



Anekantvaad

Aparigraha

Ahimsa

Monthly Newsletter

Vol:1 | Issue#2 | Jain Society of Seattle

Announcement

Jai Jinendra, out of abundance of caution to ongoing COVID19 situation, we are cancelling most of upcoming events till April 30th.

We are keeping a close watch on the ongoing situation will keep the community updated.

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

Reminder- Reset your clock for daylight saving time.

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Message from the Vice-President



Jai Jinendra,

I want to begin with anumodna to all sadharmik brothers and sisters who have been fasting during Ashtanika Parv.

Our society founders started with a vision that we will have a community Jain Mandir in Seattle. We achieved this goal with everyone's support in 2018. Since our Pratishtha in June 2018, we haven't missed daily Abhishek even for a single day and as per our knowledge even matured organizations abroad (such as Vancouver, Phoenix, Chicago) can't claim this achievement. We are proud of our Jinalaya Pooja team managing daily Abhishek even in the time of COVID-19. Khubh khub anumodna for all pooja team members!

This year, our board has appointed one board member as a coordinator for each executive committee to lead focused efforts in different areas like Education, Finance, Cultural, Religious, Giving Back, Communication, and Technology. They are working with many volunteers to structure and build this organization to bring our community together. I am very excited to see each one of these coordinators working hard and giving their best to promote our mission of introducing and promoting JWOL (Jain way of life).

Lastly, we are closely monitoring the dynamic situation due to COVID-19 and will keep updating our schedule based on the guidelines from the authorities to keep everyone safe.

Thanks,
Manish Jain
Vice-President, JSS



Reflections and Highlights

First Give Back Event Completed @ Northwest Harvest- Feb 22nd, 2020

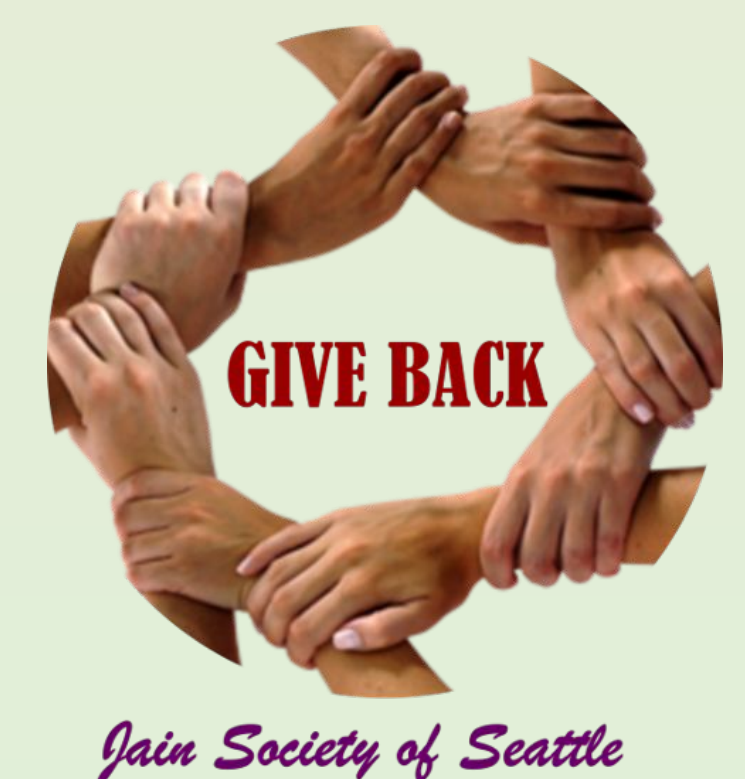
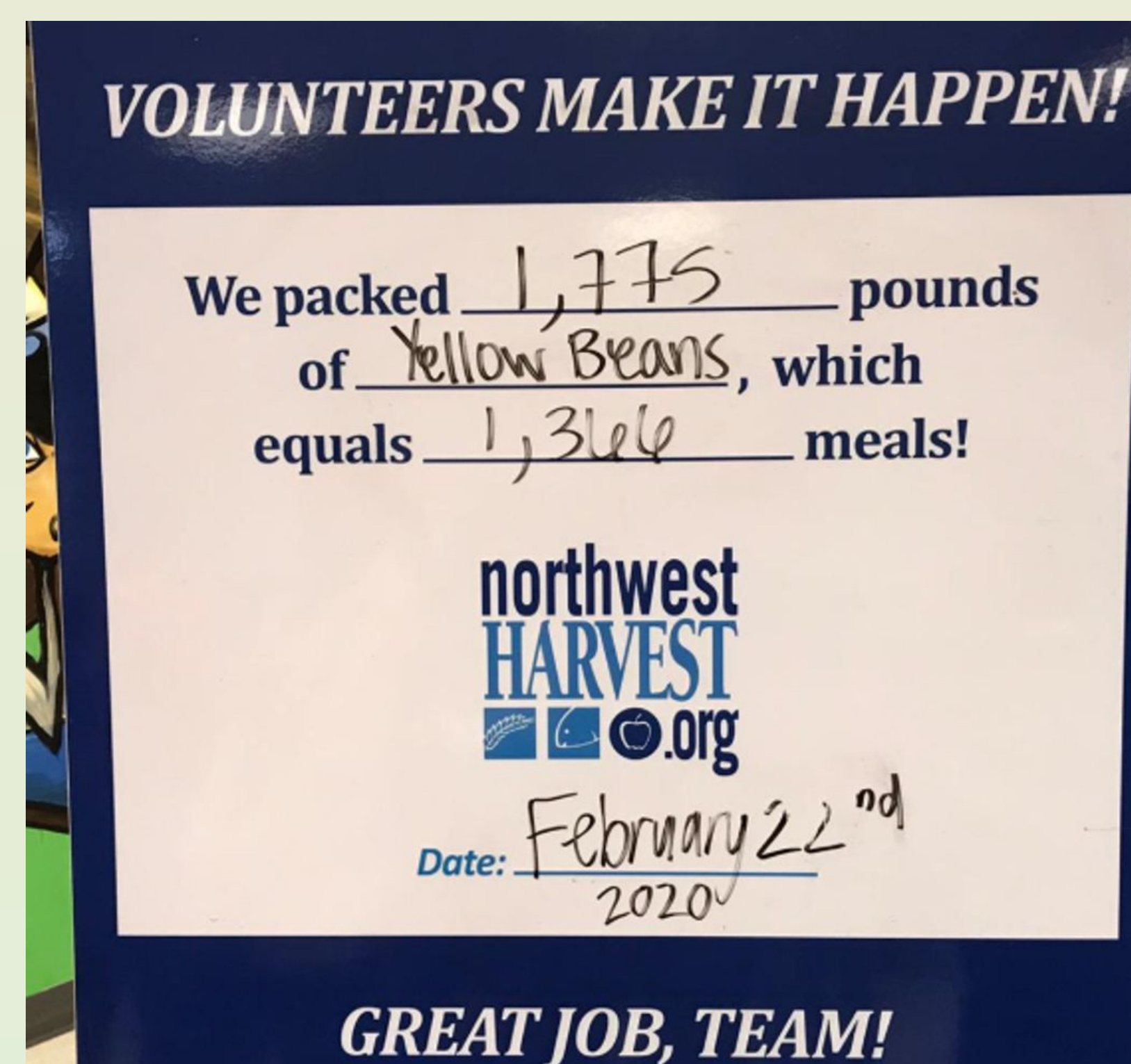
We organized our first 'Give Back' event of the year on Feb 22nd at Northwest Harvest, Kent Warehouse. We had a fabulous response from the society with 32 people (including 10 kids) coming in to help pack 1775 lbs of yellow beans in 1.5 hours. This is equivalent to 1336 meals to be sent out to food banks across WA.

All the Middle School students can add these volunteering hours to their Community Service Hours in school.

We will be coming up with more such initiatives throughout the year. Register for the next similar event on May 2nd or May 9th here:

https://docs.google.com/spreadsheets/d/1auFrlwaoFIKA9YamBMg7dC46_CNwaYm6DCLd9b-0z4Y/edit#gid=2039824682

Video of the 2/22 event: <https://youtu.be/fJ7YdpdtGoY>



Kudos to our religious team who are managing daily Abhishek in the Jinalaya despite the COVID19 concerns around. Currently, we are not encouraging 10+ people gathering at any event, our religious team has been diligently completing the daily rituals and at the same time following the suggested norms, Kudos!!

Important Information

!!! Important Update on Mahavir Janam Kalyanak 2020 Event !!!

With current situation unfolding around COVID-19 situation in Puget Sound and vicinity, we are making a difficult decision to **cancel this event**. The concerns around the virus, in terms of everyone's safety was our prime concern. We can assure you that this was a decision that was not taken lightly but, involved a long and a very careful process.

We observed other organizations taking similar steps.

- Schools are being told not to conduct any weekend activities. This decision will be revisited by school authorities on a weekly basis. We do not foresee the situation getting any better in the next 3-4 weeks from where we stand today.
- Big employers of Seattle, (like Amazon, Microsoft, Starbucks, Facebook) have already taken an important decision for employees to work from home until March-end to Mid-April, cancelled events where a large gathering was expected, cancelled any in-person meetings of large groups and have taken other impactful decisions in lieu of Coronavirus situation considering public health and safety.
- Some of the families in Seattle area have voluntarily started doing self-quarantines, avoiding appearance in public events/large gatherings.

Following similar guidelines and careful consideration we felt it will be in everyone's best interest to **cancel** this event.

Let us all pray for everyone's well-being, strength and increased patience in these difficult times. Please stay safe and follow recommendations from state.

Community - Monthly Digest

A short storySatan's Renunciation

Once upon a time, Satan became bored of his work and he decided to renounce the world and live an ascetic life. He started selling all his wealth and properties. People came in large numbers to buy Satan's wealth. People loved the things like intoxication, back-biting, jealousy, dishonesty, resentment, cheating, lying, debauchery, shame etc and they were willing to pay incredible price to buy them from the Satan. Those who could not afford were very disappointed. In just a few minutes, Satan sold everything. He was left with just one thing which he did not want to sell. One of the buyer asked Satan, "why are you so fond of that one thing while you are selling everything else? why don't you sell that last thing and be free of tension?!" Satan replied, "This is my favorite, most precious and enchanting thing. I can get back all the wealth I sold with the help of this one thing. If I get bored of ascetic life then I will restart my satanism business with the help of this thing. If I sell this thing then I will be putting my sole existence in danger." Out of curiosity, people asked Satan, "what is that thing?" Satan proudly replied, "Laziness!! with the help of laziness I can get all the bad qualities that I want." "With Laziness in life, a human gets all the bad qualities in the life!!"

By: Valay Shah

Follow Jain Way of Life (JWOL) to prevent spread of COVID19

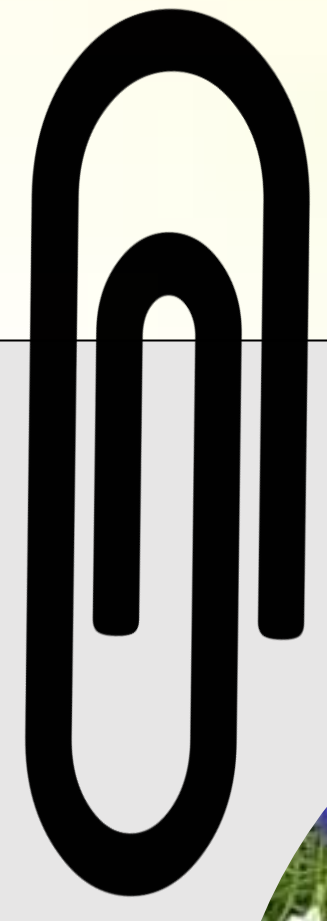
JWOL is based on scientific facts translated into simple principles for healthy life. We can prevent many epidemics such as prevailing COVID19 if we are able to follow some of these principles coming from our JINVAANI in our daily life:

1. **Drink clean (sieved or boiled) water** - Prevents many water-borne diseases
2. **Eat before sunset** – Give enough time to digest your food before going to bed will help you maintain a healthy body cycle.
3. **Eat Jain diet (Ahimsa Parmodharma and Self-Safety)**– Prevents transfer of deadly viruses like SARS / COVID-19 from animals to humans. Eating Jain diet i.e. avoiding underground roots, eating fresh and well cooked food also reduces chances of obesity
4. **Always use mask (“muhpatti” or handkerchief, while speaking)** – Prevents killing microbes in the air, reduces spread of communicable diseases- influenza, flu, COVID-19
5. **Greet via Namaskar** - Prefer Indian tradition of namaskar instead of handshake. This prevents transfer of germs between humans.

Follow JWOL as “prevention is better than cure”!

By: Reshma Jain

Kudos to our Volunteers!!



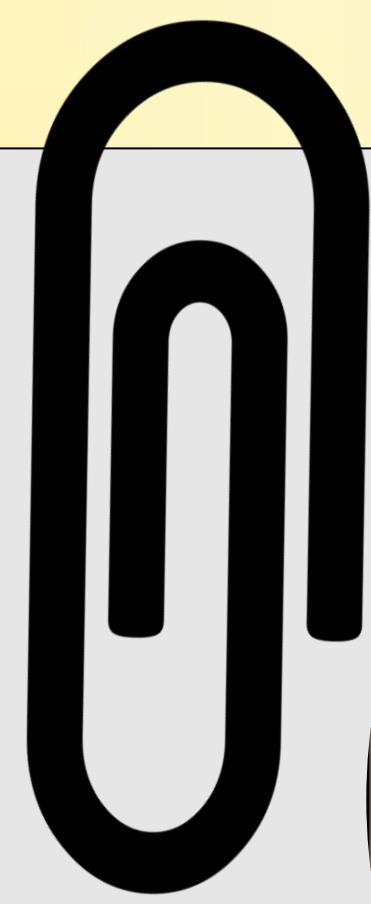
Mayank Ji

Mayank ji has been helping with our abhishek, religious activities and swadhayay every Sunday. Your efforts are truly appreciated!!



Praveen Ji

Praveen ji is helping with our daily abhishek, aarti and religious activities. Your enthusiasm and energy has been a great support for our entire team.



Leena Sheth

Leena ji has been working tirelessly towards our society Pathshala efforts. She has been leading pathshala for kids in the age group 5-12 years. Thank you for spreading knowledge about JWOL!!