



आराधना

Aradhana

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

Ashwin/Bhadrapad
Vikram Samvat, 2070
Oct, 2013

Happy Navratras
Happy Dussehra

<http://www.cincinnatiemple.com>
Email: hindusociety@fuse.net
Phone: (513) 528-3714

या देवि सर्व भूतेषु शक्ति रूपेण संस्थिता, नमस्तस्यै नमस्तस्यै नमस्तस्यै नमो नमः

MATA KI CHOUKI

Maa Durga,
Maa Ambe,
Maa Jagdambe,
Maa Bhawani,
Maa Sheetla,
Maa Vaishnavo,
Maa Chandi,
Mata Rani meri aur apki manokamna puri karay..
JAI MATA DI.

PYAR KA TARANA UPHAR HO,
KHUSHIYO KA NAZRANA BESHUMAR HO,
NA RAHE KOI GAM KA
EHSAS; AISA Navratra UTSAV IS saal ho..
HAPPY NAVRATRA!

Happy Navratri



Oct. 5th Sat. 2013

4pm Devi Durga Puja
5pm First aarti
5:15 Mata Bhajans /Bheten
7:30 KANYA PUJA
8PM BHOG , AARTI , Prasad & dinner

Chunni sponsorship available , \$5001, \$2501, \$1001, \$251, \$101, \$51, \$31

To reserve your chunni please call Rani Dhamija 513 984-5777

Sponsored by- Jindal family

If you or someone you know, is not receiving ARADHANNA, 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.cincinnatiemple.com
Deadline for submission of articles for next Aradhana is Oct10th

TEMPLE INFORMATION

EXECUTIVE COUNCIL 2013

President

Jitu Patel 513-836-0606
jpatel5@live.com

Vice President

Sudhakar Vinod 513-573-0305
vinodemail@gmail.com

Secretary:

Murali Muraleetharan 513-573-0550
mmuraleetharan@cinci.rr.com

Treasurer:

Amar Sharma 513-777-5771
ushaamar@aol.com

COMMITTEE CHAIRPERSONS

Pooja Committee: Sangita Patel(Chair):
513-791-0855 ptp27@aol.com

Communications/Editor:

Geeta Mehan 513-754-0400
mehangeeta@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

(513) 489-5720 absaha09@gmail.com

Religious Education & Youth Activities:

Vinit Rastogi (513) 398-3216
rastogivk@gmail.com

Long Range Planning

Laxmi Srivastava 513-474-0533

Cultural Activities:

Asit B. Saha (Chair) (513) 489-5720
absaha09@gmail.com

Youth Member: Mahima Devarajan

(513)-646-9311 arcubedgd@yahoo.com

Priests: Acharya Kailash Sharma,

Chief Priest (513) 770-0705 ;

acharyaksharma@yahoo.com

Acharya Chakreshwar Sharma

(513) 528-0901

acharyachakreshwar@yahoo.com

Pandit Srinath Bhattar (513) 488-2986

bhattarsrinath@yahoo.com

Religious Counselor

Dr. Koti Sreekrishna (513)-290-3064
tatachar@aol.com

RELIGIOUS DISCOURSE

Sundays 12:15 - 12:45 PM

Fourth 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 and Major Hindu 9am to 8pm
(Maha Shivratri, Krishna Janamashtmi, Ganesh Chaturthi, Deewali)

Sunday : 9am - 7pm (Nov to March)
9am - 8pm (April to October)

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

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

Attorney: Aronoff, Rosen & Hunt
(513) 241-0400

Accountant: Open

2013 POOJA COMMITTEE & RELIGIOUS ACTIVITIES MEMBERS

Sangita Patel (Chair)	791-0855
Swarna Choudhury (Co-Chair)	232-2343
Kiran Dayal (Co-Chair)	474-4051
Amita Gupta	336-8782
Acharya Kailash Sharma	770-0705
Acharya Chakreshwar Sharma	528-0901
Pandit Srinath Bhattar	528-3714
Meena Sondhi	831-9788
Meena Karamchandani	683-9454
Kalpna Srivastava	233-9184
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
Purabi Dey	688-1721
Yasotha Subarajan	513-754-0578

TREASURER Co- Chair

Raj Bodalia 583-0184

Temple Manager's Committees

LaxmiS.Srivastava, Temple Mgr. 474-0533

Deepak Dixit ,co-Temple Mgr, 348-5496

Raj Bodalia, ,Chair Special Activities583-0184

1.Office Manager Mohan Chopra	9. I/C Temple Web site Bharat Vala
2. I/C Swami Lectures Vinay Kumar	10. I/C Temple Calendar Meena Mehta
Meena Mehta	Ashvin Mehta
Koti Sreekrishna	Acharya Kailash
3. Temple Data Base Nandkumar Khemchandani	Sharma
Raj Bodalia	11. Volunteer Services Rajan Odayar
Meena Mehta	Kedarnath Nambori
4. Anniversary & Birthday Data Raj Agarwal	Dilip Patel
Shakuntala Agarwall	Vijay Kumar Sharma
5. E-mail .Data Pradeep Goyal	12. Temple Photographers J. Ram Kumar
Nandkumar Khemchandani	Naba Mishra
6. Gift Shop Meena Sondhi	VG Ramaswamy
Madhu Sharma	13. Mela Committee Anil Jindal
7.Security (ADT) Meena Mehta	Jyoti Desai
Vinay Kumar	Raneshwar Gupta
Ramesh Sondhi	Krutarth Jain
Kailash Sharma	
8. Financial Data Amar Sharma	
Raj Bodalia	
Laxmi S. Srivastava	

Please Donate Generously

Your Temple needs

1. Sponsors for flower \$50/week

2. Sponsors for Sunday pooja

3. Your support

Aradhana is Published Monthly . Circulation: Approx. 1750 Families. **Advertising Rate per month:** 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
Ashtoththaram (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
Nischithartham (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/Brahmopadesham/ 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. 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-in-bhagavad-gita.html>

Temple Rental: Lower Floor Only

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

Note: For half day select one of the two:

8:00 AM to 2:00 PM **OR** 4:00PM to 11:00 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 : Sangita Patel 513-791-0855 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 Sangita Patel 53-791-0855 or to rent a temple hall (lower level) Raneshwar Gupta 232-3331

If you have any question or suggestion about temple activities contact Sangita Patel 513-791-0855, 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.

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

Sangita Patel 513-791-0855



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

Sangita Patel 791-0855 ; Temple priests: 528-3714

Monthly Murugan Abhishekham / Pooja

Every second Sat of the Month

Sat 4pm Sponsor Murugan Group.

Pandit Bhattar 488-2986,

Murali Annamali 827-5450,

Yasotha Subarajan 754-0578

Priests : 529-3714; Sangita Patel 791-0855



Monthly Satya Narayan Pooja

On Every Purnima of the Month

6:30 pm

Sponsorship \$ 51.00

To sponsor pooja call

Sangita Patel 791-0855



Shri Ganesh Puja & Shri Ganesh Atharvshirsha Path

Every 4th Sunday of the month 10:30AM

This pooja is dedicated to each month's

Sankashti Chaturthi to Lord Ganesh.

For more information & To Sponsor the pooja please call

Jyoti Divekar 204-8037, Mangal Nemade 234-8373

Sangita Patel 791-0855; Temple Priests: 528-3714

SAI BHAJAN

Every First Sat. of month 6pm to 7:30pm

For more details please call Dr. Ganesh 857-719-1500 ,
Rajan 331-2058.



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
Sangita Patel 791-0855



Weekly Shiv Mahiman Stotram

Every Monday at 6:30 pm



Weekly Hanuman Chalisa Path

Every Tuesday at 6:30 p m To sponsor call

Sangita Patel 791-0855 or 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 Sangita Patel 791-0855

Temple priests: 528-3714

PURUSHOTTAM NAAM STOTRA PARAYAN

Every 2nd Wed. of each month

6pm to 7:30pm

details please call Mina Mehta 574-6763



**Dear God,
I want to take a minute,
not to ask anything from
you, but to simply
thank you for all that I
have.**



SOCIAL QUOTES BY ADPIND.COM

OCTOBER 2013

Oct	4th	Fri	Group ShraddhaPuja 6pm Sponsorship\$51 Puja Samagri will be provided
Oct.	5th	Sat.	Mata Ki Chouki 4pm to 8pm Sponsored by Jindal Family
Oct.	5th	Sat.	Navratri Kalash Sthapana 10am
Oct.	5th	Sat.	Navgrah Puja 3-4pm Sponsorship\$51
Oct.	5th	Sat.	Sai Bhajans 6-7:30pm
Oct.	12th	Sat.	Ashtami Havan 6pm sponsorship\$51.00
Oct.	12th	Sat.	1008 Gayatri Jaap 9:30am to 12:30pm
Oct.	12th	Sat.	Muragan Abhishek 4pm Sponsorship\$101.
Oct.	13th	Sun	Maha Navami Vidyarambha Saraswati Puja 10:00am Sponsorship\$51
Oct.	13th	Sun	Mata Ki Chouki 3-7pm Sponsored by- Mantro, Minhas, Kotwal Families .
Oct.	14th	Mon	Vijaya Dashmi Havan 6:30pm Sponsorship\$51
Oct.	19th	Sat.	Sharad Purnima Satya Narayan puja 5:30pm Sponsorship \$51 Puja Samagri will be provided, Please bring Fruits,Prasad, and 1 coconut.
Oct.	20th	Sun	Sunderkand Path 10:30am to 1pm Sponsored by- Kalpana, Parul Joshi & Family
Oct.	20th	Sun.	Mata Ki Chouki 3-7pm Sponsored By- Arun & Kavita Gayal ,family
Oct.	22nd	Tues	Karwa Chouth Vrat Puja 4pm ,5pm,6pm
Oct.	26th	Sat.	Venkateshwar Abhishekam 10am Sponsorship\$51
Oct.	27th	Sat.	Vajaya Dashami (Vijoy) Celebration 11am Sponsored by -Agrani group

November 2013

Nov	1st	Fri	Dhan Teras
Nov	2nd	Sat	Navgrah Puja 3-4pm Sponsorship\$51
Nov	2nd	Sat.	Mata Ki Chouki 4pm to 8pm Sponsored by Sharma family .
Nov	2nd	Sat	Sai Bhajans 6-7:30pm
Nov	2nd	Sat.	1008 Gayatri Jaap 9:30am
Nov	3rd	Sun.	Deepawali Maha-Laxmi Puja 5:30pm
Nov	4th	Mon	Annkoot (Actual day) New Year Gujarat.
Nov.	5th	Tues	Bhai Dooj /Yama Dwiteeya
Nov.	8th	Fri	Sakand Shashthi / Soora Samkaram
Nov.	9th	Sat.	Chitrugupta Puja 11am Sponsored by- Chitragupt Pariwaar.
Nov	9th	Sat.	Murgan Thiru Kalyanam 5pm Sponsorship\$101,\$21
Nov	10th	Sun	Govardhan Puja Annakoot Celebration 10am Sponsored by- Srinathji Devotees
Nov	13th	Wed	Tulsi Vivah/Purshottam Naam Stotra Path6pm
Nov	17th	Sun	Sunderkand Path 10:30am to 1pm
Nov	17th	Sun	Satya Narayan puja 5:30pm Sponsorship \$51 Puja Samagri will be provided, Please bring Fruits,Prasad, and 1 coconut.
Nov	23rd	Sat.	Venkateshwar Kalyanam 10:30am Sponsorship\$51
Nov	24th	Sun	Ganesh Puja & Atharvashirsh Path 11am
Dec.	1st	Sun	108 Hanuman Chalisa 8:30am

GROUP SHRAADH PUJA

OCT. 4th Friday 6:00

Sponsorship \$51.00. Please call ahead if you are planning to join.

For more details call Temple 513-528-3714, Acharya Kailash Sharma 652-5382. Kiran Dayal 474-4051

Temple will provide all Puja Samagri .

Please do not bring loose Groceries to donate, in order to keep the quality and usefulness in future.

SIGNIFICANCE OF SHRAADH

The dark fortnight of Ashwin Month is known as Mahalaya Paksha/ Pitrapaksha or the fortnight especially sacred for offering oblations to the departed ancestors. The last day of this period, the new moon day (Amavasya), is considered as the most important day in the year for performing obsequies and rites (or in simple terms offerings to our dearly departed ancestors). The Shraddh performed during Pitru Paksha are not funeral ceremonies. They are Yagyas for the Pitru, worship of the ancestors as deities. They are different from the worship of the God. Shraddha is mainly performed for three generations of Pitrus, namely the father, the grandfather, and the great grandfather. When performed for all the ancestors, performer's family gets benefit from it.

या देवि सर्व भूतेषु शक्ति रूपेण संस्थिता, नमस्तस्यै नमस्तस्यै नमस्तस्यै नमो नमः

NAVRATRI POOJA

Oct. 5th to Oct. 14th

Sep 5th Sat.. 10am Kalash Sthapana Devi Puja **

Oct. 5th 4pm Mata Ki Chauki *(Chunri Offering by Sponsorship)

During Navratri everyday** Chandi path (Durga saptshati) 9:30 am to

11:30am

Sep 6th Sun. 6:00pm **Lalita Shahasranama Parayanam weekdays 5:30pm

Oct. 12th Sat. 6pm ** Chandi Havan /Ashtami Puja

Oct 13th Sun . 10am ** Saraswati Puja (Akharabhayas/Vidyarambha)

Oct 14th Mon. **Vijaya Dashami Puja /Havan 6:00pm



Sponsorship. **51.00 for each puja . * Chunri sponsorship \$31, \$51, \$101, 1001, \$2501 and above * Please call Rani Dhamija 984-5777 to reserve your Chunri. Chunri will be given back to sponsor family as a blessing. For more details please call SangitaPatel 791-0855. Acharya Kailash Sharma 652-5382. Temple 513-528-3714.

“Pravachan”: 4th Sunday of each Month

in 2013 Enrich your personal lives.

Will cover many scriptures

Bhagwad Gita, Upanishads,

Darshan, and Vedic Scriptures.

12:15 PM to 12:45 PM. The idea is that all

Hindus who go to temples, worship different Deities, have different concepts of Gods should also grasp the concept of **Unity in Multiplicity** . Gain an in-depth understanding of the fundamentals of Hindu philosophy .

Dates for the remaining ‘Pravachans’: Sep 29; Nov 24; Dec 29



Hinduism 101

Koti Sreekrishna

(tatachar@aol.com; 513-290-3064)

Third Sundays 11.30 am -12.30 pm

During

The Children's Hindu Heritage Class
(HSGC Temple)



- Origin of Major World Religions
- Hinduism: Foundations (Vedas and Upanishads)
- Bhagavad-Gita
- Hindu Sects
- Hindu Scriptures
- Essential Features of Hinduism

(A-F-I-O-U-Y of H-I-N-D-U-S-M)

Oct 13th Sunday

4pm to 8pm



3pm Devi Durga Puja
4pm First aarti
4:15 Mata Bhajans /Bheten
7PM BHOG , AARTI , Prasad & dinner

Sponsored by- Mantro, Minhas, Kotwal families

MATA KI CHOUKI

Oct. 20th 3pm to 7pm



3pm Devi Durga Puja
4pm First aarti
4:15 Mata Bhajans /Bheten
7PM BHOG , AARTI , Prasad & Dinner

Sponsored by- Arun & Kavita Goyal family.

KARWA CHAUTH PUJA TUESDAY Oct . 22nd ,2013

Puja times in 3 sittings - 4pm, 5pm and 6pm
Please call the Temple at 513- 528-3714, or
Acharya Kailash at 513-652-5382



National Domestic Violence Hotline:

1-800-799-SAFE (7223) www.ndvh.org

Ohio Domestic Violence 24 hour

toll free: 1-216-823-7223

Ohio Domestic Violence Hotline: 1-800-618-6523

Project HOPE helpline : 513-535-4976

Domestic Violence

Locally, Call

Geeta Mehan : 513-754-0400

YOU ARE NOT ALONE

Deewali Maha-Laxmi Puja

Nov.3rd Sunday 2013



5:30 pm Shri Ganesh & Maha Laxmi Puja*

6:00 pm Archana Thali *

7:00 pm Aarti , Prasad , Fire Crackers after Aarti

Sponsorship ** MAHA LAXMI PUJA \$101.00.

* Archana \$21.00

For more details please call:- Temple 513-528-3714, Sangita Patel 513-791- 0855 Acharya Kailash Sharma 513-652-5382



SIGNIFICANCE OF NAVRATARI



India is a land of Festivals. During the Festival of Navratri, the different forms of Durga are worshipped. Goddess Durga is invoked first to remove impurities from the mind. The Goddess Lakshmi is invoked to cultivate the noble values and qualities. Goddess Saraswati is invoked for gaining the highest knowledge of the Self. On the tenth day we celebrate Dussehra/ Vijayadasami, the day of true victory.

Man, the imperfect, the bound, the sorrowful, has a thousand enemies within. He is riddled with negative thoughts fears, yearnings. These are selfishness, jealousy, meanness, prejudice and hatred – just to mention but a few. With Mother Durga's kripa, these negative forces are to be annihilated.

Victory Over Mahishasura

According to a very popular legend, Mahishasura, the mighty demon worshipped Lord Shiva and obtained invincible power. Soon, he started killing the innocent lives on earth and set out to win the seven lokas. He acquired the swarglok. Nobody could save the living creatures from his tyranny. Even the three mighty gods of the Hindu Trinity - Lord Brahma, Lord Vishnu and Lord Shiva - were unable to defeat him. Therefore, all the gods, including the Hindu Trinity, united their supreme powers and created a divine being called Ma Shakti or Durga, the Warrior Goddess who came to earth and destroyed Mahishasura (symbolizing our negative qualities which we need to conquer) during these nine days and nights. Goddess Durga killed Mahishasura on the tenth day. Consequently, she lifted the tyranny of the demon off the innocent lives on earth and restored the swarglok to the devatas (Gods). Therefore, Navratri is celebrated to commemorate her victory over the demon, which symbolizes the victory of the good over the evil.

Yet another legend of Navratri relates to the Hindu epic Ramayana. It goes that Lord Rama worshipped Goddess Durga in nine aspects, for nine days, in order to gather the strength and power to kill Ravana. He wanted to release Sita from the clutches of powerful demon king Ravana, who had abducted her. Those nine nights became to be known as Navratri and the tenth day, on which Lord Rama killed Ravana, came to be called Vijayadashmi or Dusshera, signifying Rama's (good) triumph over Ravana (evil).

The First Three Days of Navratri

The first three days of Navratri are devoted to the worship of the Goddess Durga. This is the period, when her energy and power are worshipped. Each day is dedicated to a different appearance of Durga. Kumari, which signifies the girl child, is worshipped on the first day of the festival. Parvati, who is the embodiment of a young woman, is worshipped on the second day. The destructive aspects of Goddess Durga symbolize the commitment to acquire triumph over all the evil tendencies. Hence, on the third day of Navratri, Goddess Kali is worshipped, who represents the woman who has reached the stage of maturity.

Fourth to Sixth Days of Navratri

When a person acquires triumph over evil tendencies of ego, anger, lust and other animal instincts, he/she experiences a void. This void is filled with spiritual wealth. For the purpose, the person approaches Goddess Lakshmi, to acquire all the materialistic, spiritual wealth and prosperity. This is the reason why the fourth, fifth and sixth day of Navratri are dedicated to the worship of Lakshmi - the goddess of prosperity and peace.

Seventh and Eighth Day (Ashtmi) of Navratri

The seventh day is dedicated to worshipping Saraswati, the goddess of art and knowledge. Prayers are offered with an aim to seek spiritual knowledge.

Although the individual has acquired victory over evil tendencies and has power and wealth, he is still deprived of true knowledge. A 'yagna' is performed on the eighth day. Offering is made out of clarified butter (ghee), rice pudding known as kheer and sesame seeds. Kanya puja is performed to worship nine young girls, who have not yet reached the stage of puberty. These nine girls symbolize one of the nine forms of goddess Durga. The feet of girls are washed to welcome the goddess and show respect to her. The girls are offered gifts from the devotees.

Ninth Day of Navratri

The ninth day is the final day of Navratri celebrations. It is also known as 'Mahanavami'. On this day, this festival is celebrated with gusto in different regions of the country. In the eastern state of West Bengal, the festival takes the shape of Durga Puja, when the devotees of the deity celebrate the triumph of good over evil. There, Ma Durga is worshipped as Goddess Shakti. In north India, Maharashtra and Gujarat, people observe a seven day fast during Navratri and break their fast on Ashtami (the eighth day of the festival) by worshipping young girls. However, some people observe fast until the Ashtami and break their fast only on Navami (the ninth day).

NAVRATRI CELEBRATION 2013



AT CINCINNATI MALL NAVRATRI MAHOTSAV 2013

DATES/TIME: SATURDAY, OCT 5 7:30PM TO 1:00AM
FRIDAY, OCT 11 7:30PM TO 1:00AM
SATURDAY, OCT 12 7:30PM TO 1:00AM

PLACE: CINCINNATI MALL
600 CINCINNATI MILLS DRIVE
CINCINNATI OHIO 45240

TICKETS: ALL PROCEEDS BENEFIT HINDU TEMPLE

MINIMUM DONATION: \$15/DAY

ONE WEEKEND PASS: \$24

CHILDREN 5 AND UNDER FREE

SPONSORSHIP: \$101 (2 PASSES ONE WEEKEND) OR \$ 251 (2 PASSES/BOTH WEEKENDS)

FOR THE REMAINING NAVRATRI NIGHTS AT THE HINDU TEMPLE WITH GROUP

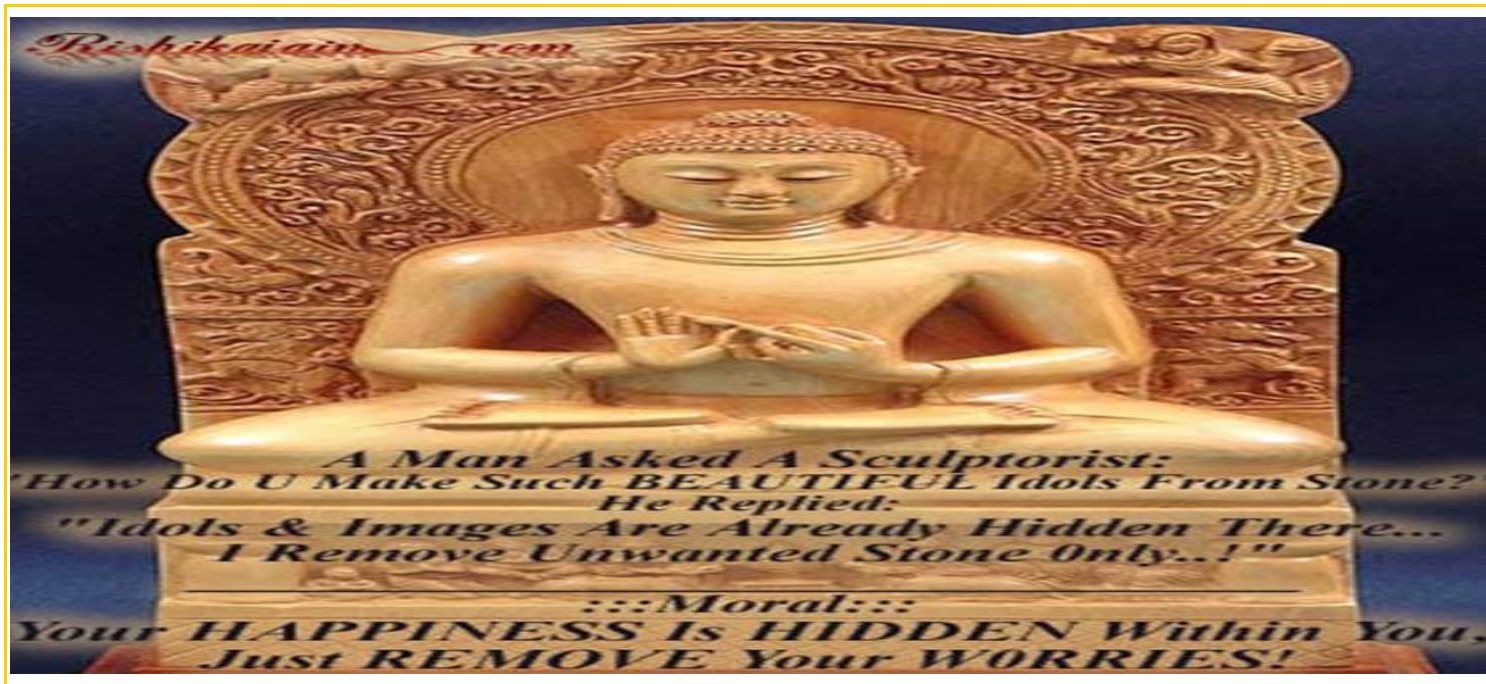
DATES: OCTOBER 6, 7, 8, 9, 10, & 13

PLACE: HINDU TEMPLE OF GREATER CINCINNATI

TIME: 7:30PM TO 9:30PM

TICKETS: NO CHARGE

FOR FURTHER INFO CONTACT: JITU PATEL- 513-836-0606, ARVIND PATEL – 513-791-0855, JYOTI DESAI – 513-885-1318, HINDU TEMPLE – 528-3714



Kantha Shasti Poosai Celebration



SUN .	Nov.3rd	First day	Murugan Abhishekam	10.30am -1.00pm
Mon.	Nov.4th	Second day	Utsava Moorthy Poosai	6.00pm-7.00pm
Tues.	Nov.5th	Third day	Utsava Moorthy Poosai	6.00pm-7.00pm
Wed.	Nov.6 th	Fourth day	Utsava Moorthy Poosai	6.30pm-7.30pm
Thurs.	Nov.7th	Fifth day	Utsava Moorthy Poosai	6.00pm-7.00pm
Fri.	Nov.8th	Sixth day	Utsava Moorthy Poosai	6.00pm-7.00pm
Sat..	Nov.9th	Murugan Kalyana Utsavam		4.30pm-6.30pm

Please note no Abhishekam on nov.2nd Sat. Schedule changed from Temple Calendar.
Abhishekam / Kalyanam Sponsorship \$101, Archana \$ 21. All event Sponsorship \$351.00

For more details or to sponsor puja please call Sangita Patel 791-0855, Murali 5827-5450, Yashotha 754-0578 Temple/Srinath Bhattar 528-3714.

BENEFITS OF FASTING

The purpose of fasting (for religious reasons) is not to suffer but to guard against gluttony as well as lying, cheating, outbursts of uncontrolled lusts and desires, and impure thoughts, words and deeds. Fasting also fosters humility as one experiences a life that others who are less fortunate have to endure on a daily basis. Some faiths encourage, that money saved from fasting, be donated in some form of charity, for to reach out in love to others is part and parcel of true fasting.

The physical benefits of a period of fasting are believed to be many: mainly it is said to detoxify the body and improve overall health. However, a deeper and more significant aspect is the spiritual accomplishment. Fasting engenders self-control and discipline. Certainly the pursuit of fasting is more than just abstinence, it is recognized as a path to a higher consciousness. Fasting is a very integral part of the Hindu religion. One may fast for almost any reason; a birth, a death, to find a good husband, for prosperity, to honor a particular deity, to celebrate the full moon and fasting during religious festivals is also very common. Interestingly Hindus also fast for a whole month during *Shraavan mas*, the Hindu holy month.

During any fast, the intention behind any deed should be positive. To check intention implies checking one's heart. Is my heart pure and clean enough to fill with the presence of the Divine? When I am generous and kind is there a subtle expectation of a return, of recognition, that will dilute this good deed, this seed?

During fasting, reflect on the general quality of life. Am I truly living my purpose and meaning? Fasting strengthens the mind and body and helps us appreciate all the goodness that we are surrounded by.

Fasting is not a penance, but a tried and proven way of teaching us that nothing in life comes easily but that with effort and sacrifice we can become masters of ourselves.

It's Time... to step back from the palate and give the organs a bit of a break. Take the time you save from cooking and cleaning to reflect on your inner compass of life – are you on the right path? Check the intentions behind your deeds – are they clean and generous. And when it is time to “break the fast”, do so mindfully being aware to feed the mind as well as the body by resuming a diet of positive, peaceful, and beneficial thoughts, words and deeds.



NAVRATRI FASTING PROCEDURE

On the festive occasion of Navratri, fast is observed by people for seven or eight days, depending upon when they want to conduct the Kanchika Pujan (when young girls are worshipped). The devotees, who have observed fast, would get up early in the morning, take bath and offer prayers to the deity. People follow a specific diet for Navratri. Singhare ka atta (kuttu ka atta) is used to prepare rotis or puris, for the fast.

One may drink beverages like tea, coffee and milk, on Navratri. Dishes made of sago and potato is generally consumed by the people, when they observe fast on Navratri. Sendha namak (rock salt) is used instead of common salt, for cooking on the festival. All fruits and foodstuff made of fruits are eaten during the seven days. Certain restaurants in the northern parts of India would offer special menu for the people, who have observed fast on Navratri.

After seven days of fasting, people would break their fast on the eighth day - Ashtami - by worshipping young girls. The ritual of offering prasad to the young girls is called Kanchika Pujan. As per the tradition, puris (deep fried Indian bread), halwa (sweet dish made of suji) and Bengal gram curry are served to the young girls, called upon by the people who have observed fast. After seeking the blessings of the young girls (kanchikayen), the devotees would break their fast by consuming the prasad (puri, halwa and sabzi) that they have prepared for them. While this is the tradition followed by majority of people, Navratri fast is also broken on ninth day (Navami), wherein the fast is observed until Ashtami. The same procedure is followed in that case as well.

Kaddu Ki Sabzi Recipe

Ingredients

- 1/2 kg Kaddu (pumpkin/ sitaphal), peeled and cubed
- 1/2 tsp Turmeric Powder
- 2-3 Green Chilies, chopped
- Salt to taste
- 1/4 tsp Garam Masala Powder
- 1/2 tsp Coriander Powder
- 1 tsp Sugar
- 1/2 tsp Amchoor (dried mango powder)
- 1/2 tsp Methi Dana (fenugreek seeds)
- A pinch of Hing (asafetida)
- 1 tbsp Oil

Method

- Heat oil in a pan and add methi dana and when it changes color, add hing, green chilies and sauté for 1 minute.
 - Now add kaddu pieces, turmeric, coriander powders, and salt and mix it well. Add 1 tsp water and cook on a lower heat till kaddu turns tender.
- Add sugar, amchoor and garam masala powder and mix well. Cook on low heat for 2 minutes and continue cooking till all the water evaporates

Saboodana Vadaa Recipe

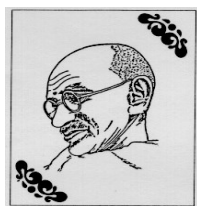
Ingredients

- 1 cup Saboodana
- 1/2 cup Peanuts (roasted & crushed coarsely)
- 1 Potato (boiled, peeled & mashed)
- 7-8 Green Chilies (crushed)
- Salt to taste
- Oil to deep fry

Method

- Wash sago thoroughly and drain excess water. Soak it for 2-3 hours.
 - Add all ingredients to it except oil. Mix well into a paste.
 - Keep the oil in a deep frying pan to heat. Moist hands and make small flat.
 - Slide the rounds in the heated oil on medium flame. Fry till they are crisp and light brown in color.
- Drain them well using a sieve type ladle. Makes about 10 vadaas and serve with peanut chutney.





26th GANDHI FOOD DRIVE, 2013

September 1—October 31

"There are people in the world so hungry, that God can't appear to them except in the form of bread"---Mahatma Gandhi.

Dear Members of the Indian Community:

It is time once again to launch our annual Gandhi Food Drive and collect funds for the poor and needy people. You are requested to contribute generously toward this noble cause. With your financial support we would like to collect \$10,000 this year, and hand over the collection to Freestore Food Bank, tri-state's largest provider of emergency food to poor people in the tri-state area.

If you or someone in your family/organization would like to help by joining our team of volunteers, please contact Vinay Kumar by phone(513-528-6189) or email: kumar@nku.edu.

Sincerely,

Vinay Kumar (coordinator) 513-528-6189

J.K. Bhattacharjee 513-523-8958

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All donations are tax-deductible

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Make your check payable to Freestore Food Bank and mail it to
Vinay Kumar, 466 Windfern Forest Ln, Cincinnati, OH 45244

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Get the United Way "2013 Pledge Form" from your employer.

At bottom of Part 3, write FreeStore code # , FreeStore, and (\$) amount

-----Cut-off Stub-----

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Please return this cut-off stub and your check to Vinay Kumar; 466 Windfern Forest Ln, Cincinnati, OH 45244; email address: kumar@nku.edu

Check one: ☐\$30 ☐\$50 ☐\$100 ☐\$150 ☐\$200 ☐Other\$

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Easy Steps for Enrollment: (takes less than 5 minutes)

1. Visit www.krogercommunityrewards.com and select "Register" unless you already have an account. Sign up for a Kroger rewards account by entering your Kroger Plus card number or your primary phone number.
2. Confirm your registration through your email account.
3. Sign in to Kroger Community Rewards website (the link on the confirmation email will take you there). Proceed to Edit "My Account;" enter your Kroger Card Number and confirm personal information
4. Click to "Community Rewards" at the bottom of the page and type in our NPO number **81567**. Select "Hindu Society of Greater Cincinnati."

Congratulations! Now a portion of every shopping trip you make will go towards our wonderful Temple. Remember to swipe your registered Kroger Plus Card or use the phone number that is related to your card when shopping to benefit the Temple.

Once you are enrolled and when you make purchases at Kroger, you will see at the bottom of each paid receipt, "At your request, Kroger is donating to the Hindu Society of Greater Cincinnati".

For questions, contact Raneshwar Gupta at 232-3331/477-9372c

Please contact Raneshwar Gupta (Kroger Coordinator) at 513-232-3331 or Manish Srivastava (Fund Raising Chair) at 513-503-2825 if you have further questions/concerns.

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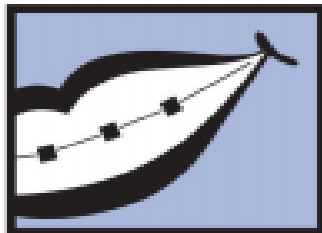
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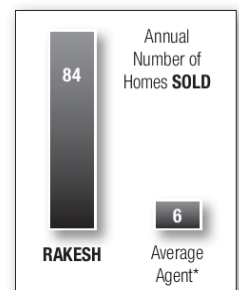
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