



श्री विश्व सनातनधर्म मन्दिर
Shree Vishwa Sanaatan-Dharma Mandir
132 WHITEHORSE ROAD CROYDON SURREY CR0 2LA (U.K.)

In Memory of Late Shree Parshotam Lal Bhagat Abbott & Late Smt Parvesh Bhagat Abbott

Issue No. 012

Monthly

June 2015

SAANAATAN DHARMA MESSAGE

Jai Mata Di

What is Sanaatan Dharma?

Sanaatana Dharma is a code of ethics, a way of living through which one may achieve moksha (enlightenment, liberation).

MESSAGE FROM THE CHAIRMAN:

We thank you all on behalf of the Mandir Founders, Trustees for attending Satsang & festival regularly. We also take this opportunity to thank all the Volunteers for hosting and participating in serving Prasad to Maa Durga and all its devotees.

Any Devotees who wish to participate as YAJMAN, please contact Mandir Management as soon as possible by e-mail / phone.

In the meantime the Mandir services will continue as usual and all weekly programmes will remain unchanged. Daily Evening AARTY will be performed at normal time

Nitin Mehta MBE

Chairman

Founder:

Shree Man Mohan Abbott

Trustees:

Dr. Sh. H P Abbot
Pandit Sh. Veerendra Rishi
Pandit Sh. Dr Venkat Joshi
Pandit Cllr. Sh. Raju Pandya

Chairman:

Shree Nitin Mehta, MBE

Mandir Purohit/ Acharya Ji
Vacancy:

Newsletter Editor:

Mandir Management

Newsletter Designer

Deveshi Priya, Age 10

This month's Festival:

PURNIMA	पूर्णिमा	02-06-2015	TUESDAY
VAT SAVITRI VARAT	वट सावित्री	02-06-2015	TUESDAY
PANCHAK BEGINS 11.10PM	पंचक आरंभ	07-06-2015	SUNDAY
EKADASHI	एकादशी	12-06-2015	FRIDAY
PANCHAK END 05.09AM	पंचक समाप्त	12-06-2015	FRIDAY
SANKRANTI (AASADH)	संक्रांति (अषाढ)	15-06-2015	MONDAY
AMAVAS	अमावस	16-06-2015	TUESDAY
ADHIK MAS BEGINS	अधिक मास आरंभ	17-06-2015	WEDNESDAY
EKADASHI	एकादशी	28-06-2015	SUNDAY

VOLUNTEERS:

We would appreciate any Volunteer service from the devotees.

Please contact Nitin Ji /
Manmohan via e-mail:

mail@vishvasanatadharam.org

Call Out to God

with a True and Simple Heart



Whatever spiritual practices (sadhana) you follow, simply stick to that. Do not keep changing these. Whoever you believe in, whatever you do regularly, keeping doing that. Do not stop it. Do not give up your spiritual practices (sadhana). With a true heart, become engaged in God. All will be fine, just keep continuing to do your spiritual sadhana, day and night and at intervals call out to Him "Oh My very Own Lord! May I never forget You". "He Naath! He Mere Naath! Mein bhooloo nahin" If there is any doubt, you can ask me. Just keep doing, however much you can do; however much you are able to do; and remain engaged in only God.

This is a wonderful opportunity for us. With a true, simple, straight-forward heart, simply call out to Him. " Oh Lord ! Let me never forget You." If you like reciting God's Name, then do that. At intervals, in between, simply call out to Him. Whatever be your relationship with God, keep that bhava (expression, feeling, inner sentiment) firm and alive at all times. Whatever it be, remain firm in that bhava and keep doing your devotional worship (upaasana), and all will be alright. "He Naath, He Mere Naath! " My Lord, in this world, no one is mine, and I am no one else's. Only You are mine and I am only Yours. Just like

Mirabai said - "Mere toh Giridhar Gopal, dusero naa koyi". Remain immersed and without any break continue on this path, and everything will be alright. "He Naath Mein Bhooloo Nahin"

Rejoice, dance, chant, sing in His company and continue to call on Him. If you like name of Ram, then chant "Ram Ram" Whatever name of God that you like, with a true and simple heart, chant His name and say to Him "You are My very own." Day and Night continue this. There is no other "real" work. We all have just one work. Simply call out to Him. God will provide for everything (Gita 9:22). Hey Prabhu, Hey Prabhu, Hey Prabhu... Call Him and do not worry. I am Yours and You are Mine.

With His grace, you will get good satsang (association with Truth), simply depend on only Him - "Ek Aasaro, Ek Bal, Ek aas vishwaas.... " Do not leave Him, just go after Him, remain engaged in Him. You don't need to go to many places, to read many books. There is great strength in calling out to Him. "He Naath, He Mere Naath, Mein Bhoolon Nahin". "Oh Lord! My very Own, Let me Not Forget You." You must have complete faith in this calling and you will get good (holy men's) company, divine messages and more. But the main point is "I am God's". There is no need to ask anyone else. Just call out to Him. With a true and simple heart, call on Him. You may appear crazy to the world, but do not worry. Let your heart be true and pure in this

calling.

Do not worry about any thing at all. He is there for us. You can die without food, but you can also die by eating food, so what is the worry? Have dependence on only Him and there will be nothing lacking in your life. He will take care of everything. Don't listen to anything else, just get engaged in God. However a child may be, the mother will love him, and the child too loves his mother whether she is ugly or not well dressed. It is the same with God. However we are, he loves us because we are his very own. This is absolutely true. It is

God's grace, many have wondered how did I ever reach here? It must be God's grace. Therefore call out to Him. Our very own God, You are Mine, Mine, Mine. God listens to everyone's calling. "Sab ki sune pukaar". He knows even your most intimate thoughts. He knows everything. Therefore simply call out to Him. There will be joy and bliss in every calling. "Chinta din dayaalu ki, mauso sadaa anand". Simply ! Do Not Worry !! Does a child ever worry? We are His children, there is nothing to worry. This world is God's. Everything is God's.

It is because we consider something as ours that we became stuck; we are bound. Freedom is - to not consider anything as ours. God takes on many forms. Only He knows "Baddhu Tu Jaane che." "Everything! only You know." I do not know anything. I only know that - "You are mine and I am Yours." Therefore call out to God with a true and simple heart.

Weekly Programme:

1. EVERY MONDAY:(BHAGWAN SHIVJI PRAYERS / RUADR ABISHEK)

RUADR ABISHEK: As per ancient texts when Lord Vishnu was incarnated as Sri Rama, Lord established Shiva Lingam at Rameshwaram before crossing the sea. He performed Rudrabhishek to express his devotion towards Lord Siva. This Pooja, where Lord Shiva is worshiped in His Rudra form, is hailed by all Vedic scriptures as one of the greatest Poojas to remove all evils, to attain all desires and for all round prosperity and peace. It is an abhishek /puja performed for Lord Shiva and it is very auspicious to perform. (Devotees are welcome to come and perform this ceremony during Mandir Opening Hours on Monday)

2. EVERY TUESDAY:(HANUMAN JI / BAJRANG BALI JI PRAYERS)

RECITING SUNDERKANT CHAPTER FROM RAMAYAN & THEREAFTER ENCHANTING HANUMAN CHALISA.

3.EVERY WEDNESDAY:(BHAGWAN VISHNU PRAYERS)

ENCHANTING LORD KRISHNA MANTRA AND RECITING 1008 NAMES OF LORD VISHNU, THEREAFTER BHAIJAN

4. EVERY THURSDAY:(BHAGWAN VISHNU / LAXMI JI)

RECITING SRIMAD BHAGAVAD PURANA, THEREAFTER BHAIJAN

5. EVERY FRIDAY:(DEDICATED TO ALL MATA JI)

KATHA AND BHAIJAN IS DEDICATED TO MAHALAXSHMI MATA JI, SANTOSHI MA, ANNAPURANESHWARI AND MAA DURGA.

6. EVERY SATURDAY: (DEDICATED TO SHREE HANUMAN JI FOR BHAGWAN SHANI DEV JI)

ENCHANTING HANUMAN CHALISA (108 TIMES)

7. EVERY SUNDAY: (BOOKINGS AVAILABLE FOR PRIVATE PRAYERS / FUNCTIONS)

TO BE ADVISED ON A WEEKLY BASIS

ANY DEVOTEES WISH TO BOOK THE MANDIR FOR ANY OF THE ABOVE DAYS FOR THE ABOVE PRIVATE POOJA CEREMONY, PLEASE CONTACT MANDIR MANAGEMENT BY E-MAIL.

Monthly Management Accounts

**SHREE VISHWA SANAATAN DHARMA-MANDIR
INCOME & EXPENDITURE ACCOUNT
FOR THE PERIOD ENDING 31ST MAY 2015**

INCOME:	<u>May-15</u>	TBA	Year <u>to-date</u> TBA
Donations received in Daan Patr directly from TBA (as boxes are sealed and will only open in 2015, date to be finalised)			
Donation received from the Founders of the		755.01	
Donation received from Yajman		1031.51	
Daily Aarti Donations	<u>19.73</u>	19.73	<u>237.25</u> 2023.77
 EXPENSES:			
Rates & water Charges		190.01	
Electricity		0.00	
DAKSHNA TO POOJARI JI ON CHAAL PRTHISH		250.00	
PRASAD OUTSIDE CATERING		315.00	
Fire Security	<u>0.00</u>	<u>0.00</u>	<u>755.01</u>
 NET RETAINED	<u>19.73</u>		<u>1268.76</u>
 TO BE BANKED	<u>19.73</u>		<u>1268.76</u>
NOTE :			

Mandir Management
For and On behalf of Shree Vishwa Sanaatan Dharma Mandir (Croydon)

For General and Newsletter Enquiries:

Shree Nitin Mehta (07910875908)
Shree Raju Pandya (07956252294)
Shree Dr H P Abbot (07956824091)
Pandit Shree Veerendra Rishi (07788436348)
Pandit Shree Dr Venkat Joshi (07986603951)

E-mail Enquires:

mail@vishwasanatandharammandir.org
mail@vishwasanatandharammandir.org

Website:

www.vishwasanatandharammandir.org

Mandir Opening Times:

9.00am To 1.00 pm
5.00pm To 7.30pm

Mandir Closing Times:

1.00pm To 5:00 pm
7:30pm To 9.00 am

Cow is the Mother of the World

(Gaavo Vishwasya Maatarah)



Respectfully in Remembrance of the Lord

In is my sincere prayer to all saintly people and Saints that the way that the cows are being killed mercilessly nowadays, thoughtlessly without any feeling or caring, such acts were not happening, during the Moghal and British rule. **Now we all must unite and make full effort to stop these gruesome acts.** The time is right now to do this work, and it is also possible to make it happen. What to tell you all, about the glories and significance of cow (gai), because you are yourself capable of telling this to others. **If every spiritual and religious leader wants, he can inspire thousands of people in the work of caring and protecting cows. You can all unite together and expose the present government and quickly establish laws that can protect the entire breed of cows from the executors (slaughterers).** If the community of saintly people (sadhus) accomplish this sacred work which is the foundation of Hindu Dharma, then this will be constructive and beneficial for the entire world. Now the time for voting is nearing. During this opportune time, you all **become united !**

Think about passing the proposal that **every Indian Citizen, this time leaving all other issues aside, only give your vote to that leader or team that will give in writing their promise to stop the slaughter of cows** and give assurance that immediately upon being elected, he personally and his team first and the foremost will work to ban the killing of cows in the entire country.

The original, extra-ordinary, kind breed of cows is in a state of being destroyed. In such a state, if while the time remains, if we do not become alert and cautious then how horrific will be the condition for the men of our country and ourselves? To even gauge the situation is difficult. You think about this point that at present times the condition that is arising from disregarding the cows, the end result of it will simply be devastating. **If even in the independent India such a heinous sin such as killing of cows cannot be stopped, then it is such a surprising thing and such a sad thing!** Remembering the dead, become immersed in this good work that we will be the first to get killed as a cow. All of you can be doing the work of God by spreading this awareness. What virtuous deeds can be done by which all will attain benediction! **There is no greater "Dharma" than this.**



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Poetry Of The Month

WHAT IS LIFE?

LIFE IS A CHALLENGE	MEET IN
LIFE IS A GIFT	ACCEPT IT
LIFE IS AN ADVENTURE	DARE IT
LIFE IS A SORROW	OVER COME IT
LIFE IS A TRAGEDY	FACE IT
LIFE IS A DUTY	PERFORM IT
LIFE IS A GAME	PLAY IT
LIFE IS A MYSTERY	UNFOLD IT
LIFE IS A SONG	SING IT
LIFE IS AN OPPORTUNITY	TAKE IT
LIFE IS JOURNEY	COMPLETE IT
LIFE IS A PROMISE	FULFIL IT
LIFE IS A LOVE ♥	ENJOY IT
LIFE IS A BEAUTY.....	PRAISE IT
LIFE IS A SPIRIT.....	REALISE IT
LIFE IS A STRUGGLE.....	FIGHT IT
LIFE IS A PUZZLE	SOLVE IT
LIFE IS A GOAL.....	ACHIEVE IT

**So beloved brothers & sisters
"Make the most of your life".**

Written by; Deveshi Priya

Age 10



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COMMUNITY SPECIAL

H a r i O m T a t s a t J a i G u r u D a t t a

Datta Sahaj Yoga Mission (UK)

Day Retreat

on

“Spontaneous Meditation”

(Sahaj Yoga)

(Technique of self discipline - Sadhana is a conscious activity to access the unlimited potential of your life by relating to and embracing the most mysterious aspects of our deep self)

Venue: The Emmaus Centre

Layhams Road West, Wickham Kent, BR4 9HH

Date: 12th July 2015

Time: 8.30am to 5.30pm

Activities will include:

Yogasanas and Pranayama

Relaxation, Chanting the Mantra & Meditation

Lecture and discussion relating to the theme

Cost: £20-00 per person (includes tea/coffee)

Participants to bring yoga mat, packed lunch (light) & wear loose clothes

To reserve your place please contact:

Pushpa Bava: 07903 223550

Balubhai Thobhani: 07749 049854

Limited places are available so book immediately

Datta Sahaj Yoga Mission (UK)

website: www.dsym.co.uk email: info@dsym.co.uk

Registered Charity No: 1119454

THE BHAKTIVEDANTA PLAYERS
CELEBRATING 30 YEARS OF DRAMA PRESENT



Mahabharata

SPIRITUAL AWARENESS THROUGH DRAMA

A MESMERISING 2 HOUR SHOW



**SOUTH LONDON
SATURDAY 20TH JUNE 2015**

TICKETS:

£15

ARCHBISHOP LANFRANC SCHOOL
MITCHAM ROAD, CROYDON, CR9 3AS

TICKETS AVAILABLE FROM RADHA'S BOUTIQUE
(ISKCON LONDON - SOHO TEMPLE) ON 020 7440 5221
OR NABHINANDAN 07545 318772

2
SHOWS

MATINEE: DOORS OPEN AT 1PM AND SHOW STARTS SHARP AT 2PM
EVENING: DOORS OPEN AT 6PM AND SHOW STARTS SHARP AT 7PM
REFRESHMENTS ON SALE

Namaste Everyone,

You are all warmly invited to a meeting on Sunday 7th June 2015 to give a final overview of the programme including Q/A re: International Yoga Day at:

TIME: 2.00pm to 4.00pm

**The Archbishop Lanfranc Academy
Mitcham Road
Croydon CR9 3AS**

Please make every effort to attend this meeting as it is important to ensure that everyone is familiar with the programme content for the day.

**Jai Guru Datta
DSYM (UK)**

p.s. Please forward this email to anyone who may have been overlooked.

SUMMER TRIP

14 days of Krishna conscious fun

July 27 – Aug 10th
2015

Ages: 11 – 15

COME FIND
GIRLS BOYS
BUS BUS
NECTAR
AROUND
ENGLAND

Visit new places
Make new friends
Kirtan & Harinaam
Camping, Games & Sports
Adventure activities
Cardiff and Reading Rathayatras



Youth Ministry Europe



Kumari Kunti



Shoranagoti



Lalita Sakhi



Visvambar



TBA



TBA

Application
deadline: June 15th

07763347990 / eurobustourorganizers@gmail.com

£350 pp (includes all costs & adventure activities)



Datta Sahaj Yoga Mission (UK)

Registered Charity No. 1119454

Namaste

***DSYM invites you to join us for June Monthly
Meditation which will take place at:***

Vishwa Hindu Parishad Centre (VHP)

***10 Thornton Row,
Thornton Heath
Surrey CR7 6JN***

on

***Sunday 7th June 2015
10.00am to 12.30pm***

***Look forward to seeing you all
Hari Aum Tat Sat Jai Guru Datta***

Pushpa Bava (DSYM UK)

**The aim of DSYM is to enable mankind to experience,
as well as fulfil personal and universal peace &
happiness.**

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**Mailing address is: info@dsym.co.uk Website
address is: www.dsym.co.uk**

Community Special submission can be sent to the Mandir management by 25th of each month. We will endeavour to print in the newsletter FOC.



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SHREE VISHWA SANAATAN DHARMA VIVAH SERVICE (VSDMVS)

Please complete this form in BLOCK CAPITAL letters and send it to the above address with

Please send SELF ADDRESSED STAMPED envelope.

Contact Details

Title	Mr / Miss / Mrs / Dr	First Name	Surname
Address		Town / City	County: Post Code
Tel Number	Landline:	Mobile :	
E-mail			

Applicant Details:

Title	: Mr / Miss / Mrs / Dr	Sex : Male Female
First Name		
Surname		
Marital Status		
Nationality		
Date of Birth	Height : ft in	
Smoker :	Yes No	Vegetarian Yes No
Caste: (Optional)		
Qualifications	Occupation	

Declaration and Consent:

I understand and agree that the **SHREE VISHWA SANAATAN DHARMA MANDIR VIVAH SERVICES** and its Management will under no circumstances be held responsible legally or morally for the bonafide of either of the 'parties' concerned nor liable for any form of legal action.

I declare that the above particulars are correct to the best of my knowledge.

Signed (applicant): _____ Date: _____

Contact Name: _____ Tel No: _____

Please inform us in writing as soon as your son/daughter is engaged / Married.

For Office Use Only:

Date: / / Ref No: