

HINDU CULTURAL CENTER OF NORTH ALABAMA



Welcome

By: Dr. Subir Paul, Chairman

I remain humbled in expressing our heartiest welcome to our devotees and friends as we publish our first online newsletter. Since the inception of Sarvajana Mandir in 1995 we remain committed not only to fulfilling the religious and spiritual needs of the individuals towards realization of one's inner divinity but also to offering selfless services for the wellbeing of the broader community: Atmano Mokshartham Jagat Hitaya cha (Rig Veda).

Friends, without your enormous support we could not reach this far in this long journey. All of you are the Children of Eternal Bliss as proclaimed in Svetsvarara Upanishad (Shrunvanta Vishwe Amritasya Putraaha).

We follow the fundamental concept of Vedas: Ekam Sad Viprah Bahudha Vadanti / Absolute truth is one but sages call it by various names. We promote the principles of Holy Gita. We promote the basic concepts of Holy Upanishads like Tat Tvam Asi / That Art Thou. Ayam Atma Brahman / Each soul is Godly. We adopt the path of devotion or of knowledge or of meditation or of unselfish service or of any combination of the above in our endeavors to reach the goals.

I shall earnestly request all of you to join us in this journey. I firmly believe that if we work together towards broader objectives it will go a long way to bring joy, tranquility and peace for all of us.

May all families be happy, safe and prosperous.

Om Shanti, Shanti, Shanti.

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KIDS, GET READY FOR SUMMER!

Beginning the first week of July we will be starting our kids summer program via Facebook. Each week we will be posting videos ranging from story book telling, kids cooking videos, fun experiments, Bollywood dance moves, and more! Stay tuned for a schedule of videos to come.

NEW TEMPLE HOURS

We are happy to announce our new temple hours as of July 19th:
Monday-Friday: 8am-12pm, 5pm-8pm
Saturday-Sunday: 8am-8pm

TEMPLE GRAND OPENING

Please join us on July 18th for the grand re-opening of the Hindu Cultural Center of North Alabama. We are very excited to open the temple back up to our devotees full time on the auspicious day of Ratha Yatra. Be sure to check out our selection of tasty prasadam! First come, first serve for \$5.00.

Ratha Yatra Sponsorship:

Archana: \$21.00

Havan: \$101.00

Associate Sponsorship: \$101.00

Sponsorship: \$501.00

More details to come, as the day approaches!

UPDATE ON OUTSIDE PUJAS

Priests will be available to join you after July 26th for any in person pujas you would like to host. For more information, please reach out to the temple, hccnasarvajanamandir@gmail.com

COVID RELIEF EFFORTS

Thank you to everyone that contributed towards our fundraiser to help raise money to help fight Covid in India. Thanks to the generosity of our devotees we have raised \$3,200 to date. Hopefully you were able to see our temple on the local news showcasing all of our efforts, if not here's the link!
<https://whnt.com/.../hindu-cultural-center-of-north.../>



VEDANTA IN YOUR DAILY LIFE

Every month we will be featuring a new way to practice Vedanta in our daily lives, this month we share the knowledge of meditation.

Dhyānam, meditation excerpt from Vedanta Sāra by Swami Veditatmananda. *Tatra-advitīya-vastuni vicchidya vicchidya-antar-indriya-vṛtti-pravāho dhyānam.*

Meditation (dhyāna) is the interrupted resting of the mental state on brahman, the one-without-a-second. By nature, the mind does not remain steady upon the focus of concentration and continually gets distracted; the flow of thought for concentration is broken by different kinds of thoughts. What we are aiming to accomplish is a steady flow of thought, so we have to bring the mind back to the object of meditation each time it meanders. When the mind is indeed able to focus in a steady manner for a length of time, it is said to be in dhyānam. Vedanta explains that wherever the mind goes is the self. As you are trying to focus on silence, your mind may get distracted in thinking about someone or something because of rāga and dveṣa. But what is the process of bringing the mind back? The process is to know that whatever else the mind is thinking of is also nothing other than the self. For instance, every ornament is essentially gold. When the mind is distracted, it may forget the gold and focus on the name and form of that particular ornament, but even that name and form ultimately happen to be gold. We think that the mind can be away from the self, but the mind can never be away from the self because there indeed is nothing but the self. This is called dhyānam. Yoga-śāstra defines dhyānam as the ability to meditate for a length of time without a break. When the mind is distracted and there is a break in concentration, attempting to bring the mind back to focus is also dhyānam.

Vision of Upanishads by Swami Veditatmananda

[https://www.youtube.com/watch?](https://www.youtube.com/watch?v=eTjfZOndl6A&list=PLYTbMLJyGboB8_FphrPDeGX_Fb09aXR4i&index=1)

[v=eTjfZOndl6A&list=PLYTbMLJyGboB8_FphrPDeGX_Fb09aXR4i&index=1](https://www.youtube.com/watch?v=eTjfZOndl6A&list=PLYTbMLJyGboB8_FphrPDeGX_Fb09aXR4i&index=1)



A MESSAGE FROM HCCNA

WE ON BEHALF OF THE HINDU CULTURAL CENTER OF NORTH ALABAMA WOULD LIKE TO THANK EVERYONE FOR SUPPORTING OUR TEMPLE AND ALL OF ITS EFFORTS. WE HOPE TO SEE ALL OF OUR DEVOTEES ONCE WE OPEN FULL TIME AGAIN. IF YOU WOULD LIKE TO VOLUNTEER AND SUPPORT HCCNA PLEASE EMAIL US
HCCNASARVAJANAMANDIR@GMAIL.COM