



Inner Reflections



Jain Vishwa Bharati of North America

Volume II

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****SPIRITUAL REFLECTION****

Spiritualizing Religion

by Acharya Mahaprajna



Spirituality is the path of purity of consciousness. Awakening of consciousness that develops because of the sublimation of attachment and aversion results in:

1. Appeased mental states – experience of real peace and
2. Freedom from attachment to worldly pleasures, and compassion.

These three are the prime outcomes of religion. Only such a religion can be beneficial to man and society. To attain this, it is necessary to develop:

1. Practice of concentration,
2. Development of the power of strong resolve,
3. Practice of restraining emotions.

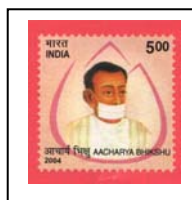
None of these three spiritual strengths are bound to any particular sect. Therefore, if endorsed by all religions, they can constitute the Universal Platform. Our fundamental goal should be to develop a spiritual-cum-scientific personality. A mere spiritual person cannot present spiritual thoughts in contemporary language and cannot influence trends of the age. On the other hand, a mere scientific person can neither rise above the limitation of matter and come into contact with the consciousness nor can he offer solution to problems that can crop up only because of anomaly in consciousness.

Only that person can be truly spiritual one who has learnt to control his emotions. If even religious people do not practice control over their emotions, then it is indeed a matter of surprise. To control emotions, mere knowledge of philosophy is not enough. It is essential to know the rules governing emotions. In this context it is also important to know the scientific principles underlying physiology, psychology, biochemistry, endocrinology, and other bodily-related sciences. Violence is increasing these

days. Its prime reason is volatile emotions. Without bringing about a balance between emotional equanimity and spiritual development, religion cannot be spiritualized nor can success be achieved in controlling violence. For the upliftment of the human race and for peaceful co-existence, it is very important to develop a system to control emotions.

****INUAGURATION OF STAMP****

First Day Cover - Acharya Bhikshu



The Government of India issued a special stamp of Acharya Bhikshu as a testament to recognize the contribution of Jains and Jainism to India and the humanity. Acharya Bhikshu, the founder of Jain Swetamber

Terapant sect, was the harbinger of a religious revolution and he prodded to rid society of several evils. Gainful insights can be obtained in the field of governance, sociology and economics from his teachings. This proud occasion was celebrated in India as well as New Jersey. Upon the request of JVBNA President Dr Pratap Jain, Mr Devender Surana presented the commemorative stamp to Samani Mangalprajnaji at the program held at Ramesh Parmar's residence.

****WORD OF WISDOM****

Non-violence vs. Ecology

by Samani Mangalprajna



The central theme of Jainism is non-violence. Non-violence does not only mean that one must not kill a living being, it also means that one should not create an atmosphere of

violence, one must not create an environment in which animate beings perish, and must not create a situation which would disturb the inanimate order. Non-violence relates to the both sentient & non-sentient. The doctrine of non-violence is not limited to the non-killing alone.

According to Jain principles soul and matter influence each other. The doctrines of non-violence assert that nothing can exist by itself. If the environment is polluted, it will have a direct effect on the energy, which we imbibe from the nature that in turn will affect our actions, and our actions will affect our soul. A non-violent person who recognizes this truth cannot abuse the environment. A study of ecology is in fact a study of Jainism. Jainism teaches the human community to restrain from all forms of violence, thus a code of maximum restraint in relation to the interference with the environment is the basis of this religion and that in fact is envisaged in protection of ecology. Any harm or disturbance done to ecology will certainly recoil on all living beings including the human community. Ahimsa is a principle that Jains teach & practice not only towards human beings but also towards all nature. It is an unequivocal teaching that is at once ancient & contemporary.

****WHAT'S AHEAD****

Paryushan Maha Parva - Sept 11-18

The word “Parva” means auspicious day. The word “Paryushan” has several different meanings: 1. *Pari + ushan* = all kinds + to burn = to burn (shed) our all types of *karmās*. To shed our *karmās*, we do twelve different types of austerities including fasting. 2. Another meaning of “*ushan*” is to stay closer. To stay closer to our own soul from all directions and to stay absorbed in our own-self (soul), we do *Svādhyāya* (self-study), meditation, austerities, etc., and 3. *Pari + upshamanā* = *upshamanā* means to suppress, to suppress our passions (*kashāyas* - anger, ego, deceit and greed) from all directions. Therefore, the real purpose of the *Paryushan* is to purify our soul by staying closer to our own soul, to look at our own faults, to ask for forgiveness for the mistakes we have committed, and take vows to minimize our faults. We try to curtail our physical needs and activities so that we can concentrate on ourselves.

Svetāmbaras celebrate eight days of *Paryushan*, of which the last day is called *Samvatsari*. ‘*Samvatsari*’ – the day that comes only once a year after many preparations. The day of ‘*samvatsari*’ comes 50 days after and 70 days before the close of the *chaturmas* period. Sometimes the ‘*samvatsari*’ may vary between

49 days after and 71 days before the close of the ‘*chaturmas*’ or the four-month period. The process of shedding our *karmās* really begins by asking for forgiveness with true feelings, and to take some vows not to repeat mistakes. The quality of the forgiveness requires humility (*vinay* - absence of ego) and suppression of anger.

To ask for forgiveness is the toughest thing to do. To ask for forgiveness is a great quality of the brave ones and if I have committed any mistake, knowingly or unknowingly, I ask for your forgiveness. It is at this time that Jains embark on their respective annual *pratikramana* - a reflection on their spiritual journey for the past year. On this day they also observe a unique custom, where they ask every individual they may have offended during the year for forgiveness. Old quarrels are forgotten and friendships and relationships renewed, as they fold their hands and ask for “*Micchamidukadam*” or forgiveness. There are several great aphorisms (*Sutras*) to ask for forgiveness with the unity of the body, speech and mind, and one of them is as follows:

Khāmemi Savve Jivā, Savve Jivā Khamantu Mi

Mitti Me Savva bhuesu, Veram majjham na Kenai.

Meaning: I forgive all the living beings of the universe, and may all the living-beings forgive me for my faults. I do not have any animosity towards anybody, and I have friendship for all living beings.

Dashalakshana Parva - Sept 19-27

The period starting from Bhadrpad Shuddha Panchami to Chaturdasi, typically in the month of August or September is considered auspicious and sacred with the observance of the Dashalakshana Parva. It is conducted for ten days aiming at adhyatmik thinking and detaching oneself from superficial entertainment and galore. The concept of atma is made obvious and thus leading to self-purification and enlightenment of human values.

Dasha-Lakshana Vrata: This is a vrata that observes the following components of dharma: uttum kshama (noble forbearance), aarjava (straightforwardness), maardava (gentleness), shaucha (purity), satya (truth), sanyam (restraint), tapa (austerity), tyaga (renunciation), akinchanya (lack of possession) and brahmcharya (celibacy), as described by Acharya Umaswati. These components of dharma form the means by which one can mould

one's way of life, restore tranquility of mind and stability of body, leading to psychosomatic equilibrium. These principles of Jainism are applicable to every human being irrespective of caste, creed, and country. It concludes that humanity scores over community.

The celebration of Dashalakshan Parva brings together the religious people to common dais to practice the religion in its full perspective. In its full form, it is a 10 day vrata that spans 10 years. It may be undertaken during Shukla Panchami to Chaturdashi of Bhadrapada, Magh or Chaitra. However it is common to do it during Bhadrapada, in which case it starts with Paryushana.

Preksha Meditation Camp-Sept 3 to 5

JVBNA will conduct a three-day residential camp on Preksha Meditation at Siddhachalam Jain Tirth in presence of samani Mangal Prajnaji and samani Amit Prajnaji. Person with age 15 years and above can participate in this grand camp. One can attain mental happiness and good physical health through practice of Preksha meditation.

Advance registration is required. Please call JVBNA center for this registration.

Kshamapana Divas Celebration-Oct10

JVBNA will celebrate the Kshamapana Divas, the main Jain festival on Oct 10, 2004 at St. Andrew's Church, 244 Avenel Street, NJ.

The Jain idea of forgiveness is two-dimensional. It does not merely seek forgiveness from God, but requires us to seek and give forgiveness to each other, especially the close friends and family with whom we have had any arguments during the past year. Kshamapana recognizes that we are all minute elements in this vast ocean of life, and to have violent thoughts or opinions of others is to harbor pain and suffering for ourselves. Forgiveness not only strikes peace, but it cleanses our own souls, guiding us on to the path of righteousness in knowledge and conduct. Jain kshamapana also emphasizes the seeking of forgiveness from all living beings, explicitly recognizing the need to minimize violence and injury to all life forms.

****JVBNA EVENTS since April****

Workshops on "Women's Health and the Practice of Preksha Meditation"

JVBNA workshops on Apr 21 and July 10 featured special guest Dr. Indu Vira. The program at Edison Public Library in Edison, New Jersey started with *Mangal Bhavna* chant led by *Samani* Mangal Pragyaji and *Samani* Amit Pragyaji. Thereafter, *Samani* Mangal Pragyaji presented a brief introduction of *Preksha* Meditation and its role in women's physical, mental, and emotional well being. Dr. Vira gave a very lucid and elaborate presentation on working and maintenance of various body organs and glands crucial for women's health. She touched on subjects of puberty, childbirth, nursing, menopause, and diseases affecting women like cancer, heart disease, arthritis, etc. It was a lively presentation with participants providing their bits of personal experiences and a steady stream of questions.

The presentation was followed by a practical session of Yogic exercises and meditation led by *Samani* Mangal Pragyaji. This session was geared towards maintaining and improving women's health. All the participants showed great enthusiasm and interest in learning the yogic postures and felt an instant effect of *Preksha* Meditation. JVBNA would like to thank Dr. Indu Vira for taking the time out from her busy schedule & for presenting a wonderful and informative lecture on women's health.

Akshay Tritiya Parva Celebration

Jains observe *Akshay Tritiya* to honor that fateful day when the first Jain *Tirthankar* Bhagwan Rishabhdev accepted parna after a year of penance and fasting. This day signifies physical, emotional and spiritual restraint.



JVBNA commemorated Akshay Tritiya on May 8 with a special celebration. At the very start, *Samani* Mangal Pragyaji and *Samani* Amit Pragyaji regaled the audience with their recital of Namaskar Mantra and Bhagwan Rishabhdev Mantra Jaap. Master of Ceremony, Madhumita B. Sacheti welcomed the audience. Then, *Samani* Amit Pragyaji shared her wisdom with the guests. *Samani* talked about Bhagwan Rishabhdev, who is celebrated not only as the first king but also as the first bhikshu, kevali and

muni; and who taught the society not only the concepts of asi, masi and krishi but also showed the way of sacrifice and penance. A very colorful cultural program presented by children and very capably compered by Kavita Kothari succeeded Samaniji's speech. The cultural program consisted of Namaskar Mantra recital performed by Surbhi, Puja, Rajul, Moksha and Nikita. Then the very talented students of Divya Jain's Creation Dance Academy presented a Pushpanjali Dance. Next, seven years old Akshay Bothra and nine years old Kirti Nahar expertly recited the Bhaktamar. A Rishabhdev play enacted by JVB Gyanshala kids and written by Kavita Kothari. To conclude the cultural program, all the students of JVB Gyanshala came together for Bhav Bhini Vandana Geet. Dr. Mahendra Pandya and JVBNA president Pratap Jain recognized the young participants for their wonderful performance and hard work by distributing prizes among them.

Our special guest for the day and a past president of JAINA, Dr. Mahendra Pandya shared his thoughts with those present and congratulated JVBNA on being the first Jain organization in North America to have celebrated Akshay Tritiya Parva. JVBNA president Pratap Jain introduced Dr. Pandya and presented him with a token of our appreciation. Guests enjoyed the heartwarming *Stavan* performed by the members of the Bhakti Bhavna group. JVBNA's secretary Ramesh Parmar presented the audience with the State of JVBNA, its mission, logo, and past, present and future activities. One of JVBNA's vice presidents, Sampath Jain implored the guests to get involved with the organization. It was then time for the most eagerly awaited *Akshay Quiz* contest. Quiz Master Sanjay Jain very skillfully led the five high-spirited teams, *Rishbha*, *Bahubali*, *Brahmi*, *Sundari* and *Chandanbala*, and the very enthusiastic audience through seven rounds of questions of increasing difficulty based on Jainism. The team *Brahmi* was the winner with *Bahubali* securing the runner up position. This first time quiz contest was greatly appreciated by all present. Prizes were distributed by JVBNA past presidents Jay Dugar and Mool Singhi.

Afterwards, it was time for *Samani* Mangal Pragyaji to share her insight with the guests. She discussed why Bhagwan Rishabhdev continues to be alive in our

imagination. *Samaniji* said that Bhagwan Rishabhdev is revered today because he solved society's problems. She went on to say that *Akshay Tritiya* is related to *Tapasya* and thus implored the audience to pledge a *Varshitap* of *Kshama* or forgiveness, a concept that was propounded by *Acharya* Tulsi. *Samaniji* held that this would lead to personal peace and societal harmony.

A vote of thanks by one of JVBNA's vice presidents Sheel Chaudhary followed. On behalf of JVBNA, Madhumita B. Sacheti recognized the JVBNA committee members and volunteers for their hard work in making not only the *Akshay Tritiya* program but also all activities of JVBNA a success. The day's program concluded with Mangal Path by *Samaniji*. Celebration ended with delicious Jain lunch for all present. The event was attended by over 250 members and guests and was deemed a grand success. JVBNA would like to thank all the participants, members, guests and volunteers, any and all who helped make this event a great success. A special thanks goes to program committee chairperson, Nina Shah, without whose hard work this program would not have been possible.

Jain Temple Inauguration, Orlando, FL

Samaniji visited Orlando, Florida from Apr 23-25 to join the Pratishtha Mahotsav of Jain temple in Orlando. Jain Vishwa Bharati, USA, conducted this program.

Workshop on "Reversal & Prevention of Heart Disease Through The Practice of Preksha Meditation"

This JVBNA workshop on June 5, 2004 featured



special guest and world-renowned cardiologist Dr. S.C. Manchanda.

Dr. S.C. Manchanda, currently with Sir Ganga Ram Hospital in New Delhi in India, retired as a professor and head of the department of cardiology at AIIMS, and is a well-published authority in matters of the heart. He is deeply involved with 'Adhyatma Sadhana Kendra' near New Delhi, where for years, he has been leading the study and practice of controlling and reversing heart

disease, diabetes and high blood pressure through yoga and meditation and especially through the practice of *Preksha* Meditation.

The program at American Legion Hall in New Jersey started with *Mangal Bhavna* chant led by *Samani* Mangal Pragyaji and *Samani* Amit Pragyaji. Thereafter, *Samani* Mangal Pragyaji presented a brief introduction of *Preksha* Meditation and its role in physical, mental and emotional well being. Dr. Manchanda discussed the increased incidence of Coronary Heart Disease among those from the Indian subcontinent and the underlying risk factors. He stressed that a Yoga Lifestyle, that included a low fat vegetarian diet, *Yogasans*, *Pranayam* and *Preksha* Meditation not only thwarts the progress of CHD but also leads to its reversal. He then shared data from his scientific research that has conclusively proven the above theory. Dr. Manchanda's presentation was followed by a lively question and answer session. One of JVBNA's vice presidents Surendra Kankariya presented Dr. Manchanda with a token of appreciation. The workshop was attended by over 100 members and guests and concluded with light refreshments.

Preksha Meditation at CareOne

The scope of *Preksha* Meditation is becoming more diverse. Many organizations are approaching JVBNA and requesting it to organize a program of *Preksha* Meditation at their premises.

One of such facility is *CareOne at Highlands*, a senior care center in Edison, New Jersey. *Samani* Mangal Pragyaji taught them how to lead a happy and peaceful life through positive thinking - How they can enjoy their old age. She explained that through the practice of *Preksha* Meditation one could change his attitude and behavior. The practical session on meditation and yoga was held. Participants joined the yoga, relaxation, and meditation with enthusiasm. *Samanijis* went there once a week in month of May. At the end of the training, Director of *CareOne at Highlands* presented a letter of appreciation to *Samanijis*.

'Science of Living' at Kennedy Park School, Iselin, NJ

A one-month training program of Science of Living was held for students of Kennedy Park Elementary School. Dr. Mansfield, Principal of the school, took keen interest, spearheaded the

effort of arranging the whole program. 32 students and 4 teachers participated in the weekly session held after school. All participants highly benefited from the 1-hour class given by



Samani Mangal Pragyaji. This is evident from the appreciation shown by the teachers and students in a hand written wall size

poster presented the *Samanijis* at the end of the session.

Preksha Meditation and Yoga at YMCA

Samanijis have been conducting *Preksha* Meditation and Yoga class every Tuesday at YMCA facility at Oak Tree Road in Edison, NJ. The session has been well attended and appreciated by members and non-members of YMCA. Fitness Director of YMCA has presented a letter of appreciation to *Samanijis*.

Lecture Series - Sacramento, CA

Samani Mangal Pragyaji and *Samani* Amit Pragyaji lead a 5-day lecture series in Sacramento, CA from May 20-23, 2004. Sacramento Jain Society is a small but dedicated society created to spread Jainism outside of India. It had invited *Samanijis* to present lectures on how to be successful in life. In order to be successful, some people lose themselves in a maze of sin, crime, deceit, and greed. *Samani* explained how to lead an honorable life and still achieve success.

Prajna Diwas, Siddhachalam, NJ

On June 26, 2004 JVBNA celebrated the 85th Birthday of **Acharya Mahaprajna** at Siddhachalam Jain Tirth. Program started with delicious breakfast and followed by Bhaktamar Stotra and Pravachan from *Samani* Mangal Prajna *Samani* Amit Prajna, Dr Sadhnaji, Muni Amrendrakumarji. Several JVBNA speakers also talked about their rare interaction with Acharyaji. Children too performed and spoke about Acharyaji. The program advanced with Bhajans and Gitika. A video of Acharya Mahaprajna "Ahimsa Yatra" was also displayed. Supriya Bothra was the Master of Ceremony.

Second half of program ("in Picnic Style") started with delicious Rajasthani lunch with thirst quenching *thandai*. Various games and sports for all ages were played in beautiful summer weather. That included musical chair, 3-

legged races, spoon races, and senior & junior chess competition, soccer, basketball, volleyball and golf. Balloon toss between parents and their children was one of the main attractions of this picnic. At one side Mehndi, Art & Craft stall was making enjoyable experience to ladies & young's one and on other side maize and watermelon were main attraction for everyone. One game of Bingo (Housie) was also played. This grand grand prajna diwas/picnic concluded with prize distribution. This was one of unique and most memorable experience.

Graduation Celebration-Cherry Hill

Cherry Hill Jain Society in New Jersey invited *Samani* Mangal Pragyaji and *Samani* Amit Pragyaji on June 20, 2004 to attend their first graduation ceremony of Jain children from Jain Pathshala. *Samani* Amit Pragyaji spoke in Gujrati for adults on five sutras and on ways to improve spiritual life. *Samani* Mangal Pragyaji spoke in English to convey the message of Jainism and elaborated on principles of Jainism such as non-violence, non-possessiveness, etc. She stressed on the values of Jainism. She talked about practicing emotional control and learning ways to interact with children in a right manner. Jainism believes in quality and not in name or form. Everyone can become a *Jina*.

JVBNA Esaay Contest

Ahimsa and the Survival of Mankind!

JVBNA received three entries one each from Mridul Bhandari (Winner), Kirti Nahar and Yamini Bhandari. Winner essay will be published in this year JVBNA Souvenir.

Around Town: Visit from Samaniji

Samani Mangal Pragyaji and *Samani* Amit Pragyaji conducted various programs and lectures at several JVBNA members' residences. The topics covered ways to improve standard of life, art of positive thinking, and how to conduct religious activity, etc.

JVBNA Family brief news

Kirti Nahar (9 years old) d/o Navratan and Kiran Nahar has successfully completed Bhaktamar Stotra from JVB Gyanshala. Great Job. Keep it up.

Nina Shah has successfully completed Bhaktamar Stotra from JVB Bhaktamar class. Way to go!

Shashi Jain s/o Sampat & Dolores Jain, has been placed on the Dean's List of Cornell University. Congratulations on your great achievement!

Ratan & Neelam Dhariwal has been blessed with a baby daughter. We wish lots of good health to the baby and the new mother.

With all the good news, JVBNA had its share of heart broken and sorrowful news too.

JVBNA sends its deepest sympathies to **Raj Sodhia** on the untimely death of his elder brother in India.

With great grief, JVBNA sends its condolences to **Shanti Singhi** and her family on the sad demise of her mother in India.

JVBNA Mission Statement

To spread the universal message of Jain philosophy and Jain wisdom to the world.

To cultivate an atmosphere that nurtures nonviolence, restraint and divergent perspectives, whereby leading to spiritual enlightenment to man.

To create an environment of unity and social harmony for all mankind.

Become a JVBNA Member

Jain Vishwa Bharati in Iselin, New Jersey, a permanent center for our well being has to be generously supported to carry out different activities.

<input type="checkbox"/>	Life Member	\$2,101
<input type="checkbox"/>	Founder Member	\$11,001
<input type="checkbox"/>	Patron	\$25,101
<input type="checkbox"/>	Chief Patron	\$51,001
<input type="checkbox"/>	Special Donor/Any amount	

Please make check payable to JVBNA. Fed tax exempt ID # EIN -22-3687190

JVBNA new Life members

Kothari	Subhash & Anita	New Jersey
Mehta	Bharat & Rani	Michigan

Thank You for your support!

Dining Table	Neeraj Bothra, NJ
CD-RW Drive	Ramesh Parmar, NJ
Lawn Mower	Sampath Jain, NJ
Electric Kettle	Indu Vira, NJ
Cordless Phone syst	Jagdish Shah, CA

Need of JVBNA!

LCD Projector, TV, VCR & DVD Player

JVBNA FINANCIAL STATEMENTS

(Year Ending December 31)

	<u>2000</u>	<u>2001</u>	<u>2002</u>	<u>2003</u>
Support and Revenue				
Cash Contributions	\$2,179	\$5,004	\$445	\$8,286
Membership Dues -				
Founder Membership	\$77,106	\$11,001	\$6,001	\$32,210
Life Membership	\$13,706	\$4,001	\$500	\$56,275
Program Related Contributions -				
Paryushan	\$2,921	\$735	\$4,078	\$5,027
Kshma Divas				\$4,682
Meditation Camp				\$405
Workshop				\$57
New Year resolution (2004)				\$226
Interest Earned	\$2,466	\$3,966	\$1,614	\$464
Total Support and Revenue	\$98,378	\$24,707	\$12,638	\$107,632
Expenses				
Program Services	\$2,803	\$3,416	\$3,424	\$7,540
Supporting Services				
Operational Expenses	\$1,374	\$196	\$264	\$10,316
Fund Raising	\$120	\$46	\$18	\$336
Total Expenses	\$4,297	\$3,658	\$3,706	\$18,192
CHANGE IN NET ASSETS	\$94,081	\$21,049	\$8,932	\$89,440
NET ASSETS beginning of the year	0	\$94,081	\$115,130	\$124,062
NET ASSETS end of the year	\$94,081	\$115,130	\$124,062	\$213,502

Detail of Year 2003 Statement of Assets and Liability

Assets		
Cash in Hand	\$27,351	
Fixed Assets (Building)	\$267,534	
Total Assets	\$294,885	
Liabilities		
Accrued expenses	\$1,383	
Loan from Members	\$80,000	
Total Liabilities	\$81,383	
NET ASSETS	\$213,502	

Note: Details of the Financial Statements are available for review at the JVBNA Center.

Jain Vishwa Bharati of North America
 151 Middlesex Avenue
 Iselin, NJ 08830
 Phone / Fax: (732) 404-1430
 Email: jvbnj@yahoo.com Web: www.jvbna.org

TO

Directions to Jain Vishwa Bharati

* Take GSP exit 131, make left turn on traffic light, then pass 1 traffic light and make left on Central Parking (Middlesex Avenue), pass traffic light of Oak Tree rd. Center is on left side few feet after Subzi Mandi.

* From US-1 (South), make left on the Plainfield Avenue, and then make right on to Route 27 North (Lincoln Highway). Take left on Central Parking (Middlesex Avenue), pass traffic light of Oak Tree Rd. Center is on left side few feet after Subzi Mandi.

PARYUSHAN AND DASLAXAN

PARYUSHAN September 11-18	7.30 to 8.15 PM PRATIKRAMAN	8.15 TO 9.30 PM PRAVACHAN	8.15 TO 9.30 PM CHILDREN'S SESSION
DATE	TIME	VENUE	
Sept 11,13,14,15	7.30 to 9.30 P.M.	American Legion Hall	
Sep-18	6.30 to 9.30 P.M.	American Legion Hall	
Sept 12,16,17	7.30 to 9.30 P.M.	Shri Dwarkadesh Temple	
DASLAXAN September 19-27	8.00 to 8.15 PM PRAYERS	8.15 TO 9.30 PM PRAVACHAN	8.15 TO 9.30 PM CHILDREN'S SESSION
DATE	TIME	VENUE	
Sept 20,21,22,27	8.00 to 9.30 P.M.	American Legion Hall	
Sept 19,25,26	2.00 to 3.30 P.M.	American Legion Hall	
Sept 23,24	8.00 to 9.30 P.M.	Shri Dwarkadesh Temple	
PREKSHA MEDITATION CAMP		Siddhachalam Jain Tirth, NJ	Sept 3, 4 & 5
KSHAMAPANA DIVAS CELEBRATION		St Andrew Church, NJ	Oct 10 (3 pm to 8 pm)

Please check www.jvbna.org for latest information and venue directions.

PARTICIPATE IN TITHI YOJNA

Help maintain the New Jersey Center of JVBNA. Sponsor a day (\$101) to celebrate that special someone, sponsor a week (\$501) or sponsor a month (\$1101). Visit the center on the said *Tithi* for *Jaap*, *Swadhyay* and *Gochari Labh* under the auspices of *Samaniji*. For additional information call (732) 404-1430, email jvbnj@yahoo.com or visit www.jvbna.org. Your contribution is tax deductible.

This newsletter is sponsored by Raman & Neelam Jain and their children Rishi & Shefali from Sacramento, CA

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