple – 528-3714)



FREE ONE-HOUR WEIGHT LOSS CONSULT

For Women Only

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