



श्री विश्व सनातनधर्म मन्दिर Shree Vishwa Sanaatan-Dharma Mandir

132 WHITEHORSE ROAD CROYDON SURREY CR0 2LA (U.K.)

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

Issue No. 001

Monthly

July 2014

सानातान धर्मा मेसज

जै माता दी

What is Sanaatan Dharma?

Sanatana 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 and Volunteers for attending Satsang 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.

Mandir work is in progress after disruption created on Sunday 22nd June 2014 due to car accidents and is expected to complete this week by 11th July 2014, weather permits. We are very grateful to Mr Pradip Amin of Sunshyne shopfitters, who has assured us that his team will complete the work this week. Mandir will resume normal times from Friday 11th July 2014. At present Mandir services are being operated from next door premises at the normal Mandir times. We request all devotees to attend Mandir services regularly. We also like to inform you that all Deities ordered from Bharat have left on Tuesday 24th June 2014 and will be arriving in UK on 22nd July 2014. We will update all devotees regarding further plans.

Trustees:

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

Chairman:

Shree Nitin Mehta, MBE

Secretary / Matrimonial :

Event Organiser:

Smt. Usha Kapil
Smt. Renu Rishi
Smt Ramaben Singadia

Maha Prasad Organiser:

Smt. Badra Parmar

Newsletter Editor:

Master Geetesh Abbott

This month's Festival:

EKADASHI	एकादशी	08-07-2014	TUESDAY
JAYA PARVATI VARAT BEGINS	जया पार्वति व्रत आरंभ	10-07-2014	THURSDAY
PURNIMA VRAT	पूर्णिमाव्रत	11-07-2014	FRIDAY
GURU PURNIMA	गुरु पूर्णिमा	12-07-2014	SATURDAY
JAYA PARVATI VARAT END	जया पार्वति व्रत समाप्त	14-07-2014	MONDAY
PANCHAK BEGINS 06.10 PM	पंचक आरंभ	14-07-2014	MONDAY
SANKRANTI (SHARAWAN)	संक्रांति (श्रावण)	16-07-2014	WEDNESDAY
PANCHAK END 11.00 PM	पंचक समाप्त	18-07-2014	FRIDAY
EKADASHI	एकादशी	22-07-2014	TUESDAY
AMAVAS	अमावस	26-07-2014	SATURDAY

This month Special Pooja: JULY 2014

We cordially invite you all to attend and spread the word to your nearest and dearest:

PURNIMA: FRIDAY 11-JULY-2014 :(10.00AM TO 11.30AM)

SHREE SATYA NARAYAN KATHA

THIS MONTH HOST IS MANDIR MANAGEMENT (IF ANY DEVOTEE WISH TO HOST THIS PROGRAMME IN ADVANCE, PLEASE CONTACT MANDIR MANAGEMENT/ MAHA PRASAD ORGANISOR ON 07737423454)

VEGETARIAN DAY : SUNDAY 20-JULY-2014:(5.00 PM TO 7.00PM)

HOST : Smt Mandy Abbott and Shree Man Mohan Abbott

Weekly Programme:

1. EVERY MONDAY :(5.30pm to 7.00pm)

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.

2. EVERY TUESDAY : (5.30pm to 7.00pm)

RECITING SUNDERKANT CHAPTER FROM RAMAYAN & THEREAFTER ENCHANTING HANUMAN CHALISA.

3. EVERY WEDNESDAY : (5.30pm to 7.00pm)

Praying to Lord Vithal, incarnation of Lord Krishna

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

4. EVERY THURSDAY : (5.30pm to 7.00pm)

RECITING SRIMAD BHAGAVAD PURANA , THEREAFTER BHAJAN

5. EVERY FRIDAY : (5.30PM TO 7.00PM)

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

6. EVERY SATURDAY :(5.30pm to 7.00pm)

ENCHANTING HANUMAN CHALISA (108 TIMES)

7. EVERY SUNDAY :(5.30pm to 7.00pm)

TO BE ADVISED ON A WEEKLY BASIS

Croydon Music Festival:

Congratulations to our youngest devotee, age 9 Deveshi, who has recently been awarded a prize for her singing. Deveshi won a gold medal and trophy for her performance in the Under 10's singing competition at the Croydon Music Festival. She sang a Lord Krishna Bhajan, competing with close to 100 competitors. Her guru Shuba Das is very pleased with her performance.

Benefits of a Vegetarian Diet

There are 4 very important benefits of a vegetarian diet:

Meat consumption is one of the biggest causes of the ecological and environmental damage to planet. Meat Consumption is the biggest cause of the enormous increase in life threatening and debilitating diseases such as heart disease, diabetes, obesity and many other diseases. The pitiless cruelty that the human race is inflicting on the animal kingdom puts a question mark on where the human civilization is going. Meat eating is diverting precious food and water resources to animals, a situation that will lead to mass starvation and possibly wars. Let us first look at the ecological damage meat consumption is doing to the planet. A staggering 85 billion animals are raised for meat every year. Our planet is simply not big enough to sustain these numbers. The rain forests in South America are being cleared away for cattle ranching. In 2004, 26,000 sq. meters of rain forest was cleared simply for cattle ranching to meet the insatiable demand for cheap beef in USA. Rain forests are also being cleared for soya cultivation - soya to feed animals, not humans. On present trends, the rain forests will disappear by 2030. Deforestation is responsible for 20% of all carbon dioxide released in the atmosphere. 20% of all methane gas emissions are due to farm animals. The rainforests are the lungs of our planet and an ecological disaster of unimaginable magnitude is inevitable. Almost one third of the world's entire surface is rapidly advancing towards becoming desert because of over grazing, which is breaking down soil structure, reducing its fertility. The USA has lost 40% of its top soil and continues to lose 5 billion tonnes every year. Entire civilizations have disappeared due to soil erosion. Animals raised for meat produce 13 billion tonnes of effluent every year - causing a high level of ammonia and nitrate pollution of land, water and sea. An egg factory with 60,000 hens produces 165,000 pounds of excrement. Animal manure releases ammonia causing acid rain which kills fish and trees as well as poisoning water. Almost 90% of the world's water supplies are used up in meat production - a criminal waste in an already thirsty world. To produce 1 pound of wheat you need 25 gallons of water. To produce 1 pound of meat you need 2,500 gallons of water. A kilo of wheat needs 900 liters of water but a kilo of beef needs 100,000 liters of water. An average size poultry plant, killing four thousand birds every hour uses approximately 459 million liters of water every day enough to supply the needs of 25 thousand humans. The amount of Soya fed to cattle could feed the whole population of India and China. Almost 50% of the world's maize is fed to animals thus depriving poor Africans of a protein rich food. 20 vegetarians can be fed on the amount of land needed to feed one person consuming a meat based diet. Only 40% of an animal is edible-the feet and tails etc are not edible. The world population is set to grow to over 9 billion by 2050 - mass starvation and an ecological catastrophe is inevitable unless humans move away from a meat based diet. Industrial fishing is destroying the ecosystems of our oceans - killing whales, dolphins, coral reefs and mangrove forests. 50% of all fish caught is fed to other fish in a cannibalistic merry-go-round.

By 2050 the amount of grains fed to livestock population will be enough to feed an extra 4 billion people. There will be 9.3 billion people by 2050 and a fundamental shift from a meat based diet to a vegetarian and vegan diet is vital if mass starvation is to be avoided. According to a new report published by the United Nations Food and Agriculture reorganization (UNFAO), the livestock sector generates more greenhouse gas emissions as measured in CO2 equivalent - 18 percent - as opposed to transport which emits 13.5%. One third of global cropland is used up in growing animal feed. Henning Steinfeld, Chief of UNFAO's Livestock Information and Policy Branch and senior author of the report commented: "Livestock are one of the most significant contributors to today's most serious environmental problems. Urgent action is required to remedy the situation." With increased prosperity, people are consuming more meat and dairy products every year. Global meat production is projected to more than double from 229 million tonnes in 1999/2001 to 465 million tonnes in 2050, while milk output is set to climb from 580 to 1043 million tonnes. "The environmental costs per unit of livestock production must be cut by one half, just to avoid the level of damage worsening beyond its present level," the UN report warns.

Health and Meat Eating:

Excessive meat consumption has played a key role in the increase in heart disease, cancer, obesity and diabetes. In the US 23% of adults are now considered obese and their health problems cost \$ 118 billion dollars a year. In the UK 165,000 people die of heart disease every year which would go down to 40,000 if everyone was vegetarian. Worldwide 150 million people are now diagnosed with type 2 diabetes and this is set to double by 2025. A pan-European study of nutrition and cancer found that people who ate more than two 80g portions of red meat a week were 30% more likely to develop bowel cancer than those who ate less than one portion. Researchers have also found that a diet rich in plant foods can reduce the chances of developing Alzheimer's disease. Eating red meat every day also could double the risk of developing rheumatoid arthritis. Red meat is one of the first foods doctors advise patients to stop eating if they are at risk of heart disease because it contains high levels of dietary cholesterol. Beef, lamb and pork are the cause of one in six outbreaks of food poisoning. A study from Harvard Medical school suggested that eating more than 100g of red meat a day would double the risk of a woman developing breast cancer. Links have also been made between meat eating and prostate cancer.

Compassion

Human beings crave for peace and yet inflict so much cruelty on animals. By treating animals with compassion and by granting them some fundamental rights we humans will be at peace with ourselves and save this planet for future generations. A plant based vegetarian and vegan diet is crucial for our survival. Let us be the change we want in the world.

As the Mandir Founder Late Smt. Parvesh Bhagat was a pure vegetarian from birth and her birthday falls on 20th July, we would like to celebrate "VEGETARIAN DAY" in her Memory on the day.

Nitin Mehta, MBE

Mandir Opening Times:

8.30am To 11.45 am
5.00pm To 08.00.pm

Mandir Closing Times:

11:45am To 05:00 PM
08:00pm To 8.30 AM

TEMPORARY NOTICE FOR ALL DEVOTEES :

DUE TO BUILDING WORK BEING CARRIED OUT AT THE MANDIR PREMISES, MANDIR CLOSING TIME HAS BEEN BROUGHT FORWARD TO 7.30PM AND OPENING TIME HAS BEEN EXTENDED TO 10.00 AM WHILE MANDIR IS BEING OPERATED FROM THE NEXT DOOR PREMISES

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