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जून २०२२ June 2022

हिन्दू सत्संग समाचार
Hindu Satsang Samachar



Hindu Satsang Updates

By Shivam Viswanathan

On Sunday, July 17, the Hindu Satsang will have its yearly summer picnic. On **page 9**, there are more specifics concerning the picnic. Don't miss out on the fun activities that are scheduled for people of all ages. For our last Satsang in May, we hosted Acharya Narendra ji. A recap of the Satsang Sabha is on **page 5**. In June, our guest singer and speaker respectively will be Sh. Puran Lal Vyas and Sh. Raj Taneja. Details about them are on **page 11**.

On August 24th (Sunday) we will have our **Janmashtami cultural program** at the Rathi auditorium at the Lemont Temple, please get your 'act' together - pun intended.

The Hindu Satsang's Sunday School: If you are planning to teach the Hindi language and Hindu culture to your children/grandchildren, please contact our Education Coordinators. Hindu Satsang Sunday school meets on all Sundays (except the 4th Sunday of the month). Children can also participate in the Ramlila play and apply for four annual scholarships worth \$2000.

Following are some of the main festivals/events coming up in the next few weeks, our best wishes to everyone: Wish you all a very happy

Jagannath Puri Rath Yatra on Friday, July 1, **US Independence Day** on July 4th, **Guru Purnima** on Wednesday, July 13.

Looking forward to seeing everyone in person on Sunday, June 26th for our congregation at VSC (Vivekananda Spiritual Center). Take a few seconds to add a reminder alarm to your phone now.

Stay safe & healthy. 

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Birthdays
& Anniversaries

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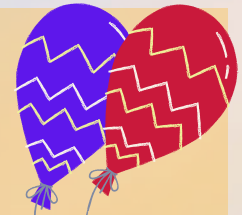
Page 12: Sabha Program
Detail

IN
THIS ISSUE





Happy Birth Month to our Satsangis born in June



Abhilesh Taneja	Avi Punwani	Hitender Sabharwal	Krishna Gupta	Pinky Khanna	Sheel Shah	Vikash Dhingra
Anheli Raheja	Bansi Pandit	Jai Viswanathan	Lekha Gandhi	Poonam Pandey	Shilpa Bahl	Vipul Punwani
Anita Singhal	C.S. Trivedi	Kanchan Gandhi	Manohar Sharma	Ritu Upadhyay	Shubhi Garg	
Ankit Sahni	Chetan Mittal	Kiaan Pandey	Nilesh Khetarpal	Shaila Punwani	Sonali Vyas	
Archana Gupta	Hersh Sabharwal	Kiran Sharma	Pankaj Gupta	Sharda Saini	Sumeet Sachdev	

Happy Anniversary

	Chhaya & Chandra Shekhar Trivedi	Kanchan & Subhash Pandey	Karuna Uppal & John Gronbeck Tedesco	Laxman & Indra Rani Singh
	Poonam & Yaduvir Singh	Reema & Vikas Jain	Reena & Sanjeev Gupta	Shana & Sateesh Bhagwat
				Taruna & Rajeev Gupta



Laughter is the best medicine

Fact: Smiling stimulates our brain in a way that nothing else can.

"You complain every year on our anniversary that I don't take you anyplace expensive. I'm going to fix that this year. Get in the car, sweetheart, let's go to the gas station."



"Husbands are the best people to share your secrets with, they will not tell anyone, because they are not listening."



Your newsletter feedback are welcome.

If someone you know is not getting the Hindu Satsang newsletter, send their email address to: shivamv@gmail.com

Ayurvedic Dietary Practices For A Healthier Life By Sh. Rajeev Jain



*“When diet is wrong, medicine is of no use.
When diet is correct, medicine is of no need.”*

In the last newsletter, we concluded that even though we were living a longer life, it was not a healthier life, and our dietary practices were an important contributing factor to our health problems.

We also became aware that each food and herb has special properties, and we should know these properties to eat healthily. However, there is more to it given the choices available today – where any food is available anywhere in the world at any time of the year.

Ayurvedic guidance on dietary practices

Below there are some key practices according to Ayurveda that it subscribes. While the world has changed and progressed since those times – most of these practices still hold good today. However, there are significant changes in the social and economic environment which would make it challenging to abide by these practices. But, if we are at least aware of them, we could try to incorporate them into our lives to the extent we can. Or else, we will continue to experience poor health.



These dietary practices include:

1. Keep the digestive fire (Agni) strong – this is critical to the entire digestive process and will temporarily manage any unhealthy diet;
2. Take meals in alignment with the body’s digestive cycle. Around noon, the digestive fire (Agni) is at its peak – it is best to have your lunch around that time. Taking lunch much later would be considered Agni Viruddha. Lunch should ideally be your heaviest meal of the day and should include the harder-to-digest foods that you desire.

As the digestive fire will be relatively subdued at dinner time, that meal should be lighter (smaller and easier to digest).

3. Eat and drink based on hunger – not listening to your body is considered Matra Viruddha.. Remember that it takes approximately 30 minutes for the food to reach your stomach.

4. Focus all our five sensory organs on food while eating. Our ears, eyes, nose, tongue, and fingers – should be involved with the eating process and not be distracted (Vidhi Viruddha) – then we can really enjoy the meal and maximize its benefits.

5. Eat freshly prepared food – nutrition reduces with time and reheating – prepared food should be ideally consumed within three hours.

6. Keep your food consumption alkaline – at least 60% of the food intake should be of foods that will make the blood pH alkaline – it is critical for good health.

7. Avoid incompatible foods (Viruddha Aharam) – they adversely affect your metabolism, neutralize the nutritive value of individual foods and even create toxins in our body.

8. Be aware of the time required to digest various foods, e.g. uncooked, cold, dry, or heavier foods take longer to digest and can create toxins if they stay in the stomach too long. Also, more easily digestible foods should be eaten first.

9. Eat foods appropriate for the environment (climate) you live in, or else it is deemed Kala Viruddha. If you live in a cold environment, eat foods that will help keep your body warm as cooling products will result in cough, cold and rhinitis.

Continued on the next page

↳ Continued from the previous page

Similarly, the diet should be appropriate for the season - consuming foods that have a cooling effect (veerya) during summer and a warming effect during winter.

10. Change your food habits with age. If we eat Kapha-promoting foods (e.g. foods with high-fat content) in childhood (age less than 20) it is likely to lead to problems like obesity. Similarly, when we are in Vata phase of life (age 50+), eating dry and cold foods will increase Vata and result in problems like osteoarthritis, knee and back pain, etc.

Many of you will certainly be following some of the above practices. However, most individuals are not aware of the significance of point (6) the blood pH levels and point (7) incompatible foods. Both these factors can affect your health in a very significant way over time.

Lifestyle impact

Here are some examples of how our go-go-go lifestyle is adversely impacting our dietary practices and contributing to poor health:

- Eating out at restaurants has increased multiple folds. The restaurants cater more to our taste than our health. When we eat out, we do not know how the food was prepared or the nutritional value of the ingredients used – both are very essential to a nutritional diet. Usually, it is unhealthy.

Restaurants also experiment with new exotic combinations (fusion foods) – again, these dishes are prepared without understanding the properties of the foods combined.

Such food can be very delicious, but not necessarily nutritious.

The use of computers or watching TV or talking on a cell phone during meals often results in unconsciously eating. Eating too much or wrong foods leads to health problems like hyperacidity, gastritis, flatulence, etc.

- Increased use of alcohol (including wine) and drugs burdens our liver and kidney as they have to work overtime to remove the toxins from our bodies.

With the explosion of information about healthy diets in the media and specialty diets advertised, many of us have become very conscious of the food we eat but remain ignorant about the nutritional properties of food and how to make our digestive process efficient. We need to learn to relax, focus and enjoy our meals. One recognizes that it is not easy in today's fast-paced environment, but if we can try a little harder, we will have a much healthier life.

Wishing you all a wonderful International Yoga Day (June 21) and Independence Day (July 4) and great health. ❁



A brief recap of the
**Hindu Satsang's
Monthly Sabha**

held on May 22, 2022

By Shivam Viswanathan

This was the day of minor glitches but reinforced the fact that with a little 'jugad' and a positive attitude, every problem can be fixed. From the missing building keys to audio cables, all issues were sorted out and more of our Satsangis got the divine opportunity to sing bhajans. We were blessed to listen to bhajan by three Subhash ji - Pandey, Sharma, and Oza.

Other singers were Smt. Kanchan Pandey, Smt. Rashmi Gandhi, Sh. Hans Upadaya, Sh. Daljit Sabarwal, and Sh. Gitesh Shah.

Our guest singer & the speaker was Sh. Acharya Narendra ji. He spoke about the topic "सुख दुख परमेश्वर प्रद या हमारे स्वयं के प्रतिपादित" (Pleasures and sorrows are God's providing or our own creation).

The gist of the talk was that we should accept whatever comes our way, whether it is joy or sadness because it's our own karma that determines our path. Of all the animals, only humans are capable of doing good deeds. To be born as humans indicates good karma in the past or an opportunity to do some good deeds. This beautiful song summed it up well:

सुख भी मुझे प्यारे है दुःख भी मुझे प्यारे है,
छोड़ूँ मैं किसे भगवन दोनों ही तुम्हारे है।

Pictures on the right 1. Sh. Subhash Oza. 2. Sh. Acharya Narendra 3. Sh. Subhsah Pandey, Smt. Rashmi Gandhi, and Smt. Kanchan Pandey 4. Satsangis listening to Sh. Acharya Narendra ji



**Hindu Satsang's
Upcoming Events**

Mark
your
calendar

- Picnic: Sunday, 17th July
- Janmashtami Program:
24th August



S Cube

Sunday School Section

By: Saanvi Sethi

Following is an article by one of our Hindu Satsang Sunday School students, Saanvi Sethi.

In our short time in this world, I believe one of the most important things we can do is community service. Success cannot be obtained in any aspect of life without taking time to think about others in our world that could use our help. Most importantly, it is our chance to make an impact on the world that we are living in. For this reason, I have involved myself in many different initiatives to help different groups of people. A few summers ago, we saw a rise in the Black Lives Matter movement, with many different protests and movements occurring on a daily basis. After the death of George Floyd, these movements became the center of our world. Recognizing that this was a pertinent issue, I wanted to do something that would demonstrate my support for these movements. Therefore, my friends and I decided to start tutoring kids in the summer, but with a catch. All the proceeds from these lessons would go towards the NAACP, an organization dedicated to African American rights.

We thought that this would be the best course of action to take, since not only were we helping kids in our community with anything that they needed assistance with, but we were also being completely selfless by donating all the money from it.

Another major example of a fundraising initiative that I have been a part of is with the American India Foundation. I have been a proud member of the Junior AIF Board for the past 4 years. The goal of this organization is to help underprivileged communities and people in India. Specifically, the Junior AIF Board chapter that I am part of hosts an annual 5K event as well as a carnival in which all proceeds go towards different causes in India. For many years, we have donated the money towards young girls in India who needed the money for education or to different underprivileged schools. Last year, in light of the horrible situation in India with COVID, we donated money in order to help people get vaccinated in India. This year, we are donating the money towards underprivileged high-school girls in Chhattisgarh.

Community service and volunteering are something that I take very seriously, but also something that I love to participate in. There truly is no feeling as rewarding as knowing that your actions could be changing someone's life for the better somewhere in the world.



Saanvi on the right

When does tolerance turn into adharma?

What do *dharma* (धर्म) & *adharma* (अधर्म) mean?

In simple terms, *Dharma* (धर्म) means righteousness or adhering to moral principles.

Adharma (अधर्म) is violating dharma, i.e. violation of moral laws, norms, or standards. "Dharma" does NOT mean "religion" in this context.

Bhishma Pitamah never committed any adharma by himself but did side with adharma. He failed to stop Duryodhana from committing crimes (adharma). Bhishma did not take any action when Draupadi was being disrobed.

Jatayu is remembered for one virtue in his life: when Sita was kidnapped by Ravana, he took the right action at the appropriate moment and sought to free her by battling Ravana, knowing well that he was no match for Ravana's might, but he knew he was siding with dharma. He could have saved himself by turning a blind eye, but he did the right thing by fighting adharma.

Death: Both Bhishma Pitamah and Jatayu died when their time arrived. Bhishma Pitamah, perished on a bed of arrows, while Jatayu passed away peacefully in Rama's lap. When someone tolerates adharma as Bhishma Pitamah did, their tolerance, inaction, or silence becomes a sin (adharm).

धर्म एव हतो हन्ति धर्मो रक्षति रक्षितः ।
तस्माद्धर्मो न हन्तव्यो मा नो धर्मो हतोऽवधीत् ।
— Manusmriti 8.15

Hindi translation: जो धर्म का नाश करता है, उसी का नाश धर्म कर देता है, और जो धर्म की रक्षा करता है, उसकी धर्म भी रक्षा करता है ।

Just to reiterate, "Dharma" (धर्म) does NOT mean "religion" in this context.

Tolerance is not a virtue when facing adharma. Being a passive observer of adharma is always adharma.

If you remain indifferent in the face of injustice, you are siding with the oppressor, also known as adharmi (अधर्मी).

Everyone in the community should do their share based on their status, position, and capacity when adharm is perpetrated. It might be through social media to raise awareness, join in-person peaceful protest groups, send emails to those in positions of power or influence, sign petitions, etc. to name a few ways you can peacefully protest. When adharmies are aware that there are dharmic people who would oppose their actions, and there would be consequences, adharmis may not even commit adharm.

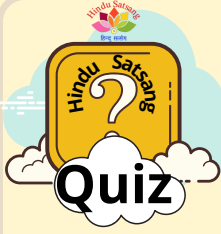
It is irrational to think how one individual can make any difference. Every individual counts, and there is strength in numbers and power in unity. ॐ



Bhishma Pitamah on the bed of arrows



Pakshiraj Jatayu, in Sri Ram's embrace



Quiz on the occasion Guru Purnima

By Shivam Viswanathan



Gurus occupy a prominent place in Hinduism. There is no other tradition in the world where gurus are treated with such respect. Gurus who left this world are commemorated both on their birth and death anniversaries. Guru Purnima is a popular Hindu festival, during which God is worshiped as a guru, or gurus are worshiped as God. This year, the Guru Purnima falls on July 13th.

Below is a simple quiz to honor the occasion:

1. Who is considered to be the guru of devas?
2. Who is considered to be the guru of demons (asuras)?
3. Kings employed royal gurus who not only helped the children of the royal family learn various arts and crafts, but also gave advice to the kings during crucial moments. What were these royal gurus called?
4. What is the meaning of the following prayer:

गुरुर ब्रह्मा, गुरुर विष्णु, गुरुर देवो महेश्वरा
गुरुर साक्षात् परब्रह्म, तस्मै श्री गुरुवे नमः

In English:

Gurur Brahma Gurur Vishnu
Gurur Devo Maheshwara
Guru Sakshat Parabrahma
Tasmai Shri Gurave Namah

5. A school run by a guru is called ...
6. The Sikhs regard their "holy book" as their perpetual and current "guru", guide or master. What is the name of the holy scripture of Sikhism?

7. On Guru Purnima, people also celebrate the sage who authored the Mahabharata and compiled the Vedas. What is this festival called?

8. According to Advaya Taraka Upanishad, what is the meaning of "GuRu"?

9. Who is referred to as the first guru, who imparted knowledge to 7 men who became Sapta Rishis?

Answers

1. Brihaspati (बृहस्पति)
2. Shukracharya (शुक्राचार्य)
3. Rajguru (राजगुरु)
4. "The Guru is Brahma, the Guru is Vishnu, the Guru is Shiva. The Guru is the Supreme Absolute. To that Guru, I offer my reverent salutations."
5. Gurukul (गुरुकुल)
6. Guru Granth Sahib or Adi Sri Granth Sahib.
7. Vyasa Purnima - for it marks the birthday of Veda Vyasa, the sage who authored the Mahabharata and compiled the Vedas.
8. गुशब्दस्त्वन्धकारः स्यात् रुशब्दस्तन्निरोधकः ।
अन्धकारनिरोधित्वात् गुरुरित्यभिधीयते ॥ १६॥

The syllable "Gu" indicates darkness, the syllable "Ru" means its dispeller. Because of the quality of dispelling darkness, the Guru is thus termed. - Advayataraka Upanishad, 16

9. Lord Shiva is regarded as the Adi Guru or the first teacher.





Hindu Satsang Summer Picnic 2022

Date: Sunday, July 17, 2022

Time: 11 am to 3 pm

Venue: Greene Valley Forest Preserve
East Shelter on Greene Rd., Naperville
We need your RSVP so that we can make the
necessary preparations.

[RSVP by clicking here.](#)

Program/schedule:

- 11 am: Snacks and socializing
 - Fruits, Cookies, Tea, Soda, Lemonade, etc.
 - Sports competitions
- 1 pm to 2 pm: Aarti followed by Lunch & Dessert
 - Lunch sponsored by **Sh. Surinder Jain** of **Ashyana Banquets**
- 2 pm: Trophy distribution to children who participated in Youth Festival in February 2021 & 2022
- HS Sunday School Graduation Ceremony & Award/Certificate Distribution

At Hindu Satsang, it's Summer Olympics time. During the event, (11 am to 1 pm) participants of all ages will be able to participate in friendly yet competitive sports, and the winners will receive gift cards. Be sure to dress comfortably if you plan to participate in sports.

There is a suggested donation of \$10 per family at the picnic site.

For more details, visit our webpage :

<http://www.hindusatsang.org/summer-picnic>

कैसे भेजू संदेश

(स्वर्गीय माँ को एक श्रद्धांजली)

Written by our Hindu Satsang
member Smt. Uma Nauth



कहती हूँ, उस दिन की,
जब टूटा था सिर पर पहाड़
बहन भाई और पिता जी,
सभी थे मेरे साथ।
मिल इकट्ठे जा रहे थे,
हम सब शमशानघाट
कुदरत की इस होनी पर,
नहीं आ रहा था विश्वास
तुम्हें क्या पता माँ,
उस दिन था तेरा संस्कार
मेरी फूटी किस्मत को,
नहीं आई थी आज भी लाज
इतनी दर्दनाक घटना हो,
दर्दीला हो जिसका एहसास
पहले ऐसा कभी नहीं हुआ,
कि तुम ना रही हो हमारे पास
आज वेदना का तीर,
भेद रहा था जब मुझे आर पार
इधर उधर जहां भी देखा,
कहीं नहीं थे तेरे आसार

उठ उठती क्यों नहीं,
बोल बोलती क्यों नहीं ?
अरे तू तो सुनती भी नहीं
तेरी इस चुप्पी का,
हो रहा था हृदय पर कड़ा प्रहार
सूख रहे थे मन ही मन,
कैसे हो उन आंसुओं की बौछार
अब सबसे ज़्यादा,
जब तुम्हारी ज़रूरत है मुझे आज
पत्थर जैसा तेरा शरीर,
क्यों नहीं उडेलता है प्यार

काम करते, उठते बैठते,
सांझे किये सुख दुख के विचार
एक बार नहीं ,दो बार नहीं,
बल्कि कई दिन कई रात
मुसीबत में हल किये,
किस्मत और कर्म के हज़ारों सवाल
भावनाओं की तोड़ फोड़ में,
खोजते रहे सच्चाई के जवाब

प्राकृतिक नज़ारे और सुंदरता देख,
दिल झूमा था साथ साथ
कई आदतें एक जैसी,
सजाना और हर स्थान को रखना संवार
एक सखा सी लगी तू,
जब भी हम इकट्ठा गये बाजार
मिलने को बहुत दिल करता है,
हाँ मैं हूँ बहुत उदास
ले लो मुझे अपनी बाहों में,
बस ले लो एक बार
कहने दो, देखो कितना है मुझको तुमसे प्यार
तेरा मेरा नाता लगता है, रह गई है,
बन के एक याद
क्या युगों तक, अपना नहीं होगा मिलाप?
"साडा चिड़ियां दा चम्बा वे, बाबुल असां उड़ जाना,"
जब भी मैं गाती थी,
भेदते थे तेरे दिल को इस गीत के भाव
तेरी लम्बी उड़ान ने कर दिया है,आज मुझे सदमात

मानवी मजबूरियों में डूबी, कहां करूं तेरी तलाश
मेरी गलतियों ने जब भी तड़पाया तुमको,
कर देना मुआफ
यह कैसे बताऊं और कैसे कहूं तुम्हें,
कैसे भेजू यह संदेश और भेजू भी तो फिर किसके हाथ
मिलती रहना चलो सपनो में ही सही,
जानती हूँ तुम हो लाचार
जबतक मैं ज़िंदा हूँ सुनती रहना मेरी
आत्मा की आवाज बड़ा होगा बेटा,
जब बसेगा उसका नया संसार
ढूँढ़ूंगी तुम्हें उस दिन,मत भूलना,
देने आना उसको आशीर्वाद
"कैसे भेजू यह संदेश
और भेजू भी तो फिर, किसके हाथ"



Hindu Satsang Sabha Guest singer and speaker

About our guest singer:

Sh. Puran Lal Vyas, known as Puran Da by his countless admirers, is a superb musician who has had a remarkable journey from Mumbai to Chicago. Getting his start in the film industry, Puran Da worked with all major music directors of the 70s and 80s. He continued his musical pursuits after migrating to the US and has been recognized as the foremost Tabla and Dholak player in the Midwest. The singers from India, when performing with a live orchestra, seek out Puran Da to accompany them. Puran Da conducts group and individual classes for Tabla instruction. He also leads a local music group named "GAANE SUHAANE".

About our guest speaker:

Sh. Raj Taneja is a Mechanical Engineer with MS from the University of Michigan. He retired in 2011 after 35 years with Sargent & Lundy. He has been a disciple of Swami Vethathiriji Maharishi for nearly 40 years. Swami ji has written many books and many of his lectures in English & Tamil are available on YouTube. Raj ji is very knowledgeable about spirituality, Kundalini yoga, Meditation, and Kaya Kalpa Yoga, to name a few of his talents.

Raj ji lives in Naperville with his wife Kusum ji. They have a daughter, a son, and two grandchildren. Raj ji and Kusum ji are very actively involved in Naperville Laughing Group (NLG) for the last several years.

Raj ji will be speaking on the subject of "Analysis of Thoughts".



पिता एक इंसान - उमा नाथ



मैं एक नन्ही सी जान
नहीं याद, मैं क्यों और कैसे यहाँ आया
लेकिन जिस दिन, उन मज़बूत बाहों ने उठाया
उसमें अपने आप को शक्तिशाली पाया
जो चेहरा सामने आया, उसमें अपना वजूद नज़र आया
उस मुस्कान को देख, मेरा जहाँ मुस्काया
उन आंखों में प्यार उमड़ता ही चला आया
इस आईने में खुद को, कितना प्यारा पाया
मीठे बोली ने, मेरी जुबों को एक हक दिलाया
जब ऊँगली पकड़ चलाया, "मैं कर सकता हूँ" ये जताया
दिलचस्पी इतनी, मेरे लिये जो वक्त निकाला
मेरी एहमियत का मुझे एहसास दिलाया
पढ़ाया लिखाया, इस काबिल बनाया
समाज में सफलता सम्मान का स्थान दिलवाया
ऐसे सुन्दर घरोंदे में सुरक्षित रखा
आगे चल मेरा घर परिवार हो, पूरी मदद से अपने को जुटाया
इतने बरस किन मुश्किलों से निकला,
इसका भान कभी नहीं कराया



कुछ खासियत उसमें, कुछ कमियां
अजीब आदतें कुछ, कई मजबूरियां
गर तुम नहीं बदल पाये
बदलना उसके लिये भी कहाँ आसान है
जो लगाव तुम्हे अपनी संतान से है
परवाह की सख्त जरूरत, अब उसे है
"पिता मेरा रक्षक है" तहेमन से सदा यही महसूस हुआ
पर वो बीमार, बेसहारा, तड़प में करुण पुकार है
उम्र में बड़ा है, स्वाभिमान नाते मांग नहीं करता
कभी तुम कमज़ोर थे, आज वो लाचार है
क्यों तुम उसके बालक हुए, वो तुम्हारा पालक
यह मालिक ही जाने, कर्मों का जो हिसाब है
बिन शर्त तुम्हे अपनाया
पुत्र कमाने का अवसर, अभी तुम्हारा है
परमपिता, इस दुनियाँ में, इतना लम्बा, पास कहां रहेगा!
जितना इंसानी पिता ने साथ निभाया है
आखिरकार, एक पिता, तुझ मुझ सा ही इंसान है
ज़रा देख, मालिक भी किस कदर, उसका कदरदान है
उमा कहे - सेवा हो उसकी
बस यही सोचने समझने की बात है

Happy Father's Day



Hindu Satsang's Monthly Congregation

10 AM CST on Sunday, 26th, June 2022 at VSC



Everyone is cordially invited

Join us in person.

Location: VSC (Vivekananda Spiritual Center- the building to the right of the Vivekananda statue at HTGC Temple, Lemont, IL) .

SUNDAY SATSANG SABHA

Agenda:

10:00 am: Vedic Pooja

10:10 am: Bhajans by Satsang members

10:30 am: Guest Singer:

Sh. Puran Lal Vyas

11:10 am: Sh. Raj Taneja

Topic: "Analysis of Thoughts"

12:00 pm: Aarti followed by prasad/lunch



Don't have cash or a checkbook with you? No problem!

Donations to Hindu Satsang can now be made through Zelle. You may send your donation amount to the following phone number:

630-207-1369.

Donations of \$11 and above will be published in the next newsletter's aarti collection. In order to sustain itself, Hindu Satsang relies on donations from individuals like you. Any donation amount will be greatly appreciated. If you have questions, please contact our Finance Coordinator:

Smt. Jyotsna Salgia - jsalgia@yahoo.com.



Maa Annapurna devi

May you be blessed with good health, wealth, and prosperity.



Prasad Sponsors this month:

Kusum Taneja,
Manju Kalra,
Rajesh and Shermila Chug
Ajay and Rozy Bhasin



May Aarti Collections

Rashmi and Vinod Gandhi	\$111
Sudhir and Adarsh Gupta	\$51
Kamal Gupta (through Zelle)	\$11
Cash	\$112
Total	\$285