



JAIN

SOCIETY OF METROPOLITAN WASHINGTON

A NON-PROFIT TAX-EXEMPT RELIGIOUS ORGANIZATION, ID # 54-1139623

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NO7-2

May, 2007

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President's Message

Jai Jinendra. The success of our day to day program is really the success of all the coordinators, members of the various committees, numerous volunteers, and talented youngsters. Without their earnest efforts and dedication, running day to day activities would not be smooth and efficient. Many of them sacrifice quality time with their families in dedication to insure that all members receive timely and quality service that they have come to expect from the Center. Mahavir Jayanti celebration program is a true testimonial to everyone's support and cooperation.

Over sixty Jain volunteer leaders from Washington-Baltimore Metro area and Mid Atlantic region took part in an all day Leadership and Management Training on April 7th. I am happy to report and reassure you all that we have enormous amount of talent and enthusiasm among our members. All attendees have decided to work on one of the six following projects. (1) Youth Ambassador Program where youth will teach non Jain youths about Jainism; (2) National Jain Library development and collaboration project; (3) Jain Community needs assessment survey; (4) Use of Advance communication tools and technology at our center; (5) Jain Senior Citizen Service program; and of course, the most popular (6) Building Jain Center Project. Please stand by to hear details of each project in the future newsletters and e-mails.

By God's grace, from a small gathering of Jains meeting regularly in late seventies, our Jain Center and Jain community have grown to be an important landmark in metropolitan Washington. All of us are proud to see our children participate and perform; now several among us are even prouder to see their grand children on the same stage. Such success speaks volumes for the dedication, hard work and generosity of our volunteers and donors. On behalf of the Executive Committee (EC), I want to thank you all.

Dr. Sushil Jain

Board of Trustee's Report

Our temple planning committee met several times this year and are looking at various designs for the temple prepared by Sompura. We wish to build an authentic Jain temple in Washington, DC, and hope to present the preliminary plans soon to all members.

Dr. Atul Shah, Chairman

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UPCOMING EVENTS

Kamala Mehta

June 15th and 16th

Pravachan by the well-known Jain scholar Kamalaji Mehta will be held as follows:

Friday, June 15 8:30 p.m. – 10:00 p.m.

Saturday, June 16 10:30 a.m. – 12:00 noon

Kshullikaji Shubhmati Mataji

June 19th thru 27th

Jain Society of Metro Washington is honored to host Pujya Kshullikaji Shubhmati Mataji from June 19, 2007 to June 27, 2007. Shubhmati Mataji is a disciple of Tapasvi Samrat Acharya Shri 108 Sanmati Sagarji Maharaaj. She has studied various Jain Agams viz: Chhaha Dhala, Ratankarand Shrivakachar, Dravya Sangraha, Tatvartha Sutra, Samayasaar, Sarvartha Siddhi, etc. and several other Jain and Hindu religious books.

We had the honor of hosting her last year in November 2006. Mataji will be staying at the Jain Center, where her Pravachans and other events will be held. The Community is also planning to offer her Aahaar at the Jain Center. For further information or to participate in offering Aahaar, please contact *Drs. Pawan or Nisha Jain at 301-309-209 / 240-441-1145, or Dr. Ravi Kasliwal at 301-963-684 / 758-1014.*

During Mataji's visit, a **Shanti Vidhan Pooja** will be held on Sunday June 24, 2007 from 8:00 a.m. to 11:00 a.m. at the temple.

Youth Camp with Shrutpragya Swamiji

June 28th thru July 1st

A camp for youths between the ages of 12 and 18 with Shrutpragya Swamiji will be held at the Jain Center from June 28th thru July 1st. Swamiji is one of the most articulate and charismatic young spiritual leaders of the new generation. His teachings integrate ancient scriptures and modern science which validate our day to day experience and knowledge.

Topics will include:

- ☞ Mind power development through Yoga
- ☞ Healthy life style through food awareness
- ☞ Habit management through self discipline
- ☞ Personality development through mind, body and spiritual practices.

The focus of the camp will be on both theory and practice for a balanced and healthy lifestyle for growing children through teenage years. The fee of \$125 includes all activities, handouts, accommodations, and healthy vegetarian meals. Registration form is enclosed (See page 11). For further information and registration, please contact *Arti Choxi at 301-774-417, email: a-choxi@yahoo.com, or, Niyati Jhaveri at 410-313-9188, Ni19pa@yahoo.com.*

JAINA Convention

July 5th thru 8th

The 14th Biennial JAINA Convention will be held at the New Jersey Conference and Expo Center in Edison, NJ from Thursday, July 5 to Sunday, July 8, 2007. The theme for the 2007 Convention is "Peace Through Dialogue". The convention will have well-known speakers like Gurudev Chitrabhanu, Acharya Chandanaji, Sri Sri Ravishankar, Rakeshbhai Jhaveri, Kumarpal Desai, etc. and will also feature a model of Ashtapad Maha Teerth. This is the first convention that will be organized by JAINA with the help from many Jain Centers. Our Jain Center is involved with Scholar invitations. Please show your support by participating in the convention. Registration is available at www.jaina.org.

Acharya Shree Chandanaji

July 14th and 15th

H.H. Acharya Shree Chandanaji will be visiting us from July 14th and 15th along with Shubhamji and other Sadhvijis. Acharya Chandanaji is well known for her humanitarian activities at Veeraytan Ashram in India. Acharya Chandanaji and other Sadhvijis have blessed us a number of times with their discourses including gracing our Paryushan Parva celebration in 1993.

The program will be as follows:

Saturday, July 14..... 2:30 p.m. – 5:00 p.m.
 Sunday, July 15 2:30 p.m. – 5:00 p.m.

**Dr. Ujjwalaben and
 Pandit Dineshbhai
 August 10th thru 19th**

*W*e are pleased to announce that Dr. Ujjwalaben and Dineshbhai Shah will be at the Jain Center for ten days from August 10th to 19th. The daily program will be:

7:45 a.m. Pooja
 10.00 a.m. – 12.00 Noon Pravachan
 3.00 p.m. – 5.00 p.m. Pravachan
 8.15 p.m. – 9.45 p.m. Pravachan

Ujjwalaben will continue with the second chapter of Tatvarth Sutra and Chhaha Dhala where she left off last year. Pandit Dineshbhai will continue with Gunasthan Vivechan with the 4th Gunasthan. He will also continue with Jain Siddhant Praveshika as he has done over the last three years.

**Panch Teerth Yatra
 Labor Day Weekend, 2007**

*T*his year, we will visit for the first time, the Jain temple in Detroit and Hindu-Jain temples in Pittsburg, Cleveland, Toledo (Ohio), and, time permitting, Ann Arbor (Michigan). We will leave at 7 AM on Saturday, September 1, and will return at about 8 PM on labor day, Monday, Sept 3. The trip will be open to members and their families. Charges for this three-day trip will be only \$150.00 each for the first 2 persons of a member family and \$100.00 each for additional persons of that member family living with them in the same household. In addition, the members will be responsible for paying for the hotel room for two nights (The group rate charges are expected to be about \$70 per room per night. We will try to group two or more singles to share the same room). Children below 12 will not be allowed unless accompanied by an adult.

We have reserved a 50-seater luxury bus for the trip. Reservation for seats in the bus will be made on a first come first served basis on receipt of a non-refundable check for the trip. After receiving checks for the first 50 persons, a waiting list will be prepared for any additional persons wanting to join the trip. Any cancellations will be filled by the persons on the waiting list only, and the charges will be refunded. If there is no person on the waiting list, then only, persons cancelling their trip will be allowed to find their replacement. If they can not find any replacement, the charges paid by them for the trip will NOT be refunded, but will be treated as donation to Jain Society. To reserve your seat, please hand-deliver or mail your check along with the enclosed form to Manoj/Kanta Dharamsi at 11820 Triple Crown Road, Reston, VA, 20191-3014. For additional details, please contact them by sending e-mail to MDharamsi@hotmail.com. Receipt of your form will be acknowledged by an e-mail.

PAST EVENTS

**Mahavir Jayanti Program
 Saturday, March 31st**

*M*ahavir Jayanti was celebrated on Saturday, March 31st with a stage program followed by delicious Swami Vatsalya Bhojan. The stage program included prayer songs, prayer dances, Jain Stutis performed by our youngsters; and two skits one in English by youngsters, and one in Gujarati performed by adults. The highlight of the program was the Jain Jeopardy. Though the participants were from the Sunday School, the audience was more enthusiastic to answer the jeopardy questions. We were honored to have Munishree Lokprakash Lokeshji and JAINA past president Dr. Sulekh Jain with us. Munishree gave an excellent short discourse on Jainism. For the first time, the Aarti and Mangal Divo were recited by the Sunday School youngsters (students of classes A and B). All participants were presented with a trophy sponsored by Manu and Niru Shah. Over 700 people attended the program.

Recognition Awards:

During the Mahavir Jayanti program, **Kashmira Vaywala**, (the Sunday School teacher), **Sonal Sheth**, (the Youth Coordinator) and a husband and wife team: **Nilesh & Manna Shah** (Sunday School Coordinator) were presented with recognition plaques for their outstanding contribution to the Jain Society. Congratulations to Kashmira, Sonal, Nilesh & Manna.

Leadership Conference College Park, Maryland Saturday, April 7th

With nearly 70 attendees and standing room only, this conference/workshop was a grand success. The participants were leaders of local Jain Centers, Presidents, Committee Chairs, and non-Jain partners aspiring to be future leaders. The objectives of this conference were that we as Jains:

- ✚ Understand and be able to articulate a common vision for North American Jains/ Jain Organizations.
- ✚ Learn at least three new skills to lead projects and organizations
- ✚ Gain at least three insights into our leadership and team building skills
- ✚ Generate at least three new ideas on how we can re-engineer ourselves and our organization; and
- ✚ Get to know at least 10 new people from other organizations.

JAINA President, Kirit Daftary, opened the conference with introductory remarks followed by Munishri Lokesh Prakashji who recited the Namokar Mantra prayers. After introductions, Dr. Mike Dinneen spoke on Strategy Development and Challenges. Attendees learned why, when and how to plan for future. Specifically, questions on “what should be included in planning” and “why having a future strategy will be helpful knowing what we know today about JSMW and Jain community at large” were discussed. Thereafter, Yogendra

Jain and Sunit Jain of JAINA Long Range Planning Committee presented JAINA’s Vision 2020. Once the team understood the new Vision 2020, Kirit Daftary shared the new phase that JAINA is entering for an accelerated growth by restructuring of JAINA committees and his team. The Best Practices followed by our local Centers were presented by Ashok Shah, Manu Shah, Suresh Jain, and Ramesh Gupta (on Ekal Vidyalaya). Following this, Sushil Jain gave a very inspiring and invigorating talk on Leadership and Managing Change as well as how the attendees can use their skills to serve our communities in an effective manner.

In the afternoon, Mr. Tom Wolfe talked about the art of fund raising. Ramesh Gupta led discussion on multiple tools for making meeting and project implementation more effective. The participants also were asked by Yogendra Jain if someone asked them about Jainism, what would they say? Then he shared an introduction to Jainism video on You Tube (search for Non-Violence) called the Essence of Jainism (Elevator Speech). With everyone ready to embrace the new Vision 2020 and understanding the need for future directions, the participants identified six critical projects with each project only 100 hours long with a target completion date of April 2008. The attendees embraced and agreed to undertake the following six projects:

- ☞ Youth Ambassador Program – Share/represent Jainism to/among non-Jain youth in an interfaith setting
- ☞ JSMW Temple project
- ☞ Senior Citizen Program at Jain Center
- ☞ Jain Community (Metro DC) Needs Assessment
- ☞ National Jain Library Interface Program
- ☞ Utilization of Technology in day-to-day operations

Our key note speaker, Under Secretary of Public Affairs for Veterans Administration, Ms. Cynthia Church gave a dinner speech on the Art of Mass Communication and Needs and Benefit of Public Relations Program.

This was the second JAINA regional leadership conference of its kind. The attendees were enthusiastic and eager to share their views. The audience was highly supportive and encouraging. It was very gratifying to see a lot of our young adults (our future leaders) in the audience. The participants were asked for feedback from this conference. Based on the feedback, the JAINA team will further fine tune the agenda and logistics for future conferences. The entire conference was praised by all as a grand success; thanks to the efforts of the organizing team.

ONGOING ACTIVITIES

Following are the details of the ongoing programs at the Jain Center:

- ✚ Sunday School Pathshala 2nd and 4th Sunday of each month - 10:30 a.m. to 12:00 noon followed by Lunch. POC: Nilesch Shah (Classes will start in Sept)
- ✚ Adult religious classes in parallel with Sunday School starting in September
- ✚ Adult Adhyatmik studies each Sunday - 8:00 a.m. to 10:00 a.m.
- ✚ Abhishek each Sunday at 9:00 am
- ✚ Monthly Snatra Pooja (Sundays) - 10:30 a.m. followed by lunch
- ✚ Dev Shasta Guru Pooja on 1st Sunday of each month - 10:00 a.m. to 11:00 a.m. followed by lunch
- ✚ Monthly Executive Committee meeting 2nd Sunday of each Month - 1:30 p.m. POC: Jatin Shah

Poojas

The Pooja Committee has been very busy performing various Poojas (Vastuk Pooja, Panch Kalyanak Pooja and Antaray Karma Pooja) at the residence of our members and also at the Jain Center. We want to thank the members of Pooja Committee for performing every Pooja with full dedication in a highly professional manner, and for their personal sacrifice to take spirituality to individual homes. If you wish to sponsor any Pooja, please contact Jyoti Doshi at 301-670-6844.

In addition to the above, a Snatra Pooja is performed once a month at the Jain Center. The Pooja preparation starts at 10.00 a.m. followed by the Pooja at 10.30 a.m. The Swami Vatsalya Lunch is served after the Pooja. If you and/or your family members plan to attend the Pooja and/or sponsor Swami Vatsalya lunch, please contact:

Pallavi or Ashok Shah: 301-260-1264

e-mail: paril33@hotmail.com, OR

Manna or Nilesch Shah: 301-549-2776

e-mail: nilesch_shah99@yahoo.com

Tentative Dates for upcoming Poojas

May 20, 2007 Adhik Jeth Sud 4

June 17, 2007 Nij Jeth Sud 3

Children's Snatra Pooja in English

July 15 2007 Ashadh Sud 1

Web Committee Report

The web committee is pleased to inform you that around 200 members visited our website, www.Jainsocietydc.org to register their families and guests for the Mahavir Jayanti program.

Some of the quarterly accomplishments include:

- ❖ Rich new looks for the website
- ❖ Lord Mahavir's icons for the website (see it on the Address Bar / Favorites)
- ❖ Added more Multimedia content
- ❖ Regular updates on the site/events

Following are the projects completed and on the staging area:

- ✓ Robust events calendar
- ✓ Library
- ✓ Site Management

Following Projects are being worked on and/or are in the planning stage:

- ❖ Online live Darshan
- ❖ Online Audio/Video
- ❖ Lectures/Programs/Bulletin Boards, etc.

Web Committee welcomes your comments, suggestions and support to make additional improvements.

Health Awareness

DIABETES

Diabetes is a rapidly growing health problem among Indians. It is not a disease, but a life long medical condition. However, with proper treatment, one can lead a healthy life. Diabetes is caused when the body does not produce or properly use insulin. Insulin is a hormone that is needed to convert sugar, starches and other food into energy needed for daily life.

Often diabetes goes undiagnosed because many of its symptoms seem so harmless. Next time you visit medical professional, please check with them.

Different types of Diabetes categories by the intensity of the condition:

Pre-Diabetes:

Pre-diabetes is a condition that occurs when a person's blood glucose levels are higher than normal but not high enough for a diagnosis of type 2 diabetes.

Type 1

Type 1 diabetes is caused by an autoimmune disorder. Here the body's immune system mistakes beta cells which produce insulin for invaders and attacks them. Symptoms of diabetes appear when enough beta cells are destroyed. Thus, the body fails to produce insulin. This is prevalent among children and young adults. Treating type 1 diabetes requires pumped or injected insulin.

Type 2:

Here the body produces insulin, but fails to properly use it (insulin resistance). This is either because the cells do not respond properly to the insulin or have not met the body's need for insulin. Insulin is usually present, but it does not work as well as it should. Usually a person would be a pre-diabetes before being diagnosed as type 2. Treating type 2 diabetes

and preventing dangerous complications can be as simple as following a healthy meal plan and exercise program, losing excessive weight, and taking oral medications.

Typical warning signs and symptoms:

- Unexpected weight loss
- Excessive thirst
- Frequent urination
- Increased appetite
- Extreme fatigue
- Irritability
- Blurry vision

If you have one or more of the above symptoms, make an appointment with your physician to find out if you have diabetes.

Health problems that can put a person at a higher risk for diabetes and heart diseases are:

- Being overweight
- Unhealthy cholesterol
- Smoking
- Psychiatric disorders (e.g., depression)
- High blood glucose
- High blood pressure
- Physical inactivity
- Family history of diabetic complications

Complications from Diabetes:

- Heart Disease
- Blindness (Retinopathy)
- Nerve Damage (Neuropathy)
- Kidney Damage (Nephropathy)
- Feet Damage: Diabetes damages the nerve endings and blood vessels in the feet, thus making it less likely to feel the injury. It is utmost important to prevent injury to the feet. Keep your feet healthy by:
 - ✚ Checking shoes for any loose objects or rough edges before putting them on
 - ✚ Looking at foot care as part of daily routine
 - ✚ Don't use home remedies to treat foot problems
 - ✚ Get early treatment for any foot problem, even a minor one

- It also interferes with body's ability to fight infection

How to prevent or delay diabetes:

You can do the following to delay or prevent diabetes:

- ❖ For the onset of dangerous type 1 diabetes complications, make it a priority to take good care of your body including eye care, foot care and skin care as well as heart health and oral health.
- ❖ Before Pre-diabetes lead to type 2 diabetes, it can be prevented by making changes in diet and increasing level of physical activity.

Along with exercise and medications (insulin or oral diabetes pills), nutrition is important for good diabetes control. By eating well-balanced meals in the correct amounts, you can keep your blood glucose level as close to normal (non-diabetes level) as possible.

For the diabetic, it's the key to what matters most: glucose control. Spousal support in this area is very important. The overall eating plan is the low-fat, low-carb, healthy way we should all be eating anyway. Ultimately, diabetic is no different from any other challenge you have faced.

Source: American Diabetes Association & Kaiser Permanente website



An Eye Opener

Ingredient Labeling

What's in the Food?

Being vegetarian, it is imperative that we read the food labels, especially the ingredients listed on the food label before we purchase the item. There are so many ingredients listed that we are not familiar. However, it is time to educate ourselves and start reading the labels of foods we buy for

ourselves and our family. We need to familiarize with some of the ingredients listed below which can be either vegetarian or non vegetarian:

- Amylase
- Beeswax (white & Yellow)
- Bone Phosphate
- Carotene
- Cheese – not an ingredient
- Cochineal/Carmine/Carminic acid
- Collagen, elastin, keratin
- Disodium Inosinate
- Gelatine
- Glyceridesdisodium inosinate
- Glycerin/Glycerol
- Isinglass
- Lanolin
- Lard
- L-Cysteine
- Lecithin
- Natural flavors
- Oleic Acid
- Pepsin
- Shellac
- Stearic acid
- Stearic Acid
- Suet
- Tallow

If an ingredient is vegetarian, some companies have started identifying as vegetarian in parenthesis followed by the ingredient name. Unfortunately, all companies do not follow this practice. Next newsletter will provide you detailed explanation and process of most of the above listed ingredients.

Youth Corner

Youth Discussion Group

Tuesday, June 12th

Youths and young adults around DC area meet once a month to discuss various Jain related issues. The topics range in scope, and include discussions on Jainism, lives of Thirthankars, college life, nature of the universe, etc. The discussion normally takes place at various youth members' homes.

Following are the details regarding the next meeting:

WHEN	June 12, 2007 – 7:30 – 9:30 p.m.
WHERE	Raju & Monica Shah's residence Downtown Silver Spring
TOPIC	How this generation will lead Jainism Into The Future

Please call Raju or Monica for further information and also if you plan to attend.

Raju: 443-996-3778 (cell), OR

Monica: 443-306-9955 (cell)

To get notified of the next discussion group meeting, please contact the series organizers: Sonal Sheth and Sheetal Haria at sheetz1@gmail.com.

Special Announcement

Everyone, including children is encouraged to submit materials for publication. Please submit your material typed in word via e-mail: shah_niru@hotmail.com. The topic to be covered in the next issue will be Paryushan Parva. The editor reserves the right to edit materials submitted. Articles for August issue are due by July 10, 2007.

Kids' Korner

Summer is fast approaching. Soon all of you will be on vacation. After a week or two at home and nothing to do, you will be get bored. That is the time to explore new venues. I encourage you to trace your family's history by working on your family tree. Learning more about your family history can help you to understand and get closer to your family. It can also help you to understand the importance of history and the vital role your forefathers played. So, have some fun by tracing your family history and begin by communicating with your parents, grandparents, other relatives and friends. Talk or write to your family

members, particularly the older ones, and ask them about your ancestors so that you can take your family tree as far back as possible.

To help you get started, a family tree form (see insert) is provided in this issue. Also, you can purchase off the self software for Family Tree.

Solution to last Newsletter's Puzzle:

ADINATH PARSHWANATH
ABHINANAN SHANTINATH
PADMAPRABHA KUNTHUNATH
MALLINATH VIMALNATH
NEMINATH MUNISUVRAT
T I R T H A N K A R

Story Time

KING HANS

In the city of Rajpur, there was a king named Hans. He was a fair and just king. He was known for his devotion to truth and nonviolence. Also, away from Rajpur, on the top of mount Ratnashringa, there stood a beautiful temple that was dedicated to the first Tirthankar, Rishabhdev. During the month of Chaitra, on full moon day, people came from far away places to visit and worship in the temple. Once, the king decided to visit the temple. He gave control of his kingdom temporarily to his council of ministers and left with the members of the royal household on this spiritual mission.

A few days after King Hans had departed, another king called Arjun attacked King Hans's city. In spite of strong fight, King Hans's army was defeated and many of the generals lost their lives on the battlefield. King Arjun gained the control of the palace and the treasury. Arjun sat on the throne and enforced his authority over the entire kingdom.

King Hans heard the story of this defeat on the way to the temple. The king's courtiers were very upset and advised him that he should return to the city. The king said, "I have given up the control of kingdom and we are on spiritual mission and that is what we should be thinking about. So let us keep going to temple." The

king's courtiers were unhappy about the king's decision and worried about the safety of their families at home. One by one they all dropped out and now only one umbrella-bearer was left with the king.

On the way to the temple the king got lost in the forest. Now he was concerned about their own safety, so he took off his royal dress and jewelry and gave them to his servant. While walking through the forest, this servant too got separated from the king.

As the king walked further, all of a sudden a deer ran in front of him and disappeared. Right after that, a hunter came running with a bow in his hand and asked the king if he had seen the deer. The king knew if he told the truth, the deer would get killed. So he decided not to answer to his question and kept on telling round and round. So he said that he came from Rajpur. The hunter asked him again about the deer and he answered that he was the king. The hunter was very upset with his answers and left with anger.

By now the king was tired, and rested under a tree. He heard the discussion going on in the bush about robbing the monks who would pass through this way in next two days. The king got concerned about the safety of the monks. While he was thinking what he can do, some policemen approached him and asked if he saw any suspicious people looking like robbers. They said, "These people are very dangerous and we have heard that they harm the holy people. We have been sent to capture or even shoot them if necessary but protect the holy people."

The king was once again in dilemma whether to tell the truth. He was concerned that if he told about those people then they would be harmed and if not monks would be harmed. He thought, "By telling the truth if someone is going to get harmed or killed then telling that truth is not the truth. Truth is supposed to protect and not harm anyone." He said, "My friends, you are asked to guard the monks. Why do you not go and look after those monks and

worry about robbers only if they confront the monks." The policemen felt better and left to join the monks.

Those robbers who were hiding in the bush heard all this. They were amazed by the mercy shown by this stranger. They came out and thanked him for saving their lives, and told him that they were at his service. The king advised them, "My dear friends, give up harassing people and this fugitive life, and become good citizens." The robbers promised that they would not harm the monks anymore and would try to give up their job and left.

As if these were not enough, a group of horsemen came and asked him if he had seen King Hans. The king asked, "What do you want from King Hans?" They explained that they were the trusted men of King Arjun and they had been told to catch King Hans and kill him. King Hans thought for a while and said, "I am King Hans. Carry out your duty as told by your king." After saying that, he closed his eyes and stood in meditation, and started reciting Navkar Mantra.

All at once, a Dev (angel) made his appearance and said, "Oh, king! I am overwhelmed by your truthfulness and compassion. I have captured King Arjun as prisoner and gave control of your kingdom to your ministers. Today is a great day for worship, and the temple is too far from here. There is no way you would reach there in time. My chariot is at your service. Please, oblige me and let me take you there."

The king was overwhelmed by the miraculous turn of the events. In the company of an angel god, he reached the summit of Ratnashringa in time to worship. The angel god then escorted him to his kingdom. He pardoned King Arjun and released his soldiers immediately. The angel appointed four lieutenants to look after the safety of the king and his kingdom. King Hans, once again, ruled the city of Rajpur, and the people were happy for him.

DONATIONS TO JAIN SOCIETY (OVER \$51)

Received as of April 30, 2007

(Does not include donations made by our members to other non-profit organizations)

Life Member:

\$151	Hemen and Bela Gandhi
151	Ashish & Shilpa Jain
151	Nemichand & Hemlata Jain
151	Jay and Rakhi Jariwala
151	Falgun and Rupal Shah
151	Manoj and Shilpa Shah
151	Nimesh Chheda & Vaishali Shah

3-Year Members:

\$51	Neeraj Jain
51	Pankaj and Sarika Jain
51	Mahaveer Prabhu Nabiraj
51	Ajay and Reshma Palvia
51	Bharti I Sanghvi
51	Neelam Shah
51	Pankaj Shah
51	Shashikant & Daxa Shah

Other Donations

\$750	Shefali Dalal – Matching Funds from Verizon for Services Performed	
601	Bhupendra and Seema Shah	\$51 Himmat & Tarlika Desai
501	Manu & Niru Shah	51 Raju & Rupal Desai
251	Bindu & Himanshu Bhavasar	51 Nisheet & Khyati Mehta
250	Bakula J. Bhavsar	51 Sakarben Savla
151	Apurva P. Varia	51 Bhavik & Shrutee Shah
101	Hemant H. Maru	51 Mahendra N. Shah
100	Anonymous	51 Fatehchand & Meera Shah
100	Hemen and Bela Gandhi	51 Saroj J Shah
		51 Arvind & Reeta Vira

Gheeboli

\$125 Allap Shah

Swami Vatsalya Bhojan

\$501	Kamlesh & Aruna Parekh	\$201	Premji & Kokila Gada
500	Rajni & Sarla Gosalia	201	Bhavi & Anju Vora
500	Bhawanji & Kala Jain	101	Atul & Shilpa Bakliwal
500	Kaushal and Mankunwar Jain	101	Pratixa M Khona
500	Niren & Jaya Nagda	101	Jayvanti N. Shah
500	Talak & Ranjana Shah	51	Arvind M Shah
250	Rita Jain		

In memory of Father Rajnibhai Shah

\$251 Kamlesh & Aarti Shah



Application for Bright Spiritual Life Style Camp for Teenagers

(For Youth between 12 and 18 years of age) Dates: June 28 - July 1, 2007

PERSONAL INFORMATION (Please write neatly.)

Name of applicant

Permanent Home Address:

Telephone: (Home) _____ (Cell) _____

E-mail (applicant) _____

Birth date ____/____/____ Grade _____ Gender: Female ____ Male ____

Father's Name: _____ Emergency\Cell Phone: _____

Father's E-mail: _____

Mother' Name: _____ Emergency\Cell Phone: _____

Mother's Email: _____

Health Insurance: _____ (Company Name)

Subscriber's Name: _____

Member ID # : _____ Group ID # _____ EXP. Date _____

My signature certifies that all information in this application is accurate and complete.

(Applicant signature)

Full and Complete Liability Release Disclosure

I _____, as natural parent and/or legal guardian of _____, hereby give my child permission to participate in the First Annual Yoga and Meditation Camp for Teenagers organized by the Peace of Mind Yogic Center Inc., herein after called "POMYC" and "Jain Society of Metropolitan Washington., herein after called "JSMW" at Jain Center - 1021 Briggs Chaney Road, Silver Spring, MD 20906 in Maryland.

Should any medical emergency occur during the time my child is on, or in the camp, by POMYC / JSMW, I hereby give authorization to POMYC / JSMW, and its representatives, to make all necessary decisions regarding any medical treatment. This shall include, but not be limited to, the authority to consent to an operation, if necessary. I agree to pay all medical costs for necessary medical treatment as deemed necessary by POMYC / JSMW, and its representatives. Also, I agree that I shall release, discharge, indemnify and hold harmless to "Jain Center (JSMW)", and "Peace of Mind Yogic Center Inc. (POMYC)", their Directors, Trustees, Officers, Employees and their Agents against all claims, actions, liabilities, damages and expenses including attorney's fees arising out of directly or indirectly related to the Camp, Space, Breach of any Agreement written or otherwise in this matter.

We have read it, We understand and agree to abide by them and help the POMYC /JSMW for a smoother camp.

Name of Father/Mother/Legal Guardian: _____

Signature: _____

This RELEASE may not be changed orally



JAIN

SOCIETY OF METROPOLITAN WASHINGTON

MAILING ADDRESS: P.O. BOX 4548, SILVER SPRING, MD 20914

Web address: www.JainSocietyDC.org

**ADDRESS SERVICE REQUESTED
FORWARDING POSTAGE GUARANTEED**

Upcoming Events for 2007

Sundays @ 8:00 a.m.	Adult Adhyatmik Studies
Sundays @ 9:00 a.m.	Abhishek
Sundays 1 st @ 10:00 a.m.	Dev Shasta Guru Pooja
Sundays Monthly @ 10:30 a.m.	Snatra Pooja
Tuesday, June 12.	Youth Discussion Group Session
Friday, June 15 – Saturday, June 16	Kamala Mehta
Tuesday, June 19 – Wednesday, June 27	Kshullikaji Shubhmata Mataji
Sunday, June 24 @ 8:00 a.m. - 11:00 a.m.	Shanti Vidhan Pooja
Thursday, June 28 – Sunday, July 1	Youth Camp by Shrutpragya Swamiji
Saturday, July 14 – Sunday, July 15	Acharya Shree Chandanaji
Friday, August 10 – Sunday 19	Dr. Ujjwalaben & Pandit Dineshbhai
Saturday, September 1 – Monday, September 3	Panch Teerth Yatra
Saturday, September 8 – Saturday, September 15	Paryushan Parva
Sunday, September 9	Swapna Ceremony
Saturday, September 15	Samvatsari Pratikraman
Sunday, September 16 – Tuesday, September 25	Das Lakshan Parva
Tuesday, October 16 – Saturday, October 20	Tarlaben Doshi
Saturday, November 10	Nav Smaran
Sunday, December 9	Annual General Meeting and Elections

Your Spouse

NAME _____

BORN WHERE: _____ WHEN: _____

DIED WHERE: _____ WHEN: _____

Your Children

NAME _____

BORN WHERE: _____ WHEN: _____

NAME _____

BORN WHERE: _____ WHEN: _____

NAME _____

BORN WHERE: _____ WHEN: _____

NAME _____

BORN WHERE: _____ WHEN: _____

Father's Brothers and Sisters

NAME _____

MARRIED TO: _____

CHILDREN: _____

NAME _____

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CHILDREN: _____

NAME _____

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GREAT GRANDFATHER

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GREAT GRANDMOTHER

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Family

YOUR NAME _____

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Your Brothers and Sisters

NAME

BORN WHERE: WHEN:

NAME

BORN WHERE: WHEN:

NAME

BORN WHERE: WHEN:

NAME

BORN WHERE: WHEN:

Mother's Brothers and Sisters

NAME

MARRIED TO:

CHILDREN

NAME

MARRIED TO:

CHILDREN

NAME

MARRIED TO:

CHILDREN

NAME

MARRIED TO:

CHILDREN



JAIN

SOCIETY OF METROPOLITAN WASHINGTON

PANCH TEERTH YATRA ON SEPTEMBER 1-3, 2007

We, the following persons all living at the same address, would like to join the Panch Teerth Yatra bus trip

Last Name	First Name	M/F	Age of Children/Senior Citizen
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_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Members' Last Name: _____ First Names: _____

Address: _____

Home Phone: _____ Cell Phones: _____

E-Mail in capital letters: _____

Medical Insurance

information: _____

Primary Doctor's Name: _____ Phones: _____

For Emergency, Contact: _____ Phones: _____

Reservations will be made on a **first-come, first-serve** basis on the receipt of a check or cash by Manoj/Kanta Dharamsi. Charges for persons of the same family living at the same address will be \$150 each for the first 2 persons, and \$100 for each additional person living in the same household.

Total Amount paid = \$ _____ By Check # _____ Paid by Cash _____

Date: _____

Signature: _____

Please make your check payable to "Jain Society of Metro Washington" and mail it along with this form to: Manoj/Kanta Dharamsi, 11820 Triple Crown Road, Reston, VA 20191-3014

Please write down your e-mail address clearly to receive confirmation of the receipt of your form and other trip announcements. Please provide your cell phone numbers so that we can keep in touch with you during the trip days.