



# SHRI SURYA NARAYAN MANDIR

## Youth Group Newsletter



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### HAVAN

BY: ADITYA HARDOWAR

#### Who is Agni Deva?

Agni is the Sanskrit word for fire. He is one of the Hindu deities. He is the most important god in the Riga Veda. The Rig Veda is about Vedic Sanskrit mantras and hymns. Agni is the god of fire. Agni deva takes the offerings you give to him to the god or goddess you want him to. This is in the form of Hawan.

#### What does he look like?

In Hindu art, Agni Deva is depicted with seven hands and two faces and three legs. He has fiery tongues which with he licks sacrificial offerings such as ghee. He rides a ram or in a chariot harnessed by fiery horses.

#### So what is Hawan?

Hawan is the process by which anybody gives offerings into the fire with the intent of it reaching god. In turn we are blessed by the gods or goddesses by whom we offered our oblations to.

#### Why should we do Hawan?

1. Invokes blessings and grace of God in our lives
2. Awakens our auspicious energies

3. Cleanses our body and mind
4. Cleanses the atmosphere

#### What items are needed for Havan?

1. Pure Ghee 1/3 Lb.
2. Havan Samagri one packet
3. Camphor few small tablets
4. Cotton wool.
5. Dry, clean, small size fire wood also known as dhoopa.
6. Match Box (es)
7. Napkins
8. Lota with water.
9. Long Spoon for Ghee.
10. Fresh Flowers.
11. Home Made Prasaad
12. Havan Kund
13. One Coconut for ending of hawan.
14. Lota with milk for ending of hawan



Lord Hanuman

#### March Birthdays:

Amanda Rupa 3/2  
Deepak Ram 3/20

#### Bhagavad Gita Quote:

“Death is certain for one who is born and birth is certain for the one who dies. For this inevitable fact you should not grieve.”

~ Chapter 2

#### SSNM Activities

Navaratri Celebration (3/16-3/24 )  
Health/Wellness fair (4/11)  
Day Trip to Washington, DC (5/1)  
Seva Saturday (10 – 11 AM every Saturday)  
Haiti Food Drive (Please bring in non perishable food items so that we can send two barrels of food to Haiti. )

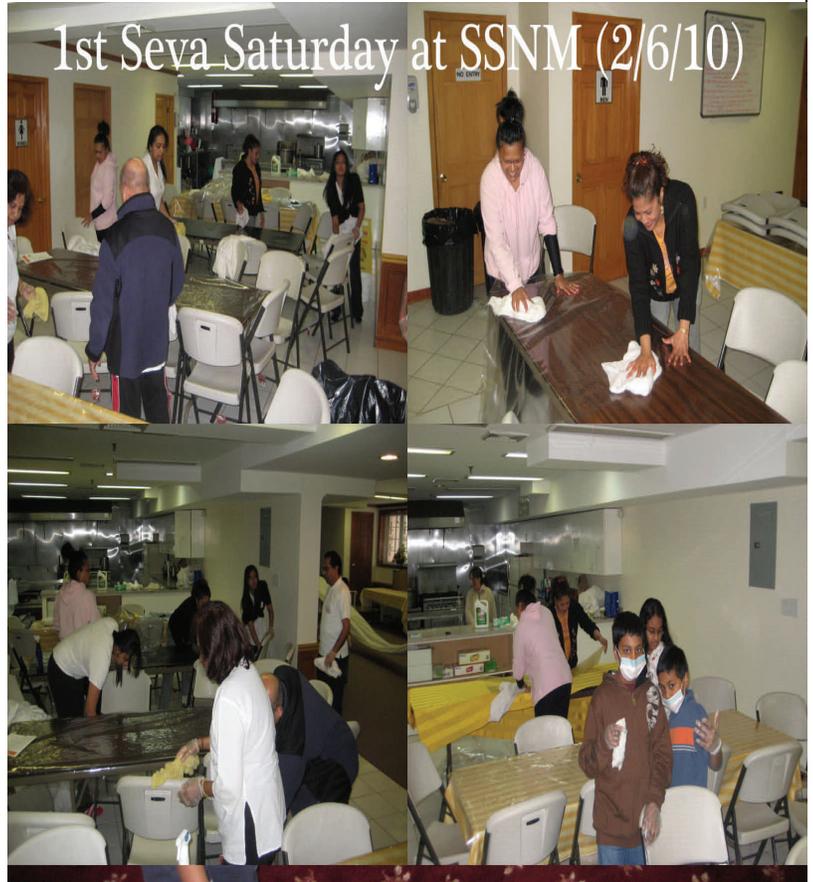
## The Importance of Seva

By, Chaitram Hariprasad

“Seva (Selfless Service without any expectation of result) is the greatest form of purification of past karmas. Our Shastras declare that it is only through selfless action that man can rid himself of the entanglements of prarabdha (results of past actions). “

Some services I do for the Mandir are folding sheets, vacuuming, and setting up and cleaning the altar. It feels good to help the Mandir because I get to stay a bit longer in Mandir with my friends even though we are cleaning! I mostly enjoy setting up the altar. When the altar is clean, I feel nice knowing that I washed and dried the Murtis. I know that God will shower me with blessings for helping to clean up because cleanliness is next to Godliness!

“SSNM is embarking on a new initiative call ‘**SEVA Saturday**’ to keep the Mandir clean, well kept and welcoming. On each Saturday of the month starting at 10 am we will clean the Mandir and the Mandir Yard. All we are asking for is 1-2 hours of your time on one Saturday of each month. If you would like to participate in Seva Saturday please provide your Name, phone number, email address and on which Saturday of the Month (1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> or 4<sup>th</sup>) you would like to perform **Seva** to Rohan Bisram or any executive of the Mandir. “



## Hanuman Jayanti

By, Mohini Devi Doobay

As many of you may know Hanuman Jayanti is coming up. Hanuman Jayanti is a very important day in the Hindu religion. But what is Hanuman Jayanti really? Hanuman Jayanti is celebrated due to the birth of Hanuman ji. It is celebrated during the month of Chaitra (March or April) on the day of full moon. In the states of Tamil Nadu and Kerala, Hanuman Jayanti is celebrated in the month of Margazhi (normally comes between December 16 to January 14). Hanuman ji was born at sunrise. His mother is Anjani Devi, and his Father is Pavan Dev, the Wind God. Many devotees celebrate this auspicious day by visiting temples and offering fruits and Parsadam to Hanuman. Devotees also chant the Hanuman Chalisa. People do not eat meat on this day. Hanuman is the symbol of energy and strength. He can conquer any evil spirit.

We are on the web at:

[www.shrisuryanarayanmandir.org](http://www.shrisuryanarayanmandir.org)