



Satsang Sandesh

A monthly news magazine of

India Temple Association, Inc.

Hindu Temple, 25 E. Taunton Ave, Berlin, NJ 08009
SOUTH JERSEY ♦ DELAWARE ♦ PENNSYLVANIA
(Non-Profit Tax Exempt Organization, Tax ID # 22-2192491)

Vol. 49 No. 1 Phone: (855) MYMANDIR (855-696-2634) www.indiatemple.org SEPTEMBER 2014

Religious Calendar

- September 7 Sunday
- Shri GANESH Visarjan Celebration in Mandir
- September 5 Friday
- Parivartan Ekadashi
- September 6 Saturday
- Shri Vaman Jayanti
- September 8 Monday
- Mahalayarambh—
Shraddh Paksh starts
 - Shri Anant Chaturdashi/Purnima / Satyanarayan Katha
- September 17 Wednesday
- Matri Navami Shradha
- September 19 Friday
- Indira Ekadashi
- September 23 Tuesday
- Sarva Pitri Amas—
Shraddha Paksh concludes

Monthly Activities

- September 5, Friday
- Vishnu Sahasranama Parayanam @8pm
- September 8, Monday
- Shri Satyanarayan Pooja @6pm
- September 20, Saturday
- Sundarkand Path @10am

Monthly Bhajans

- September 19 Friday 8-9 pm
- Satya Sai Baba of Medford P.K. Prabhakar 856-596-3147 Sessa Vemuri 856-751-0867
- September 26 Friday 8-9 pm
- Shree Ji Bhajan Urmi Upadhyay 856-424-9328 Charu Sheth 856-662-8754

Upcoming Programs in September

Ganesh Sthapan on Friday August 29 at 6:30 pm in mandir

Shri Ganesh Visarjan on Sunday September 7 at 6 pm in mandir

Bhadrapad Purnima / Anant Chaturdashi Satyanarayan Katha
Monday, September 8 at 6 pm at mandir

3 STEP RHYTHMIC BREATHING MEDIATION & BHAGWAT GEETA
Friday Sept 12, 6:30-9; Saturday Sept 13, 3-6; Sunday Sept 14, 4-7

Matri Navami Shradha on Wednesday, Sept.17, 2014 at mandir

Open Mike Night On Friday, September 19, from 7-8pm at mandir

Sundarkand Paath Saturday September 20 at 10 am at mandir

Sarva Pitri Shadha on Tuesday Sept.23, 2014 at mandir

SRI VISHNU SAHASRANAMA PARAYANA Saturday, Sept 27, 930am

Ravan Dahan on Friday October 3 at 6 pm at the ICC

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 or Shri Sudhir Jhaji 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.

- | | | | |
|---------------------|--------|---------------------------|--------|
| • Hudson James | Sep 01 | Soni Devendra | Sep 17 |
| • Patel Vinod N | Sep 03 | Shah Nagindas & Champaben | Sep 19 |
| • Giyanani Mulchand | Sep 04 | Mistry Nathu | Sep 22 |
| • Patel Kashiben | Sep 08 | Aggarwal Girish | Sep 23 |
| • Patel Ajay | Sep 10 | Doshi Kirti | Sep 23 |
| • Kochhar Omila | Sep 14 | Patel Babubhai | Sep 27 |
| • Patel Krina | Sep 14 | Patel Thakor | Sep 28 |
| • Maheswari Arun | Sep 17 | Vijay & Asha Gupta | Sep 30 |

ITA Scholarship Announcement

Every year, ITA awards scholarships to the current high school graduates, based on their essays, academic performance, community service, and volunteering in ITA related activities. The topics for the essays are given beforehand. This year, we have selected six winners. We wish all the winners a wonderful future as they embark on a quest to uncover their inner potential in colleges and beyond.

The Path to Success and Happiness by Vignesh Meyyappan

One day, we will all grow old. Everyone one of us, regardless of the external factors in our lives, will age, and near the end, many of us will question whether we have lived a happy, meaningful, and successful life. Keep in mind, however, that the definition of success and happiness differs from person to person. One person may be happy from serving their time to rehabilitate troubled youth and thus feel that their life is successful, while another individual may only be happy when he/she has earned copious amounts of wealth.

Though happiness and success are defined differently, the path to achieve these two goals can be quite similar for many people when looking at life as composed of 3 sectors: the personal/career sector, the family sector, and the spiritual sector.

In my view, it is necessary to be successful in all three sectors in order to be truly happy in life, regardless of what one does. The first sector, named the personal/career sector, deals with one's own personal choices in regards to professional life. Here, it is imperative that individuals follow their dreams when choosing a career. As the Bhagavad Gita states, "It is better to live your own destiny imperfectly than to live an imitation of somebody else's life with perfection." Money, though important, must not be the sole factor in choosing and pursuing a career. The pleasure you receive from doing a certain job, often times, can outweigh the value of money. More often than not, people who possess talent in more unconventional areas, such as drama, literature, or acting, forsake their talent for more lucrative areas, such as engineering. However, success can be achieved in any field with perseverance, dedication, and discipline. Practice, effort, and the pursuit of perfection in any field will lead to success, be it acting or engineering. One must put aside societal ideals and work extremely hard and overcome obstacles to achieve their goals if he/ she wishes to have a fulfilling life. As the Bhagavad Gita states, "The devoted and disciplined person who controls his mind will attain tranquility and oneness." In a sense, those who focus their efforts toward their passions in a disciplined fashion are more likely to achieve tranquility and success.

The family sector of life requires that individuals have close familial bonds and that they have close knit, well grounded relationships with parents, siblings, grandparents, and relatives. Regardless of what one does in his/her professional life, one cannot truly enjoy life without the presence and comfort of family. Family members are the core of one's happiness, and whether you fail or succeed, they will be there to comfort, aid, or support you in any way. It is important to always respect family members, and one must help them in any way possible. The Bhagavad Gita even states, "Those whose consciousness is unified abandon all attachment to the results of action and attain supreme peace. But those whose desires are fragmented, who are selfishly attached to the results of their work, are bound in everything they do." From this quote, we can see how unconditional love is necessary between family members for a healthy relationship. Without these strong familial relations, one can never really experience the joy of being in a family, which is important to almost all humans.

The remaining sector of life is the spiritual sector, perhaps the most important of all the others. Spiritual life extends its influence into the other sectors; devotion to God leads to profound advantages, including mental, physical, and emotional benefits. Devoting oneself to God allows for one to look beyond regular, worldly matters and question and look into the ideas of morality; religion allows for people to live their lives in a positive, ethical manner. In a sense, religion keeps people on a path of correctness. Without, a strong spiritual base, an individual will be lacking an important element in their life, an element which no amount of money, power, or humans can ever fill. Without spirituality, devotion to God, and a disciplined practice of religion, the path to happiness and success will be cut short, as believing and practicing a faith allows one to be morally and ethically knowledgeable. As the Bhagavad Gita mentions, "The peace of God is with them whose mind and soul are in harmony, who are free from desire and wrath, who know their own soul." God's blessings are necessary to succeed in life, and one can only achieve harmony, tranquility, and happiness by coming to terms with one's inner self, which is done through learning about religion and God. In all, the sector on spirituality leads individuals to long lasting happiness and success.

All in all, these guidelines set aside a relatively good course for the attainment of success and happiness. Though the road may not always be happy, easy, and clear cut, the application of persistent effort, discipline, and an unyielding, indomitable spirit in the face of adversity in all three sectors will lead to overall success and happiness regardless of an individual's career goals or personal achievements. A strict devotion to God, a strong vision and desire to succeed in a career, and close-knit, intimate familial bonds, in large part, will lead a good majority of people to a happy, healthy, and successful life.



ITA Seva Samiti presents:
3 STEP RHYTHMIC BREATHING MEDIATION & BHAGWAT GEETA
BY: MR. RAJEN VAKIL

Mr. Rajen Vakil's guru, Shri S. N. Tavariaji has distilled the ancient secrets of Yogic asanas, pranayamas, and other higher practices into a few simple exercises which were passed on verbally in 'Guru-Shishya' parampara of thousands of years. Sri Tavariaji had a group of students with whom he shared this invaluable knowledge.

Mr. Vakil has dedicated his life to spreading it throughout the world. He came to our temple last year and shared with us the powerful 3 Step Rhythmic Breathing (3SRB) techniques. That seminar was very well attended and many of us found it beneficial. He is coming back to our temple on September 12, 13, and 14 to discuss Arjuana Vishad Yoga (Chapter 1 of the Bhagwat Geeta), along with rhythmic breathing exercises.

3SRB when practiced diligently will deliver TOTAL HEALTH - Physical, Emotional, Mental, and Spiritual. Vishada Yoga will also help better management of emotions, energy, and free the mind from negativity. By practicing Vishada Yoga, we can embark on the long but fulfilling journey of freeing the Self from its indulgence in lower psychic nature. Mr. Vakil will help us understand and apply the art and science of self observation to bring peace and harmony, within.

Please be sure to take advantage of this unique opportunity:

Friday - September 12, 2014 7:00 PM to 9:00 PM (Refreshments served @ 6:30)

Saturday - September 13, 2014 3:00 PM to 6:00 PM

Sunday - September 14, 2014 4:00 PM to 7:00 PM (Mahaprasad will be served)

For more information, please contact:

Hina Desai: 856-424-1934 hinamdesai@hotmail.com

Sunitha Reddy: 856-596-3215 sunithahreddy@yahoo.com

Sadhna Kothari: 856-217-3645 sk0606@verizon.net

Seva Samiti program contacts:

Sandwich bags for the homeless: Hina Desai hinamdesai@hotmail.com

Youth program: Chetna Giyanani chetnatemple@gmail.com

Funeral services: Charu Sheth charu_sheth@yahoo.com

Parivar Seva: Sunitha Reddy sunithahreddy@yahoo.com

JAI SHREE KRISHNA

Spiritual Celebration

Importance of Pitri-Paksha Shradha-Tarpan

Every year, an important period of 16 days (Pitru Paksha or Shraadh) is dedicated to the ancestors and forefathers. Pitru Paksha is considered perfect for performing Tarpan rituals. It is believed that the rituals performed during Shradh produces best results for pleasing the ancestors. Shradh occurs right before the Sharada Navaratri in autumn. Like every year, Shradha is coming again in 2014

with a great significance for our ancestors and for us. Shradh marks an important time for performing the ritual of Tarpan. Hindus will perform rituals of Tarpan for their departed ancestors and forefathers this year at our mandir. We will perform Tarpan in Shradh in the way of remembering, giving thanks and honoring the ancestors for all they have given us, the present generations. It is a way of telling them that they are still an important part of our family and they still reside in our memories. Period of Shradh is also known as Pitru Paksha. Shraadh Paksha is also a time to offer our prayers for liberation of our forefathers' Atmas

Date: Sept.8th to Sept.23rd 16 days according South Jersey Panchang

Matri Navami Shradha on Wednesday Sept.17, 2014

Sarva Pitri Shadha on Tuesday Sept.23, 2014

We are introducing two new short pujas during Shradha Paksha lasting 15-20 minutes through out the mornings between 9:30 and 11:30. No booking needed. For questions, please contact Pujari Sudhirji.

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Danke Ευχαριστίες Dalu
Thank You Köszönöm
Grazie Спасибо Dank Gracías
Tack Seé
谢谢 Merci ありがとう
Obrigado

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

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: Ramesh Viswanathan (856) 489-1830, Bhavesh Patel 1-855-my-mandir ext 3, Rina Patel (856) 313-5235 for registration and location

YOUTH PROGRAM: A program for young adults (ages 13-18) and parents. 2nd & 4th Sunday, 9:45 a.m. - 1 p.m. at our Mandir.

Contact: Praveen Garg (856) 783-4692 or Sangeeta Rashatwar at (856) 424-4211

CREATIVE ART WORKSHOP

1st, 3rd & 5th Sunday @ 9:30 a.m. at our Mandir

Contact: Narendra Amin (856) 429-8761

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. Charu Sheth 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.**

PUJA SERVICE	INSIDE TEMPLE	OUTSIDE TEMPLE	Following listed fees and charges are in addition to the charges listed for Puja Services
Archana (Panchopachar)	\$11	N/A	<p><u>TEMPLE FACILITIES USAGE FEE</u> Prayer Hall: \$200 Social Hall: \$300</p> <p><u>OTHER CHARGES</u></p> <p><u>MILEAGE AND TRAVEL TIME TIER</u> \$0 for 1 - 25 mile radius \$51 for 26 - 100 mile radius \$101 for 101 - 150 mile radius \$151 for 151 - 200 mile radius</p> <p>NON-MEMBER \$51 for non-member surcharge</p>
Vahan (Vehicle) Puja	\$21	N/A	
Namakaran/Annaprashan	\$51	\$101	
Birthday	\$51	\$101	
Shraddha	\$51	\$101	
Anniversary Celebration	\$101	\$151	
Seemant	\$101	\$151	
Kesh Mundan Puja	\$101	\$151	
Sodashopchar, Kalash Puja, Punyah-Vachan or Blessings	\$101	\$151	
Satyanarayan Puja	\$121	\$151	
Engagement Ceremony	\$101	\$201	
Havan/Grah Shanti	\$201	\$251	
Vastu Puja - outside service only	N/A	\$251	
Sunderkand Path	\$151		
Wedding Grah Shanti	\$201	\$301	
Wedding Ceremony per day	\$301	\$351	
Upanayan/Yagnopavita	\$251	\$301	
Antim Rites (Funeral Service)	Voluntary Donation		
Uttar Kriya per day - outside service only	N/A	\$101	
Yagna/Laghu Rudra - outside service only	N/A	\$351	
Navchandi Yagna - outside service only	N/A	\$651	

NOTE: Charges and availability of other Puja Services not listed above may be discussed with Smt. Charu Sheth 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



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Darshan Schedule

Morning

7:30 am - 12:30 pm

Evening

3 pm. - 9 pm

Aarti

12 pm & 8 pm

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: _____