



Anekantvaad

Aparigraha

Ahimsa

Monthly Newsletter

Vol:1 | Issue#4 | Jain Society of Seattle

### Announcement

As per state guidance for COVID19 situation Jinalaya remains closed and all in person activities are cancelled until further update.



NORDSTROM

**Jain Society of Seattle is now added as one of the eligible organizations for Corporate Matching at Microsoft and Nordstrom.**



Login at <https://smile.amazon.com/> instead of <https://www.amazon.com/> to donate **0.5%** of all your purchases with zero cost to you when you shop at Amazon. Search for “**Jain Society of Seattle**” in ‘pick your own charitable section’.

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**Follow Jain Way of Life (JWOL) and stay safe!**

## Message from the Treasurer



Jai Jinendra ,

In the midst of this global COVID-19 pandemic, I hope and pray this message reaches everyone in good health and safety.

I am honored to have served the Seattle Jain Samaj for 15 + years and I look forward to continuing to serve and support Jain Samaj towards its mission in the future. First of all, I would like to thank all the volunteers who have continued supporting the Seattle Jain Samaj in these unusual and unexpected times, thank you for your support and dedication. These volunteers have maintained important daily rituals, such as the morning Abhishek, Swadhyay and youth Poojas.

I am so proud that through the Jain Society of Seattle, we have been able to celebrate so many of our cultural and religious holidays. I am even more proud that through all of our efforts and activities we have been able to create *Dharmic Bhav*, and instill such a strong sense of the Jain religion and culture in our children and grandchildren. Pratistha Mahotsav, Paryushan, Mahavir Swami Kalyank and Jain Scholar Speakers are just a few of the many events we have been able to host and celebrate for the community.

All these events were made successful thanks in part to all of your hard work, dedicated support and generous donations. During this time, our normal monthly in-person programs have been put on hold for the safety of everyone in our community. As we continue to quarantine in our homes, I hope that everyone has the opportunity to join the online daily swadhay and monthly afternoon program. If you are looking to help the Jain Society of Seattle we encourage families to consider contributing their time to support the daily Morning Abhishek and Patashala and/or consider cash/check or stock donations. (All cash/check/stock donations are tax deductible. For more information, please reach out to any Board members by phone or email.)

We continue to wait for the day that we can once again host our regular in-person programs, but in the meantime, we will continue to work diligently towards the Jain Society of Seattle's mission, and continue to pray for the health and safety of everyone. We are excited about the endless opportunities that lie ahead of us, and we look forward to the dedication, support and help make the Jain Society of Seattle such a successful organization.

With Regards,

Paresh Shah  
Treasurer



## Reflections and Highlights

### Akshay Tritiya Online Pooja (4/26/2020)

We celebrated Akshay Tritiya by doing Samuhik Pooja on April 26th, 2020. Pooja was done by kids with support from elders. There were 30+ families who attended the pooja. We will be giving gifts to all the kids who attended the pooja.

**Coordinated by: Vaibhav Jain, Reshma Jain, Valay Shah and Nagarjun Jain**



### Mahavir Janam Kalyanak 2020 Online

This year celebrations were quite different for everyone because of COVID-19. Despite the difficult times the community came together to celebrate with participating in many events and programs.

- Mahavir Janam Kalyanak Online pooja
- Mahavir Janam Kalyanak Samniji's lecture
- Mahavir Janam Kalyanak Kids Art Competition.

We collected donations to help with the COVID-19 crisis during our Mahavir Janam Kalyanak celebrations. Thanks to our generous donors. We will be **donating \$500 to Northwest Harvest, WA** which is also helping the community in this time of crisis.

## News from Kids' Corner

Thank you for the great response to the art competition. We had participation from Seattle and external places like Canada. We are amazed at the creativity of all the participants. We thoroughly enjoyed viewing all the work and will be sharing it with everyone in the community. It was great to see how kids connect to Jain Way of Life/Jain Principles and reflect on it. It was difficult for our judges to select few as each one of these entry shows how involved and motivated our kids are. We are hoping that we continue to provide with variety of channels and mediums to our children where they can share their work and their creative ideas. We will be posting all the entries to our website, Facebook page and what app notifications group.

All the artwork is pasted here.

<https://jainsocietyofseattle.org/project/mahavir-janm-mahotsav-art-competition-2020/>

The judges mostly focused on how close these reflect to the theme of JWOL/ Jain Principles. Here are the selected entries:

Category	Placement/ Names
Lil Jain	1. Aria Poonater 2. Arva Jain 3. Prankit Jain
Young Jain	1. Aarna Jain 2. Arsh Jain 3. Anvay Jain
Youth	1. Kanisha Nandawat 2. Naavya Binit Shah 3. Konark Jain

## Bondages of Karma

Jains believe that karma is everywhere in the universe. Karma is the root of birth & death. The soul bound by karma, go round & round in the cycle of existence. Hence whatever sufferings or pleasure that a soul may be experiencing in its present life, is on account of choices that it has made in the past. Based on karma, a soul undergoes transmigration and reincarnation in heaven or hell, or as human or an animal.

Karma is basically a thought process. When karma attached to the soul, there are 4 levels of bondages. I will explain these bondages by using 2 papers as an example below:

(Assume 1 paper as Karma & another paper as Soul.)

1. **Sprusta or Sithil (Loose):** Karma which is easily shed by regret. Eg: when the paper (karma) overlap on another paper(soul)- we can easily separate it.
2. **Baddha or Gaadha (Tight):** Karma which are shed by offering an apology. Eg: When those same overlapped paper, if slightly folded on the top - we can still separate it.
3. **Nidhatta (Tighter):** Karma which can shed by very strong efforts like austerity. Eg: When the same overlapped paper, if folded into half and creased - we can still separate it with some effort.
4. **Nikachit (Tightest):** Karma which can only be shed by bearing the result. Eg: When the two papers overlapped with glue - can we be able to separate it? No, The paper will tear.

Hence we should be very conscious on not to fall under Nikachit karma. It should be realized that it's not always true that we have to wait in order to bear the results of 4 karmas. We can change the course of our karmas before they mature. The bondage of karma depends on thoughts and it can be changed in duration , intensity as well as in nature. This is a very important point because it means, that not only we do have control over our karmas, but also we can change our fate.

By:

Poonam Kunal Shah  
Redmond

# Kudos to our Volunteers



## Gaurav Sisodia

Thanks to Gaurav, we have been finally able to add Jain Society of Seattle as one of the eligible organizations for Corporate Matching at **Microsoft**. From now on, all the society members working at Microsoft can match their donations/ volunteer hours at their company.

Thank you Gaurav!



## Vidhi Jain

Vidhi helped us add Jain Society of Seattle as one of the eligible organizations for Corporate Matching at **Nordstrom**. From now on, all the society members working at Nordstrom can match their donations/ volunteer hours at their company.

Thank you Vidhi!

If your company does corporate matching, please consider volunteering to help set-up JSS in your company's corporate matching program. Please contact [jainsocietyofseattle@gmail.com](mailto:jainsocietyofseattle@gmail.com). We can provide you necessary information as needed. This will contribute towards strengthening all our three pillars of the society- **Cultural, Charitable and Religious**.

Thank you!

# Our Ongoing Programs

## Online Swadhyay Series

JSS has started online Swadhyay series everyday at 8:00 pm. There are two separate series currently going on:

- The first series follow **Chhah-Dhaala**. The lectures are conducted by Valay shah everyday at 8:30 pm **except Fridays**.
- Richa Jaini is conducting a separate online Swadhya series every **Friday**, on variety of different topics. Current topic is **Gunsthan**.

30+ families are participating in this daily event and benefiting from this online series. We are receiving great feedback from all the participants for this event. Please join and take “dharam laabh”.

**Coordinator : Richa Jaini (Education committee)**

## Online Kids and Youth Classes

### KIDS' (3-10 years) Classes:

Every Sunday, 5pm to 6pm

**Coordinator: Leena Sheth**

### KIDS Jain stories' Sessions -all age groups:

Every Friday 7:15 pm to 8pm

Topic: Jain Stories with pictures

**Coordinator: Richa Jaini**

### Youth (10+ years) Sessions:

Alternate Saturdays, 5pm to 6pm (next 5/16/20)

Kids are enjoying participating in Kahoot games and research projects on JWOL

**Coordinator: Nihal Jain**

## Online Monthly Program

We are doing our online monthly program second Sunday of every month from 3pm to 5 pm. We encourage everyone to attend and take dharam labh. We do swadhyay followed by bhakti and bhavna.

Please contact program coordinator if you or your kids want to bring a performance to the monthly program

**Coordinator: Reshma Jain**

## Daily Abhishek and Pooja

Our team is doing daily Abhishek and Pooja in the temple. On weekdays, abhishek starts at 7:30am and on weekends, it starts at 8:30am. Community members can take dharam labh by joining zoom meetings on weekends to see online Abhishek and Pooja.

**Coordinator: Valay Shah, Vaibhav Jain**

Come join Seattle Jain community:

Website: <http://www.jainsocietyofseattle.org>

Facebook: [goo.gl/JsfGCd](https://www.facebook.com/goo.gl/JsfGCd)

WhatsApp: <https://chat.whatsapp.com/GuLacYyCng9Bvo2OpqMg91>

Email: [JainSocietyOfSeattle@gmail.com](mailto:JainSocietyOfSeattle@gmail.com)