



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. 028

Monthly

Oct 2016

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:

Dear Friends


Any Devotees who wish to participate as YAJMAN, On NAVRATRI DAYS 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.

IF YOU LIKE our newsletter - PLEASE GENEROUSLY SHARE !


THERE IS NO GREATER SERVICE TO HUMANITY THAN BRINGING ONE CLOSER TO GOD.

Nitin Mehta MBE, animalahimsa@gmail.com
Chairman



VSDM JAI MATA DI

Shri Vishwa Sanaatan Dharma Mandir invites you to attend Navratri celebration from 1st October 2016 to 9th October 2016 at 5:30pm to 7:30pm daily (Prasad will be served every evening). Our Bhajan & Kirtan Mandli will be performing for 8 days. Please join us.



Founder: Late Shree Parshotam Lal Bhagat and Smt. Parvesh Bhagat Abbott.
132 Whitehorse Rd, Croydon, CR0 2LA
Parking available at TK MAX, Shell petrol pump and Free off street Parking available at Boulogne road / Northcote Rd
Tel No : 07956348676 / 07956252294 / 07910875908
Email : mail@vishvasanatadharma.com
www.vishvasanatadharma.com

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 11

This month's Festival:

NAVRATRA BEGINS	नवरात्र आरंभ	01-10-2016	SATURDAY
DURGA ASHTMI	दुर्गा अष्टमी	09-10-2016	SUNDAY
DASHAHARA	दशहरा	11-10-2016	TUESDAY
EKADASHI	एकादशी	12-10-2016	WEDNESDAY
PANCHAK BEGINS(03.23AM)	पंचक आरंभ	12-10-2016	WEDNESDAY
SHARAD PURNIMA	शरद पूर्णिमा	15-10-2016	SATURDAY
PANCHAK ENDS (06.47 AM)	पंचक समाप्त	16-10-2016	SUNDAY
SANKRANTI (KARTIK)	संक्रांति (कार्तिक)	17-10-2016	MONDAY
KARVACHAUTH (EUROPE)	करवा चौथ	18-10-2016	TUESDAY
AHOI ASHTMI	अहोई अष्टमी	22-10-2016	SATURDAY
EKADASHI	एकादशी	26-10-2016	WEDNESDAY
DHANTRESH	धनतेरस	28-10-2016	FRIDAY
AMAVAS	अमावस	30-10-2016	SUNDAY
DIWALI	दिपावली	30-10-2016	SUNDAY
ANNKUT	अन्नकुट	31-10-2016	MONDAY

VOLUNTEERS:

We would appreciate any Volunteer service from the devotees.

Please contact Nitin Ji /
Manmohan via e-mail:
mail@vishvasanatadharma.org

Mandir Opening Times:

10.00am To 1.00 pm
5.00pm To 8.00pm

Weekly Programme:

(BOOKINGS ARE NOW AVAILABLE FOR DAILY PRIVATE PRAYERS / FUNCTIONS)

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

RUDR 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 GANESH JI PRAYERS)

ENCHANTING LORD GANESH MANTRA AND, THEREAFTER BHAJAN

4. EVERY THURSDAY:(BHAGWAN VISHNU JI & LAXMI JI PRAYERS)

RECITING SRIMAD BHAGAVAD PURANA, THEREAFTER BHAJAN

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

KATHA AND BHAJAN 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 Programme:

SATSANG

REGULAR DEVOTEES CAN BOOK THE MANDIR FOR FAMILY SATSANG. ANY DEVOTEES WISH TO BE YAJMAN ON THE DAY, PLEASE CONTACT THE MANDIR MANAGEMENT TEAM ON 07956348676 OR BY E-MAIL.

1. WE HAVE PERMANENT BOOKING FOR FIRST SUNDAY OF EVERY MONTH FROM 3.00PM TO 5.00PM PRASAD IS SERVED AFTER AARTY.

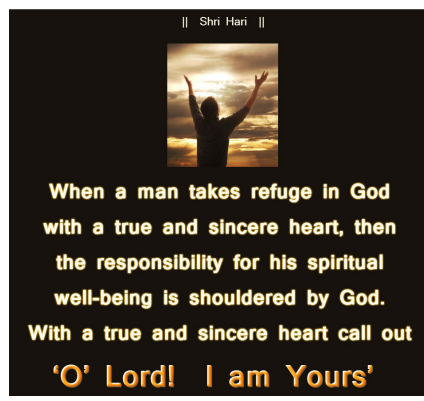
Inner Power and Protection

Everything, everyone is my teacher. No matter how difficult, how unexpected, how unwanted, since it has come into my life, I ask myself, "What do I learn now?"

Like A Star

At the end of the day, on the wings of your thoughts, go beyond the cares and troubles of the world. Remove your mind from everything and everyone, and become blissfully detached, like a star.





. Taking Refuge in Gita

It has come in the *Mahabharat* -

*ekoapi krishnasya krutah pranaamo dashaashvamedhaavabhruthen tulyah /
dashaashvamedhaa punareti janma krushnapranaami na punarbhavaaya //*

(Mahabharat, Shaanti. 47/92)

"If you just bow to Lord Krishna once, it (fruit) is like bathing after performing ten "Ashvamedha" sacrificial fires. Besides that the exceptional thing about prostrating in front of the Lord, is that he who performs the ten *ashvamedha yagya* is born again in this world, but he who prostrates to Shri *Krishna* (one who takes refuge in Him) is never again bound by this world."

Goswami Tulasidasji Maharaj says -

*koor kuti khal kumati kalanki /
neech neseel nirees nisanki //*

*Teu suni saran saamuhen aaye /
sakrut pranaamu kihen apanaaye //*

(Manas, Ayodhya. 299/1-2)

*Sab swaarathi asur sur nar muni, koyu na det binu paaye /
kosalpaalu krupaalu kalapataru, dravat sakrut sir naaye //*
(Vinaya Patrika 163/2)

Singing the glories of the Lord, *Brahmaji* said -

*Hrdavaagvapurbhirvidadhaannmaste
jeevet yo mukti pade sa daayabhaak /
(Srimad Bhagwat 10/14/8)*

'He who continues to salute and bow in reverence to You with his heart, speech and body, he becomes entitled to your eternal post, just as the father's wealth goes to his son!

Namaskaar se Ramdas, karam sabhi kat jaay /

Jaay mile parabrahm mein aavaagaman mitaaya //

To prostrate in front of the Lord is taking refuge in Him. Bowing means - "I am Yours; therefore whatever you dispense, I willingly accept."

In several places in the *Gita*, salutations to the Lord has been mentioned; such as -

"Maam namaskuru" (Gita 9/34, 18/65),

"namasyantsch maa bhaktyaa" (Gita 9/14),

"Sarve namasyanti cha sidhasangaah" (Gita 11/36) etc.

"*Sharanagati*" (taking refuge in Lord) is predominant in our culture. A disciple, salutes the Master (*Guru*), son pays obeisance to the mother and father, wife does the same to her husband etc. It has come in the *Manusmruti* -

Abhivaadansheelasya nityam vrudhhopasevinah /

chatvaari tasya vardhante aayur idayaa yasho balam //

'He whose nature is one of bowing in reverence, and who constantly serves the old people, their lifespan, knowledge, glory and power (strength) - all four increase.'



**Just as, the woman's
'gotra' changes after her
marriage, and she takes
on her husband's 'gotra',
in the same way, a
devotee who has taken
refuge in God, adopts
the "achyutgotra"
(God's lineage).**

continued....

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Manusmruti - **continued....**

Abhivaadansheelasya nityam vrudhohopasevinah |

In the beginning of the *Mahabharat* war, *Yudhishtir* bows in reverence to those standing in opposition - the grandsire *Bhishma*, *Guru Dronachaarya* etc. and then he seeks their permission to engage in war. Being pleased with this, they grant *Yudhishtir* success in war. There is such glories of salutation and bowing in reverence, that the best of great men (*Mahatma*), who have realized that all is God "*Vasudeva Sarvam*", that very same thing can be realized with ease by doing salutations. (*Srimad Bhagwat* 11/29/16-19)

Refuge in God takes place only once, and is once and for all. After saying just once, "O' Lord! I am yours", what else is left to be said? Once if you have given yourself, then what else is left to give a second time?

continued....

Sakrudansho nipatati sakrutkanya pradeeyate |

Sadrudaaha dadaaneeti treenyetaani sataam sakrut ||

(Mahabharat. van. 294/26; Manusmruti 9/47)

Wealth etc, is distributed to family members, just once, a daughter's hand is given away in marriage, just once, a decision to give away a thing takes place just once. These three things happen only once for gentlemen"

Sinh gaman sajjan vachan, kadali phalai ik baar |

tiriya tel hameer hath, cadhai na dooji baar ||

Just as a woman accepts that now she is part of her husband's family, after her marriage, and she is no longer part of her parent's family, in the same way "O' Lord! I am Yours" on saying so, accept that now I am God's, I am no longer of this world.

Wherever I reside, it is God's home; whatever work I do, it is God's work; whatever I receive, it is God's 'prasad' and the mother-father, wife-son etc that I am taking care off, they are all God's people. Just as, the woman's 'gotra' (descendants in an unbroken male lineage) changes after her marriage, and the husband's 'gotra' becomes her 'gotra', in the same way, a devotee who has taken refuge in God adopts the "achyutgotra" (God's lineage).



A baby monkey holds on to his mother, but a kitten does not hold on to the mother, rather it is the mother who holds the kitten and takes the baby wherever she likes. A devotee who has taken refuge in God is also like a kitten. It does not rely on its own strength, there is no pride of its strength. Hanumanji being a teacher of "Bhakti", yet had no pride of being so, he says -

"Jaanaun nahin kuch bhajan upaayi"

(Maanas, Kishkindhaa. 3/2).

"Atulit-baldhaamaa"

Even though being very strong, Hanumanji was not aware of His own strength. Jaambavaan said to him -

Pavan tanay bal pavan samaanaa |

budhi bibek bigyaan nidhaanaa ||

Kavan so kaaj kathin jag maahin |

jo naahin hoyi taat tumh paahin ||

(Maanas, Kishkindhaa 30/2-3)

On hearing so much praise from Jaambavaan, then too Hanumanji kept silent. But when Jaambavaan said that you have been born to serve the Lord Ram, then Hanumanji immediately remembered his strength and powers -

Ram kaaj lagi tav avataaraa |

Sunatahin bhayau parbataakaaraa

(Manas, Kishkindha, 30/3)

Hanumanji was ready to cross the ocean, having deep faith that the Lord's work will get done by His grace, therefore why to see towards our abilities-inabilities ? Wherever there is no pride of one's strength, God's power comes to play. It is due to pride that one faces obstacles.

Whenever pride comes, whenever tendencies turn bad, when desires come, then the easiest way to get rid of them, is to tell it to the Lord. Say to Him, "O' Lord! See! desires have come! see the condition of my mind. My Lord! Such tendencies have taken hold of my mind; 'O' Lord ! I pray, worship and meditate, people consider me to be your devotee, they regard me as virtuous, but such is my condition !' On contact with fire, even a piece of black coal begins to shine. In fact, coal has an affinity only with the fire, but it turns black staying away from the fire.

Similarly on having an affinity with God, all the flaws are burnt away, and man begins to shine. He develops an exceptional quality in him; as in fact his affinity is only with God. God's grace makes the impossible, possible. Similarly, "kartumkartumanyathakrtum sarmathah" When one takes the support of the Lord, then what is there to worry about? God does all the work of the devotees that have taken refuge in Him -

"sab bidhi ghatab kaaj mein toren,

aham tvaa sarvapaapebhyo mokshayishyaami"

(continued....)



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

Poetry of the Month

Honesty

An honest man is always pure at heart,
He has pure nature against deceit and fraud
Free from hypocrisy the truth he got,
Such honest man is the noblest work of God.

Honesty brings social creed,
Diplomacy in it has no breed;
The honest man is pure in talk,
Because of unsophisticated heart.

Honesty is free from avarice,
Towards beings it has no malice.
Honest man is friend of one and all,
Bears no ill will against any at all.

Honest man are devotees of God -
For love and truth their head always nod,
Deviate from duties they never at all,
In all matters of life, responsible to Lord.

Honesty develops sense of humility,
Modesty, inequisitiveness for service to
humanity.
His upright dealings captivate all,
Because of beings, he always sincere in
thoughts.

Honesty is noble deed, step towards God,
Lifting the soul from common sod;
It is the pure air that we breathe,
For the common good that we perceive.

Honest man gains by fair means,
Has habit of contentment and serene,
Vanished his desires like a dream;

Lust for stormy wealth in him never seen.

He is straight forward of mind clean,
For poor and weak he is hope gleem;
Square in deal, he is far and best;
Adorned with qualities the man honest.

He is not man of lickering habit,
That he may go after man's flesh,
And the blood of dying man he might suck
Like cannibal on this earth.

Honest man is master of his fate,
His secret attainments are no less great.
He does voluminous work in no time,
Because to waste time he considers crime.

Honest man has none vain thoughts,
With miracle power he gains a lot,
In his heart earnest hopes enshrine,
Which make him great, the good will ever
find.

Honest man never has what is his not,
He bears none the aggressive thought,
He is a solemn friend of all,
Never is he happy by others loss.

O Honesty: thou art gift of God,
Thou saveth a nation from becoming ??;
Whatever corruption creep?? ,
That is all due to thy absence and dishonesty.



[Versified by Bhagat Har Govind]



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

COMMUNITY SPECIAL

Dear friends and family

Following on from the success of my last charity dance concert in 2013, which raised over £6000 for Food for Life Vrindavan which educates children from underprivileged backgrounds in UP, India, I am pleased to announce I will be performing another charity concert this year on 6th November 2016. I do hope you will all save this date and keep it free as your presence and blessings would mean a lot to me. Details of tickets will be sent in the coming months.

I am emailing to kindly request for adverts from any businesses for the brochure which will be distributed on the day of the concert. Through these adverts I am able to cover all the costs of venue hire, sound and light and food which then means all the ticket money goes directly to the charity. Due to the generous sponsors at my last program, we were able to give every penny from ticket sales directly to our chosen charity. This money was used to construct science labs at one of the FFLV schools in India.

The costs are £20 or £15 both ticket prices include full dinner, here is the flyer for the event attached, please pass around to your contacts, all money raised goes to charity.

You can either book online at

<http://www.bhavan.net/art-gallery/past-exhibitions/event/541-kartik-maas> .

For more information on this worthy cause and my involvement please see the following links

Food for Life Vrindavan Website - <http://www.fflvrindavan.org/en/>

Article on the success of the last dance event - <http://www.fflvrindavan.org/en/janakis-dance-for-life-2/>

Video link of program highlights from 2013 - <https://www.youtube.com/watch?v=mSPQHJsmSqM>

I look forward to hearing from you soon.

Kind regards

Janaki



Janaki Mehta –
Dancing for Krishna
at the Bharatiya
Vidya Bhavan, West
Kensington – Food
for Life Vrindavan
charity.

MAHATMA GANDHI WENT TO JAIL to give us a better world to live in
WE SHOULD GIVE SOME TIME AND PAY HIM RESPECT

(JOIN THE WALK AT TAVISTOCK SQUARE at 11.30am
ORCOME TO PARLIAMENT SQUARE JUST BEFORE 1.00PM)

**Dear All – Please Pass on the information and Invite all your contacts
We will some provide flags and placards – you are free to bring Placard (No
Bigger than A3 size) with message of PEACE etc from your organisation
(The walk commences after the Annual garlanding by the High
Commission at Tavistock Square (11.00am) to which all are invited as
well.**

ON BEHALF OF GITA FOUNDATION
And
NATIONAL ASSOCIATION OF PATIDAR SAMAJ
We INVITE YOU ALL to join:

GANDHI PEACE WALK -

From The Tavistock Square to the PARLIAMENT SQUARE
**With Garlanding and Tributes to Mahatma Gandhi at the Parliament Square
from 1.00pm.**

It is our duty to Honour this great man

**The Walk to commemorate Gandhiji's birthday and as dedication to his
philosophy of non-violence** will commence from Tavistock Square **from 11.30am to
1.00pm) on Sunday 2nd October 2016** after annual garlanding event

The Walk is supported by the Indian High Commission

Flagging of the Walk by the High Commissioner will be
at 11.30am At Tavistock Square, Woburn Place, Bloomsbury Camden, London WC 1H –

Bus Routes 59,68,91,168.

Via Woburn Place – Kingsway – Aldwych – Strand - Trafalgar Square – Whitehall - Parliament Street,
the walk will end at the newly placed Gandhi's statue at the Parliament Square with -----**speeches by
dignitaries between 1.00pm and 2.00pm**
and offering of petals by leaders of organisations and politicians.

**The walk is only under 2miles and those unable to cover the whole route can take a bus from
midway and join us at the Parliament Square at 1.00pm.**

We want people of all faiths to join, connect with others, to show how much we all are concerned
and how important peace and values upheld by Gandhiji are. In the end it can only be achieved by
talking and understand each other. This will be a small step towards supporting and honouring
Gandhi.

All Placards etc to be not more than A3 size with message of PEACE and may include name of your
organisation. (Please take these back with you.)

For further Information, please Contact:

Pravin Amin, President, National Association of Patidar Samaj Tel: 07967013871,

Email: pravinamin@aol.com

Sharad Parikh, Trustee, Gita Foundation Tel: 07734915211 Email: sharadbalmukund@yahoo.co.uk

Dear all - Hope you are well.

We are planning to celebrate Navratri this year with a traditional Navratri Golu and would like to invite you home with family
to join the celebrations for haldi-kumkum.

The Golu will be kept from Saturday 1st October till Monday 10th October. You are welcome to join us and see the Golu on
most evenings or weekend mornings during this time. To help us plan things, please call / text us at least a day in advance on
07747138184 (Krishnan) or 07780753289 (Kavitha).

Our address is 4 Bassett Close, Sutton, SM2 5QR. Roadside parking is available in the evenings and weekends.
Please treat this as a personal invitation. We look forward to seeing you this Navratri.

Warm regards,

Anirudh, Sanjana, Kavitha and Krishnan



Hare Krishna

Croydon Rathayatra this Sunday from 11am to 5pm. Please join the festivities.

Nabhi
07545 318772

Dear parents and children,
Hari Om!

We are pleased to resume our monthly bhajan series by children, Bal Swaranjali, on the auspicious occasion of Navratri. The next Bal Swaranjali will be held at Aathrey and Anirudh's residence in Purley. Details below:

Date: Sunday, 9th October, 2016

Time: 5 pm to 6 pm

Venue: 14a, Smitham Bottom Lane, Purley, CR8 3DA.

RSVP: Rani @ 07981 256925, ranisrikanth@hotmail.com

Do come along with friends and family to draw the weekend to a soothing, melodious close! Please also let the hosts know if you are attending to help manage logistics

Hari Om,
Bal Vihar South London Sevaks

Namaste Everyone,
DSYM invites you to join us for October Monthly Meditation which will take place at:
Vishwa Hindu Parishad Centre (VHP)
10 Thornton Row,
Thornton Heath
Surrey CR7 6JN
on
Sunday 2nd October 2016
10.00am to 12.30pm

Look forward to seeing you all! **Please note:** As it is Navratri we will be doing Mataji Jaap and time permitting we will have garba before performing the Aarti. Without Mas's blessings we cannot have a darshan of bhagwan, so let us pray to Maa Shakti to shower her blessings during these auspicious days.

Hari Om Tat Sat Jai Guru Datta
Pushpa Bava (DSYM UK)
<http://www.dsym.co.uk/>



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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: _____

E-mail Enquires:

mail@vishwasanatandharammandir.org
mail@vishwasanatandharammandir.org

Website:

www.vishwasanatandharammandir.org

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)