



CHINMAYA MISSION
OTTAWA

Nityam

.....Eternal



February 2022

UPCOMING EVENTS 2022

- ♦ Maha Shivarathri (1 March)
- ♦ Sri Chinmaya Jayanthi & Mother's Day (8 May)
- ♦ Father's Day (19 June)
- ♦ Guru Purnima Day (13 July)
- ♦ Chinmaya Aradhana Day (3 August)



मेधा देवी जुषमाणा न आगाद्विश्वाची भद्रा सुमनस्यमाना ।
त्वया जुष्टा नुदमाना दुरुक्तान् बृहद्वदेम विदथे सुवीराः ॥

medhā devī juṣamāṇā na āgād-viśvācī bhadrā sumanasyamānā ।
tvayā juṣṭā nudamānā durūktān bṛhad-vadema vidathe suvīrah ॥

May the all-pervading, all-auspicious Medha Devi (the Goddess of intellect, memory and wisdom) be pleased with us and bless us with Her presence. By Her grace, may we give up futile speech and understand supreme knowledge and speak noble words with courage and conviction.

-Medha Suktam



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A nation that has produced such mighty men as Buddha, Guru Nanak, Aurobindo, Ramakrishna Paramahansa, Vivekananda - endless are their names - that nation has in itself the tradition of character. Therefore within our very selves are the seeds of those mighty men of that tradition which must bloom again into lives of moral character and dynamic service, for the salvation of the nation through the mastery of ourselves in time.

- Pujya Gurudev Swami Chinmayananda

Chinmaya study classes are specifically designed for children, youth and adults, and are held at
Chinmaya Bharati, 1088, Ogilvie Road, Ottawa, ON K1J 7P8.

For all the current week-day and Sunday ONLINE classes, details are on page 13.

Email : Chinmaya.Ottawa@gmail.com

Website: www.chinmayaottawa.com

Shraddhanjali to Dr. Snehlatha Chakraborty

श्रद्धांजलि

Shraddhanjali for Dr. Sneh Chakraborty (1938-2022)



Dr. Sneh Chakraborty and Shri Joti Chakraborty, met Pujya Gurudev in Newfoundland, Canada in early 1970s. It was at this time they formed Chinmaya Mission St. John's. It is the first registered Chinmaya Mission organization and Chinmaya temple in Canada. They even formed Chinmaya Mission St. John's and Chinmaya Mission Halton Region (CMHR), which gave rise to Niagara and Ottawa centers. It was in 1992 that Dr. Sneh Chakraborty came to know about CORD (Chinmaya Organization for Rural Development) while she was in Sidhbari, when Gurudev said to her, "You've served your family, Amma. Now, you go and serve the world family. Stop your search and now do the seeking".

Sneh then went about supporting the work at Sidhbari very systematically – she and her daughter, Meena, enrolled for a two-year diploma course in fund-raising at the University of Alberta in Edmonton, Canada.

CMHR began to support the Program at Sidhbari with a pilot project for three months in late 1993. Later in 1994, CMHR approached CIDA (Canadian International Development Agency) for matching contribution to the rural development program in Sidhbari, Himachal Pradesh. This partnership continued till 2007 supporting the various phases of the program in Sidhbari every three years.

Sneh worked relentlessly with few volunteers in CMHR to raise funds for the project. They held various events off & on to raise funds. In fact, they invented a protocol for walk-a-thons for worldwide inclusion. Sneh inspired many more people to take up the noble cause. Both she and Jotiji helped CIDA to monitor and evaluate the project at Sidhbari. Her role and involvement as a development partner was encouraging and added value to the program. Her contribution to CORD is invaluable. Moreover, Sneh's devotions and passion for spreading Pujya Gurudev's spiritual teachings through various programs of Chinmaya Mission Halton Region greatly influenced many in the region. The void that has ensued with her passing will be filled with the continued devotion and dedication of her daughters, Meenakshi and Bina and their husband's Vinod Bhaga and Shailesh Sutarwala respectively and her grandchildren. Sneh has ingrained the qualities in them that will ensure and spread Pujya Gurudev's work further even more. She thus lives on in her devotion!



*Shraddhanjali to
Dr. Snehlatha Chakraborty*

Sneh Aunty, or Nani as many of us called her, gave her heart and soul for the establishment and perpetuation of Chinmaya Bharati. We could not have started without her contribution, both financial and intelligent guidance through the voice of experience. Her recent donation of over \$100K will go a long way to helping us continue.

She is our Saraswati Mati -- she was full of knowledge, compassion and a mischievous humour to boot! Her love for children was endless, and she made no distinction between her own children and someone else's ... to her, we were all her children. We ARE all her children, and she will watch over us, providing support and guidance as always.

The best tribute to her memory, to what she stood for, would be to imbibe Shri Gurudev's teachings and put them into practice. Her every last breath was for Him, and she has reached His Divine Lotus Feet in sadgati.

We express our heartfelt condolences to her husband Joti C. Chakraborty, Nana to many of us. And to dear Meena and Bina, her daughters, and their families -- husbands Vinod and Shailesh, and grandchildren Bharat, Arjun, Saakshi and Divya. It is clear that her legacy will live on through their efforts.

-Shalini Sahni

Hari OM.

We offer our prayers and love to our Sneh Aunty; we lovingly called her Mommy in our Ottawa Centre. We have many memories of Sneh Aunty over last 30 plus years. A true and tireless karma-yogini... always busy. A full-time ER medical doctor serving the community. Lovingly taking care of family. Maintaining beautiful flowerbeds in their Burlington house and later at their Minden home. An excellent cook; paintings; embroidery; flower arrangements; name it, and she was an expert. Above all, an engaging storyteller, a teacher to everyone who wanted to learn vedantic philosophy, the symbolism behind Hindu rituals, pranayama and meditation techniques.

Joti Uncle and Sneh Aunty had exceedingly busy professional lives. They were, and even now, they are, the leading lights of Chinmaya Mission. They did immense work as founders. Leading and fulfilling CORD activities for over twenty years, establishing hospitals and a nurse training network in India. It is their work and solid support on which our Chinmaya Bharati today stands proudly to serve the community.

Sneh Aunty was also a thinker, philosopher and teacher. She is leaving behind an amazing treasure in the form her writings, including 13 book publications. One of these provides medical guidance for cures for nursing practitioners. More thoughtfully, many of her publications are about her personal spiritual journey. These publications combine the theory of one's inner journey and balancing with the realities of family life. These are practical guides. I have learned a lot studying from her writings. I remember, in one of her books, she summarized how to keep relationships, "*by your acts, touch their hearts first and then hold their hands forever.*"

Joti Uncle, Bhaga and Sutarwala families, please accept our deep gratitude and prayers. We love and respect Sneh Aunty as she was, and she will be loved and respected in the future.

- Anil Parekh

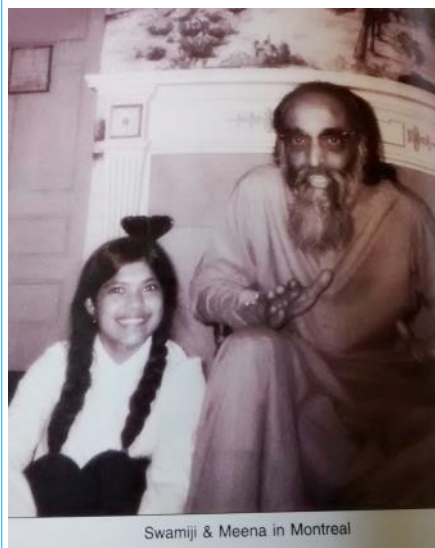
How Chinmaya Mission Began in Canada

Hari Om! Friends, a Maha Purusha like H.H. Swami Chinmayananda has no beginning and no end. However, it is important to be aware of the steps that history has taken to reach the front doorstep that we walk through every day. You will find below a recounting of that history.

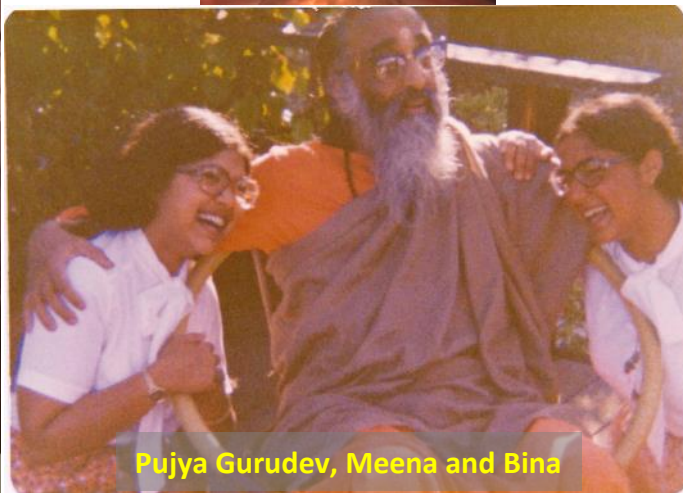
In the 70s, Chinmaya Mission Newfoundland was formed. This effort was led by the Chakraburttty and Acharya families. They came to know of a sadhu named Swami Chinmayananda through somewhat of a coincidence but along with a tragic circumstance. Unfortunately, a young man named Manmohan Swaroop Ahuja, or Billie as he was often called, died at an early age. He was the younger brother of Sneh Chakraburttty. She had raised him as her own son after her father passed away in 1966. Swami Chinmayananda had been in B.C. at the time of Billie's passing, where Billie was undertaking pilot training, and was actually the one who completed his final rites.

Through a yagna organized by the late Madhuri Acharya, Swamiji then arrived in Newfoundland. It was at this time Sneh Aunty came to know this was the same sadhu who had performed her brother's final rites and learned of his final wish. Billie's dying wish was that Sneh's children, and all children, be looked after socially, morally and spiritually. His firm belief was that it would certainly create a loving and secure environment that fosters the child's sense of well-being, allowing one's full potential to blossom.

While in Newfoundland, Swamiji provided instruction on conducting Bala Vihar classes and study groups. It was through these classes and study groups that the social, moral and spiritual aspects of life were nurtured. This was the program of study that would fulfil Billie's last wish. The first Bala Vihar class in Canada was conducted at 11 Reid Street in St. John's. Malek Lalji, a Muslim woman, was so inspired by Swamiji, she donated her home for this purpose. This became the first Chinmaya Mission in Canada and a Krishna statue was installed as the main idol. Today, Chinmaya Mission centers are well-rooted and flourishing in Vancouver, Toronto, Calgary, London, Halton, Niagara, and, of course, Ottawa.



Swamiji & Meena in Montreal



Pujya Gurudev, Meena and Bina



Swamiji & Bina in Montreal

Chinmaya Mission Ottawa

Pujya Gurudev Swami Chinmayananda had come to Ottawa several times in the 70s and 80s. His visits motivated a core group of families to begin Bala Vihar classes in Ottawa. After Gurudev's last visit in 1991, the Chinmaya movement in Ottawa was kicked into high gear with the participation of a larger number of families. In 1995, the Bala Vihar classes moved to a community centre. Chinmaya Mission Ottawa was buzzing with Sunday classes for families throughout the academic year, along with youth camps, summer Bala Vihar camps, Acharya visits for lectures, seminars and family camps covering activities for all ages. Several gyana yagnas by visiting Swamijiis provided the much-awaited spiritual sustenance for the earnest seekers in the community at large.

Chinmaya Mission Ottawa continued to grow, culminating with the purchase of Chinmaya Bharati in 2013. This was the largest accomplishment to date, achieved through the collective efforts of the community. The Chakraborttys were very instrumental in the purchase of Chinmaya Bharati, providing moral support as well as immense financial support.

Within a few years, Maa Saraswati arrived during Navaratri, making the Center complete. It has become a hub of intense activity, with a full family program on Sunday mornings, and classes for yoga, and study classes for young professionals and adults during the week, to name a few. Every July for 2 weeks, the Center is overrun with children ages 6-12 for the annual summer camp. They are supervised by teenage volunteers who have completed the Bala Vihar program, under the guidance of teachers and parents.

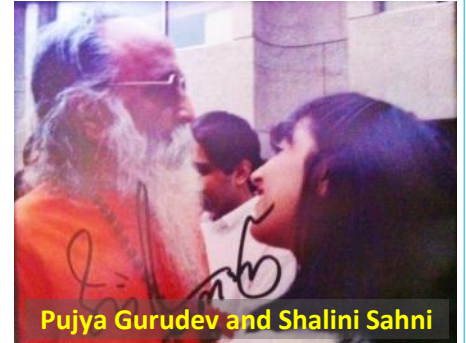
With Gurudev's grace, Billie's sister Sneh and her family have been conducting Bala Vihars successfully in Ontario cities for decades. Through a solid team of inspired teachers and sevaks, CMO continues to provide the platform for children, youth and adults to learn the right and prosperous way of living and serving, as instructed by our great Rishis and Gurus.

Chinmaya Mission Ottawa is always grateful to all the founding families, especially to dear Sneh Aunty and Joti Uncle, as well as all the families that provide continued support in various ways.

Hari Om!



Pujya Gurudev, Dr. Sneh Chakrabortty, Shalini Sahni, and Bina Sutarwala (Ottawa, 1991)



Pujya Gurudev and Shalini Sahni



The Chakraborttys at Chinmaya Bharati during Ma Sarasvati Murti Installation ceremony in 2017



Let us all
"Raise the Roof and Warmth"
at Chinmaya Bharati..



Chinmaya Mission Ottawa

1088 Ogilvie Road, Ottawa, ON K1J 7P8
(613) 749-3399 Chinmaya.Ottawa@gmail.com

www.chinmayaottawa.com

Let us all "Raise the Roof" and Warmth at Chinmaya Bharati

Project Sponsorship

The collective efforts of all the supporters, and their shared vision, have made Chinmaya Bharati a stand out Center for learning the Art of Living espousing the Hindu values of *Sanatana Dharma*. It has become an inspiring place of worship for *Maa Saraswati*, the Goddess of Knowledge, where devotees can feel Her divine presence.

We request you to take an active part in the rehabilitation of the roof and the heating and cooling system at Chinmaya Bharati so we can continue and expand our services for the community. As described in the enclosed document, this is a large capital project with significant funding needs.

Please consider donating generously, and approaching other well-wishers with the capacity to fund this project. You have helped us get this far, and we humbly ask for your assistance to take this next step towards our growth.

We offer the following pledge:

- Silver (\$500+) Gold (\$1000+) Platinum (\$5000+) Diamond (\$10000+)
 Other _____

First Name: _____ Last Name: _____

Telephone: _____ Email: _____

Address: _____

City: _____ Province: _____ Postal Code: _____

Date: _____ Signed: _____

Please fill out and email this pledge to Chinmaya.bharati.ottawa@gmail.com by March 31, 2022. Donations can be made via cheque(s) or e-transfers to cmottawa.mail@gmail.com between now and Jun 30, 2022. For 2021 tax year, please offer your donation before Dec 31st.

For further information, please contact:

Shailesh Sutarwala 613-591-5961 / Anil Parekh 613-738-7466

Please note that your donation is eligible for CRA Income Tax deductions.

A tax receipt will be issued.

**Let us all "Raise the Roof and Warmth"
at Chinmaya Bharati Cont'd...**



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Let us all "Raise the Roof" and Warmth at Chinmaya Bharati

We love the Lord: by worshipping together, studying our scriptures, and celebrating our festivals

We serve others: by collecting food and clothing for homeless families, working alongside our local members that need assistance, as well as partnering in regional and international projects

We build a community: by creating confidence and pride in our children about their culture & heritage.

Under the roof of Chinmaya Bharati, we do so much.

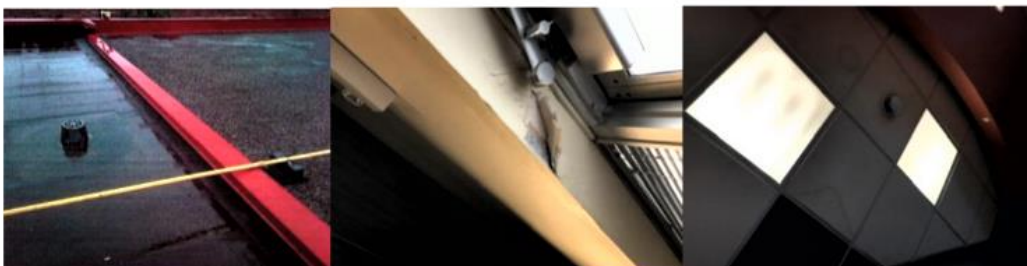
This is a capital campaign to raise the funds to repair the roof as well as to replace the heating, ventilation, and air conditioning (HVAC) units. Although a big endeavour, it is a necessary action for our building as our efforts to patch the roof every time it leaks and repair switches and HVAC units just to keep the site warm are becoming ineffective. In the long run, it will be cost effective to undertake both projects together, as the HVAC units are located on the roof.



Current six HVAC units located on the roof

Roof Background

The roof at 1088 Ogilvie Rd has reached the end of its service life (about 27 years old) and needs to be rehabilitated in some areas and replaced in others. The average life expectancy of today's commercial low-slope roof is only 17 years. This 5,756 sqft built-up roof has some major problems at several areas, which result in leaks and cracking, allowing penetration of water through the ceiling.



Left: pooling of water due to clogged roof drains, Middle: leaks inside because of improper coping caps with large gaps allowing penetration of water, Right: water stains in the boardroom

**Let us all "Raise the Roof and Warmth"
at Chinmaya Bharati Cont'd...**



Heating and Cooling System Background

Chinmaya Bharati building is heated and cooled with six DX cooling/natural gas heating roof top HVAC units (RTU) with a cooling capacity of 3 tons and a heating input capacity of 100 000 Btu/h for each unit. However, these units are over 27 years old. During the past few winters, the maintenance cost of these units has gone up significantly. Some units just won't work without a sizable additional future investment in new parts. Today only two of the six units are operational. The recommendation is to replace and modernize these units in keeping with current standards. Modern HVAC equipment is more energy efficient (reduces electricity and natural gas consumption), better for the environment with reduced emissions, more reliable with reduced maintenance costs, and improves air quality and comfort of occupants.



Current HVAC units are at the end of service life

Project Cost

Preliminary cost estimate are as follows:

Roof – \$70,000 - \$80,000

HVACs - \$115,000 - \$125,000

Total Cost - \$180,000 - \$200,000

Schedule

Fundraising Campaign: Dec 2021 – Mar 2022

Tender award to allow for equipment & material to be ordered: February 2022

Construction Start: May 2022

Construction Completion: July 2022

For more information, please contact:

Shailesh Sutarwala – (613) 591-5961

Anil Parekh – (613) 738-7466

email – Chinmaya.Bharati.Ottawa@gmail.com

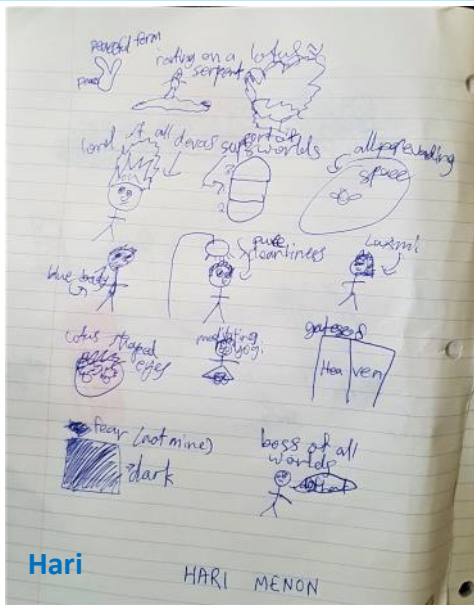
As said in our Chinmaya Mission Pledge,

We know our responsibilities give us the ability and courage to fulfill them.

Om Tat Sat

Salutations to Sri Vishnu

by Senior Bala Vihar children



Hari HARI MENON

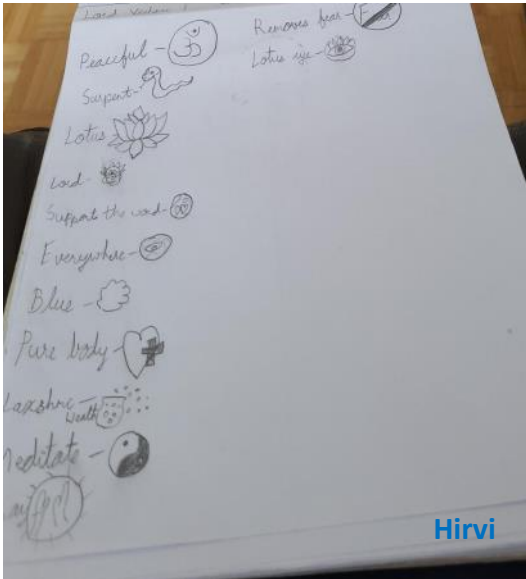


Aryan

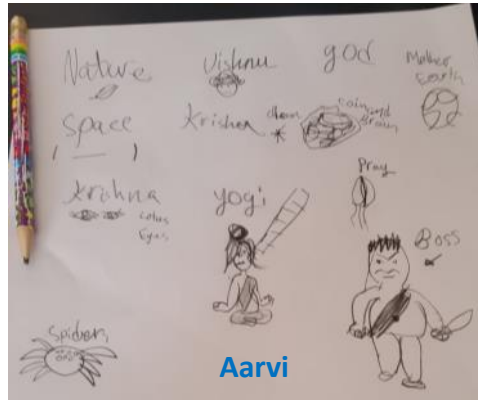


Nihaar

śāntākāraṃ bhujagaśayanaṃ padmanābhaṃ sureśaṃ | viśvādhāraṃ gaganasadr̥śaṃ meghavarṇaṃ śubhāṅgaṃ |
lakṣmīkāntaṃ kamalanayanaṃ yogibhirdhyānagamyam | vande viṣṇuṃ bhavabhayaḥaram sarvalokaikaṇāthaṃ ||



Hirvi



Aarvi



Lakshitha



Meghna



Anya Mishra, age 4, Junior Shishu Class, with japa beads made from playdough. Japa is done at the start of every class to create focus and mindfulness.

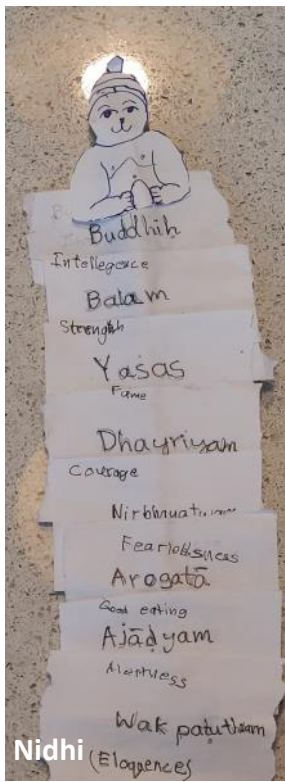


Drawings of Ganesha and Modhaka by Varun; Diwali Arati by Soham. Both are from the Senior Shishu Class.

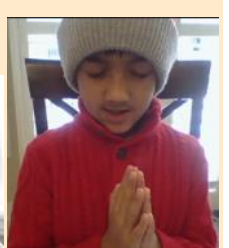
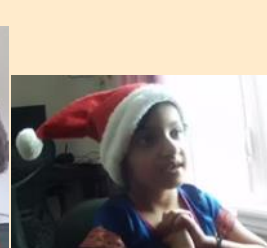
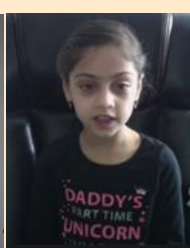
The grace of Sri Hanuman ji...

by Junior Bala Vihar children

Buddhir balaṃ yaśo dhairyam nirbhayatvam arogaṭā |
ajādhyam vākpatuṭvamca hanumat smaraṇād bhavet ||



Children from the Senior Shishu class chanted Dashavatara stotram so beautifully with awesome pronunciation.



Navarathri Celebrations



Jai Durga Lakshmi Sarasvati Mam Pahi Jagan Mata



Ao Ma.. Ao Ma...Garba Dance



Jaya Jaya he Mahishasura Mardhini
Nrityaanjali...



Om Sri Matre Namaha

Sri Ganesha Festival



10 days of celebrating His Darshan

Salutations to You, O Lord Ganapati! You are indeed the visible prime principle, the absolute conscious essence underlying everything. You are the creator, the sustainer, the destroyer of this manifest universe.



Jai Sri Ganesha

O Lord Ganapati, please protect all who declare this highest Truth - the speaker, the listener, the giver, the sustainer, the teacher, and the student, from all directions and all sides. You are the nature of words / speech; you are of the nature of consciousness and pure bliss. You are the visible Brahman manifested as the universe. You are of the nature of knowledge and science. (-from Sri Ganapati Atharva Shirsha Upanishad)



Visarjan in the Ottawa River...

Saraswati Pooja every full moon day at Chinmaya Bharati (7:00pm)

Why Saraswati Pooja? Maa Saraswati represents knowledge. Worshiping Maa Saraswati with humility brings about the required purity in our mind for the supreme knowledge to flow into us. It helps spiritual wisdom to take root in our hearts. This is a great opportunity for you and your family to truly connect with the Divine Mother.

How long does the Pooja last? The Pooja lasts about 30 minutes

How do I prepare for the Pooja? A few days before the Pooja, Maa Saraswati will be bathed and her clothes and jewellery will be changed. You may select and purchase a **new** sari and any accessories you would like for her yourself (these should be given to the organizers at least 2 weeks prior to your Pooja) OR you could pay \$125 to cover the cost of purchasing the new set of clothes.

What do I need for the Pooja?

For the Pooja, the following items will be required:

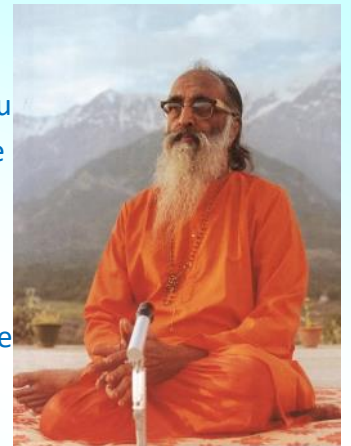
- 2 bananas for Ganesha
- 2 fresh bouquets of flowers (for decoration)
- Fresh rose petals (at least 108 petals per person performing the Pooja)
- A minimum donation of \$121 as Dakshina for the Pooja
- Prashad (made fresh that day)
- Prepare any Bhajans you would like to sing as part of the Pooja
- Optional: flower garland to be placed on Devi during the Pooja

How can I sign up for this Pooja? Contact Saakshi Sutarwala at [613-591-5961](tel:613-591-5961)



Whenever we chant a kirtan or a bhajan, we must learn to chant with the whole mind. When chanting, the attempt should not be only with the mouth; you should consider yourself like a big crowd singing together, the crowd being every cell in the body, i.e. you should sing with the entire body. With this attitude or bhavana, then you find the entire mind is totally involved in the chanting, and then there is no possibility of the mind wandering anywhere, because no part of the mind is kept idle. In the Ramayana, it is said that when Hanuman was unconsciously lying down, every hair in his body was heard whispering the name of Rama. This mystical expression is only to indicate that the mind of Sri Hanuman was always totally involved in singing Sri Rama's name.

-Swami Chinmayananda



Weekly Online Activities at Chinmaya Bharati

- ◆ **Sundays 10:30 AM (from September to June) - Sunday Program** is a comprehensive, family-oriented program of classes that teaches the 'art of living' concepts of Vedanta to students ages 3 and up.
- ◆ **Mondays 7:30 PM to 8:30 PM - Chinmaya Yuva Kendra (CHYK) Classes (Ages 18 to 30).** For more information, please contact Saakshi Sutarwala at 613-227-0828
- ◆ **Tuesdays 6 PM to 7 PM - Yoga Class** by Mr. Anil Agarwal. For more information, please contact Bina Sutarwala at hariombina@gmail.com
- ◆ **Wednesdays 7:00 PM to 8:00 PM - Bhagavad Gita Classes.** Study classes will include video lectures of Swami Chinmayananda and discussions. For more information, please contact Anil Parekh at 613-738-7466

For more information, please contact Anil Parekh at 613-738-7466 or Shalini Sahni at 613-265-6021 or drop an email at Chinmaya.bharati.ottawa@gmail.com.

O children, remember the great sons of your Motherland once a day and learn to respect HER great spiritual heritage. The man who is not proud of his Motherland and who is not true to his customary duties must be regarded as a base, ungrateful fellow.

-Swami Tapovan Maharaj

"Peace and Happiness" - this great mission can be accomplished only by an awakened Hindustan that has grown strong in her morality, firm in her ethics and devoted in her spiritual strength.

-Swami Chinmayananda

Despite the awareness that all religions teach the same thing, we are painfully aware of the differences and divisions. But let us think of the simple truth — of the underlying oneness and harmony. It is common sense that since we have to live with everyone, it is better to live in harmony, peace and with love. Otherwise, our existence will undoubtedly be miserable.

-Swami Tejomayananda

I carry my motherland in my heart when I live the values that are the rich heritage of my great nation.

-Swami Swaroopananda

Happy New Year 2022!

क्षणं प्रतिक्षणं यन्नव नवम् । तच्च सुन्दरं सच्च तच्छिवम् ॥
वर्ष-नूतनं ते शुभं मुदम् । उत्तरोत्तरं भवतु सिद्धिदम् ॥
kṣaṇam pratikṣaṇam yannavam navam,
tacca sundaram sacca tacchivam.
varṣa-nutanaṁ te śubham mudam,
uttarottaram bhavatu siddhidam.

Beauty is that which is fresh and new at every moment. Indeed, such is truth and verily that alone is auspicious. May this new year be auspicious, delightful and bring greater and greater achievements for you.

- Swami Tejomayananda

Happy Republic Day!
Vande Mataram!

धन्य धन्य भारतमाता

धन्य धन्य यह भारतमाता
धन्य यहां के ऋषि मुनि सन्ता ।
धन्य धन्य श्री गंगा जमुना
धन्य सरस्वती तीरथ करना ॥1॥

उत्तर दिशि शिर हिमगिरिराजा
ज्ञान-योग-तप साधन साजा ।
सागर करता पद प्रक्षालन
पूर्व पश्चिम जल आवरण ॥2॥

भाषा विविध विचार तो एक ही
जन अनेक मनभाव तो एक ही ।
"विश्व में विजयी देश हो भारत
शान्ति समृद्धि सदा सुख में रत" ॥3॥

सत्य करें यह स्वप्न सभी मिल
हम भारतवासी रह हिलमिल ।
भक्ति बुद्धि कृति का संयोजन
माने! वर दे हो सिद्ध प्रयोजन ॥4॥

An Ode To Mother India

Blessed indeed is our Motherland Bharat;
Blessed are the seers, sages and
saints of this land; Blessed are the
Holy rivers - Ganga, Jamuna and
Saraswati which makes this land sacred.

To the North is king of mountains
Himalaya - abode of Knowledge and
penance adorning Mother India's head;
Ocean washes her feet and surrounded by
waters of the ocean in the East and West.

People and the languages they speak
may be diverse, but the thought and
intent is ONE: "May Bharat be
victorious in the world, and ever revel in
peace, prosperity and happiness."

Indians live together harmoniously
and work together to realize this dream.
O Mother, bless us with devotion,
wisdom and action so that we
may succeed in this endeavor.

Swami Tejomayananda

Words Of Wisdom Heard From The Master

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Our mission is to provide to individuals from any background, the wisdom of Vedanta and the practical means for spiritual growth and happiness, enabling them to become positive contributors to society.

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Om Shri Chinmaya
Sadgurave Namaha