

SPECIAL POINTS OF INTEREST:

· YUVAK MANDAL
Sabha every Friday

· BAL MANDAL
Classes every Saturday

· Satsang e-letter
Every month

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Jay Swaminarayan

The Yuvak Mandal from Shree Swaminarayan Temple Cardiff (SSTC) is proud to launch the e-letter.

The Yuvak Mandal is well organised into satsang groups and seva teams. There are also the Bal Mandal activities such as Bal Mandal classes every Saturday evenings, taught by very dedicated teachers. The children learn about our culture, religion and essential life skills.



A weekly satsang sabha is held on each Friday where one of the satsang groups gives a presentation in turn. The presentations are on various topics such as Shikshapatri, Leela, miscellaneous and kirtan. The topics are researched by all the members of the Satsang groups. In this way the Yuvak Mandal members learn valuable skills such as research, team work and presenting.

The presentations will be placed on the SSTC website.

<http://www.swaminarayanwales.org.uk/YuvakMandal/default.asp>

Here is a brief description of some of the presentations:

Bhakti (Tej group)

Nine types of Bhakti taught by Prahlad to his father are Shraavanm, Kirtnam, Smarnam, Paad-Sevan, Archnam, Vandnam, Dassyam, Shakhay, Atma-Nivedan. The nine Bhaktis told by Lord Ram to Sabri include are Sant Sang, Katha, Guru seva and kirtan. There are many shloks in Shikshapatri. Maharaj says that Bhakti should be done with Gnan and Dharam.

Sixteen Sanskar

In Hinduism, there are sixteen Sanskars ceremonies at various stages in life. Some of the sanskars are garbhadharan, namkaran, karanveda, marriage and agni sanskar.

Kirtan (Gopi bani gaya Girdhari) (Tej group)

The Leela where Maharaj visits Karniba and dresses in ladies clothes at her request. Some aspects of Bhakti, such as Bhakti of Gopis towards Krishna, were discussed.

Leela of how and why Lord Swaminarayan came to earth.

Sabha in Badrikasham was held by Nar and Narayan to hear the grievances of the satsangis. Durvarsha muni gave curse to Bhagwan to be born on the earth. Birth of Lord Ram is also on the same day as that of Lord Swaminarayan.

Leela - Kidnapping of Ghanshyam and his rescue by Hanuman (Jal group)

Ghanshyam was kidnapped by the three Kritiyas and was rescued by Hanuman.



Three wishes

If someone grants you three wishes, what would you ask for?

The most popular answer is wisdom, wealth and good health. Many people pray to one of the three Goddess (Devi) associated with these.

Saraswati who is married to Brahma the creator, is devi of wisdom and learning. We need knowledge and wisdom when we wish to create or make something.

Laxmi is the Devi for wealth and is the wife of Vishnu the maintainer. We need wealth to maintain anything.

Parvati, the wife of Shiva the destroyer, is the Devi for health. You need health and power to destroy things. Shiva (also known as Yogeshwar) has also devised the system of Yoga which gives us healthy body and mind, ultimately leading us to salvation.

The givers of these three shaktis (powers) are of female form. Women are not considered weaker in Hinduism.

Nilkanth Varni

'Say farewell to my people'

Sarayu River, near Ayodhya, was flowing full on both sides in the morning of Savant 1848 Ashadh sudh 10. Kaushik, the demon, who practiced black magic, threw Ghanshyam in to the river. He started to laugh and run like a possessed mad man thinking that Ghanshyam would be dead, and in his excitement, ran into a large tree. The tree fell on him and Kaushik drew his last breath.

Ghanshyam was swept up in the fast flowing river for a long while before he emerged on the other bank. He started to walk along the riverbank, proud of his decision to leave home and renounce the world. He decided to change his name to Nilkanth.

In the soaking rain, he walked towards his destiny with quick pace, ignoring thorns piercing his feet. Nilkanth recited sloks from scriptures and the birds in the natural surroundings seemed as though they were singing with him. The environment, with all its beauty, seemed to welcome him. He was just eleven years old.

Nilkanth seemed more elegant today, with Tulsi mala in his hand, black shining hair, radiant face and determination in his eyes. The swiftness of his feet seemed to take him towards salvation of humanity.

After walking for a few hours, Nilkanth saw a large banyan tree where he sat cross-legged in meditation. When he opened his eyes, he saw Hanumanji sitting in front of him. Nilkanth asked him, 'Pavansut, when did you arrive?'

'Maharaj, one of my resolutions is to do your Darshan everyday' Hanumanji replied, 'When I went to your house today you weren't there, so I came here looking for you. I wish to stay in your service.'

'Say farewell to my people back home on my behalf' Nilkanth said, 'I wish to travel alone at the moment, but please come when I call upon you.' Hanumanji said farewell and Nilkanth resumed his meditation.

Always perform your duty efficiently and without attachment to the results, because by doing work without attachment one attains the Supreme. (Bhagwad Gita 3.19)

The hardest means to attain salvation is to meditate on Bhagwan's form at all times. (Vachnamrut G.P.1)

Difference between Vertue and Vanity

Sacred Vow of a Sadhu

A Sadhu had taken a vow to always speak the truth. He was meditating beneath a tree near a crossroad. A man ran towards the sadhu and pleaded 'Please help me. Someone has falsely accused me of stealing and they will chop off my hands if they catch me.' The sadhu closed his eyes and saw that the man was innocent.

The man begged the sadhu not to tell anyone where he was hiding and climbed up on the tree. A crowd of angry people approached the sadhu and asked him if he had seen a man running in his direction.

The sadhu wanted to protect the man but he had taken a vow to always speak the truth, and he pointed up towards the tree. The crowd dragged the man down from the tree and chopped off his hands.

When the sadhu died, he was condemned by Dharamraja for not saving the man who had his hands cut off. 'I had taken a vow to tell the truth,' the sadhu protested.

'That was not a virtuous thing to do,' Dharamraja said, 'you wanted to have the vain image of yourself, thinking that you were a virtuous person.' Dharamraja did not allow him to enter into heaven as a result.

Our false idea of virtue is sometimes nothing but vanity. We wish to gain respect, or to be self-righteous about how 'virtuous' we are so we may feel superior to others. If the sadhu had told a lie and saved the man, he would have followed Dharma and done the right thing at that moment.

You must be the change you want to see in the world.
Mahatma Gandhi



e-Notice Board

www.swaminarayanwales.org.uk

Bhuj Yagna festival

Maniyaro Raas

Cardiff Yuvak Mandal is going to present the Maniyaro Raas at Bhuj Festival. Can everyone who is taking part in this attend the regular practices in the Cardiff Temple.

Maniyaaro Raas coordinators are: Bharat Bhanderi (07813112752),
Jagdish Gorasia (07967451573) and Kanti Halai (07742792430)



Official Bhuj Festival T – Shirts - Various sizes (Price £3.00)

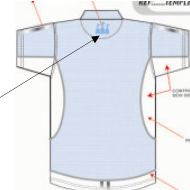
Have been designed and many orders have been placed. Contact Maheer Hirani for orders.



Front Logo



Back Logo



Yuvak Mandal

Satsang Sabha every Friday (7:15 – 8:30) in temple

Yuvak Mandal welcomes every one, specially the youth, on these special Sabhas where one of the satsang groups give a presentation on various topics of interest. This is a good way to learn about our culture and interact with others in the community.

Bal Mandal

Bal Mandal classes every Saturday (6:15 – 6:45) in temple

Bal Mandal welcomes the young children for Bal Mandal classes every Saturday evenings. The children learn about our culture through fun and games.

Seva – every Saturday from 8:30am

General cleaning and maintenance of the Temple carried out by Satsangis. Your help is needed so please come along and give your support.

Festivals and Holy days - February 2010: Special prayer sabha at temple



Maha ShivaRatri – Friday 12th February 2010

Shiva devotees observe strict fast on Maha Shivaratri, with many people having only fruits and milk and some not even consuming a drop of water.



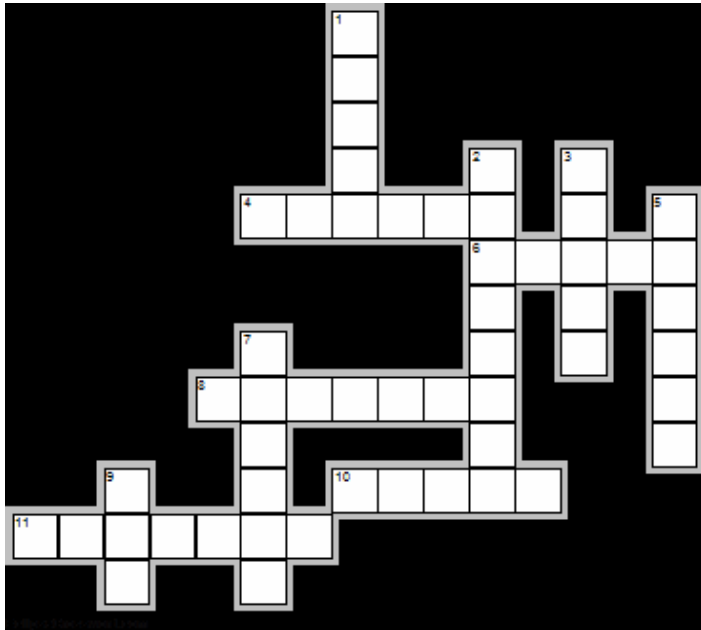
Holi – Sunday - 28th February 2010

Maharaj used to celebrated Holi very colourfully with santos and devotees. Holi is celebration of good over evil. Bhagwan saves Prahlad from fire when Holika holds him and tries to burn him. Bonfires are lit during Holi, and food offerings are roasted. Holi is very exuberant festival, with dancing, singing, and throwing of paint



Ekadashi

Vijya Ekadashi Fast - 9th February 2010
Amalaki Ekadashi Fast - 25th February 2010

Crossword January 2010 (Answers in issue 2 MARCH 2010)**Across**

4. Name of Ghanshyam's mother.
 6. Divine deeds of Bhagwan
 8. Number of Sanskars in Hinduism
 10. A holy man
 11. He helped to get Ghanshyam back when he was kidnapped

Down

1. Krishna's friend
 2. Name of Ghanshyam Maharaj when he did van vicharan (wandering in jungle)
 3. One of the five senses
 5. A place of worship
 7. A type of Bhakti
 9. How many gods are there according to Hindu religion?

Fun quiz – Answers at the bottom of the page

- Who is our Ishtadev (for Udhav Samparaday) ?
- Who was the founder of the Udhav Samparaday?
- At what age did Nilkanth Varni leave home?
- How many cheens (symbols) are there on Maharaj's right foot?
- Who is standing besides nar bhagwan in the mandir's sinhasan?
- What was the name of Icharamji's mother?
- How many aartis are there in our sampraday?
- Who were the parents of Narnarayan Dev?
- Who wrote Bhaktchitamani?
- Where did Ramanand Swami first meet Nilkanth Varni?

Courtesy of S.K.S. SWAMINARAYAN TEMPLE (LONDON) – BAL YUVAK MANDAL



- The word 'listen' contains the same letters as the word 'silent'.
- 'Hippopotomonstrosesquippedaliophobia' is the fear of long words.
- Didaskaleinophobia is the fear of going to school. (Many children have this!)
- It is impossible to lick your elbow. (Shreeji Maharaj could do it).

General Knowledge – Answers at the bottom of the page

- What is the only food that never spoils (or go bad)?
- What shaped container would hold maximum volume?
- In which country was the number system with zero invented?
- Which is the largest English speaking nation in the world?

Please send us any interesting facts, stories, jokes, feedback for our next issue of e-Letter.

Fun quiz Answers

1. Shree Swaminarayan Bhagwan **2.** Ramanand Swami **3.** 11 yrs 3 months 1 day
4. Nine **5.** Udhavji **6.** Bhakti mata **7.** Five **8.** Dharmadev and Murtidevi **9.** Nishkulanand Swami **10.** Piplana

General Knowledge – Answers

1. Honey **2.** Hexagon **3.** India **4.** India

Yuvak Mandal & Bal Mandal SHREE SWAMINARAYAN TEMPLE CARDIFF



Jay Swaminarayan



With the blessing of Ghanshyam Maharaj, Acharya Maharaj, Santos and Satsangis the Yuvak mandal is making great progress.

The aim of both the Yuvak Mandal YM and Bal Mandal BM is to provide an opportunity to the younger generation to learn, practice and evolve in religious spirituality.

Our primary outlet for providing this is during the sabhas and Bal Mandal classes which are held on a weekly basis. Along with the sabhas the YM also holds various other activities ie. Musical classes, Gujarati classes, Lazium & Band practices, Mandir Seva etc.

The diagram illustrates the hierarchical and structural organisation which has been brought to the YM. The YM committee overlooks all the YM activities along with their own individual tasks.

In order to capitalise on individual specialist capabilities, the structure has also enabled these talented individuals to serve the Mandir more effectively.

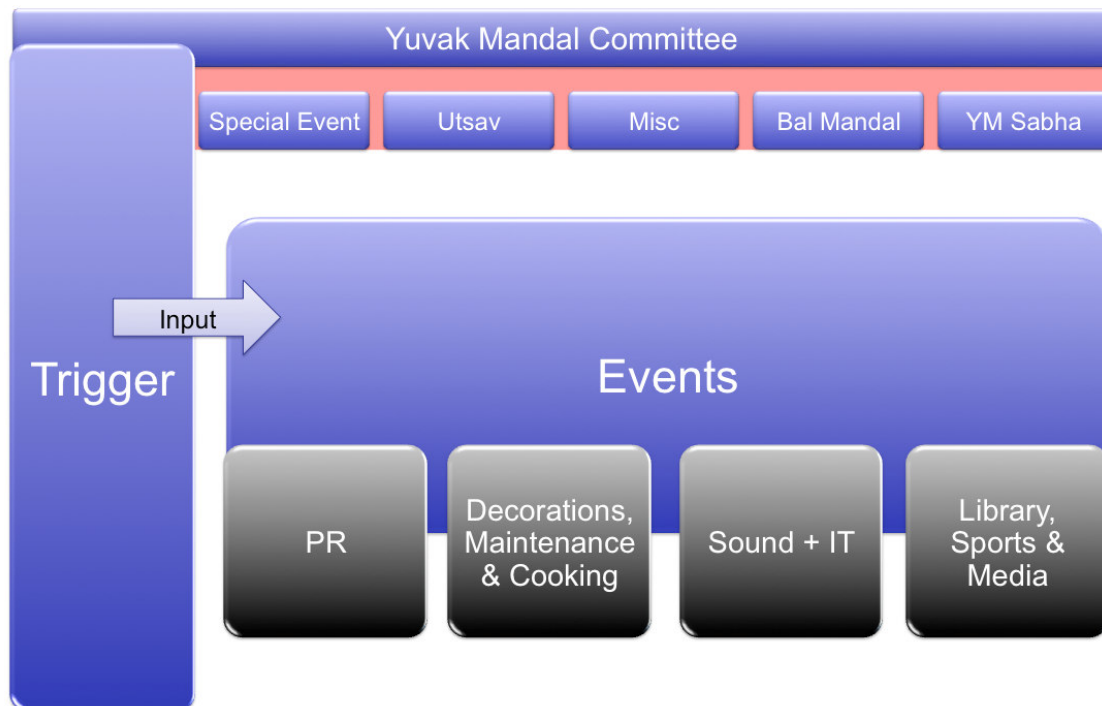
The process within the diagram starts when the YM committee instruct the events management team to carry out an event, this can be in the form of an Utsav, special event internally or externally and all miscellaneous tasks.

The events management team would then assess the requirements of the event by envisaging the whole event in the form of a project plan.

The events team would task the respective team below them as per their requirements and ensure that the tasks are completed to a high standard within the timeframe allocated.

Along with this the YM committee has set individual goals both long term and short term which are assessed every 3 months in their team review.

We believe that this new system will bring a new level of professionalism to our approach which in



Yuvak Mandal teams

Events Management	Public Relations	Decoration, Maintenance and Cooking	Sound & IT	Library, Sports & Media	Bal Mandal
Dipak Hirani (TL) Anil Hirani (aTL) Karsan Vaghani Kishan Varsani Nanji Vaghani Jagdish Gorasia Manish Harji Hiralal Hirani Kastur Vaghani Meeta Bhudia Meena Hirani Shobna Vaghani Neha Ladhani Laxmi Halai	Sanjay Hirani (TL) Dhanesh Vaghani (aTL) Rakesh Hirani Luckesh Hirani Kavil Bhudia Bala Halai Hasmita Halai Sonal Gami	Dinesh Hirani (TL) Rutesh Mepani (aTL) Premila Vaghani (aTL) Bharat Bhanderi Rajesh Patel Jayesh Kerai Jagdish Vaghani Nanita Kerai Heena Hirani Rajshree Hirani Kevin Mehta Sarvan Kerai Jay Bhuva Mahesh Hirani Bindu Varsani Minal Bhoja Dhanu Hirani Manisha Hirani Roshni Hirani Tanuja Gami Pholita Gami Bhavina Gami Shriti Halai Roopa Halai	Maheer Hirani (TL) Kanti Halai (aTL) Nilesh Hirani Rakesh Hirani Vishnu Varsani Amish Hirani	Vijay Halai (TL) Prakash Dabasia (aTL) Khushal Hirani Kumar Hirani Liza Hirani Dhiraj Hirani Tejan Vaghani Khushal Hirani (young) Ramesh Gorasia Sham Bhuva Suraj Vaghani Vishal Siyani	Ravji Patel (TL) Bala Halai (aTL) 8-14 - Harshida Vekaria 8-14 - Shobhna Vaghani 4-7 - Liza Hirani 4-7 - Seeta Hirani 4-7 - Kalpna Hirani
					e-Letter
					Ravji Patel (TL) Bala Halai Hasmita Halai Sonal Gami Mitesh Gami Ghanshyam Halai Chandan Bhudia Bhavneeta Patel Palvi Rupalia Praveena Ladhani Kiran Kerai Serena Kerai



Yuvak Mandal teams

Pruthvi (Earth)	Tej (Light)	Jal (Water)	Vaayu (Wind)	Aakash (Space)
Pradyuman Halai Anil Hirani	Ravji Patel Kishan Varsani Bala Halai Neha Ladhani	Mansukh Halai Prakash Halai Savita Dabasia Trushna Kerai	Mitesh Gami Dipak Hirani Laxmi Halai Rishma Kerai	Nanji Vaghani Dinesh Hirani Hasmita Halai Sonal Gami

Some of the activities of Yuvak mandal are:

- **Gaining knowledge about our culture and religion through fun activities**
Sabha, presentations, research, decorations etc.
- **Learn essential life skills**
Research, presenting to audience, management, organising and other life skills
- **Bal Mandal**
Combining learning with fun and essential development skills
- **YM Sabha**
The sabha teams research topics and give an interactive, informative and fun presentations
- **Utsav and Special Events**
The Yuvak Mandal members participate fully to organise and take part in these events
- **Library, Media and Sports**
These are ongoing services provided by enthusiastic members
- **Decoration, Maintenance and Cooking**
The important and necessary tasks of decoration on Utsavs/special events, maintaining the temple and cooking for different occasions.
- **Public Relations (PR)**
Manage communications between temple and the community. Increasing awareness of temple and external activities via exposure to other communities and organisations. Manage news and feedbacks.

Key: TL – Team Leader aTL – Assistant Team Leader