From the desk of ITA President

Namaste members,

As many of you may know, I have had the pleasure of serving our Mandir for over a decade first as a Bal-Vihar Secretary, then as Temple Manager, Secretary, ITA Youth Administrator, and most recently Vice President. And today, I am privileged and honored to have been elected by the Board of Trustees as your ITA President for 2013-2014. I want to thank outgoing President, Ms. Rina Patel, and the outgoing trustees for a tremendous job.

Just as I was welcomed into the ITA family when I took my first child to Bal-Vihar sixteen years ago, I would like to welcome you. I urge you to take the initiative and join our various committees. I know we are all busy, but with your time and commitment, we can continue to serve our community and children by planning meaningful programming. It is up to us to shape the vision of our Mandir and community. Fresh perspectives, new energy, will help to strengthen and broaden our existing programs and introduce new ones. Please join us in our mission in any way that you can. With your help, I would like to engage and serve all segments of our population from children, to young professionals, to families with school-going children, to seniors.

There remains much to be done, and I look to you, our members to come forward and join hands. Service is the expression of love. Serve in whatever possible manner you can. Ask yourself, How can I be useful to people around me, and to the whole world? Then your heart starts blossoming and a completely new level begins.

-Sri Sri Ravi Shankar

Yours in humble service,
Sangeeta Rashatwar

Special Prayers

ITA has a program whereby you can have prayers performed on your behalf every year on a special day in your life by pledging $301. Also, at your request, Shri. Bhupendra Shuklaji will perform a special puja on your behalf, or the regular temple puja performed on the designated day will be dedicated in your name. Below are the donors for this month.

- Sushil Bhatnagar  Feb. 03  Neel Kadakia  Feb. 17
- Akshay Amin  Feb. 06  Surendra Bagaria  Feb. 19
- Narendra Amin  Feb. 06  Ghanshyam Dave  Feb. 20
- Kiran Doshi  Feb. 07  Maya & Mason Doshi  Feb. 20
- Naresh Talati  Feb. 07  Gopal Patel  Feb. 23
- Rushikesh Parghi  Feb. 13  Priti Patel  Feb. 23
- Jadev Gajera  Feb. 14  Champak Patel  Feb. 25
- Vaishali & Rajubhai Patel  Feb. 16  Manoj Shah  Feb. 26
- Jagdish-Maya Shah  Feb. 16  Samit Desai  Feb. 28
Senior Citizens’ Program

Thursday February 7, 6:30 pm to 9:15 pm

After two exciting technology sessions during the previous months, our members will now welcome a general group session over pizza and coke. We usually devote at least one full meeting every year for discussing and critiquing our core activities for a happy and healthy life: These include cultural activities & music programs, excursions, health & welfare, education & information, food & nutrition, and volunteer activities & support. Group discussions have always benefited us; they are constructive and they generate new ideas for solving problems and improving our programs.

So please come prepared to present your creative ideas and suggestions. The mission of Hindu Senior Citizens of South Jersey is the welfare and wellbeing of our members. We strive to enhance the quality of life through our group participation. Of course, two subjects – politics and religion – are off-limits for discussion.

The highlights of 2012 were a summer picnic, a winter Caribbean cruise, and joining of 45 new life members. We had several presentations on health, technology, information, and the like. Our success has been due to the devotion and dedication of our Executive Council members, volunteers, dinner sponsors, donors, guest speakers, and active participation of our members; we take this opportunity to thank them all for support.

The Senior Citizens’ Group invites all Hindus, age 50 and above, to join, support, enjoy and celebrate life with fellow Hindus. Please do not procrastinate. At present, our life membership fee is $20/- only. JOIN US.

Contact: Suraj Bhan Singh  sbsingh1@hotmail.com  (856) 582-5035

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ITA Scholarship Guidelines

India Temple Association (ITA) will award five scholarships to high school seniors whose parent(s)/guardian(s) are current ITA members of good standing. Applications will not be considered for students whose parents are not ITA members. At its discretion, the committee may change the number of available scholarships and the value of each scholarship based on the number of qualified applicants. All ITA Board/Scholarship Committee decisions will be final and not subject to any questions or litigation. All submissions must be postmarked by March 31, 2013. Please mail the following information and supporting documents to: Scholarship Committee, 25 East Taunton Ave., Berlin, NJ 08009. Alternatively, you can also submit online by going to http://www.indiatemple.org/scholarship.php or email the documents to Ramesh Viswanathan, email: rameshv99@gmail.com

- Completed application form.
- Grade Point Average (GPA) – 15% weight points.
- In-school extracurricular activity summary i.e. music, dance, leadership, student council, sports, cultural groups, etc. – 15% weight points.
- Participation in activities related to Indian culture, i.e. participation in ITA-sponsored activities such as the youth program, painting etc. A consistent attendance record will be given preferential treatment among equally qualified candidates) – 15% weight points.
- Community services i.e. volunteering at nursing homes, hospitals, walkathon, etc. – 15% weight points.
- Please choose one topic and submit three duplicate copies (typed and double spaced), not exceeding two pages - 40% weight points.

The topics are:
- Role of Hindu Temples in USA
- Science Versus Religion - Can they Co-exist?
- A conundrum – Religion versus Spirituality

Rubric

Essays must be written by students in their own words using correct grammar and syntax. They should be thoughtful, articulate, well developed and persuasive. Students should provide relevant details in support of their viewpoint. Plagiarism will result in immediate disqualification. If you have any questions, please contact Ramesh Viswanathan at (856) 489-1830.

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Condolences

Nathubhai Mistry's (Life Member of ITA) mother Smt. Bhikhiben Morar passed away at the age of 101.

ITA and its Board extend their sincere condolences to Mistry’s family.
We celebrated Makar Sankranti with gusto on January 13. Makar Sankranti (Hindi: मकर संक्रान्ति, Bengali: মকর সংক্রান্তি, Kannada: ಮಕರ ಸಂಕ್ರಂತಿ, Assamese: মকর সংক্রান্তি, Malayalam: മകര സങ്കരാൻതി, Oriya: ମକର ସଙ୍କରାଣ୍ତି, Tamil: மகரசாந்தியம், Telugu: మకర సంక్రంతి, Marathi: मकर संक्रान्ति). Sankranti or Sankranthi marks the transition of the Sun into Makara rashi (Capriconn) on its celestial path. Traditionally, this has been one of many harvest days in India. Scientifically, this day marks the beginning of warmer and longer days compared to the nights. In other words, Sankranti marks the termination of winter season and beginning of a new harvest or spring season.

The Bal Vihar South Indian families had prepared a grand feast of “Chakkarai” (Sweet) Pongal, Idlis, Sambar, Uppuma, and Coconut Chutney, which was enjoyed by everyone. Lataji had made 215 bags of Tilgud on this occasion and this was distributed to all the children. The teachers also talked about how this festival is celebrated in the South, West, and North India. We learned that it is a four day festival in South, the main one being on the second day—Pongal (made of rice and jaggery) as an offering to the Sun God (for good harvest), the first day festival is celebrated as Bhogi (name for Indra) where the folks discard the old clothes and vessels and buy new ones, the third day is “Mattu Pongal and Kanu Pongal” - Garland the cattle and the girls pray for the welfare of their brothers, and the last day is called “Kaanum Pongal”, when the families go on an outing to the beach and eat as a group. In the North and West, the people fly kites and exchange sesame seed and sweets to all and encourage everyone to be at peace with each other. While the customs are different in the different regions, yet they underline a common principle. All in all, it was very lively and entertaining.

Youth Program
By Sona Dadhania

On January 13, 2013, the youth had a regular session for the first time since the start of the new year, and we started our session off normally with our customary shlokas and prayers, led by Sharad Uncle. Afterwards, the youth had yoga and meditation lessons, and in this session we learned about several standing aasans from our yoga teacher Harish Uncle. Then, the youth went to the social hall for a presentation by Miss Avani Tailor, a very learned woman who had lived for three years in an ashram where she learned about her Hindu spirituality and the Hindu scriptures, among other things; the focus of her presentation today was on Makar Sankrant, a Hindu holiday that was celebrated on January 14th, the Monday right after this youth session. The youth learned that Makar Sankrant is similar to a harvest festival for Hindus that marks the beginning of the transition to springtime, and we learned about many different ways to celebrate it, in India and at our homes; different ways of celebrating it around India include lots of food, gift exchanges, poojas, bhajans, meeting with family and friends, and games such as kite-flying. The youth also participated in a small activity where groups wrote down and presented how they would celebrate Makar Sankrant. After our very informational lesson, each youth committee that were formed in the beginning of the year gave the youth a short update on their activities and also informed the youth on upcoming events, such as the youth ski trip. We then went upstairs to the mandir for aarti, and later we enjoyed pizza for lunch. The youth thank our teachers for these great lessons, Miss Tailor for giving us such an interesting presentation, and our lunch sponsors, Jalpa and Rajesh Lotia, for this session.
"Life's most persistent and urgent question is, 'What are you doing for others?'
--Martin Luther King, Jr.

Friends, the new year has begun, we already are into second month of the year and I am pressing on a thought about what are we going to do as Seva Samiti volunteers? I hope you had great holidays and now are ready to roll up your sleeve and join the works of Seva Samiti.

Indian community is not only growing but also aging. Thus the need for volunteers has become even greater. I truly hope, you will join us so we can extend our services to all those who need help.

Volunteers of Seva Samiti continue to perform at a local nursing home, offer services in case of death in a family, arrange prayer meetings, raise funds, seek counsel for those in distress, honor our military, fire, and police force, find support in case of a tragedy or domestic violence, collect goods for needy, and also have fun on movie nights or display our culture in a fair.

Friends, work goes on but we need you. We need more hands, new ideas so we can do more, reach out to more community members or communities. Please, please join SEVA Samiti to make 2013, a year of Service.

We are planning an open house and a meeting for planning the Seva Samiti agenda for 2013. The meeting will be held on Sunday Feb 24th 2013 at the Berlin Temple, starting 4:00 PM.

Meeting Agenda
4:00-4:30 meet and greet new members of our community. (Social hour)
4:45-5:00 looking back, leaders of the event will give the brief history of their projects.
5:00-6:00 Planning activities for 2013
6:00-6:30 Aarati
6:30-7:30 Mahaprasad

Please, call Lata @ 856-985-4785 or email latap@comcast.net

Hari Om!
Lata Pimplaskar

******************************************************

Marathi Saad celebrates Makar Sankranti - Haldi KumKum
Saturday February 2, 2013 at 4pm at Hindu Temple
RSVP Sumedha Nadkarni (856)986-6355

Makar Sankranti festival, unlike other Hindu festivals, is not dependent on the position of the moon, but on position of the sun. On this day, the sun enters the zodiac sign of Capricorn.

Marathi Saad Haldi Kunku Celebration
Marathi Saad are proud to announce its very first 'Haldi-kunku' celebration for ladies and young girls. Also along with Haldi Kunku we have few other fun activities to make this day enjoyable for every lady. All ladies interested in participating are expected to bring a single gift for exchange ritual. Due to time restrictions we will have only one exchange per lady. The gift for exchange should be $5+. RSVP is extremely important in order to ensure food arrangements. Please email Sumedha Nadkarni in order to receive evite for the Haldi Kunku at sumitush5@gmail.com
# Camden District

## 2013 Sites Schedule

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<th>Monday</th>
<th>Tuesday</th>
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<th>Friday</th>
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<tr>
<td>Feb 4-Apr 15</td>
<td>Feb 5-Apr 9</td>
<td>Feb 6-Apr 10</td>
<td>Feb 7-Apr 11</td>
<td>Feb 1-Apr 12</td>
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<tr>
<td>*Barrington 10-1</td>
<td>Bellmawr 11-2</td>
<td>Pennsauken 1-4</td>
<td>Pennsauken 1-4</td>
<td>Blackwood 10-1</td>
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<tr>
<td>*Haddon Heights 12-3</td>
<td>Cherry Hill 10-2</td>
<td>Winslow 10-1</td>
<td>Runnemedede 11-2</td>
<td>Collingswood 12-4</td>
</tr>
<tr>
<td>Winslow 10-1</td>
<td>Voorhees 11-2</td>
<td>Voorhees 11-2</td>
<td>*Cherry Hill 10-2</td>
<td>*closed Mar 29</td>
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<td>*closed Feb 18</td>
<td>Westmont 12-4</td>
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## 2013 Site Locations

- **Barrington**
  - Municipal Building - Council Chambers
  - 229 Trenton Ave
  - 547-0706

- **Bellmawr**
  - Public Library
  - 35 E. Browning Road
  - 931-1400

- **Blackwood**
  - Public Library
  - 15 S. Black Horse Pike
  - 228-0022

- **Cherry Hill**
  - Municipal Building
  - 820 Mercer Street Room 208
  - 488-7868

- **Collingswood**
  - Public Library
  - 771 Haddon Ave
  - 858-0649

- **Haddon Heights**
  - Public Library
  - 608 Station Ave
  - 547-7132

- **Pennsauken**
  - Public Library
  - 5605 Crescent Blvd
  - 665-5959

- **Runnemedede**
  - Senior Center
  - 2 Broadway & Black Horse Pike
  - 939-4688

- **Voorhees**
  - Public Library
  - 203 Laurel Road
  - 772-1636

- **Westmont**
  - Public Library
  - 15 MacArthur Blvd
  - 854-2752

- **Winslow**
  - Public Library
  - 35 Coopers Folly Road
  - 753-2537

AARP TAX-AIDE OFFERS **FREE** tax help to low and moderate income taxpayers, especially those 60 and older.

AARP TAX-AIDE is a service provided by volunteers who have been trained and are certified by the IRS and the State of New Jersey to prepare individual income tax returns and property tax reimbursement (PTR) applications.

Taxpayers filing PTR should have their form certified by the appropriate tax assessors office prior to coming to the AARP site.

Complexity of a return will determine our ability to provide assistance.

Taxpayers must bring social security cards for themselves and all dependents, a photo ID for themselves along with a copy of their prior year return and all related and supporting documents for both income and expenses.

Returns are prepared and filed electronically.

- **This service is for persons of any age (AARP does not mean old.)**
- Personal assistance is available for language and other barriers
- House calls available for handicap or persons with disabilities
- Please contact Mr. Kiran Doshi at srijidoshi@gmail.com for any questions or clarifications
Importance of Satyanarayana Katha and Sunderkand Path

Satyanarayan is the Narayan form of Lord Vishnu. The Lord in this form is considered to be an embodiment of truth. Satyanarayana is worshipped commonly by Hindus in their homes with family and friends, usually on a full moon (Purnima) day of the month. In this puja called Satyanarayan Pooja, people worship by reciting the gracious story of Lord Satyanarayana. This story was originally told by Lord Vishnu himself to the sage Narada for the benefit of humankind.

This puja is conducted to ensure abundance in one’s life. Many people carry out this puja immediately after or along with an auspicious occasion like a marriage or moving into a new house or any other success in life. The satyanarayan puja can be performed on any day. It is not a puja confined to any festivities. But Poornima (full moon day) or Sankranti are considered to be the most auspicious day for this puja. Performing this puja in the evening is considered more appropriate. On the day of the puja, the devotee has to fast.

Satyanarayan Puja starts by performing Ganesh Puja, chanting mantras to make an auspicious start. Lord Ganesha is the only god among gods, whose name and mantras have to be chanted before the puja or any religious rituals. After chanting Ganesha Mantras, we offer Him his favourite prasad.

After Ganesha puja, we perform Navagraha Puja [Nine planets puja] and finally we perform Lord Vishnu’s puja. We place him on a raised clean platform and offer Him rose petals and fruits. After the Puja is over, we start the story of ‘Satyanarayan Bhagwan’ that depicts the moral of the story, which is, ‘don’t leave any work in between, otherwise one has to suffer a lot in this life’.

Satyanarayan Katha teaches us about self-purification, self-surrender, and truth because ‘Satya’ means Truth, ‘Nar’ means Human Being and ‘Ayan’, a place where truth resides. So anyone who listens to the Katha will understand the importance of speaking the truth, thus getting rid of all the worries and attain peace and bliss in this life.

************************************************************************

The SunderKand which is a chapter in the 'Ram-Charit-Maanas' or Tulsil Ramayana penned by Goswami Tulsidas is considered to be as auspicious to read, as it is to recite the 'Hanumaan Chaalisa'. It is given as much importance as the Bhagavad Gita in the Mahabharata. Like the Gita, the Sundarkand can be read independently at any time. It has a powerful theme: When you are on a noble mission, God gives you strength to overcome all obstacles.

In the Sunderkand, Hanuman ji is reminded by Jambavana about the fact that he (Hanuman ji) has great powers but has no memory of the same. In this case, Hanumana is made to remember about the fact that he is capable of flying. Jambavana exhorted Hanumana to undertake the crossing of the Mighty Ocean. Hanumana's flight was necessary to search for Sita who had been abducted by Ravan. Sundarkand commences with Hanuman's departure for Lanka in search of Sita and ends with Rama and his army's preparation to reach Lanka across the sea. This entire episode is called Sundar or beautiful because every act described in it is auspicious, elevating the human mind and promoting the right human values. Hanumana initiates action for the friendship between Rama and Vibheeshana because of which Vibheeshana comes to be accepted in Rama’s camp. The Sundarkand paves the way for the reunion of Rama and Sita. Even Lanka’s burning is described as a beautiful act as it is to destroy evil. Throughout the episode, Hanumana resorts to right speech and right action, hallmarks of a perfect man. Sundarkand also describes various human emotions like love, anger, sorrow, disgust, and fear. It describes the unmatched strength of Hanumana: Both physical and mental. Good and evil co-exist. In the city of evil-doers there is Vibheeshana in Lanka, a perfect example of goodness and purity. Also, Mandodari in Ravana’s palace advises Ravana on right behavior. Reciting the Sundarkand confers liberation or moksha on devotees as it depicts the process of liberation. Hanuman, as an aspirant of self-realization, crosses the ocean to reach Lanka to find Sita.

The ocean of Samsara and discovery of Sita by Hanumana symbolizes the discovery of divinity which completes the process of liberation. The aspirants struggle to attain self-realization - Hanumana’s efforts in negotiating obstacles en route to Lanka and Sita’s efforts to unite with the Supreme Spirit represented by Rama.

In Sundarkand, the entire sequence is being watched by Lord Shiva and Parvathi (Bhavani). Their dialogues form the core of the episode’s teachings. Lord Shiva states that God's grace is essential for completing difficult tasks. But to obtain God’s grace, one has to constantly do good and those who take Rama’s name in speech, thought and action will be trouble-free.

Hanumana tells Ravana that Rama gives shelter to those who take refuge in Him, despite past mistakes. Similarly is given by Lord Krishna in the Gita: Even the worst sinner can overcome sin with right knowledge and by invoking God and practicing yoga. Rama tells Vibheeshana that if someone gives up vanity, fad and falsity and surrenders to Him, he can get transformed into a model of virtue.

Description of Rama's love for Sita is an extraordinary example of man's devotion to his wife. Chastity in a husband-wife relationship is applicable equally to both man and woman. The suffering of Sita in Lanka while in Ravana’s custody shows that even good people like Sita have to suffer in life. If suffering is a part of life, then the best course is to meet it bravely and ultimately rise above it rather than surrender to it. Sufferings of good people contribute towards achieving a bigger aim in the cosmic plane.

In Sundarkand, everything ends on a positive and bright note. Hanumana finds Sita, ultimately helping in rescuing her from the clutches of Ravana. Vibheeshana is liberated from evil surroundings and is accepted in Rama’s camp. Rama learns the secret of crossing the sea from the sea God.

Tulsidas ends stating that those who listen to the Sundarkand with reverence are empowered to cross the ocean of worldly existence.
**Programs for Your Spiritual Growth**

**YOGA ABHYAS FOR HEALTH, HAPPINESS & GOD REALIZATION:** A program for adults on Yogasana, Pranayam & Meditation.

First Sunday: 9:30 -11:30 a.m. at our Mandir
Contact: Virendra Gupta @ (856) 424-9313

**GITA STUDY GROUP:**
Every Tuesday & Wednesday, 8-9 p.m. at our Mandir
Contact: Sharad Pimplaskar @ (856) 985-4785

**BHAJANS & STUTI:**
Every Friday, 7:30 -9 p.m.
Contact: Shree Shuklaji or Shri Sudhirji (856) 768-6785

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**Regular Programs for Children and Youth**

**BAL VIHAR:** For children (ages 4-13), to promote a positive Hindu identity within the diverse U.S. culture.
2nd & 4th Sunday @ 10 a.m. - 1 p.m.
Contact: Lata Pimplaskar (856) 985-4785

**GITA STUDY GROUP:**
Every Tuesday & Wednesday, 8-9 p.m. at our Mandir
Contact: Sharad Pimplaskar @ (856) 985-4785

**BHAJANS & STUTI:**
Every Friday, 7:30 -9 p.m.
Contact: Shree Shuklaji or Shri Sudhirji (856) 768-6785

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**PUJA SERVICE CHARGES, TEMPLE FACILITIES USAGE FEE AND OTHER CHARGES:**

The following provides list of applicable charges and fees.
Shri Shuklaji /Shri Sudhirji will be available for religious services on request. Please check temple availability at www.indiatemple.org; Click on “CALENDAR tab” and, from drop-down menu, Click on “EVENT/RENTAL CALENDAR”.
Please contact Smt. Chetna Giyanani or Shri Harish Shelat at 1-855-MY-MANDIR Ext 1 for the booking of the Temple Facilities and/or scheduling of Puja Services by Shuklaji or Sudhirji.

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<th>OUTSIDE TEMPLE</th>
<th>TEMPLE FACILITIES USAGE FEE</th>
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**NOTE:** Charges and availability of other Puja Services not listed above may be discussed with Smt. Chetna Giyanani at 1-855-MY-MANDIR Ext 1

**DIRECTION TO BERLIN TEMPLE**

A. **From Tacony Bridge:**
Take NJ route 73S; drive for about 12 - 13 miles and follow signs for East Taunton Avenue. Temple is on your right

B. **From Ben Franklin Bridge:**
Take route 30E to NJ route 70E to NJ route 73S, drive for about 7 miles and follow signs for East Taunton Avenue. Temple is on your right

C. **From Walt Whitman Bridge or Delaware Memorial Bridge:**
Take I-295N to Exit 29-A for route 30E to Berlin Twp. Turn left on East Taunton Avenue

D. **From Central and North Jersey:**
Take NJ Turnpike South. Exit 4 for route 73S. Drive for about 10 - 11 miles and follow signs for East Taunton Avenue on your right
India Temple Association, Inc.  
25 E. Taunton, Berlin, NJ 08009

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1-855-my-mandir x 711  
vp@indiatemple.org

**General Secretary**  
Ramesh Viswanathan  
1-855-my-mandir x 712  
gs@indiatemple.org

**Treasurer**  
Harshad J Patel  
1-855-my-mandir x 713  
treasurer@indiatemple.org

**Religious Services**  
**Facility Rental**  
**Temple Manager**  
Chetna Giyanani  
Harish Shelat  
1-855-my-mandir x 1  
manager@indiatemple.org

Darshan Schedule

**Morning**  
7:30 a.m. - 12:30 p.m.

**Evening**  
6 p.m. - 9 p.m.

**Aarti**  
12 p.m. & 8 p.m.

Times may change during special occasions

Please use the front door and ring the bell if locked

PLEASE REVIEW YOUR ADDRESS LABEL AND RENEW YOUR MEMBERSHIP BASED ON EXPIRATION DATE OR SUPPORT ITA WITH YOUR ENROLLMENT IF YOU ARE NOT IDENTIFIED AS A MEMBER

Please check appropriate items from the following, and mail it to Hindu Temple, 25 East Taunton Ave., Berlin, NJ 08009 Attn: Mr. M. Kanzaria

[ ] I/We would like to join India Temple Association and I/We are remitting the membership dues (please select one)  
Individual or Family one year ($51) _______  
Individual or Family five year ($151) _______  
Life ($1,001) ________

[ ] I/We are seniors, age 65 and above and would like to join India Temple Association. I am/We are remitting the membership dues (please select one)  
Individual or Family Five year ($25) _______  
Life ($101) ________

[ ] I am adding additional donations:  
_______ Scholarship Fund  _______ Lifetime Seva ($301) _______ Temple Renovations  
_______ Seva Samiti Fund  _______ Bal Vihar Fund _______ Youth Fund

[ ] I am relocating to the following address

Last Name: ___________________________  First Name: ___________________________

Address: ________________________________

Telephone: ___________________________  E-mail: _____________________________