

JAIN DIGEST

SEPT./DEC. 1995

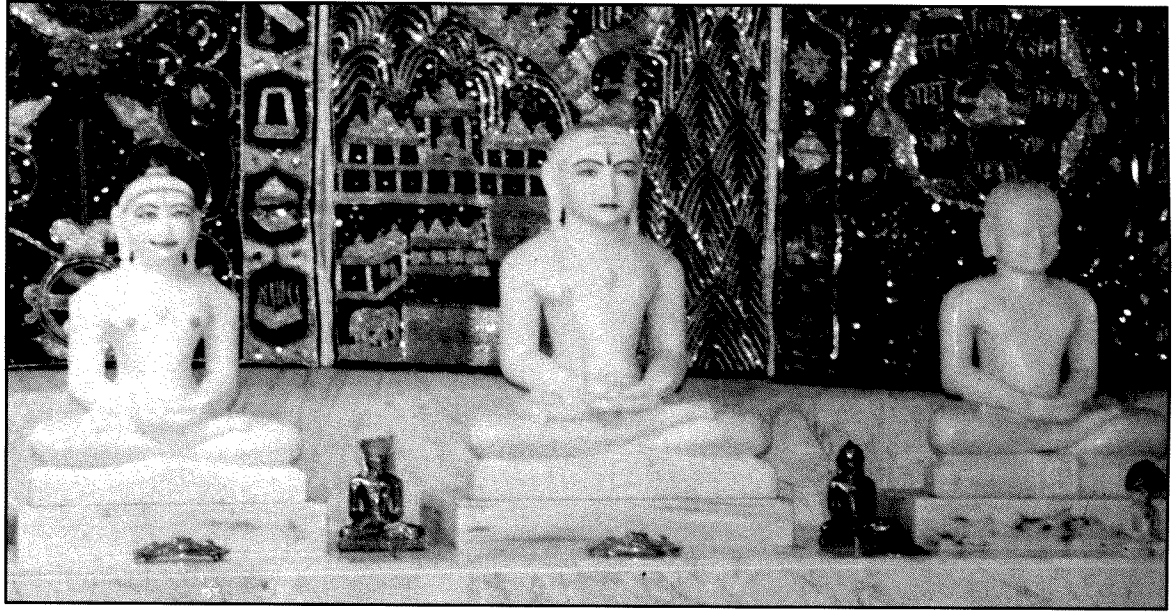
VOLUME 11

NUMBER 3



Convention Report

JAIN TEMPLE, WASHINGTON, DC



JAI JINENDRA

अहो! अहो! श्री सदगुरु, करुणासिंधु अपार
आ पामर पर प्रभु कर्यो, अहो! अहो! उपकार (१२४)

Thanks! the Holy True Teacher!
Unfathomable ocean of compassion;
I'm highly obliged; Oh! good Teacher,
The Pupil poor has no expression. (124)

शुं प्रभुचरणकने घरुं? आत्माथी सह हीन;
ते तो प्रभुअे आपियो, वर्तु चरणाधिन (१२५)

What should I offer to you, Lord?
In soul-comparison all is trifle;
The soul is gifted by the Lord,
I wish to act to your oracle. (125)

- Shri Atmasiddhi Shastra, Srimad Rajchandra -

We dedicate ourselves to ceaseless efforts of
Acharya Sushil Kumarji and Gurudev Chitrabhanuji,
in spreading the principles of Jainism
among all the Jains settled in North America.

We congratulate the Executive Committee for their devoted service to JAINA.

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From the Editor

Jai Jinendra. The Jain Digest would like to congratulate the new Executive Committee and wish them the very best and encourage cooperation from all of us. Under this new leadership, we are confident that JAINA will reach new heights. We salute the hard work of the outgoing committee for putting JAINA on a stronger financial and organizational footing.

We wish to compliment the fine work the Chicago Jain Sangh and the JAINA committees did to bring about the successful Convention and Pratishtha Mahotsav in Chicago. Seeing so many Jains in one place outside of India, gave a feeling of assurance that the Jain culture will survive and flourish in North America. The report and picture record demonstrate a small fraction of the excitement that these events generated. One such event, that attracted a great many young people and parents, was the activities of the Marriage Information Service. This issue of the Jain Digest highlights the important work of this committee. The ever increasing number of announcements that are published are a very important feature. The Jain Digest salutes Husmukh Shah for his dedication and those of you, who have taken advantage of this valuable community service.

The YJA is planning the next Youth Convention in the summer of 1996. Details about this are included in Young Minds.

The Jain Society of Greater Boston has taken upon itself to update the Jain Directory, that so many of us have come to depend upon. Please take the time to fill out the forms which - *continued on page 36*

President's Message

Almost 10,000 people attended the Pratishtha Mahotsav and the 8th Biennial JAINA Convention. These two auspicious occasions were held at the Jain Center in Chicago from June 28 to July 4, 1995. I wish to congratulate the Jain Society of Metropolitan Chicago for planning and hosting these wonderful and successful events. A report on the Convention is included in Headquarters News, in this issue.

I would like to thank everyone for their support in electing the new Executive Committee under my leadership. My priority is to uphold the fundamental vision of JAINA as an umbrella organization to unite all Jain Communities in North America. My goal is to maintain an open channel of communication with all centers, to respect and reconcile differing views and opinions and to implement constructive suggestions for the benefit of the entire community. The twenty-six subcommunities have played a major role in JAINA, by promoting the practices and preachings of Jain principles. I plan to provide support to these subcommunities and seek additional resources to help them expand their activities.

Innovative educational activities must be implemented for the benefit of the younger generation. We need to develop state-of-the-art teaching tools to help our youngsters learn about Jain heritage. We need to create more opportunities for them, to get them involved in promulgating Jain principles. We need to reinforce our support, and encourage them to help sustain their interest in practicing Ahimsa and Anekantvad. I am very happy to note, that the Young Jains of America have already begun to plan for the Second JAINA Youth Convention in 1996.

It is with great pleasure, that I acknowledge the contributions of Jagat Jain and his committee members in leading JAINA for the past two years. Through their dedicated efforts, JAINA has continued to evolve as an effective organization of international repute. My team members and I plan to further the goals and vision of JAINA. With the blessings of Lord Mahavir and the continued support and trust of the entire Jain community, we will be able to achieve our goals.

All Jain centers must have celebrated the auspicious event of Paryushan Mahaparva with great enthusiasm. I offer my *Michhami Dukkadam* to everyone and convey my best wishes for a prosperous New Year.

Jai Jinendra.



Manibhai Mehta

JAINA Executive Committee

President - Manibhai Mehta
First Vice President - Dhriaj Shah
Regional Vice Presidents
Canada - Gyanchand Jain
Midwest US - Kushal Bhaiji
Northeast US - Anop Vora
Southeast US - Parvin Mehta
Southwest US - Hansa Varia
West US - Harilal Shah
Secretary - Niranjan Shah
Treasurer - Kamlesh Shah
Immediate Past President - Jagat Jain

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CANADA <i>Regular+</i> Toronto <i>Associate++</i> Edmonton Montreal Ottawa Vancouver	SOUTHEAST <i>Regular</i> Atlanta Miami <i>Associate</i> Augusta Charlotte Ft. Myers Jacksonville Memphis Middle Tennessee Morgantown New Orleans Orlando Palm Beach Raleigh Tampa
MIDWEST <i>Regular</i> Chicago Cincinnati/Dayton Cleveland Columbus Detroit St. Louis <i>Associate</i> Minneapolis Milwaukee	SOUTHWEST <i>Regular</i> Dallas Houston Phoenix <i>Associate</i> Tulsa Lubbock
NORTHEAST <i>Regular</i> Boston Buffalo Cherry Hill Essex Fells Hartford New York Orange Pittsburgh Rochester Washington, DC <i>Associate</i> Albany Allentown Elmira Harrisburg Syracuse	WEST <i>Regular</i> Los Angeles San Francisco <i>Associate</i> Portland Sacramento San Diego

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International A.A. of M. J. Vidyalyaya,
Rochester, NY
International M. J. Mission, US & Canada
Jain Meditation Int'l Center, US & Canada
Jain Social Group LA. & Toronto
Kutchhi Gurjar Jain Society, Grand Island, NY
Shri S. S. Jain Foundation, Toronto, Can.
Shri Mahavir Jain Foundation, Santa Ana, CA

Regions:

Canada	All Provinces
Midwest	ND, SD, KS, MO, IA, MN, WI, IL, OH, IN, MI, NE
Southeast	FL, GA, AT, MT, LA, AK, TN, SC, NC, KY, WV
Northeast	ME, NH, VT, MA, CT, RI, NY, PA, MD, DE, NJ, VA, DC
Southwest	AZ, NM, TX, OK, CO, UT
West	AL, WA, OR, CA, NV, ID, MT, WY, HI

+ *Regular* - Two directors on JAINA Board (over 50 families)
++ *Associate* - One director on JAINA Board (up to 50 families)

JAINA Charitable Trust

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9:00 AM - 12:00 AM - EST

JAINA FOCUS

JAINA publishes the JAINA Focus monthly newsletter for administrative purposes. It is being sent to all member organizations and committee members of JAINA. All news items for publication in the JAINA Focus must be sent to the Editor (see address below) by the 10th of each month.

Chandrakant Parekh
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LETTERS TO THE EDITOR

We encourage our readers to send their questions, comments or views on current issues or concerns facing the Jain community of North America to the Editor in Chief, Harshad Shah (see address above). We will endeavor to publish letters, space permitting. The Jain Digest reserves the right to edit all material for clarity and/or space. The views expressed in these letters are those of the authors and do not necessarily represent the views of JAINA. All letters must include the sender's name, address and phone number to be considered for publication.

JAIN DIGEST

Volume 11, No. 3, Sept/Dec, 1995

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JAIN ASSOCIATIONS IN
NORTH AMERICA**

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Jagat Jain	Harshad Shah
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Publisher - JAINA

All Editors - please submit all articles typed or on a 3.5" computer disc in MacWrite II or Word Perfect (Macintosh or IBM). The Managing Editorial Board will endeavor to publish the material sent and reserves the right to edit and/or reformat for clarity and/or space restrictions. The views expressed in the articles are those of the authors and do not necessarily represent the views of the Managing Editorial Board of JAINA.

Publication Dates and Deadlines

March 1996	February 15
July 1996	June 15

HEADQUARTERS NEWS

Meet the 1995 - 97 Executive Committee



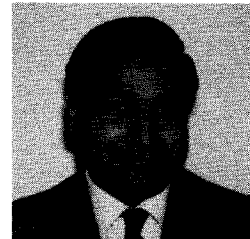
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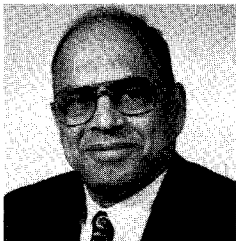
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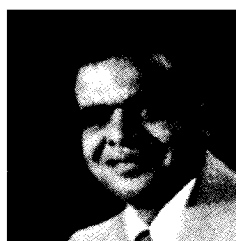
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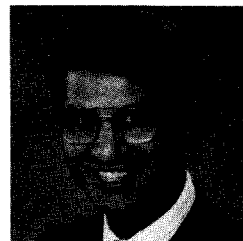
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Jagat Jain*



*Gyan Jain
Vice President - Canada*



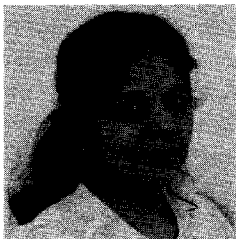
*Khushal Bhajji
Vice President - Midwest*



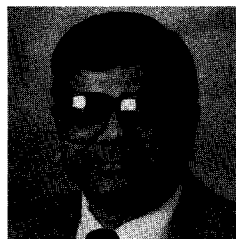
*Anop Vora
Vice President - Northeast*



*Pravin Mehta
Vice President - Southeast*



*Hansa Varia
Vice President - Southwest*



*Harilal Shah
Vice President - West*

Outgoing President's Message

We had a great convention in Chicago that was attended by approximately 10,000 people. The twin historical events of the Pratishtha Mahotsav and 8th Biennial JAINA Convention took place at the Jain Temple. The Temple provided the perfect site for the gathering's social, religious and spiritual needs. We are in debt to all those who helped organize these splendid events. Some of the highlights included:

Registration - it took less than a minute to register
Transportation - well planned
Security - flawless
Food - excellent and efficiently served
Water arrangements - perfect
Water - on every table, and glasses replaced quickly

Hotel/Motel facilities - well planned and comfortable
Programming - Youth and cultural programs, lectures, senior citizens' program, ladies' workshop, planetary sessions, young adults get-together, discourses by monks, nuns, scholars, interfaith conference were all well planned, well organized and well attended

Weather - super, blessing the entire festival
"Peace through Non-Violence" - clearly evident, Jains of all sects were under one roof

Exhibitions - well planned and attended

Procession/floats - magnificent, providing an opportunity for all Jains to walk together in unison

Flowers - spectacular, showering them on the temple by plane at the time of actual Pratishtha

I wish to thank all those who attended, the committees, the countless volunteers and the members of the Jain Society of Metropolitan Chicago for organizing such a successful event.

I am pleased to inform you that we had 100% voting participation by the JAINA directors in the election of the 1995 - 1997 JAINA Executive Committee. This was a first!

I am grateful to all outgoing directors and committee chairs for their support and especially for their approval of the constitutional amendments which resulted in having a 100% voting participation record. I renew my pledge to work and support this new team and I urge all of you, to do the same.

Thank you all for your support.

Sincerely,
Jagat Jain

The 8th Biennial JAINA Convention

Over 10,000 people from the United States, Canada, India, and Europe attended the two consecutive occasions of the Pratishtha Mahotsav of the 24 Tirthankars held from June 28 to July 2, 1995, and the 8th Biennial JAINA Convention held from July 1 to July 4, 1995 in Chicago. These two historic events were hosted by the Jain Society of Metropolitan Chicago who organized registration, transportation, accommodations, security and meals for such a large gathering of Jains. Both events were held at the Jain Center in Bartlett which was transformed into a *Jain Nagar* with two large and seven smaller tents to accommodate a variety of seminars, workshops, exhibitions and cultural programs. The occasion was graced by the presence of numerous sadhus, sadhvijis, spiritual leaders, eminent scholars, political figures and other dignitaries.

The Pratishtha Mahotsav program included poojas and a 108 Abhishek led by Babubhai Kadiwala. The *rathiyatra*, procession of 25 floats each depicting a different theme, was led by Mahavir Band and graced by local dignitaries including Mayor and Trustees of Bartlett. The pratishtha float of the 24 Tirthankars was accompanied by a shower of *pushpa* from a *viman*, helicopter.

The theme of the convention was *Peace Through Nonviolence*. The convention opened with a eulogy offered by Gurudev Shree Chitrabhanuji to Acharya Sushilkumarji. The Mayor of Bartlett welcomed everyone. The keynote address was delivered by Maneka Gandhi, daughter-in-law of Mrs. Indira Gandhi, late Prime Minister of India. She prodded everyone to become an activist for nonviolence against animals and nature. She reminded everyone to live up to the true meaning of *Ahimsa*.

The Exhibit Hall was a very popular place to visit, full of booths that were sponsored by various Jain Centers and offered books, magazines, audio-video cassettes, CDs, posters, computer

programs, and on-line Internet information.

JAINA Directors elected a new committee to lead JAINA for the next two years, including Manibhai Mehta, President and Dhiraj Shah, 1st Vice-President. To plan the future direction of JAINA, directors attended training sessions - Leadership 2000 and Vision 2000.

The highlights of the convention were - over 2,500 Jain young people participated with representatives of the Young Jains of America, described their organizational structure, summarized their past activities and provided an insight of their future plans which include a Second JAINA Youth Convention planned for 1996. A leadership seminar attracted many participants who might become potential, future leaders of the organization.

The young adults get-together was facilitated by Hasmukh Shah of Marriage Information Service and F. J. Dalal of Marriage and Family Counseling Service. This event was filled to capacity with almost 200 young adults and 200 parents participating in the introduction session. A list of participants was prepared and made available to facilitate subsequent meetings which were open to the young adults only.

The workshop on women's issues addressed problems faced by Indian mothers working outside the home, what mothers could do after children leave for college, challenges facing mothers of teenagers, empowerment of women and other topics. Information was presented by a panelist of specialists, video presentations, skits which encouraged

participants to join the discussion and share their problems and experiences and offer possible solutions.

The newly formed committee of senior citizens organized a workshop to discuss the medical aspects of aging, Social Security and other government programs, spousal loss and other crisis and organizational strategies for starting Senior Citizen Centers.

The interfaith session moderated by Gurudev Chitrabhanuji



Maneka Gandhi at the Temple in Chicago



Participants at the Convention



Rathayatra Participants



Arriving for Pratistha

was attended by Jain, Hindu, Buddhist, Sikh, Islamic, Jewish, Catholic, Protestant, Bahai, Zoroastrian and the Peace Council representatives. Everyone praised and talked about the theme of the convention, *Peace Through Nonviolence*. This session was attended by almost 4,000 people.

This event was followed by the awards ceremony at which the JAINA awards and recognitions were presented. The institutional recognitions went to Jain Center of Southern California for hosting and promoting the Jain Art Exhibition and to Jain Center of Pittsburgh for its exceptional organization of the 1993 JAINA Convention. Eleven adults were presented with JAINA Recognition Awards and eleven young people received JAINA Youth Awards.

The variety of programs catered to the interests of everyone - adults, youths, and children. The Essay and Art competitions were judged and winners recognized within different age groups. The

best newsletters from Jain Centers were selected for recognition. Young children participated in games, religious paintings and storytelling. The young people joined in the discussion of religious and cultural issues and competed in the Jain Academic Bowl. Nearly 250 young people and adults participated and presented cultural programs including a Ras Garba competition. A Jain ballet entitled *Sthulibhadra and Kosha* presented by Janak and Gopika received ovations. The Jain families from Rajasthan organized a Rajasthan Association of Jains in America (RAJA). Mahavir Jain Vidyalaya alumni had a large gathering.

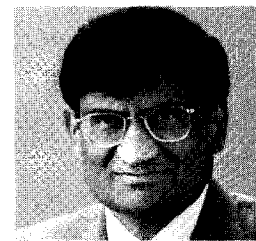
A JAINA Convention is an important event for exchanging ideas among everyone in the Jain Community. The 8th Biennial JAINA Convention certainly fulfilled, and indeed surpassed all expectation.

Outstanding Leadership Award



Jagat Jain received the Outstanding Leadership Award at the JAINA Convention for his leadership, as president from 1993 - 1995. In addition to his ceaseless effort in moving JAINA forward, he was recognized for his effort in making JAINA a more democratic organization by demonstrating the necessity for all of the directors to vote whether they attend the convention or not and getting that amendment adopted. Plus, his unceasing efforts to make JAINA a more financially stable organization. We honor and applaud his efforts that brought together all those people who accomplished these tasks.

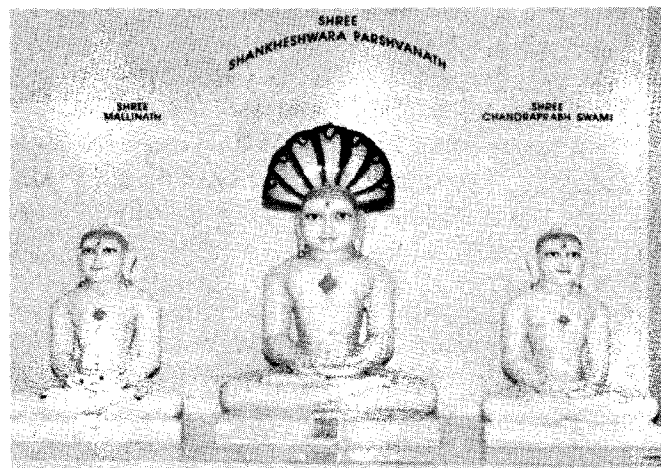
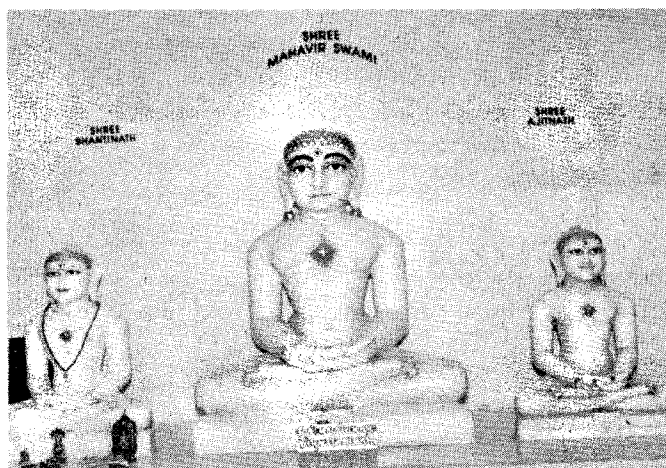
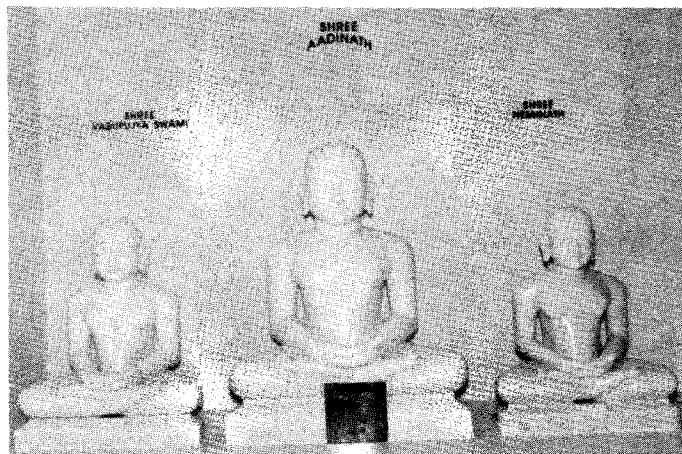
JAINA Ratna Award



Manoj Dharamsi was honored at the JAINA Convention for his exceptional contribution in promoting Jainism in North America. Manoj was one of the founders of JAINA, and served as its first president in 1983.

Among his many contributions were to serve as the Associate Editor of the Jain Digest, reviewer for the Jain Study Circular, founded the Jain Society of Metropolitan Washington in 1980 and its president from 1980 - 1993 and very involved in helping all ages learn about Jainism by organizing religious classes, musical events, competitions, trips and lecture series.

CHICAGO JAIN TEMPLE



Best Wishes and Compliments from

*Ravindra and Pallavi Kobawala
Purvi, Rupak, Pooja*

*Upesh and Nimisha Shah
Ravi, Vir*

*Kishor and Rashmi Shah
Hemali, Heena, Parshv*

*Bipin and Rekha Parikh
Parina*



PEACE THROUGH NON-VIOLENCE

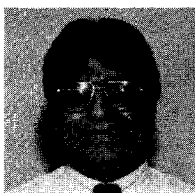
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Toronto, Ont.



Jasvant Mehta
Edmonton, AL



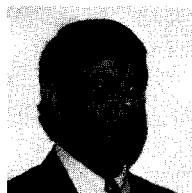
Kishore Shah
Chicago, Il



Khushal Bhaiji
Cleveland, OH



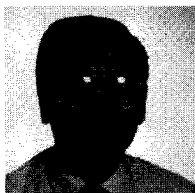
Niranjn Shah
Detroit, MI



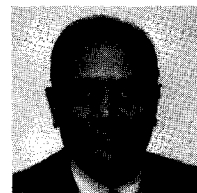
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Boston, MA



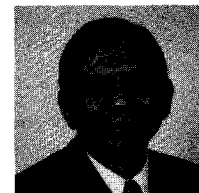
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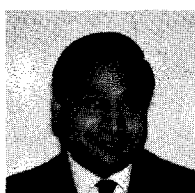
Ashwin Shah
Orange, CT



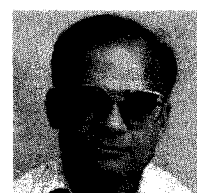
Surendra Sethi
Pittsburgh, PA



Ramnik Vora
Rochester, NY



Kamlesh Shah
Washington, DC



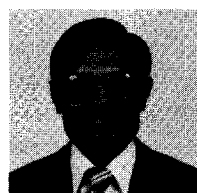
Rasik Chudgar
Albany, NY



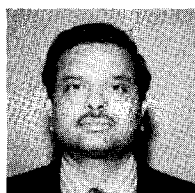
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Allentown, PA



Mahendra Jain
Syracuse, NY



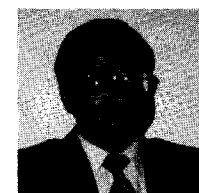
Navnit Shah
Augusta, GA



Upendra Sheth
Jacksonville, FL



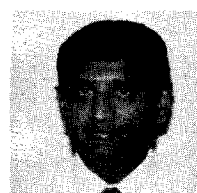
Pravin Mehta
Middle Tennessee, TN



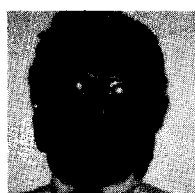
Prasant Palvia
Memphis, TN



Pravin Shah
Raleigh, NC



Pradip Bavishi
Tampa, FL



Kirit Gosalia
Phoenix, AZ



Kanti Shah
Tulsa, OK



Praveen Jain
San Francisco, CA

Not Shown:

Suresh Kuriya, Montreal, QE
Jagmohan Humar, Ottawa, Ont.
Anand Jain, Vancouver, BC
Harshad Shah, Cincinnati/Dayton, OH
Raju Teli, Columbus, OH
Satish Nayak, St. Louis, MO
Hiren Shah, Minneapolis, MN
Pratima Gandhi, Milwaukee, WI

Bhavish Kamdar, Buffalo, NY
Faqir Jain, Hartford, CT
Ashwin Shah, Elmira, NY
Jayant Sanghvi, Harrisburg, PA
Kirti Shah, Atlanta, GA
Mahendra Doshi, Charlotte, NC
Mahendra Mehta, Fort Myers, FL
Harakh Dedhia, Morgantown, WV

Santosh Shah, New Orleans, LA
Kishore Tolia, Orlando, FL
Dilip Mehta, West Palm Beach, FL
Praduman Zaveri, Dallas, TX
Bharat Shah, Houston, TX
Pravin Khandheria, Lubbock, TX
Hasendra Shah, Los Angeles, CA
Sirbhi Jhaveri, Portland, OR
Mahendra Shah, Sacramento, CA



Praful Doshi
San Diego, CA

FOR YOUR INFORMATION

Ahimsa International held its 6th World Jain Conference in New Delhi, India from December 24 - 26, 1995.

Anuvibha Reporter is being published in India by the followers of the late H. H. Tulsi. This journal is available to you by sending your inquiries to: Anuvrat Global Organization, B-94, Saraswati Marg, Bajaj Nagar, Jaipur, India - 302 015 or by phoning 141-510347 or faxing 91-141-510118.

Art works and portraits by Vallabhdas Shah, the renowned artist, are available by contacting the artist. He is internationally known and has a wide range of subject matter. He was personally selected to paint President Clinton's portrait. For more information please contact: Vallabhdas Shah, 39-40 Queens Blvd., Sunnyside, NY 11104, or call 718/706-0596 or 718/361-6955.

Bhaktamar Stotra is available on video. It is sung by Anuradha Podwal with commentary by Harish Bhimani. The video will take you on a journey of the ancient Jain temples of India. If you would like to have this video, we request a donation in the amount of \$10.00 plus \$3.00 for shipping and handling (\$.50 for each additional tape) to: Anil R. Shah, Jain Center of Greater Boston, 26 Humbolt Avenue, Burlington, MA 01803. Or you may phone 617/272-3666. At your request, the JCGB will include a free bird feeder with each order to teach our children *Jiv Daya*.

Free Bird Feeders, the Jiva Daya Project of the Jain Center of Greater Boston is interested in seeing that your pathshala students receive a free bird feeder. Please send the name of your organization, the number of students, a contact person with phone number, the address to where the feeders should be sent and any comments or suggestions to: Jasvant C. Shah, Vision Computer, Inc., 84 Cambridge Street, Burlington, MA 01803. Or you may phone at 617/270-1099 or Fax to 617/273-1886.

JAINA and AT & T have signed an agreement called the Association Awards Program. This is how it works. AT & T will pay JAINA 5% of the residential AT & T, direct dial, international, long-distance, per-minute usage charges, billed and collected for each registered JAINA member who chooses AT & T as their long-distance company. This program will bring JAINA an estimated \$10,000 per year.

Please sign up now! Don't forget to give AT & T our account number 4 NAE 1987. If you have any questions, please call Kushal Jain at 908/949-0889.

Jain Directory will be updated by the Jain Center of Greater Boston. If you have moved or had an addition to your family since the last publication, please fill out the form on page 9 and return it to the JCGB by January, 1996.

Jain Youth Directory will be published by the Jain Center of Greater Boston along with the Jain Directory. If you would like your name to be included please fill out the form on page 10 and return it to the JCGB by January, 1996.

Pratishtha Mahotsav at the Jain Society of Houston was performed from November 18 - 26, 1995.

Pratishtha Mahotsav, Tithal, Gujarat, India. The Shantiniketan Meditation Center just completed the construction of a temple and will be installing the pratimaji of Lord Parshwanath on January 26, 1996.

Pratishtha Mahotsav was held at the Samarpan Hindu Temple of Philadelphia on November 23 - 26, 1995.

Third International Conference on Peace and Nonviolent Action, was held in Jaipur, India from December 17 - 21, 1995.

Why Be A Vegetarian? is the second publication by Tej and Tarang Sheth. Their first book "*The Case for Vegetarianism*" came out four years ago. In this new book, David Jenkins of the Faculty of Medicine at the University of Toronto writes that "The book is unique from three perspectives. First, it is comprehensive, dealing with man's possible dietary evolution in relation to plant foods and the implication of plant-food consumption on health, environment and the development of the humanitarian philosophy."

"Secondly, it is both studious and, at the same time, eminently readable. Thirdly, it is written by authors whose upbringing as Jains raised in the midst of Western culture, allows them to challenge most effectively the life-style which we, in the West, regard as normal."

These books may be obtained from: Jain Publishing Company, P.O. Box 3523, Fremont, CA 94539, Phone 510/659-8272, Fax: 510/659-0501, ISBN 0-87573-035-3, Cost US \$12.00.

Young Indian Vegetarians are publishing their newsletter *Ahimsa*. For more information about this publication contact: Nitin Mehta, 226 London Road, West Croydon, Surrey, CRO 2TF, England or phone 01-81-681/8884 or fax 01-81-681/7143.

If appropriate, the Jain Digest will be happy to publish items or the date and name of your upcoming event. Please submit all information to the Editor in Chief, see address on page 2.

Information for 1996 update of the Jain Directory

Send to: Jain Center of Greater Boston

26 Humbolt Avenue

Burlington, MA 01803

Phone and Fax 617/272-3666

Please check one: ☐ Correction, ☐ Addition, ☐ New Entry

PLEASE TYPE OR PRINT CLEARLY

Name: Dr. / Mr. / Mrs. / Miss. / Ms.: _____

Name of Spouse: Dr. / Mr. / Mrs.: _____

Home Address: _____

City: _____ State: _____ Zip: _____

Home Phone Number: _____ Fax: _____ E-Mail: _____

Profession: _____

Name of Company: _____

Office Phone Number: _____ Fax: _____ E-Mail: _____

Spouse's Profession: _____

Name of Company: _____

Office Phone Number: _____ Fax: _____ E-Mail: _____

Residence in India: City: _____ State: _____

Please list other family members living at this address including students who are living away from home.
Please fill out a separate form for each married couple.

Name	Relationship	Year of Birth
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Submission of this form by the undersigned constitutes permission for the Jain Center of Greater Boston to publish the information therein, in print, electronic database or other forms. In the event of error or omission, the Jain Center of Greater Boston will not be held responsible.

Signature: _____ Date: _____

Information for the 1996 National Jain Youth Directory

Send to: Jain Center of Greater Boston
26 Humbolt Avenue
Burlington, MA 01803
Phone and Fax: 617/272-3666
PLEASE TYPE OR PRINT CLEARLY

In order to promote activities among Jain young people and strengthen their interest in the Jain communities of North America, the JCGB is compiling a Jain Youth Directory of North America. It is our hope that this directory will be used to organize youth groups, encourage exchange trips, pen pals and establish contacts for studying or working away from home. All single Jain young people between the ages of 16 and 30 are encouraged to fill out this form. If you are a married couple, please fill out the form that is found on page 9.

Name: Dr. / Mr. / Miss. / Ms.: _____

Date of Birth: _____ Gender: Male / Female

Parent's Name: _____ Hometown: _____

Interests or Hobbies: _____

If you are in high school, college or graduate school, please fill out the following information.

Your Address: _____ City: _____ State: _____ Zip: _____

Phone Number: _____ Fax: _____ E-Mail: _____

Name of your school/college/university: _____

Grade/year: _____ Major/Field of Study: _____ Degree: _____

If you are working please fill out the following information.

Name of Company: _____ Profession: _____ No. of years: _____

Office Phone Number: _____ Fax: _____ E-Mail: _____

Submission of this form by the undersigned constitutes permission to the Jain Center of Greater Boston to publish the information therein, in print, electronic database or other forms. In the event of error or omission the Jain Center of Greater Boston will not be held responsible.

Signature: _____ Date: _____

REGIONAL NEWS

CANADA

Mahendra Mehta
Regional Editor

Edmonton, AL

The Jain Society of Alberta was well represented at the 8th Biennial JAINA Convention in Chicago. It was a great opportunity for Canadian Jains to meet and get to know one another.

Pathshala and pooja are held once each month in a member's home. These events have proven to be very popular and include the participation of many younger Jains. The October 14, 1995 session was sponsored by Mahendra and Kanti Jain, Edmonton.

The Samvatsari was celebrated on September 9, 1995 at the home of Mahendra and Aruna Mehta.

A new pratima of Bhagwan Rushabdev was brought to Edmonton by Narendra and Devila Mehta.

Hamilton, Ont.

McMaster University and the IMJMC sponsored a lecture and slide presentation by the internationally recognized Jain Art Historian, Dr. Saryu V. Doshi on the subject of *Manuscript Tradition Among the Jains*. The Vice-Chancellor of McMaster University, Dr. Peter George and the Indian Consul General, Mr. Rajiv Bhatia honored Dr. Doshi at a reception prior to her public address. For more information please call Harish Jain at 905/525-9140, ext. 23952.

Toronto, Ont.

Keshav Chandaria, a member of Board of Trustees of Jain Society of Toronto, President of Comcroft Ltd., philanthropist, poet, Rotarian, and an outstanding member of Indian Canadian community was recognized and honored during Canada's 128th Birthday Celebrations on July 1, 1995. He received Canada's Birthday Achievement Award at Toronto City

Hall - Council Chambers on June 29, 1995. The Jain Society congratulates Keshubhai for this great honor and is proud to have him at the helm of our Sangh.



Keshav Chandaria

The Paryushan Mahaparva was celebrated this year with great enthusiasm, piety and numerous tapas-charyas. There were 15 tapasvis who fasted for eight days, 1 for seven days and 3 for six days. Our hearts swelled with pride when the first three recipients of the eight day fast were young people ranging in age from 12 to 16. With this kind of response our younger members will carry Bhagwan Mahavir's message into the future.

Panditji Dhirubhai Mehta from Surat, India celebrated the Mahaparva with us. His series of *pravachans* (lectures) were in Gujarati and explained the complexities of Sanskrit and the complex philosophical and scriptural arguments. He included numerous anecdotes and gentle reminders to the congregation of the pitfalls of the North American life-style. He was very convincing in his conviction that a pious life, with a true understanding of Jain Darshan, is a way of attaining Moksha.

In his lectures, he dealt with the Kalpasutra with an emphasis on ten Kalpas of Sadhus and Paryushan *Kartavyas* (duty). He explained the fourteen dreams of Trishala Devi, celebrations on the birth of Bhagwan Mahavir, his sadhna, the *upsargs* (endurances) he suffered, the parisaha he exhibited and his great abhigraha in context with life of Chandanbala. Panditji also touched briefly on Bhaktamar Stotra, Logas Sutra, Pratikraman Sutra, Gandharvad and explained various Pachkhans.

He narrated the lives of Jain acharyas such as: Acharyas Haribhadrasuri, Hemchandra, Sidhsen Diwakar, Bhadrabahu, Sthulibhadra and Yashovijayji whose writings are read, studied, researched and we have revered. Punditji was loved and revered by all.

The executive committee deserves congratulations for their excellent organization. Special thanks to Manjubhabhi whose work in kitchen fed us all, Anil Vora for overseeing the entire celebration and Ashok Shah for organizing Panditji's pravachans.

The Parnas for all the Tapasvis were performed on the morning of August 31, 1995 in presence of well wishers.

Last year Arvind Shah conducted Pratikraman in English for the benefit of the younger members. This was appreciated and we hope the tradition continues.

Gyan Chand Jain, President, announced on Samvatsari Day that the Executive Committee and the Board of Trustees are considering relocating Digambar Murtis on the south wall of the new Gabhara. These murtis will face north and members will be able to do parikrama and perform pooja. A plaque of Namokar Mantra will be installed on the south wall.

Daslaxana Parva was from August 30 - September 8, 1995. Daily Poojas were scheduled. Dhoop Dashmi was celebrated on September 4, 1995 and Anant Chaudash on September 8, 1995. For more information, please call Arhant Jain at 905/827-7494.

The youth members of our Society are working hard to bring the 1996 JAINA Youth Convention to Toronto. We are all hopeful that our young people will be successful in their bid.

The Toronto Jain Sangh was represented in full force at the JAINA Convention. Our members took part in activities of the Convention and the Pratistha. Highlights were the election of Gyan Chandji to the post of Vice-President of JAINA and the performance of our younger members in the Youth and Junior Garba. Congratulations for bringing home trophies.

Sunandaben Vohra came to Toronto and gave a series of lectures at the Jain Centre in June, 1995. Her presentation was especially appreciated by the ladies.

Vasantbhai Khokhani came to town for a short visit in August, 1995 and gave two excellent lectures on the subject of Distinctness of Jainism. He emphasized Ahimsa in action, Anekantvad in thought and Aparigraha in everyday life. His second lecture was on Vairagya and Upasham. Munishree Roopchandji Maharaj gave a series of lectures on Jain Acharyas in July, 1995. Munishree covered a period of over 2,500 years and the lectures were very interesting. Swamiji Bhattarak Charu Kirtiji visited Toronto in July, 1995 and delivered discourses on a variety of subjects. Munishree Manekji has delivered a series of lectures and Samniji Madhur Prajnaji and Samniji Charitra Prajnaji came in September, 1995 and delivered talks on meditation, relaxation techniques, Yoga, non-violence and peace. In September, 1995 a Preksha Meditation and Yoga Workshop was held. Dharamchand Shastriji arrived in Toronto to join us in celebrations of Dashlaxana Parva. For more information please contact Arhant Jain at 905/827-7494.

In Scarborough, Ontario the Jain Society of Toronto (Toronto East) has organized Pathshala and Samayak every 2nd Sunday of the month at Albert Campbell, C.I., 1550 Sandhurst Circle, Scarborough, Ont. For more information, please call Pradip Sanghvi at 905/294-4312.

MIDWEST

Manubhai Doshi

Regional Editor

Chicago, IL

All the routine activities like daily aarati, weekly Snatra Pooja, Digambar pooja, monthly religious classes, publication of Jain Darshan continue on a regular basis. Mahavir Jayanti was celebrated on April 16, 1995 with more than 1,000 people participating in that celebration. Srimad Rajchanadra Nirvan Day was celebrated on April 23, 1995 and Laghurajswami's on

May 7, 1995. More than 100 people took part in those celebrations.

A Fun Fair and Health Fair were organized on April 30, 1995. It provided great opportunity to take advantage of many of the special arrangements that were made for checking blood pressure, chest pain and for cardiograms, blood examination, dental check up. About 200 people took advantage of these tests.

A drive was conducted to collect usable clothes for distribution to the needy of India, 160 parcels were shipped.

During the summer the Jain community and the Society remained busy with the Pratishtha Mahotsava and Convention. Large tents were erected in the parking lot of the Jain Center. Both of these functions went very well. Arrangements were made for transporting the participants from the remote parking lots to the Jain Center and for serving food. The exhibits were informative and instructive. A souvenir brochure was published which gave information about Jainism. Approximately 10,000 people attended the opening on July 1, 1995 and the idols of 20 Tirthankars were installed in the temple.

During the convention, young people organized programs on the principles and practices of Jainism. There were seminars for senior citizens and a variety of cultural programs that were held during the evenings. A highlight of the program was the dance drama depicting the lives of Sthulibhadra and Kosha presented by Janak Khendry of Toronto.

Paryusana Parva was celebrated from August 23 - 30, 1995. Sudhaben Sheth and Vir Sainiks gave discourses and recited devotional songs at Bhavana. Mahavir Janmavanchan was organized on August 27, 1995 and about 1,500 people were present. Samvatsari Pratikraman was performed in English and Gujarati.

Thirty-six persons including a few teenagers observed Atthai and 6 persons observed fasts ranging from 10 to 15 days. Three persons observed Varshitap, the year long austerity, which was completed in August.

Daslaxana Parva was celebrated from August 31 - September 9, 1995. Pundit Khemchandji who was invited for the occasion, performed daily pooja and other religious rituals. Jawahar Doshi gave discourses on various aspects of the Parva.

Samvatsari Pratikraman was performed on the last day.

Cincinnati/Dayton, OH

Mahavir Jayanti was celebrated on April 30, 1995. About 160 people were present on that occasion.

The Center elected its new executive Committee with Sushila Singhvi as President. Other officers are Pramod Jhaveri, Ashish Punatar, Ashwin Parikh, Vinod Jain, Ila Punatar, Poornima Shah, Pravin Shah and Jyoti Shah. Past President, Harshad Shah will serve as an ex officio member.

The 6,000 square foot temple built on an 11 acre lot was completed this summer and the Pratishtha ceremony was held from September 1 - 4, 1995. Idols of Lords Mahavir, Parshwanath and Vasupujyaswami were formally installed.

Detroit, MI

The Center conducts Swadhyay for adults every week. Educational classes are held every month for more than 100 children. The youth group meets regularly and they have been planning a program that helps them to keep in touch with our heritage. About 15 young people walked 12 miles for the March of Dimes.

Chirag Shah set a record for being the youngest pilot to fly coast to coast.

Paryusana Parva was celebrated from August 23 - 30, 1995 in the presence of Kiranbhai Parikh who gave talks on the Jainism in daily life. The Parva witnessed two Maskshamans or a 30 day fast and a 38 Atthais or an eight day fast.

The Society's temple remains open every Sunday from 11:00 A.M. to 2:00 P.M. Construction of the new temple began in October and installation ceremony is expected to happen in 1997.

St. Louis, MO

Mahavir Jayanti was celebrated on April 16, 1995 with a Panch Kalyanak Pooja in which more than 100 people participated. Paryusana Parva was celebrated from August 23 - 30, 1995.

The Center is actively associated with the Hindu Temple project of St. Louis.

NORTHEAST

Vinay Vakani
Regional Editor

Albany, NY

The Jain Society of the Capital District celebrated Paryushana Parva from August 8 - 30, 1995. There was Bhavana every evening followed by aarti and Mangal Divo during the holy days. Snatra Pooja was performed on Mahavir Janma Vanchan (5th day) and Swapana Darshana was carried out during the Snatra Pooja. Many adults and youngsters observed Upvas and Akasana for the eight days of Paryushana. The celebration ended with Samvatsari Pratikramana followed by Parna the next morning. Snatra Pooja was performed at the residence of Nayanabehn Dagli to celebrate her Atthai.

For more information, please contact Rasik Chudgar, at 518/785-7470 or Jagdish Doshi at 518/783-0141.

Boston, MA

The Jain Center of Greater Boston celebrated Mahavir Jayanti on April 29, 1995 at their Darasar in Norwood, MA. Chandrakant Mehta was the guest speaker and Nisha Vagadia was the Master of Ceremonies. There was a performance by pathshala children of all ages. The students were awarded trophies for their efforts.

In July, 1995 the JCGB held a Jain Camp geared for children with Balbhadraji (Bruce Constain). The goal of this event was to have a lot of fun and at the same time learn more about Jainism and its principles. A total of 25 children and 27 young adults attended.

Buffalo, NY

On October 2, 1995 the Erie County Executive, Dennis Gorski issued a proclamation declaring October 2nd, 'Ahimsa Day' in honor of the birthday of Mahatma Gandhi, a champion of Ahimsa as taught by Lord Mahavir and practiced by Martin Luther King Jr. JAINA was represented by Dhiraj Shah. (see page 14)

Swapana Darshana was celebrated on August 26, 1995 in collaboration with the Jain Community of Toronto and other Jain communities surrounding Buffalo. Pratikaman was performed on August 30, 1995.

Jagat Jain gave a presentation on Jainism to the Williamsville Central Schools near Buffalo, NY. He explained to the students the basic beliefs of the Jainism and some of the Jain customs, traditions and major holidays. It was part of a two hour workshop entitled "Indian Culture: A closer look at Hinduism, Jainism and Sikhism." Workshops similar to this are a regular feature of the Williamsville Central School's effort to promote understanding among a diverse student population.

Cherry Hill, NJ

The Tri State Jain Sangh held a 24 Tirthankar Pooja on July 23, 1995. About 300 people attended the event which concluded with a Swamivatsalya. Members have been meeting every other Wednesday evening to hear lectures on various topics. Aayambil is held on the third Sunday of every month and pathshala classes are held for children and adults. Everyone observed Paryushana with lectures by Taraben Doshi and Sunandaben Vora. Daily aarti and Mangal Divo were performed in addition to Samvatsari Pratikraman.

Essex Fells, NJ

The Jain Center of New Jersey (JCNJ) celebrated the Paryushana Parva from August 23 - 30, 1995. Acharya Chandanaji along with Sadhvi Vibhaji and Sadhvi Subhamji graced the celebration as guest speakers. Acharya Chandanaji gave discourses on various topics related to Jainism. The two Sadhvis talked to youngsters about Jainism explaining some of the principles to them in English. There were 50 Tapasyas, persons observing fasts from 8 days to 21 days.

A pictorial presentation of Jain Tirthas in India was held in September, 1995. Pathshala classes for youngsters started in September, 1995 after summer vacation, and will be held on every other Sunday. Swadhyaya on Tattvartha Sutra is held twice a month at the Temple and in Piscataway, NJ. For more information, please call 201/ 226-2539.

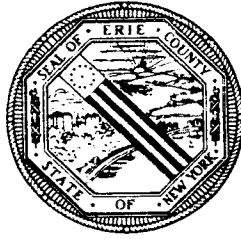
New York, NY

In June, 1995 the Jain Center of America (JCA) organized Indra Mahotsava in New York and Parshwanath Poojan at Siddhachalam performed by Shri Babubhai Kadiwala and his musical group. The JCA celebrated Paryushana Parva, Sunandabehn Vora gave spiritual discourses twice a day. As many as 400 people attended. There were 22 Tapasyas which included several Atthais. All Tapasvis were recognized and honored during the community Kshama-pana ceremony. The JCA also celebrated Dash Lashana Parva during which Bhattarak Charukirtiji gave spiritual discourses. A visit to Boston and Connecticut centers was organized by the Jain Social Group of New York. Religious discourses

continued on page 23



The JCGB Camp - Group photo



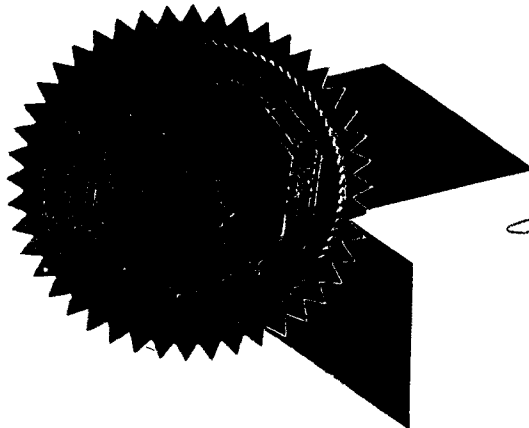
County of Erie
Office of County Executive

Proclamation


- WHEREAS, Many Jain families live and contribute to the local community; and*
- WHEREAS, Ahimsa according to Jainism means non-violence in thoughts, words and actions; thinking to hurt a living being is violence in thoughts, threatening to hurt a living being is violence in words, and hurting a living being is violence in action; and*
- WHEREAS, The concept of violence is not limited to actual harm only; it is the intention to harm, the absence of concern and the lack of compassion for living beings that makes words and actions violent; and*
- WHEREAS, Ahimsa Day celebrates vegetarianism and reverence for all living beings as taught by Lord Mahvir and practiced by Dr. Martin Luther King, Jr.; and*
- WHEREAS, Cultivating plants for direct human consumption uses less energy and vital resources than needed for production, and offers a beneficial measure for alleviating world hunger; and*
- WHEREAS, The vegetarian diets have been associated with lower risk for chronic diseases such as coronary artery disease, obesity, hypertension, diabetes and colon cancer; and*
- WHEREAS, Mahatma Gandhi, a great champion of Ahimsa was born on October 2nd and his non-violent approach can resolve various political, religious and social conflicts on the earth;*
- NOW, THEREFORE, I, DENNIS T. GORSKI, Erie County Executive, do hereby proclaim Monday, October 2nd, Nineteen Hundred and Ninety Five as*

"Ahimsa Day"

In this Majestic County of Erie, of the Great State of New York, the Empire State.



*IN WITNESS WHEREOF, I
have caused to be affixed the
Seal of the County of Erie,
this 2nd day of October, 1995.*


DENNIS T. GORSKI
Erie County Executive

Compliments of the Jain Community of Buffalo



Marriage Information Service

Serving the Jain Community of North America
to preserve our cultural heritage

Sept./Dec. 1995

JAIN DIGEST

MATRIMONIALS

Hasmukh Shah, Associate Editor

Most Indians, and Jains in particular, find their roots in India. Many of them have carried their cultural heritage with them whether they live in America, Europe, Africa, the Far East or any other part of the world. They endeavored to pass these traditions and culture on to the next generation and enrich them in this valued heritage.

The system of arranged marriages is one of these traditions which has been carried with them that has many wonderful and important qualities - qualities such as: tolerance, dedication, accommodation, trust, stability, value and peace. These marriages are not only a union between a man and a woman but also between their two respective families. Although there are many other marriage systems, the arranged marriage system has survived in India, and to some extent is being continued in the West.

In India, arranged marriages are rooted in the ancient caste system. This may appear to have lost its practical value in modern society however, the system needs to be modified - not abandoned. Many love marriages are prone to failure because of the inexperience of the couples in choosing a mate and their lack of clearly set goals. Many times they do not go beyond the obvious result of physical attraction.

The main causes of inter-religious marriages between Hindus and Jains is the absence of a religious commitment, and the lack of parental guidance in developing their child's understanding of the importance of religion and culture in their lives.

The objective of the Marriage Information Service is to aid in resolving some of these situations by helping Jains arrange marriages - by offering them wider choices for a durable and happy marriage with other Jains that practice the principles of their religion in their daily lives. This is important, so that, the institution of marriage and the family continue to be the basis of our cultural heritage and that the younger generation, particularly those living in the West can continue to participate in this tradition.

Considering the fact that marriage is one of the most important social institutions, and to help sustain and preserve it, JAINA made a decision to help strengthen this aspect of the culture by organizing the Marriage Information Service at the 1989 Biennial Convention in Toronto, Canada. During these past six years, this voluntary, community service has grown steadily by offering assistance to young and older adults alike search for worthy life partners.

At the 1995 Convention, more than 300 marriageable young men and women participated in the Young Adult Get Together. This get together was organized by the MIS to give an opportunity for young people to interact socially in a positive atmosphere. It gave the parents an opportunity to meet these young adults during the first session, and the young adults an opportunity to meet each other and share ideas during the young-adults-only, second session.

This was the first time that a program like this was conducted during a convention and it was very well received by the young adults and the parents because it promoted interaction in a healthy, responsible and positive atmosphere. In fact, it was so positive that after the second session, parents expressed how fruitful the event was. It gave young men and women from many places around the country the opportunity to meet face-to-face and for many it was a highlight of the convention. In fact, many people were forced to stand outside of the hall because the event attracted so many.

In addition to the "Americans," there were young people from England and India who participated. Many wanted to join the program and the MIS did its best to accommodate them all.

Andrew Herman, reporter for the *Chicago Sun Times*, was very curious to know about MIS. He interviewed several young adults and asked many questions about the purpose and function of the MIS. He gave full-page coverage of the event in *Chicago Sun Times*. In his article, he mentioned our effort to preserve the Indian culture, its values, and the religion. In addition, many other newspapers in USA and India highlighted the convention activities of the MIS like the *Gujarat Samachar* of Ahmedabad, and the *Janmabhoomi* and *Mumbai Samachar* of Bombay. Since then, the MIS has received inquiries from many places, including India.

It is a pleasure to note that in this issue of Jain Digest the MIS is publishing eighty-four ads. This surpasses all records to date. We hope to continue this trend and serve the special needs of the Jain community in North America.

MALE

M143: Handsome, ambitious, outgoing, Gujarati Jain professional, US citizen, vegetarian, non-smoker, non-drinker, born Sept. '57, 5'9", 155 lbs, MS/MBA, (divorced), invites responses from beautiful, educated, family oriented, cultured females 27 to 33. Call: 718/966-0123.

M237: Gujarati parents invite responses for their very handsome, US born son, April, '68, 6'0", MD, currently doing residency. Please send returnable photo with bio-data.

M275: Intelligent, handsome, vegetarian professional, born April, '62, 5'10", 160 lbs, BS (Computer Science), well employed as Network System Engineer at IBM, enjoys traveling, sports, reading and music, seeks suitable match. Call: 905/828-6976.

M346: Gujarati parents invite responses for their very handsome, fair, vegetarian, US born son, Feb. '70, 5'11", BS (Biology), well employed, from cultured, pretty, educated girls. Call: 908/367-4022.

M400: Gujarati parents invite responses for US citizen, vegetarian, talented, good looking son, born Oct. '63, 5'8", 160 lbs, MBA, well employed, from cultured, educated girls. Call: 717/737-4758.

M401: Brother seeks alliance from pretty, well educated, cultured girls, for GC holder brother, born Nov. '65, 5'10", 140 lbs, MS (Civil Engineering), very active, well employed, settled. Call: 312/481-9921.

M403: Gujarati parents invite responses for US raised, handsome son, born '70, 5'6", 150 lbs, BS (Biology), BS (Business), active in family business, from cultured, educated girls. Call: 310/391-3234.

M405: Responses invited for Gujarati, vegetarian, handsome, professional, born Feb. '64, 5'11", 158 lbs, MBA, CPA, very well employed, from cultured, pretty, educated girls. Call: 717/343-8578.

M406: Alliance invited for Gujarati, good looking, smart, vegetarian, born March, '68, 5'4", 130 lbs, B Com, well employed, from suitable match. Call: 609/748-2220.

M410: Gujarati parents invite responses for handsome, vegetarian, civil engineer son, born May, '65, 5'10", 142 lbs, well employed in international company, currently in India and wishes to settle in US, from suitable, cultured girls. Call: 401/334-4634.

M411: Responses invited for Gujarati, vegetarian, good looking, born July, '66, 5'7", 170 lbs, MBBS, well employed in a hospital, (divorced), from cultured females preferably from eastern states. Call: 410/686-7632.

M412: Alliance invited from educated, cultured girls, for US raised, handsome, professional, born June, '60, (looks younger), 5'7", 130 lbs, MS (Hospital Administration) well employed, brief marriage, no issue. Call: 404/739-5491.

M413: Gujarati, business owner, enterprising, handsome, born March, '62, 5'8", 140 lbs, invites responses from cultured girls. Call: 708/581-9553.

M416: Gujarati parents invite responses for their handsome, talented, very accomplished, vegetarian, US raised son, born '71, 5'11", 170 lbs, BS (Electrical Engineering), well employed, from cultured, educated girls. Call: 216/351-7020.

M417: Responses invited for Gujarati, widower, good looking, vegetarian born, Dec. '52, 5'6", 140 lbs, BA, own business, well settled, from suitable cultured females. Call: 510/793-3352.

M418: Gujarati family invites correspondence for very handsome, fair, vegetarian, talented son, born Dec. '65, 5'11", 168 lbs, MBA, well employed, from cultured, educated girls. Call: 510/744-0551.

M420: Alliance invited for handsome, fair, Gujarati, US educated MD, surgeon, born March, '65, 5'10", (brief marriage), from slim, beautiful, educated females, no bar. Please reply with photo.

M421: responses invited for Gujarati, US citizen, born Oct. '65, 5'11", 165 lbs, B. Com., pursuing MBA, well employed, from cultured girls. Call: 312/902-3333.

M422: Gujarati parents invite correspondence for their handsome, intelligent, vegetarian, US citizen son, born Nov. '69, 5'11", 135 lbs, BS (Electrical Engineering), pursuing MS, well employed, from cultured, educated girls. Call: 718/803-3128.

M429: Responses invited for Hindi speaking, professional, vegetarian, talented boy, born April, '65, 5'5", 140 lbs, BS, MS, well employed in a top organization, from cultured, educated girls. Call: 201/435-4746.

M431: Hindi speaking family invites responses for handsome, vegetarian, son, born Sept. '66, 5'11", 175 lbs, MD, will start residency in '96, from cultured, educated girls. Call: 708/771-1752 or 416/265-1433.

M432: North Indian Jain parents invite correspondence with bio-data and photo, from educated, cultured, pretty girls, for handsome, vegetarian, US citizen son, born Aug. '70, 5'11", 160 lbs, MD ('96).

M435: Responses invited for Gujarati, handsome, vegetarian, born Oct. '67, 6'2", 165 lbs, MS (Mechanical Engineering), well employed, from cultured, good looking, well educated girls. Call: 718/592-6550.

M438: Correspondence invited from Kutchi-Gujarati females for a good looking Kutchi Jain, vegetarian, non-smoker, non-drinker, US citizen, born June, '57, 5'5", 134 lbs, well settled, divorced (one child, no custody).

M440: Gujarati parents invite responses for handsome, fair, intelligent, personable, vegetarian, US born son, May, '71, 5'11", 155 lbs, MBA ('96), well employed, from cultured, educated girls. Call: 201/887-6364.

M441: Gujarati family invites responses from Gujarati vegetarian, family oriented girls, for a professional, handsome son, born Feb. '66, 5'10", 175 lbs, MS (Computer Engineering), well employed, settled. Call: 713/497-4930.

M443: Gujarati parents invite responses for their handsome, fair, vegetarian, US citizen son, born Dec. '69, 5'6", 130 lbs, BS (Chemical Engineering), BS (Environmental Engineering), well employed, from educated, cultured girls. Call: 502/228-4001.

M445: Seeking a vegetarian bride for a professional Jain, born Jan. '54, 5'6", 138 lbs, MS, divorced, handsome, very young looking, chemical engineer, financially secure. Call: 513/779-2112.

M446: Responses invited for Gujarati professional, good looking, intelligent, vegetarian boy, born Feb. '69, 5'8", 145 lbs, MS (Electrical Engineering), pursuing MBA, well employed, from educated, cultured girls. Call: 860/673-7549.

M448: Gujarati parents invite responses for their handsome, US raised son, born Nov. '70, 6'1", 185 lbs, BBA (Finance), pursuing further study, well employed, from educated, cultured girls. Call: 302/234-1915.

M449: Sister invites responses for good looking, vegetarian, Gujarati brother, born Nov. '59, 5'11", 179 lbs, MS (Agriculture), well employed, (divorced, issueless), from suitable match. Call: 714/827-9160 or 805/665-1750.

M450: Parents invite responses from Marwari, Hindi, Gujarati or Jain vegetarian, good natured girls, for their handsome, athletic, intelligent, US born son, Oct. '73, 6'3", 165 lbs, MD ('97). Call: 816/333-7717.

AM104: Gujarati parents invite responses from well educated, slender, attractive, vegetarian females, for US citizen son, born '68, 5'7", handsome, athletic, 4th year medical student with a myriad of interests. Photo appreciated. Call: 815/937-5714.

AM123: Well known Gujarati family, invites bio-data with picture, for financially, highly successful, MS (Electrical Engineering), exceptionally handsome, light-skinned son, born March, '70, 6'0", from very beautiful, light skinned, educated girls.

AM150: Gujarati uncle invites responses from good natured, educated girls, for nephew, born Sept. '69, BE (Electrical Engineering), doing MBA. Currently in family business in Bombay and willing to settle in North America. Call: 519/884-0324.

AM151: Responses invited for Gujarati, good looking, vegetarian male, born May '57, 5'2", 125 lbs, MS, well employed, settled in NYC (never married), from suitable match. Call: 718/545-9169.

AM153: Sister invites responses for Gujarati, vegetarian, handsome, talented, professional brother, born July, '71, 144 lbs, BS (Pharmacy). Currently well employed in Bombay and willing to settle in USA, from suitable match. Call: 818/349-2353.

AM155: Sister invites responses for handsome, highly accomplished, professional brother, born Feb. '63, 5'11", 146 lbs, BE (Production Engineering), owns industry in Bombay and willing to settle in USA. (immigration in progress). Call: 912/272-8109.

AM156: Sister seeks correspondence for personable, talented, ambitious brother, born Feb. '63, 5'11", 145 lbs, BS (Computer), owns software export business in Bombay. Willing to settle in USA. (immigration in progress). Call: 912/272-8109.

AM157: Responses invited from cultured girls, for Gujarati, vegetarian, good looking, intelligent boy, born Dec. '69, 6'2", BS (Bio-medical Engineering), well employed in Bombay and trying to get student visa for USA. Call: 815/232-4950 or 5642004 in Bombay.

AM159: Uncle invites responses for handsome, fair, nephew, born May '70, 5'11", 140 lbs, diploma Computer Science, pursuing MC, well employed. (presently in India, willing to settle in USA), from cultured, pretty Kutchi, Gujarati girls. Call: 602/940-9809.

AM160: Gujarati parents invite correspondence for their handsome, intelligent, vegetarian, outgoing, US born son, 22, 5'8", 160 lbs, BS (Pharmacy), from well cultured, educated girls. Call: 609/251-0783.

FEMALE

F216: Uncle invites responses from professional, cultured boys for beautiful, intelligent, niece born April '71, 5'2", 100 lbs, MBBS, innocently divorced (unconsummated marriage) within 2 months. Visiting USA in March '96. Call: 408/447-3863.

F223: Gujarati, vegetarian, beautiful, fair, intelligent and caring girl, born May '70, 5'4", 115 lbs, MD, 1st year resident-internal medicine, invites responses from US raised, cultured, professionals. Call: 201/984-1371.

F257: Gujarati parents invite responses from well educated professionals for their US raised, attractive, cultured, vegetarian daughter, born Sept. '70, 5'4", 110 lbs, PhD Pharmacy. Call: 203/798-0596.

F258: Gujarati parents invite correspondence from professional boys from cultured families, for their slim, very beautiful, fair, US born daughter, Aug. '71, 5'6", BS (Business). Please send returnable photo with bio-data.

F274: Parents invite responses from well educated, cultured, professionals for their slim, attractive, talented, beautiful daughter, born June '68, 5'2", 110 lbs, MBA ('96), who has a blend of East/West values. Call: 905/828-6976.

F324: Gujarati surgeon invites correspondence from highly educated professionals for his daughter, 23, fair, slim, beautiful, intelligent and well versed with Indian culture, MS (Economy), from very prestigious school. She visits India on regular basis. Call: 301/983-8597.

F337: MD, 3rd year resident, born Jan. '70, 5'4", 110 lbs, pretty, slim, vegetarian daughter with Indian values. Parents invite responses from Marwari, Hindi, Gujarati professionals. Call: 816/333-7717.

F353: Gujarati parents invite responses for beautiful, talented, professional, US citizen daughter, born July '65, 5'4", MS (Environment), well employed, from suitable professional boys. Call: 516/775-4041.

F355: Gujarati parents invite responses for their beautiful, smart, intelligent daughter, born Dec. '71, 5'2", 106 lbs, BS, active in cultural activities, from educated, cultured boys. Call: 416/290-6908.

F402: Gujarati parents invite correspondence for US raised, vegetarian, beautiful, fair, daughter with Indian values, born Nov. '70, 5'3", 120 lbs, BS (Bio-chemistry), well employed, from cultured, educated boys. Call: 718/470-9306.

F404: Gujarati brother invites responses for vegetarian, Greencard holder, cultured sister, born Nov. '49, 5'2", 115 lbs, (very brief marriage, issueless), from suitable cultured match. Call: 714/832-4732.

F407: Uncle invites responses for very beautiful, slim, vegetarian, niece, born Sept. '71, 5'5", 101 lbs, BS (Physics), employed. (currently in India and wishes to settle in USA), from educated, cultured boys. Call: 908/274-1569.

F408: Responses invited for very accomplished, talented, pretty, professional, vegetarian girl, born Feb. '70, 5'2", 110 lbs, BS, JD ('96), well employed, from professional boys. Call: 202/337-3008.

F409: Responses invited for Gujarati, smart, charming, vegetarian female, born Nov. '60, 5'0", 100 lbs, MS (Accounting), well employed, (divorced, issueless), from suitable cultured match. Call: 312/764-1447.

F414: Responses invited for Gujarati pretty, vegetarian, US citizen, girl, born Jan. '72, 5'5", 125 lbs, HS graduate, pursuing career as x-ray technician, in family business, from suitable match. Call: 941/561-2731.

F415: Gujarati parents invite responses for vegetarian, self employed, pretty, smart daughter, born July '64, 5'2", 127 lbs, BS in travel business, (brief marriage of 2 weeks), from suitable cultured boys. Call: 703/659-0969.

F419: Gujarati parents invite responses for attractive, talented, vegetarian, US citizen daughter, born April '69, 5'5", 105 lbs, JD (anticipated), legal intern, from cultured, well educated boys.

F423: Responses invited for Gujarati, beautiful, fair, slim, vegetarian girl, born May '67, 5'4", 110 lbs, BS (Pharmacy), pharmacy intern, from cultured, educated boys. Call: 718/526-1930.

F424: Gujarati parents invite responses for beautiful, fair, slim, vegetarian, US raised daughter, born Oct. '71, 5'3", 110 lbs, MD ('96), from professionals, preferably MD. Call: 205/979-0641.

F425: Jain physician parents invite responses from vegetarian professionals for their fair, beautiful, affectionate daughter, born April '71, 5'5", 115 lbs, 3rd year medical student, MD ('97). Call: 518/725-1985.

F426: Gujarati parents invite responses for pretty, smart, slim, vegetarian, US born daughter, June '71, 5'4", 118 lbs, BS (Psychology), employed. Lived in India for 6 years, from cultured, educated boys. Call: 215/957-9879.

F427: Gujarati parents invite responses for beautiful, vegetarian, slim, cultured, Greencard holding daughter, born Feb. '72, 5'1", 90 lbs, pursuing BS (Nutrition), raised in Bombay, from suitable match. Call: 714/543-9711.

F428: Responses invited for Gujarati, pretty, vegetarian, cultured girl, born April '69, 5'5", 125 lbs, MD 1st year resident, from professional boys, preferably MD. Call: 215/564-1914 or 512/301-2251.

F430: Responses invited for attractive, smart, slim, Gujarati female, born Oct '69, 5'5", 115 lbs, B. Com. studied fashion designing. Employed as manager in a diamond business in NYC, (divorced, issueless), from suitable match. Call: 718/520-1668.

F433: Hindi speaking Jain parents invite responses with bio-data for attractive, vegetarian, US citizen, daughter, born Aug. '64, 5'5", MD (finishing residency in '96), from tall, vegetarian, handsome, professional match.

F434: Hindi speaking parents looking for a well educated and cultured match for their good looking, US raised, daughter, born May '71, 5'6", 115 lbs, BS (Economy), pursuing law degree (JD) Call: 708/524-2041.

F436: Parents invite responses for beautiful, fair, vegetarian, intelligent daughter, born Nov. '71, 5'2", 114 lbs, BS (Microbiology), employed in a hospital, from cultured, educated boys. Arriving in North America on immigration in near future. Call: 905/820-0659.

F437: Hindi speaking parents seek responses for very beautiful, fair, slim, vegetarian daughter, born June '69, 5'5", 120 lbs, BS (Pharmacy), pharmacist in a reputed hospital, from cultured, educated boys. Call: 604/922-6288.

F439: Brother invites responses for good looking, attractive, fair, sister (widow, 2 sons 18, 15), born '54, 5'5", 120 lbs, from suitable match. Currently in India and willing to settle in USA. Call: 318/981-7205.

F442: Responses invited for beautiful, fair, charming, US raised Gujarati girl, born June '69, 5'2", 115 lbs, BS (Pharmacy), employed, from well educated, good looking boys. Call: 718/446-7392.

F444: Gujarati parents invite responses for their vegetarian, intelligent, good looking, US citizen, daughter, born Nov. '62, 5'2", 130 lbs, BS (Architecture), well employed, from suitable match. Call: 818/865-2915.

F447: Hindi Oswal parents invite responses for exceptionally beautiful, very fair, talented, US born, daughter, July '74, 5'5", 115 lbs, MD ('98), from professional, handsome, bright boys. Please send bio-data and returnable photo. Call: 810/651-1299.

F451: Responses invited for beautiful, fair, vegetarian, intelligent, US born girl, March '71, 5'1", 105 lbs, BA (Sociology), well employed, from cultured, educated boys. Call: 718/969-0652.

AF36: Gujarati vegetarian, outgoing, creative, talented, active in community, US born, July '67, 5'5", 130 lbs, BS, MS, well employed, seeks responses from caring males with progressive, Jain values. Call: 919/833-2548.

AF116: Surgeon uncle invite responses for beautiful, slim, fair, charming, cultured niece from noble family, born July '63, 5'2", BS, diploma (Interior), from Gujarati, Hindi speaking boys. Currently works as interior decorator in India and would like to settle in USA. Call: 301/983-8597.

AF121: Well established Gujarati parents invite bio-data with picture for their extremely gorgeous, very light skinned, many talented, MS, 22, 5'6", daughter, from highly educated, very handsome, Gujarati boys.

AF129: Gujarati parents invite responses for their beautiful, fair, talented, vegetarian daughter, born April '69, 5'2", MD 1st year resident, from professional boys, preferably MD. Call: 410/882-9697.

AF149: Gujarati parents invite responses from handsome professionals, preferably physicians 33 - 35, for their vegetarian, US

citizen, pretty, slim, physician daughter 33, 5'0", issueless divorced. Please reply with photo and bio-data.

AF152: Brother invites responses for pretty, fair, vegetarian sister, born March '69, 5'0", 95 lbs, BS (Commerce), well employed, from cultured boys. She is currently in Bombay and willing to settle in USA. Call: 718/896-8364.

AF154: Brother seeks responses for a very beautiful, fair, cultured, vegetarian divorcee sister, born Aug. '68, 5'4", 117 lbs, BS (Commerce), presently well employed in Bombay. Belongs to well placed family.

Wishes to settle in USA. Call: 216/741-0147.

AF158: Uncle invites responses for pretty, smart, vegetarian, niece, born Feb. '69, 5'1", 135 lbs, BS (Economics), from cultured Gujarati boys. She is currently in India and willing to settle in USA. Call: 718/779-9372.

AF161: Gujarati parents invite responses from handsome, vegetarian, well educated, males for their beautiful, intelligent, well cultured (in religion and dance), US born daughter, 21, BS (Pharmacy '96). Call: 609/251-0783.

This is How It Works

Guidelines to all prospective participants

Be positive, constructive, creative and friendly! No match is going to be 'perfect.' Compliment and support, practicing respect, sharing, acquiring knowledge, maintaining your uniqueness while keeping an open mind. These things do make for human perfection. Our world is shrinking and we are becoming a global village and life is not always easy, however, we carry with us a philosophy and a value system that is worthwhile. So accept the challenge and make your choice a worthwhile one.

Placing an Ad and Registration with the MIS

Anyone wishing to place an ad and register with the MIS - Marriage Information Service - must follow these step-by-step instructions carefully.

• Fill Out

the Registration Form found on pages 21 and 22. The registrant must fill out this form. Do not leave anything blank.

• Mail

- the completed form,
- a check in the amount of \$25.00 payable to: Hasmukh M. Shah, **LEAVE THE "MEMO" OR "FOR" LINE BLANK,**
- and a recent, full-length photo of yourself

with your name printed on the back.

To: Hasmukh M. Shah
8721 Scrimshaw Drive
New Port Richey, FL 34653
Phone: 813/376-7989

Upon receipt of this information the MIS will draft an ad for you and it will appear in the Jain Digest *only once*.

Placing an Ad Only

If you *do not* wish to register with the MIS and wish to draft an ad yourself, you may do so in **30 words or less**. Remember, that the MIS reserves the right to edit all such ads.

As a rule, all MIS ads include the phone number of the registrant. However, if you do not wish to publish your phone number, Hasmukh M. Shah must be specifically notified.

Responding to an Ad

All those wishing to respond to an ad must follow these step-by-step instructions. Place your bio-data and a recent photograph of yourself in a sealed, stamped envelop with your return address in the upper left-hand corner and the MIS ad reference number in the lower left-hand corner of the envelope. **NOTE: leave space on the envelope for an address.** Place this envelope in another envelope with your return address in the upper left-hand corner and mail it to Hasmukh M. Shah. See

address above.

Upon receipt of these responses the MIS will place the ad holder's address on the inner envelope and mail it.

Remember, MIS is not responsible for responses that do not conform to these instructions.

Please notify the MIS when a marriage or engagement has been announced. This will help us to know if this community service is helping in maintaining our traditions. Please note that if a successful alliance has taken place, both parties will agree to donate \$101 or more to JAINA.

Remember the MIS is a nonprofit, voluntary community service. The MIS and JAINA assume no responsibility or liability for the accuracy or authenticity of the information furnished in the ads or any consequences resulting thereof. The entire responsibility rests with the candidates themselves.

All information furnished to the MIS is confidential. Only those who are sincerely interested in looking for a Jain life partner should send the Registration Form. While matching, photographs will not be passed on to the candidates by the MIS.

Parents/guardians should communicate with the candidate before placing an ad with the MIS and assist them in making a final decision.

If you wish to receive the Jain Digest, please fill out the free subscription form that appears on page 36.

**Marriage Information Service
Registration Form
Federation of Jain Associations In North America**

A/C/E/M

Send this completed form, a check in the amount of \$25.00 and a recent, full-length photograph of yourself with your name printed on the back to: Hasmukh M. Shah, 8721 Scrimshaw Drive, New Port Richey, FL 34653.

Name: (Please Print) _____
Last First Middle

Address: _____
Street City State Zip

Phone: () _____ Fax: () _____

Date of Birth: _____ Height: _____ Weight: _____

Are you a vegetarian? yes no Do you smoke? yes no Do you drink? yes no

Have you been married before? yes no

If yes, indicate the name of your divorced spouse. _____

What is your Visa status in the USA/Canada? _____ When did you enter the USA/Canada? _____
month/year

What languages do you speak? _____ What is your religion. _____

What languages do you read? _____

What languages do you write? _____

Education: _____
Degree Year received Major Name of University

Work experience: _____
Company's name Position Duration

Father's Name: _____ Occupation: _____

Mother's Name: _____ Occupation: _____

Brother(s) and/or Sister(s) _____
Name(s) Age(s) Education Occupation

Do you have other relatives living in the North America? _____
Name Relationship Occupation Address

Other relevant information(use additional paper if necessary): _____

Candidate's signature: _____ Date: _____

The MIS and JAINA assume no liability or responsibility for the accuracy or authenticity of the information herein, nor the consequences resulting thereof.

**Marriage Information Service
Registration Form
Federation of Jain Associations In North America**

1. Two references who are members of the Jain Community or other Indian organizations.

A. Name: _____

Address: _____

Phone: _____

Member of: _____

Organization's Name

B. Name: _____

Address: _____

Phone: _____

Member of: _____

Organization's Name

2. Indicate your personal preference of these criteria for the match.

Age: Between the ages of _____ and _____ or open.

Height: Between the height of _____ and _____ or open.

Weight: Between the weight of _____ and _____ or open.

Education: Bachelor _____ Masters Degree _____ Other _____

Major: _____

Vegetarian: yes no **Work experience:** yes no

Residence: (state) _____ **Visa Status:** _____

Length of time in North America: _____ years.

Language: English yes no not important, Other (specify): _____

Color of skin: light wheat open

3. Photograph: Attach a recent, full-length photograph of yourself with your name printed on the back. Please note: no photographs will be exchanged while matching is taking place.

Regional News, continued from page 13 - by many visiting monks and distinguished Jain Scholars were held under the auspices of the JCA throughout the summer months.

SOUTHEAST

*Surendra Shah
Regional Editor*

Atlanta, GA

This period has been marked by the visits of several scholars, the celebration of Paryushana Parva and a picnic. Over 15 families attended the Pratishtha and JAINA Convention in Chicago. Virbala Jain and Hetal Jain received JAINA award for their very activities and interest in Pathshala. Jitendra Shah, a Jain scholar, from Ahmedabad gave lectures on the significant activities required during Paryushana. His lectures were very effective.

Several adults and young adults did the Tapashcharyas. Notable were the 16 upvas by Jiten Shah and Bharati Shah. Neela Shah who did ten and Niru Shah did nine. Jayant Savla, Anil Shah and Neetu Shah each did an atthai. There were also several with four upvas and ekasanas and besanas. Shantaben Shah is doing Varsitap.

Samvatsari Pratikraman was performed by well over 125 people. A ceremony to honor the tapasvis was held after the paryushana. Kirti and Neela Shah hosted the parnas at their home.

The visits of scholars from different sects has broadened our understanding. Tarlaben Doshi from Bombay, India visited and explained Jain philosophy and meaning of many religious activities. Pandit Dhirubhai Mehta from Surat, India is a regular visitor every year. Other notable visitors have been Dr. Bharill whose lectures in Hindi provide a variety from Gujarati and Shri Pratapbhai Tolia from Bangalore who gave a program of stavans accompanied by music. Subhash Sheth from Songadh (Saurashtra) gave lectures on Jain philosophy.

Over 250 people had a lot of fun at a picnic that was held at Lake Alatoona.

Augusta, GA

The Jain group continues to meet twice a month and had two Jain scholars visit the sangh. Pandit Dhirubhai Mehta and Sunandaben Vhora conducted excellent discourses on Jainism. Many people, including non-Jains, attended these lectures. Sanatra pooja was conducted in September. The Atlanta Jain Society gave their full support for this occasion.

Clarksville, TN

This summer was full of activities for this small society. Dilip Shah, Natvar Shah, Pravin Mehta, Navin Shah, Navnit Doshi, Rajubhai Shah and Dinesh Shah and family attended Pratishtha Mahotsav and the JAINA Convention. At the convention, Pravin Mehta was elected Vice President - Southeast Region and Mayur Mehta was elected to the YJA executive board. Many of the society's families participated in Cincinnati/Dayton's new temple ceremonies.

Paryusana Parva was celebrated with lots of enthusiasm. During Paryusana, the Kalpasutra was read every day. Mahavir Janma Supan Ceremonies were very well attended. The new backdrop for Pratimaji and decor and Silver Swapanas reminded of a small town temple. Samvatsari Pratikraman was performed at Ashok Shah's home by about 50 people. Kalpanaben Shah did Atthai and Hiraben Mehta did seven upvas and one besnu. Many young people also did tapasyas. After Paryusana, the society held a picnic in Bowling Green, Kentucky. The picnic was followed by the visit of Nareshbhai Doshi of Bombay, India. Under his guidance for the first time in the state of Tennessee, 18 Abhishek Poojan was done. The majority of the members participated with their Pratimaji. The program ended with delicious Swamivatsalya Dinner. For five days, Nareshbhai gave discourses on Jainism. Young people were recognized for their achievements in their academic fields.

Harvey, LA

The highlight of the Jain Society Of South Louisiana activities was the society's active support in making the Jain Art Exhibit at the New Orleans Museum a great success. Well over 30,000 people saw the exhibit and learning about Jinās and the Jain doctrine of Ahimsa. In conjunction with the exhibit, lectures and meditation by Gurudev Chitrabhanuji and Shraminjis

Madhur and Charitra Pragnaji were presented along with cultural programs, films, and demonstrations of vegetarian cooking and Yoga. A two-day Jain art symposium was very informative identifying the need for further research into this area and stressing the importance of cooperation among all Jain sects. Gurudev accommodated the interested listeners by offering a second lecture on Ahimsa. Much of the credit goes to Siddharth Bhansali for the success of this exhibit.

In an essay contest on topics related to Jain art, Sweta and Shalin Shah were prize winners.

SOUTHWEST

*Judavji Kenia
Regional Editor*

Dallas, TX

The Jain Society of North Texas celebrated the 18 days of Paryushan with a great deal of enthusiasm with several days of Pratikraman and poojas at the Jain Center in Richardson, Texas. On September 5, 1995 there was a Snatra Pooja followed by the Swapana ceremony. Das Laxana Vidhan Poojas were done from September 9, 1994 in the mornings with the last group poojas on September 18, 1994, Anant Chaturdasi day. Samvatsari Pratikraman was attended by approximately 100 people on September 9, 1995.

The Tapasaya this year included 21 days of continuous Upvas by Kalpana Shah. To celebrate her accomplishment she and her husband Arvind also provided a Swamivatsalya lunch for the Jain Sangh on September 11, 1994. Among other Tapasvis, Kirit and Pramila Daftary of Waco, Usha Daftary, Harsha Gandhi, Bhupendra Shah, Damjibhai Shah, Ushaben Shah and two young people, Ami Lakdawala and Neel Vaidya who did Athai Tapa, 8 Upvas. Kiritbhai's mother Ramaben Daftary did 6 Upvas. For eight days, Mehul Shah, age 13, did 3 Upvas followed by 2 Ekasanas and then 3 Upvas to conclude Paryushan, a noteworthy achievement. Others did from 1 to 3 Upvas and Ekasanas/Aayambils. Our congratulations and Michchhami Dukkadam to all the Tapasvis.

Dignitaries who visited the center this year were: Shri Shekhar Chandra Jain from Ahmedabad, India, Dr. Bharill, Samaniji Mangal Prajna and Charit Prajna. Shri Rajendra Kamdar, Shri Dhirajlal Mehta from Surat, India and Shri Charu Kirthi Bhattarakji from Mood Bidri Math.

About 25 young people from the Jain Youth Group attended the YJA Convention in Chicago. They came away satisfied with a better understanding of Jainism. This trip was partially financed by the Jain Society of North Texas to encourage a greater participation among the young in Jain activities.

Houston, TX

Jain Society of Houston celebrated Paryushan in the presence of Muni Jin Chandraji from Bandhu Triputi. Lectures were held in the morning and the evening. Poojas and Pratikraman were performed all 8 days of Paryushan.

This year there were 25 Tapasvis who did Athais (8 continuous Upvas) or more including 13 youth group members. Most notable were two young people, Nipa Sanghani, age 16 and Sudha Doshi, age 19 they did 16 continuous Upvas. Other young people who did Athai were Pallavi Dedhia, Seema Doshi, Neha Mehta, Parag and Shraddha Mehta, Sharmi Parekh, Neha Mehta, Zarna Sanghani, Avni Shah, Dimple Shah and Sangeeta Sutaria. Among adults who did Athai or more were Usha Doshi, Bimala and Swatantra Jain, Patu Kanani, Pravin and Snehlata Mehta, Devendra Patel, Bhavar Purohit, Vijay Sanghani, Jitu Shah, Varsha Shah and Mohit Shah. There were numerous other Tapasvis who did other Tapasya. Our heartiest congratulations to all the Tapasvis for their successful completion of their varying tapasya.

The Society raised \$150,000 in pledges for the Pratishtha Mahotsav that was celebrated during the Thanksgiving holidays. The festivities ran from November 18 - 26, 1995 with Murti Sthapana of Mulnayak Mahavir Swami, Parshwanath Bhagwan, Rushabhdev Bhagwan, Simandhar Bhagwan, Guru Gautam Swami, Chakreshwari Devi, Padmavati Devi, Saraswati Devi, Laxmi Devi, Shree Ghantakaran Veer, and Manibhadra Dev. The JSH has begun a "Share-A-Tile" drive for the Gabharo and temple floor. For more information please call Kishor Doshi at 713/561-9887.

Phoenix, AZ

Several Mumukshus from the Greater Phoenix area attended the JAINA Convention. The Center actively participated in helping to present a gallery of 75 paintings at the convention. The Phoenix Jain group took part in the Pratishtha of Bhagwan Aranath. The young adults joined in this celebration in the panel discussions, forums and youth programs.

Several scholars from India visited the Phoenix area this summer and gave discourses on various aspects of Jainism. Pandit Dhirajbhai Mehta and Vasantbhai Khokhani enlightened the group. Taralaben Doshi gave discourses on the twelve householder vows (Shravak's Vrats). She also discussed with the young adults the meaning and importance of Samayik. Shri Rajendra Kamdar helped us celebrate the Paryushan Parva by conducting Swadhyay lectures and leading in Pratikraman.

Paryushan and Dash Laxana Parvas were celebrated from August 23 - September 9, 1995. The spirit for Tapasya was very high as many Mumukshus including children and young adults participated this year. The most noteworthy accomplishments were Varsi Tap by Ushma Bavishi, Mas Khaman (continuous fasting for 30 days) by Kirit Gosalia, 10 Upvas each by Rekha Shah and Ajit Shah, 9 Upvas each by Latta and Harshad Desai, 8 Upvas each by Atul Gosalia, Jayashree Parekh, Mahendra Shah, Varsha Shah and Hema Sheth and Roopali Desai, age 17. Several others did from 1 to 6 Upvas, Aayambils and Ekasanas.

Our annual Paryushan Mahavir Jayanti and the fund-raising program was successfully carried out in the presence of Shri Rajendrabhai. He also explained the importance of Mahavir Jayanti celebration and the meaning of Swapanas. On Samvatsari day we had two Pratikramans, one for the adults and one in English for the young people. The Parvas were concluded by a Swamivatsalya program honoring the Tapasvis on September 10, 1995.

Tulsa, OK

About six families from Tulsa, OK attended the Convention. In addition to the adults, the youth group prepared a SCRAP BOOK for the Young Jains of America.

Among scholars who visited us this year were Taralaben Doshi who gave dis-

courses on the twelve householder vows (Shravak's Vrats) and how we can observe them while living in this US. Muni Shree Jinchandraji visited us in August, 1995 and blessed us with a pooja for our second anniversary of the Pratishtha.

The Sangh celebrated Paryushan Parva from August 23-31, 1995 by doing Pratikraman every evening. On a Mahavir Jayanti celebration day, we had Swapana ceremony followed by a dinner.

In 1992, the Sangh provided funds to build a small dispensary in Tithal, India. We are happy to report that almost 20,000 patients were served during 1993 and about 13,000 patients were served during 1994. These people received free health care which included doctors' services and medicine.

WEST

Chandrakant Parekh

Regional Editor

Los Angeles, CA

The JAINA Convention was a memorable event for the Jain Center of Southern California (JCSC) and for several of its members and young people who were specially recognized for their contributions and participation in the Jain activities. For a second time, JCSC was recognized for its outstanding contribution in promoting the Jain Art Exhibition. Manibhai Mehta, past President of JCSC, was elected President of JAINA for the next two years. Girishbhai Shah was recognized for his efforts in leading the adult swadhyay activities. Dr. Pratapaditya Pal, a curator at the Los Angeles County Museum of Art was recognized for his outstanding contributions in organizing the exhibition entitled *The Peaceful Liberators: Jain Art From India*. Among the young people, Minal Doshi was recognized for her efforts in promoting youth activities as first president of Jain Association of Young Adults (JAYA). Priya Sheth won the art contest and Sumit and Samir Khandhar were placed first and third in the essay competition *Peace Through Nonviolence*.

Paryushan Parva was celebrated from August 23 - 30, 1995 in the presence of Gurudev Chitrabhanuji. Chitrabhanuji read from the Kalpa Sutra and lectured. The ladies had the opportunity to organize three sessions with Pramodaben to discuss the role of Jain women in America. In those sessions, a discussion on the use of household and beauty products which are manufactured without cruelty to animals generated a lot of interest. The pathshala children and the JAYA young people presented an outstanding program on August 26, 1995. The highlight of the program was a dance drama, *Elachikumar* which traced the story of Elachikumar.

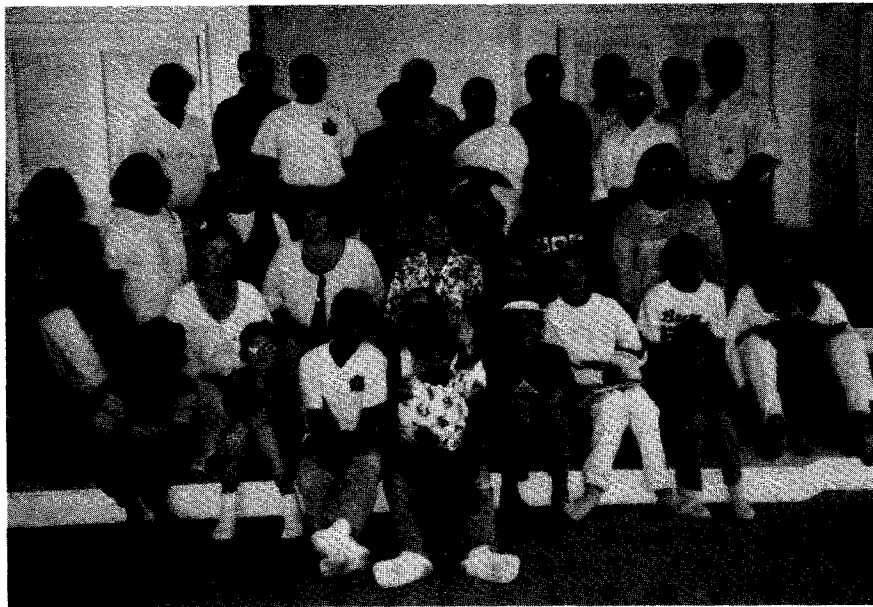
Over 1500 people attended the celebration of Mahavir Janam Kalyanak and swapna ceremony on August 27, 1995. The bahuman of a record number of tapasvis was arranged on September 3, 1995. Following the Kshamapna Vanchan, Shri Rajendra Kamdar, a prominent Jain scholar from India, talked about the importance of *Tap and Dan*. Thirty-nine tapasvis, 2 of whom did 16 upvas, 1 did 11 upvas, 3 did 10 upvas, 6 did 9 upvas, and 27 did 8 upvas, including Neha Shah, age 15, and Mansi Shah, age 14, who fasted for 16 and 10 days respectively. Both of these youngsters observed Atthai last year. It is very encouraging to note the number of children who observe some form of austerity during Paryushan Parva. Two popular artists who have released an album on Jain stavans presented a musical program. The Daslaxshana Parva was celebrated in the presence of Shri Rajendra Kamdar. He gave discourses on *Six Dhrvya* and *Nine Tarva*, explaining the meaning and significance of *Das Laxshana*, the ten inherent virtues of soul as manifested in a monk.

During Paryushan Mahaparva, JCSC launched an appeal to raise funds to develop a Jain Community Center. With the encouragement of Gurudev Chitrabhanuji, the community responded with unprecedented enthusiasm pledging over

\$300,000. They will integrate the intricately and exquisitely carved wooden replica of the Temple at Palitana.

This replica was commissioned by the British Government for the World's Fair in St. Louis, MO in 1905. The temple found its way into the collection of an American art dealer and eventually purchased by the famed billionaire and recluse Howard Hughes. It was installed in the courtyard of a motel as 'The Gateway to Luck.' In 1988 the temple was donated to the Friends of India, a Las Vegas chapter of the JCSC.

The seventh anniversary of the inauguration of the Jain Bhavan was celebrated from July 7 - 9, 1995 in the presence of Babubhai Kadiwala. Shripal Raas, Sidhha Chakran Pooja, 108 Arhad Abhishek Mahapoojan and Dhvaj ceremony were performed with enthusiasm and the active participation of many. Ahimsa Day was observed on October 1, 1995. Sunandaben Vora, presented a lecture on two types of *Ahimsa- Dhravya Ahimsa and Bhav Ahimsa*.



The JCNC camp with Jinchandraj

Sunandaben presented a nine-day lecture program in September.

San Francisco, CA

Paryushan and Daslaxshana Parva were celebrated from August 23 - September 9, 1995. Muni Roop Chandraj Maharaj, a renowned Jain monk and Kiranbhai Parekh, a Jain scholar were invited to deliver sermons and lectures during this period.

Paryushana Parva was celebrated by

Swetambars and Daslaxshana Parva celebrated by Digambars. These two events have the same significance and are the most auspicious days for the Jains. They culminate a four month period of penance, called *Chaturmaas*. During this period all Jains conduct intense spiritual activities. During the eighteen days Jains observe many austerities including fasting and spiritual self-evaluation. On the last day, they perform Pratikraman, asking for forgiveness from all.

Muni Roop Chandraj Maharaj delivered religious discourses including reading of Kalpa Sutra.

Swapna ceremony and Lord Mahavir's birth were celebrated on August 26, 1995. The program included Snatra Pooja, a lecture by Muniji and other religious and cultural activities.

The bahuman of the tapasvis, recognition of the adults and children who had observed fasts and other austerities was held on September 9, 1995. Manhar Shah observed a *Maaskhaman*, a 30-days fast,

and his daughter Purnima, age 15, observed an *Atthai*, an 8-days fast. In addition, there were about 15 more *atthais* and many more people observed fasting in other ways.

The Bay Area Jain community has been active for the past ten years. The two events of Paryushana Parva and Daslaxshana Parva were organized jointly by JCNC for the first time. The JCNC is committed to organizing all Jain functions without any sectarian distinctions or divisions. Encouraged

by the active participation of the entire Jain community, the JCNC is vigorously pursuing the establishment of a Jain Temple in the Bay Area. A subcommittee has been appointed to coordinate the search for a suitable facility.

Mahavir Nirvana was celebrated on October 22, 1995 at Fremont Hindu Temple.

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AFFILIATE NEWS

International Alumni Association of Shri Mahavira Jain Vidyalaya (IAAMJV) During the recent JAINA Convention the International Alumni Association of Shri Mahavira Jain Vidyalaya elected a new Executive Committee for 1995-1997. They are: Anop Vora - President, Rajni Shah - Vice President, Rasik Shah - General Secretary, Chandra Vora - Communications Secretary and Ramesh Fofaria - Treasurer.

The IAAMJV has just published its second edition of the directory of all alumni living in North America and the U.K. If you are an alumnus and have not received your copy please write to: Chandra Vora, 35 Wesson Terrace, North Boro, MA 01532 or call 508/393-2490 (see page 27).

International Mahavir Jain Mission, Siddhachalam celebrated 'Ahimsa Day' on October 1, 1995. Following a pooja in the morning Gurudev Chitrabhanuji, Roopchandji Maharaj and Arrendra Muni spoke about the real significance of Ahimsa in Jain tradition. The program was followed by a Swamivatsalaya lunch that was attended by 500 people.

At the IMJM, Board of Directors and JAINA Executive meeting on October 1, 1995 it was suggested that a beautification plan be developed for Siddhachalam to encourage the utilization of the Tirth for Jain functions by the nearby Jain communities. A committee of IMJM trustees and coordinators from nearby centers was



Gurudev Chitrabhanuji

formed to study possibilities. In addition, a committee set up to organize plans for celebrating two events in Gurudev Chitrabhanuji's life. First, the 25th anniversary of his arrival in the United States and second, his 75th birthday in 1996. Everyone expressed their support for these events and a committee of the following individuals, Arvind Vora - Chairperson 516/269-1167, Dhiraj Shah 716/773-1334, Naresh Shah, Bipin Parikh, Kamlesh Shah and Manibhai Mehta were appointed to develop plans for celebrating these events.

Jain Social Group, Los Angeles and the Jain Center of Southern California organized their joint, 5th Annual Healthfair at the Jain Bhavan on Sunday, May 21, 1995. More than 170 people took advantage of this event, consulting 35 medical specialists representing a variety of fields including: internist, family practitioner, pediatrician, cardiologist, rheumatologist, allergy and asthma specialist, psychiatrist, dentist, general surgeon, urologist, orthope-

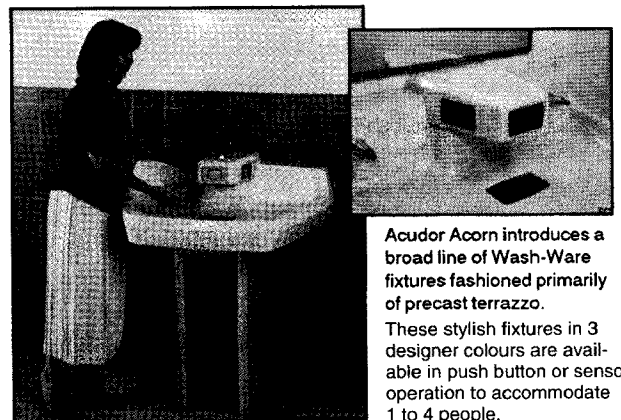
dic surgeon, ENT surgeon, ophthalmologist, obstetrician and gynecologist, pathologist, ayurvedic, pharmacists, physical therapist, laboratory technicians, nurses, and medical assistants. On and off-site services were provided for blood pressure and heart rate check; sugar, cholesterol, and full blood count measurement; electrocardiogram; mammography; pap smears; and cardiac check.

Jain Association of Young Adults (JAYA), Los Angeles and the Jain Center Youth Council (JCYC) presented an outstanding, joint, youth program during the Paryushan Parva celebrations on Saturday, August 26, 1995. The religious and cultural program included music, dance and skits that emphasized Jain principles. The presentation of a colorful dance drama entitled *Elachikumar* provided an opportunity for everyone to display their talents.

At the JAINA Convention Minal Doshi, the outgoing president of JAYA, was recognized for her excellent work in promoting youth activities. Minal helped to organize JAYA in 1994 and was elected as its first president. She also served as the Western region's coordinator for YJA. JAYA continues to recruit young adults, 14 years and older, to coordinate their social and religious

continued on page 29

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For further information, please contact

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COMMITTEE NEWS

Animal Compassion and Vegetarianism

Chair - Narendra Sheth

The Committee consists of 15 members, a 5-person fund-raising committee of Jain leaders and an advisory board of 9 outside experts, under the chairmanship of Narendra Sheth of San Diego, CA. The committee members are: Saurabh Dalal, Neela Gada, Sanjay Gala, Yashica Ghelani, Chandubhai Morbia, Jayshree Ranka, Samir Sanghani, Dimple Shah, Monal Shah, Monali Shah, Nikhil Shah, Surabhi Shah, Tej Sheth and Shaina Varia. The fund-raising committee members are: Ramesh Jain, Sulekh Jain, Girish Shah, Niranjana Shah and Anop Vora.

The advisory board consists of Jay Dinshah-American Vegan Society, Maneka Gandhi-People for Animals, Brain Graf-North American Vegetarian Society, Alex Herchaft-FARM, Michael Klaper-Nutrition, Rae Sikora and Zoe Weil-AnimaLearn, Joanne Stepaniak-Vegan Cookbooks and Debra Wasserman -Vegetarian Resource.

At the Vegan Festival

The Vegan Festival of the Vegetarian Union of North America was held in San Diego, CA, from August 6 - 13, 1995. We were invited to present the Jain viewpoints on this subject. Narendra Sheth and Saurabh Dalal represented the Jiv Daya Committee and JAINA.

We then presented an overview of Jainism covering: Navkar Mantra, What is the aim of Jainism? What is the uniqueness of Jainism? What is the profile of Jains in America? What are the religious activities of Jains? What are the criteria of food choices for Jains? The value of human life. The life story of Mahavir Bhagwan. Architecture of Jain temples in India and a session for questions and answers.

Blankets for the Homeless

Jayshree Ranka from the Jain community of Pittsburgh collected \$1,200 for blankets for the homeless this winter. Congratulations to Jayshree and many thanks to the efforts of the Pittsburgh Jain Community.

Vegan Businesses

If you are looking to invest your money in stock, of a company that is totally cruelty-free and that supports and promotes the Ahimsa way of life, what stock should you purchase? We would like to advise our readers on this subject. If you know of a company that fits this description, please send the information to Narendra Sheth, 9133 Mesa Woods Avenue, San Diego, CA 92126 or call 619/693-8272.

Museum and Art Gallery

Kirit Gosalia - Chair

During the Pratishtha and JAINA Convention we displayed an art gallery of paintings. The theme was Digambara Recognition. Rajendra Kamdar and Pravin Doshi from Rajkot, India were extremely helpful since they worked so closely with Digambara Jain Trust of Songadh, Saurashtra, India. The exhibit of 75 paintings included the great Digambara Acharyas such as: Kund Swami, and Amrut Chandra Swami. Other pictures included aspects of the life of Bhagwan Mahavir and Samosaran; the Songadh temple complex and Pujya Kanji Swami and Ben Shree Champaben.

Many people viewed the exhibit which expressed the hope that the viewers would practice some of the teachings that were presented in pictorial forms. This presentation would not have been possible without the help of Jain groups from Phoenix and Chicago.

Temple Guidelines

Mahendra Pandya - Chair

We are happy to announce that the Temple Guidelines Committee will provide murties for any Jain Center that builds a temple per the recommendation of JAINA. Murties of Bhagwan Mahavir, Bhagwan Parshwanath and a Namokar Mantra Shila will be installed in the Jain Center of Buffalo in their Temple on Memorial Day Weekend, 1996.

World Community Service

Dhiraj Shah - Chair

The appeal for funds in the Jain Digest, March, 1995 for the Women's Center at Mangrol, Gujarat, India has raised only slightly more than \$100 for this very worthy cause. This center, which is located in a tribal area and has been served by a dedicated doctor couple, Daxa and Anil Patel, for the past few years, is in need of our help.

This area of India has no medical facilities and this center provides education about birth control and women's health issues; ante- and postnatal care, and training programs for Midwives. The center services as many as 10,000 people. A modest contribution of \$25 could mean the difference between life and death of an Adivasi woman or children who do not have the means to seek this type of medical care elsewhere. Please send your tax-deductible contribution to: JAINA, 135 Morningside Drive, Grand Island, NY 14072 or to: Shri S. S. Jain Foundation, 46 Ruden Crescent, Don Mills, Ont. M3A 3H3, Canada.

JAINA was named 'Institute of the Year' by the Niagara Falls, NY Chapter of the American Red Cross in June, 1995.

INTERNATIONAL NEWS

Jain Monks Tour Africa, Israel and Europe

Saman Sthitprajna and Saman Ashwaniprajna, disciples of Gurudev Tulsi and Acharyashri Mahaprajna of Jain Vishva Bharati, Ladnun, Rajasthan, India were invited to visit Kenya, Israel, Denmark, Portugal, Poland and Luxembourg. Wherever they traveled, the public took great interest in Lord Mahavir's message.

In Nairobi, they delivered lectures at the Catholic University, a Jain school and many other places in the community. In Paris, France, they met with UNESCO officials to discuss Jain philosophy and the science of living. In Israel, they lectured on non-violence and Preksha meditation organized by the Indian Embassy. In Oslo, they were interviewed by magazine and radio reporters to discuss the Jain life-style.

They arrived in United States on July 16, 1995 to establish the first Jain Center for Preksha Meditation, Yoga and Nonviolence. The center is located at 3510 North Oakland Avenue, Room 210,

Affiliates News, continued from page 26- activities and to share the experience and knowledge of mutual interests. The JAYA submitted an excellent proposal to host Second JAINA Youth Convention in Los Angeles during 1996.

Jain Study Circle, Inc., New York, NY held its quarterly meeting on July 23, 1995 at the home of Dashrath and Chitra Dugar, Willistan Park, NY. There was an interesting and sobering discussion of the main topic for the meeting - Santhara or Sallekhana: A Jain Perspective. The participants expressed the meaning and significance of this unique Jain concept and attitudes towards death. Some participants thought that Sallekhana was a ritual to be followed when one realized that the end was near, while others explored the philosophical aspects and called it the ultimate detachment. Duli Chand Jain spoke about the pitfalls involved in this act if it was performed without a deep understanding, since it could easily become another form of self-violence. Certainly there is a fine line between the Sallekhana and suicide.

The Jain Study Circle conducts quarterly meetings in New York metropolitan area. Any one interested in attending these meetings should contact Harshad Doshi at 718/961-7408.

The Jain Meditation International Center, New York wished to express their deep gratitude to all those people who called and sent messages of concern for the quick recovery of Gurudev Chitrabhanuji. Please know that he has completely recovered from the successful back surgery that was performed on him in late July in New York City. Gurudev left for India on October 1, 1995.

Milwaukee, Wisconsin 53211, and is currently directed by Saman Sthitprajna and Saman Ashwaniprajna. Samani Madhurpragnaji and Samani Charitrapragnaji arrived there in November, 1995. Classes on Preksha meditation are offered on a regular basis for adults and children. The first issue of a bimonthly newsletter entitled *The Inner Light* released by the Center contains articles on nonviolence, Preksha, and yoga. For more information about the center or to contribute donations to its activities or to subscribe to the newsletter, please contact Arun Gandhi at 414/243-5859 or the center at 414/963-4775.

Pratishtha Mahotsava Tithal, India

A new Shikherbandi Jain Temple will be inaugurated on January 26, 1996 in Tithal, Gujarat, India. The temple is located at the Shantinketan Sadhana Center that was inspired by H. H. Shri Bandhutributi Maharaj. Everyone is invited to this auspicious occasion. For more information please contact: Shantiniketan Sadhana Kendra, Tithal, District Valsad, Gujarat, India - 396006 or phone: 91-2632/63074 or in the US call: Dharamashi Shah at 201/994-9188 or Shanti Shah in Canada at 416/881-9390.

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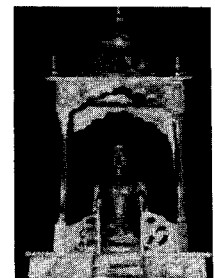
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Mahavir's life and message have inspired countless men and women throughout the ages. Many may question the relevance of Mahavir's philosophy in the modern world. But, if one reflects on the cause of violence, bigotry and intolerance that pervades our society and of the moral decadence and degeneration that is taking hold of our civilization, one soon realizes that Mahavir's message has never been more relevant than in today's world.

In our time, only a few leaders have realized this truth. Perhaps the foremost among them was Gandhi. His was first exposure to Jain religious thought and the Jain path in the year 1891. In June of that year Gandhi returned to India after having spent three years in England. It was at this time that he was introduced to Raichandbhai, also known as Rajchandra, a person who was later to provide Gandhi with spiritual sustenance. Rajchandra, who was of about the same age as Gandhi, was a very successful dealer of gems. He was intellect with a prodigious memory. In fact, he was reputed to be a shatavadhani, that is, someone who could attend to a hundred things at the same time.

As Gandhi came to know Raichandbhai, he discovered many of the other attributes of this unique man. Raichandbhai's sharp intellect, his brilliant mind and the prodigious memory were legendary, but it was his deep spirituality that inspired Gandhi the most. Raichandbhai, himself a Jain, had a profound knowledge of not only the Jain scriptures but also the Vedanta, Gita and the Bhagwat Puran. In addition, he had studied Christianity, Buddhism, Islam and Zen. He had a deep rooted respect for all religions. In a letter to Gandhi, Rajchandra once wrote, "Jain system of thought does not insist on conformity to any formal religious dogma or creed and only sets forth an ideal, the ideal of Jina, one who conquered the self."

It was the profound wisdom of Raichandbhai that attracted Gandhi to him. On his association with Raichandbhai, Gandhi once wrote: "During my life I have tried to meet the heads of various faiths, but I must say that no one else has ever made an impression on me that Raichandbhai did. In my moments of spiritual crisis, he was my refuge." Jain religious philosophy, its theory of knowledge and the Jain path have all made a profound impression on Gandhi and molded his actions in life.

It is impossible to relate, in this brief presentation, all the aspects of Jain philosophy. However, the path that Jain scriptures offer are of particular interest for the lay seeker.

In accordance with the Jain philosophy, the universe is formed of two constituents, the animate and the inanimate. The animate is comprised of an infinite number of souls. The true nature of soul is that of eternal bliss and beatitude. When the soul is liberated it attains its true nature. If being liberated is being divine, then divinity is inherent in all life forms, irrespective of whether it is animal or human. The goal is to realize the true nature of soul. Jain scriptures present a staged and graded path that one may follow to

attain such realization. This begins with the code of conduct for a lay seeker and goes on to the more ascetic and rigorous path of a mendicant. Scriptures devoted to the code for a lay seeker or sravaka are called sravakachar; they describe the path in meticulous detail, from the practical and pragmatic to the philosophical level.

The first rung on the ladder to achieving this goal is the Darshan Pratima. A person who is a Jain by conviction must have an unflinching faith in the true dev, the liberated ones, Shashtra, the true scriptures and Guru, the true ascetic teachers. The devotional aspect Darshana Pratima is formalized in the most auspicious mantra of the Jains, the Panch Namaskar Mantra, in which we pay homage to and express adoration for the five Ideal ones.

- First are the Arihants, the worthy ones, those who have attained supreme knowledge and self realization. When they leave this body their soul will be liberated.

We recite, *Namo Arihantanam*

- Second we pay homage to the sidhas. They are the Arihants who have left the bodily existence and have achieved eternal bliss. They are at a higher plane of spiritual evolution, but occupy the second plane behind the Arihants only because the Arihants are a living embodiment of the ideal and therefore easier to relate to and emulate.

We recite, *Namo Sidhanam*

- The last three in the category of the worshipful ones are the ascetic aspirants, those who have not attained supreme knowledge but are adherents to the path of liberation. The Acharyas are the heads of congregation who guide other members on the path of self discipline. The Upadhyayas are the teacher ascetics who have acquired a deeper knowledge of the scriptures and the Sadhus are the remaining ascetics.

So we recite, *Namo Ayariyanam*

Namo Uvajjhayanam

Namo Loye Savva-sahunuam

It is interesting to note that the object of a Jain's devotion or adoration is not any particular being, not even Mahavir, but an Ideal and all those who have achieved or are striving to achieve the Ideal.

Jains venerate the holy symbol *Om*, but assign their own interpretation to it. Thus the sound of *Om* is formed from the first syllables of the five ideal ones; 'a' for Arihant, 'a' for Asharir or the formless one, the Sidha, 'a' for Acharya, 'u' for Upadhyaya, and 'm' for Muni or the Sadhus.

The second rung on the spiritual evolution of a Jain is the Vrat Pratima. The tradition of vows or vrat is central to the Jain path. Gandhi was deeply inspired by this tradition. In Gandhi's words, vows of Jain tradition "are not a formalistic framework but a way of entering more deeply into truth, not simply a renunciation, but a resolution." The Jain path for a lay seeker embraces the five fold vows or the panch anuvrat. Anu means minor, but the vows are minor only in the sense that they are much less rigorous than those practiced by the monks.

The first anuvrat of Ahimsa is central to Jain ethics. Jainism recognizes the sanctity of all life. This principle is a natural outcome of the philosophy of oneness of life, based on the concept that all life is a manifestation of the soul and that the true nature of each soul is the same - pure, blissful and serene. The Jain concept of nonviolence is not a mere passive abstention from injury to others, but a positive quality based on love for all. Jain philosophy is perhaps unique in embracing all living beings including nonhumans in the fold of this relationship of love and oneness of life. The Jain path of nonviolence is not an instrument of the weak or timid, but a path of courage and fortitude. The concept of Ahimsa has, in fact, an even more profound connotation. Thus, Himsa implies not only injury to others but also to the self or the Atman (soul). Since violence involves intense passion, it defiles the purity of the Atman and reinforces its bondage to the mundane world.

The practice of nonviolence in its absolute sense requires supreme self discipline and rigorous asceticism. Jain scriptures have realized that the rigorous path may be too difficult for the lay seeker. The saravakachars therefore carefully distinguish between Sankalpi Himsa, premeditated or intentional violence and Arambhi Himsa which is unintentional, unwitting or accidental. Thus while intentional violence goes against the very basic principle of Jain philosophy, unintentional violence is pardoned for a lay aspirant.

The second Anuvrat Satya, or truth demands that one abstain from lying in any form. It is a resolution to avoid falsehood and

deception, harsh words and abusive language. In fact, one must avoid speaking a truth that may be destructive or may cause injury to others. Satya Anuvrat can thus be considered another facet of the concept of Ahimsa.

The third Anuvrat is Achaurya or the vow not to steal. In a broader sense it means not accepting any thing that is not legitimately acquired. It is a resolve not to engage in illegal or immoral practices, not to accept stolen goods, not to use false weights or measures and not to adulterate. Stealing is a manifestation of greed, which represents a passion and a form of Himsa to the self.

The fourth Anuvrat is Shila or chastity. It implies abstention from wanton indulgence in carnal desires and refraining from illicit sex. Overindulgence in any form is slavery to passion. Shilvrat is a Himsa to the self.

The fifth and the final anuvrat in the Jain code of ethics is parigrah pariman or limit on possession. Jain ethical code is based on the realization that the very existence of the soul in its mundane, unliberated form entails an association with possessions. It is the indulgence in them that breeds avarice and greed and therefore untruth and violence. A self imposed limit on possessions helps free the seeker from the passions and imparts him with a rare sense of tranquillity and contentment.

The Jain code of conduct and the Jain tenets of truth and nonviolence, founded on the philosophy of oneness of life and universal love are timeless, but never more relevant than in today's world.

If we pause to reflect, we will find ourselves living in a society burdened by dogma, intolerance, violence and strife. Ironically it is often the perverted influence of passions sold under the guise of religious beliefs that stalk our civilization and fan the fires of bigotry, intolerance, bloodshed and war. Sectarian, ethnic and communal violence goes on all over the world, the conflicts are bloodier and more cruel, the parties more intransigent, less willing to resolve their differences.

NUTRITION and VEGETARIANISM *by Tej and Tarang Sheth*

Official Views of Vegetarian Nutrition Have Come A Long Way!

As Jains, we regard a vegetarian diet as the normal and healthy way of eating. In North America, as we are well aware, this has not always been the case. Meat is usually considered the most essential part of the diet and vegetarians are regarded with suspicion or scorn. These perceptions of the vegetarian diet evolved when thinking among nutritional scientists was much different than it is today. What is the right balance of animal and plant food? Is vegetarianism healthy? In this article, I will demonstrate how perspectives on the balance between plant and animal food and the nutritional value of vegetarianism have changed, by considering the evolution of the Food Guides. The Food Guide is a tool for teaching proper nutrition and reflects the views taken by government nutritional

authorities on the right selection of foods for a healthy diet. Ever since its conception, the makeup of the Food Guide has been the subject of much debate. The Food Guide currently in use was dramatically redesigned in recent years, but there are well substantiated arguments for even more significant changes.

The first Food Guides, formulated in the US in the 1920s and '30s, aimed at avoiding nutrient deficiency, especially of protein. In an attempt to ensure that enough protein was eaten, the US Department of Agriculture (USDA) advocated a 12-food-group classification in which three food groups were animal products. In later years, American nutrition authorities reduced the number of groups in the Food Guide to four. Intense lobbying pressure from livestock and dairy industries ensured that two of the four groups in this scheme were animal products, a much greater share than in previous designs.

In this form, the four food groups were (1) fruits and vegetables, (2) grains and cereals, (3) meat, legumes, nuts, and (4) dairy. Consumers were encouraged to eat equal amounts from each group. With adequate protein intake being the number one priority, the Guide advocated a solidly meat-centered diet with fruits and vegetables accorded a minor role. The nutritionists in their preoccupation with protein, raised major concerns about vegetarianism. Vegetable protein was viewed as inferior and vegetarians were cautioned that they would require special awareness to overcome the nutritional deficiencies of plant food.

However, this way of thinking began to be challenged as research in nutritional science uncovered the importance of nutrition in the development of major chronic diseases such as heart disease and cancer. It was becoming evident that a disproportionate consumption of foods high in fats, at the expense of foods high in complex carbohydrates and fibre, was injurious to health. High fat-low fibre diets were identified as important causative agents in heart disease, various forms of cancer, and other major killers. Far from protecting them from malnutrition, which was the earlier concern, the North American diet was causing "overnutrition" and increased incidence of chronic disease.

Acting on these findings, in the late 1980s, the American Heart Association, American Cancer Society, USDA and the Canadian Ministry of Health and Welfare all recommended a major shift in the North American diet. Unanimously, they suggested that North Americans should eat less fat, particularly saturated fat, increase their consumption of complex carbohydrates and fibre through breads, cereals, and other starchy foods, and increase the quantity and variety of fruits and vegetables in their diets.

But the old four food groups, which heavily emphasized animal products, were clearly limited in their ability to promote the recommended dietary change. In 1992, Canada and the US adopted revised Food Guides. In Canada, the Food Guide was converted to a rainbow, with the outer and largest strip representing breads and cereals, the second one representing fruits and vegetables, the third one representing meat and alternatives and the smallest inner strip representing dairy products. Americans adopted an inverted pyramid, placing similar emphasis on fruits, vegetables, and grains. According to the pyramid Food Guide, people should eat six to eleven servings of grains, three to five servings of vegetables, two to four servings of fruits, two to three servings of dairy, and two to three servings of meat or alternatives, which includes legumes and nuts. Fats, oils and sweets are to be eaten sparingly. In contrast to earlier views, the new Food Guide urges consumers to think of chicken, fish and other animal foods as side dishes and legumes, grains and vegetables as the main courses.

The enormous shift in nutritional opinion that has occurred in recent years has cast vegetarianism in a new light. Vegetarian diets are now universally endorsed by major health agencies. In 1988, the American Dietetic Association stated that "vegetarian diets are healthful and nutritionally adequate when appropriately

planned." Moreover, it recognized that "it may be easier, as well as more acceptable, for some individuals to meet the Dietary Guidelines for Americans by following a vegetarian diet rather than a non-vegetarian diet," pointing to the fact that vegetarian diets are lower in total fat, saturated fat and cholesterol which are an important factor in reducing the risk of heart disease and some forms of cancer.

North American nutritional agencies have moved a significant distance and are now advocating a diet that is essentially similar to the one Jains have been eating for centuries. However, they may not have gone far enough. While vegetarian diets are usually lower in fat than non-vegetarian diets, they may not be low enough. It is still possible to consume a significant amount of fat by following a vegetarian diet. Consider the diet that many Jains eat. Most of us are lacto-vegetarians, meaning that we eat plant foods and dairy products. In a recent study in the UK, Gujaratis were still found to consume up to 40% of their calories in fat! Compared with a recommended 15%. This fat comes from naturally fatty foods such as cheese, cream, whole milk; fats used in cooking such as ghee, butter, coconut oil; fats added through frying of puris, samosas, pakora, bhajia, gathia, chevdo; and sweet

dishes such as ice cream, barfi, and ladoos - a lot of fat when it's all added up. Reducing dairy products and vegetable oils can be fairly easy and very beneficial in reducing fat intake.

In order to limit excesses such as these, the Physicians' Committee for Responsible Medicine, a Washington-based physicians' group, has recommended "The New Four Food Groups." In this scheme, the four food groups are legumes, fruits, vegetables and grains. For the average adult, a healthy diet would include at least five servings of whole grains, two servings of legumes, three servings of vegetables, and three servings of fruits. Since all the foods in the four groups are healthy, there is no warning to eat particular foods in moderation. Animal products are considered only as an optional part of the diet and are placed in the same category as vegetable oils, alcoholic beverages and nuts. These recommendations have been endorsed by many leading researchers in the nutrition field.

If we are to adapt our diet to this Food Guide, it will require important changes, especially in reducing dairy products of all kinds and vegetable oils in cooking and frying. But since many of these foods are added after or during the cooking process and are not central to the diet (as, red meat is to the meat eater) the change can be fairly easy to make.

As Jains, we have eaten an essentially lacto-vegetarian diet for thousands of years. Recently, North American food agencies have changed their position dramatically on the vegetarian diet. Now they have endorsed the vegetarian diet as a way to optimal health. However, it may be that these agencies have not gone far enough. As our own diet illustrates, fat intake may still be high in a lacto-vegetarian diet. We may need to move towards the New Four Food Groups, based entirely on plant foods. For Jains, this means reducing - substantially - the amount of dairy products and vegetable oils we consume.

Gratitude to the members of the Animal Compassion and Vegetarian Committee.

*Gujaratis
were found to
consume up to
40% of their
calories in
fat!*

VEGETARIANS BEWARE!..

PIZZA HUT PIZZA IS NOT VEGETARIAN!

thanks to Sanjeev Shah (Wauwatosa, WI)
for writing to us with this information



Even though many of their phone representatives do not have this information, the Customer Service Department from the corporate office of Pizza Hut has confirmed that they do use **Beef Base** in their Vegetable Sauces (including Pasta Sauce, Breadstick Sauce, and Pizza Sauce).

Obviously, this is not a vegetarian sauce. Not only that, it is also an act of betrayal for ethical vegetarians, like us, who want to avoid animal products. We urge all readers of Jain Digest to tell Pizza Hut that they want a truly vegetarian pizza...no beef base! They are sure to listen to 10,000 callers!

Until then, remember: a home-made pizza can be just as tasty. You'll know what's in it. And everyone can have the toppings they choose!

WHAT YOU CAN DO...

Call Pizza Hut toll free at 1-800-948-8488. Tell them that you want *real* Vegetarian Pizza at Pizza Hut...*no beef base*, please!

Did you visit the Vegetarian Table
at the JAINA Convention in Chicago?

WRITE TO US!

Thousands of Jains visited the Vegetarian and Jiv Daya tables at the JAINA Convention in Chicago, last July. They asked about ready-made vegetarian foods, discussed alternatives to silk and leather, and tasted ice cream made without milk! The response was so overwhelming, that we didn't get a chance to talk to all of you, before yet another wave of visitors arrived. So, if you are the helpful woman who asked about lecithin vs. soy lecithin, or the young man who told us he likes Rice Dream...or if you're just interested in Jiv Daya issues, we'd like to know you. So, get in touch, introduce yourself, and tell us what you thought of our exhibits. Or, just write with your questions and comments for Jiv Daya News. We'd love to hear from you!

Write to us c/o Mr. Narendra Sheth at...

Address: 9133 Mesa Woods Avenue
San Diego, CA, USA, 92126

Phone: (619) 693-8272

Email: JivDaya@aol.com

"ASK US": Answering Questions from our Readers about ... HOW TO MAKE AN EGGLESS CAKE

JAIN CAKE

For the kids' birthdays, and other special occasions, here is an eggless chocolate cake recipe that never fails. You can develop variations in vanilla, almond, and other flavours, too!

Ten Minute Chocolate Cake

Ingredients:

1 1/2 cups unbleached white flour
1/3 cup unsweetened cocoa powder

1 teaspoon baking soda
1/2 teaspoon salt
1 cup sugar
1/2 cup vegetable oil
1 cup cold water
2 teaspoons vanilla extract
2 tablespoons vinegar

Mix oil, water and vanilla together in a bowl. Sift all dry ingredients together in another bowl. Add wet mix to dry mix, and stir with a fork until very smooth. Then add vinegar and stir quickly and thoroughly. Pour into an

ungreased 9-inch round cake pan. Bake at 375°F for 25-30 minutes.

For a layer cake, make two cakes as described; frost between the layers, then, frost the whole cake.

For more eggless dessert recipes, ask about *The Compassionate Cook*, a vegetarian cookbook, from PETA (People for the Ethical Treatment of Animals) at 301-770-PETA.

If you need help with this recipe, call Monali Shah at 219-436-2097.

Sponsored by Animal Compassion and Vegetarianism Committee

Young Minds

a publication of Young Jains of America

'96 Convention: San Francisco!

Amit Shah, YJA Co-Chair (MN)
Mayur Mehta, YJA (TN)

After careful consideration, the YJA Executive board is proud to announce San Francisco as the host city for the 1996 YJA Convention.

The Northern California youth group competed with groups from three other cities, Detroit, Los Angeles, and Toronto, all of whom presented compelling offers to host. "These cities all had strong bids," commented Samir Mehta of the YJA Advisory Board Selection Committee. "It made our decision very difficult."

The bidding process took several months of intense preparation and analysis. In or-

der to apply, each city had to complete a comprehensive 60-page application form that included site information, budget, and resumes of all committee members.

After interviewing and evaluating applicant cities with a large list of selection criteria, the Advisory Board recommended San Francisco to the new YJA Executive Board. The new board evaluated the recommendation under additional criteria, after which it unanimously agreed to select San Francisco.

Upon hearing the news, Bay Area youth members were ecstatic. "We're really excited about hosting the YJA convention and look forward to coming up with new and explosive ideas to make this the best convention ever," said Convention Committee leader Elna Shah. "We are very excited to host the

1996 YJA Convention," commented Meenesh Bhimani, one of the chief preparers of the city's bid. "This will be an opportunity for young Jains from all over North America to unify in an environment providing educational and social activities, all nestled in the beautiful San Francisco Bay Area."

Starting in January of 1996, the YJA and the San Francisco Convention Committee will be creating a forum where youth can share ideas, beliefs, and concerns about the Jain heritage and religion with other youth nationwide. If you or your friends would like to get involved in Convention '96, then please contact Mintu Turakhia, YJA Public Relations, at (510) 548-6120 or mintu@po.eecs.berkeley.edu.

New YJA board defines agenda, goals

Amit Shah, YJA Co-Chair (MN)

At the conclusion of the 1995 Chicago Pratishta/8th Biennial JAINA Convention, YJA suffered the loss of fourteen YJA Executive Board members. These board members established the national base and provided numerous resources to local youth groups to help them prosper.

The twelve new YJA Executive Board members have all been part of YJA as local representatives, participants of Foster Focus, and/or active members. They range from the ages of 16-26 and come from a diverse

array of Jain communities and backgrounds.

However, they all share one common goal; they want to increase the awareness of Jain principles among youths at all levels: local national, global. Their motivation, enthusiasm, and commitment will help to achieve YJA's primary goal: **to be recognized nationally and internationally as an umbrella Jain youth organization, establishing a network of Jain youths and preserving Jain philosophy, religion, and culture.**

In August, the new board held its first meeting in Piscataway, New Jersey. After two days of productive discussion and pre-

sentation, the board agreed to start several new projects consistent with its newly-defined goals: 1) to increase interaction among Jain youth at the local and national level; 2) to educate and preserve Jainism among the youth.

In January, 1996, the YJA Executive Board, in cooperation with the San Francisco YJA Convention Committee, will meet to organize the 1996 YJA Convention for the next July 4th weekend.

If you or anyone you know is interested in becoming involved in YJA at the local, regional, or national levels, please contact YJA via telephone or e-mail.

Young Jains of America is on the internet!

www: <http://www.utexas.edu/students/yja> • e-mail: yja@uts.cc.utexas.edu

Youth enthusiasm, attendance make convention a success

Mihir Shah, YJA Board (IL)

During the Fourth of July weekend, the Federation of Jain Associations in North America (JAINA) held its Eighth Biennial Convention at the Jain Center in Bartlett, Illinois, sponsored by the Jain Society of Metropolitan Chicago. The convention was coupled with the Chicago Jain Society's Pratishta Mahotsav (*Auspicious Installation*) of murtis of all 24 Jain Tirthankaras (*ford-makers*). According to local sources, the week-long festivities were attended by a record 10,000 people. Youth attendance also soared; one out of four attendees was under 25 years of age, according to youth leader Viken Shah.

Youth Events

At the 1991 convention, JAINA stressed the importance of youth involvement with its theme, "Extending Jain Heritage to the Next Generation." Four years later, the local Chicago youth group followed suit, organizing an array of activities addressing the needs of first- and second-generation North American Jains. On the second day, several "icebreakers" — to help youths become acquainted and comfortable with one another — set a casual tone for a day of forums and panel discussions. Topics included "Influence of the Media on Our Jain Beliefs" and "Racism Within and Outside of the Indian Community." The next day featured what turned into a controversial panel discussion on "Ahimsa" (*non-violence*), with panelists including former Indian Environment Minister Maneka Gandhi. "The lecture was insightful — it opened my eyes a little wider to some interesting facts," commented Mehul Shah (IL). Others were more skeptical. "Although Ms. Gandhi is a powerful speaker, I don't appreciate her belittling and dogmatizing us for a lifestyle which she herself never experienced," said Mintu Turakhia (CA). "Her condescending attitude was discouraging — not motivating."

A popular convention program was the Jain Academic Bowl. Teams of Jain youths from Boston, Raleigh, Charlotte, Washington, Lubbock, Chicago, and Pittsburgh

squared off in an intense, intellectual competition on Jain trivia. After the battles were fought and dust settled, Pittsburgh prevailed as first-place winner. "Some of these kids know more than my parents do," commented one youth attendee.

Young Jains of America (YJA) also held several activities, including a general YJA information session and a promotional exhibition, during which YJA presented its North American Scrapbook and internet World-Wide Web page.

The 1995 JAINA Convention proved to be a showcase of what Jain youths from all over North America have accomplished on local and national levels. "Overall, I thought the Convention was very successful," said Manish Shah (IL). "A lot of people participated and this gave them a chance to meet and make new friends and share ideas." Commented Hiral Mehta (IL): "The seminars, the cultural program, and the exhibition was all quite interesting." Other attendees saw room for improvement. "I thought more organization was needed," said Pooja Kapadia (MO). "There were a lot of lectures and seminars, which were good. But there was a need for small-group discussions where people would have a chance to express and exchange ideas." Despite mixed reactions, enthusiasm remained high. "I'm looking forward to the next convention," said Mehta.

YJA Executive Board

e-mail: yja@uts.cc.utexas.edu

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Finance: Darshan Shah (CO) [West]

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Membership: Shalin Mehta (MD) [Mid-Atl.]

Public Relations: Mintu Turakhia (CA) [West]

YJA: Past, Present, Future

*a timeline of YJA's history,
projects, and goals*

Current Goals:

- Increase youth interaction at local, regional, and national levels.
- Educate youth to preserve Jain heritage
- Create a forum for exchanging ideas on Jain religion and philosophy

Current Projects:

- Establish contact with youth and adult leaders at local levels.
- Expand financial resources through promotion and fund-raising campaigns.
- Organize 1996 YJA Convention: 4th of July weekend, San Francisco, CA
- Create and promote informational resources: *Young Minds* newsletter; Jain lecture circuit list (list of Jain scholars and available educational resources); YJA internet home page
- Distribute membership directories

TIME	ACCOMPLISHMENTS/GOALS
1991	Inception of YJA. Divided North American into six regions; appointed 12 regional coordinators
1993	YJA Youth Leadership Conference in Chicago. Formalized YJA, established mission and goals
1994	Successful First Biennial YJA Convention in Chicago, with over 300 attending.
1995	Spring/Summer: Adopt-A-Center Program, Foster Focus Programs: North American Youth Scrapbook, Membership Directory, Temple magnet fund-raiser. New Board members selected at 8th Biennial JAINA Convention. YJA Executive Board meeting in August. Created short- and long-term strategies to increase youth outreach and achieve YJA's goals (see above).

From the Editor, continued from page 1 - are included in this issue. We need your help to make it the most comprehensive directory of its type. Please mail out the form in a timely fashion.

We would like to thank all of those who have provided us with their change-of-address information. Our mailing list has been updated and we should see a drop in the number of magazines returned to us, which will result in a savings for JAINA. Please keep up the good work, we need everyone's help.

This issue also includes two thoughtful articles; one on Jainism and the other on vegetarianism.

To conserve our limited resources the Jain Digest will now be published three times a year.

Harshad Shah, Editor in Chief

Regional News, continued from page 25 - Please contact Kirit Bavishi at 510/797-9438 for further information.

Plaudits to Harilal Shah, a member of the JCNC, who has received the Community Service Award. This is the highest



Harilal Shah

award presented to citizens by the Federal government in recognition of their community service. Harilal was presented with this honor at recent ceremonies in Washington, DC because of his service to the community in a three year effort to bring about a new and positive spiritual environment by organizing lectures on Jainism and Prekshadhyan.

On October 13 - 15, 1995 the Center celebrated the Centennial Year Celebration for Shri Atmasidhdhi Shastra. The three day event was full of activities, lectures, video presentations and cultural programs.

Concept of God in Jainism

Jainism believes that the Universe and all its substances or entities are eternal. It has no beginning or end with respect to time. The Universe runs on its own by its own cosmic laws. All substances change or modify their forms continuously. Nothing can be destroyed or created in the Universe. There is no need of someone to create or manage the affairs of the Universe. Hence, Jainism does not believe in God as a creator, survivor and destroyer of the Universe.

However, Jainism does believe in God, not as a creator, but as a perfect being. When a person destroys all his karma, he becomes omniscient and omnipotent. He is a liberated soul. He lives in the perfect blissful state of Moksha. This living being is a God of the Jain religion. Every living being has the potential to become a God. Hence Jains do not have one God, but Gods are innumerable and their number is continuously increasing as more living beings attain liberation. *Source Unknown*

Federation of Jain Associations In North America

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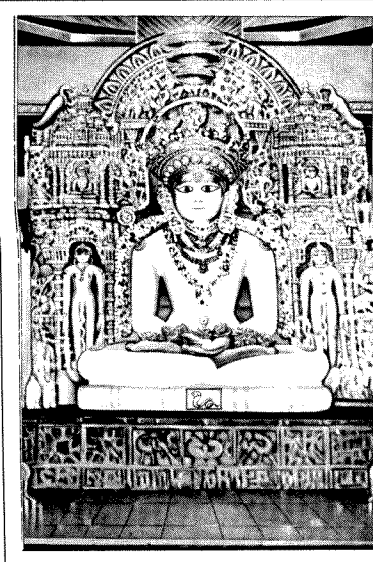
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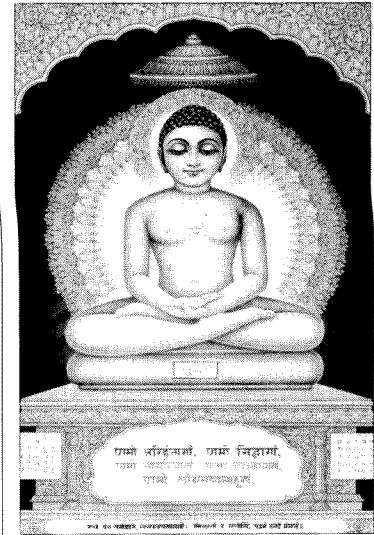
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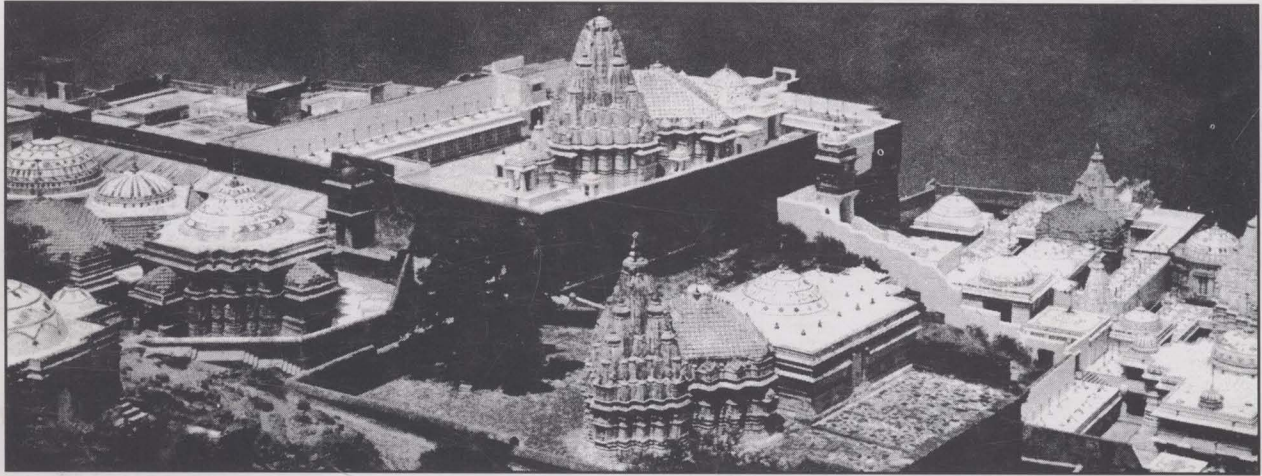


Jain temple format



Tirthankar Mahavir

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