



# अग्निमीडे पुरोहितं यज्ञस्य देवमृत्विजम्, होतारं रत्नधातमम्॥

*Agnimīde purohitam yajnasya devamṛtvijam  
Hotāraṁ ratnadhātamaṁ*

Rigveda1.1.1

We worship the adorable God, the high priest of cosmic activities, the divine, the one who works through the eternal laws, and who feeds and sustains all that is divine and luminous.

Namaste <<First Name>> <<Last Name>> ji,

Summer is here!

In the US, so much happens to kick off summer. Memorial Day honors those who died in service for this country. Graduation ceremonies such as the ones we hold in our Arya Samaj community.

Take this summer to enjoy your vacation but keep the faith and the religion in your hearts. Acharya Surya Nanda will be hosting pravachans every Sunday.

## What's Happening:

### DAV Montessori School:

- Enrollment for 2016-2017 in progress, classes are filling up!

### DAV Sanskriti School:

- Enrollment for 2016-2017 in progress.
- Orientation: Aug. 14
- First day of class: Aug. 21

### In the Community:

- Theology on Tap  
June 14 from 7-9pm, at 8584 Katy Frwy  
◦ He will present Hindu philosophy at this multi faith event.
- Foundation of Contemporary Theology  
June 23 from 6-8pm, at St. Paul's United Methodist Church  
◦ At this event he will present theology on a scientific basis.
- Teacher Training Program for Patanjali Meditation: Fall 2016. Last day to register is June 19 by contacting Acharya Harishji at [harish\\_divs@yahoo.com](mailto:harish_divs@yahoo.com).

## DAV Sanskriti School

Link to article about the DAVSS Annual Day.

[http://www.aryasamajhouston.org/index.php?](http://www.aryasamajhouston.org/index.php?option=com_content&view=article&id=243%3Agraduation-2016&catid=37%3Adavss-article&Itemid=172)

[option=com\\_content&view=article&id=243%3Agraduation-2016&catid=37%3Adavss-article&Itemid=172](http://www.aryasamajhouston.org/index.php?option=com_content&view=article&id=243%3Agraduation-2016&catid=37%3Adavss-article&Itemid=172)

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## DAV Montessori School:

The end of the school year is always filled with fun and excitement. This year's annual day was no exception. Highlights of the event as well as a picture can be seen below.

[http://www.aryasamajhouston.org/images/davm\\_docs/DAV%20Montessori%20Annual%20day%20-%202016.pdf](http://www.aryasamajhouston.org/images/davm_docs/DAV%20Montessori%20Annual%20day%20-%202016.pdf)

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## AYM



Hurricane season has arrived in Houston, and preparations have begun in full swing. Although there is no inevitable tropical storm on the horizon, Houstonians are stocking up on nonperishable items, bottled water and flashlight batteries, as a preemptive measure. On May 21, 2016, Interfaith Ministries of Greater Houston hosted their first ever Operation Impact, their largest and most ambitious project yet, to deliver nonperishable meals, bottled water, and emergency preparedness packs (flashlights, batteries, phone numbers, etc.) to over 3,000 homebound seniors living across the greater Houston area. Interfaith Ministries' Meals on Wheels for Greater Houston is already one of the largest meal delivery programs in the nation, delivering both hot and cold meals to homebound seniors over 60 and their spouses, as well as running a parallel program called aniMeals on Wheels, which provides food and provisions for the seniors' furry four-legged friends. However, as the recent floods have made evident, severe storms

and harsh weather may make it impossible for the meals to reach the seniors. As a result, Interfaith Ministries launched Operation Impact, to provide seniors with a backup plan in case of an emergency. Support poured in from all over the Houston community, and with the help of over 800 volunteers, Interfaith Ministries delivered 3,000 cases of water, packs of 5 shelf-storable meals, and emergency preparedness kits to seniors. Over the course of two and half hours, the 20 ASGH volunteers delivered meals, water, and kits to 55 seniors. The activity made the participants all count their blessings, as well as giving the satisfaction of helping someone in need.

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## Arya Samaj in the Community

Our very own Acharya Harishji is delivering the message of Hinduism around the city of Houston!

### National Day of Prayer

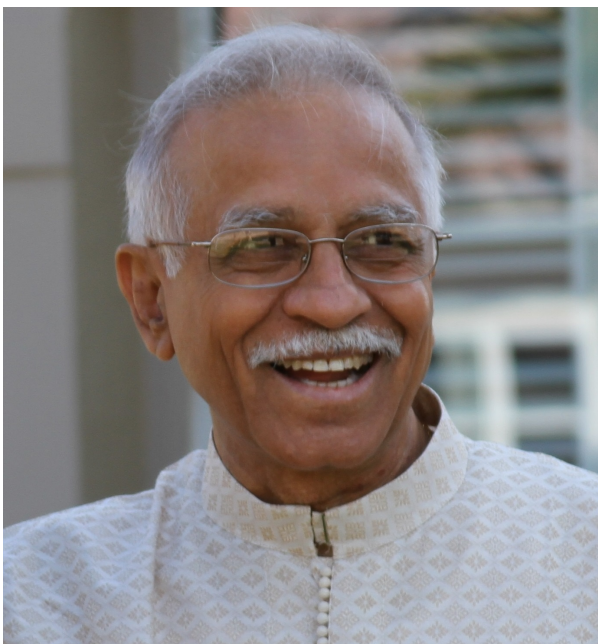
On May 5, at the Houston Methodist Hospital--Sugar Land, at this multi-faith event, he presented a prayer of the Vedic verses - *Jivema Sharadah Shatam* (May we all live hundred years) and *Sarve Santu Niramayah* (May all be free from disease).

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## Obituary

Arya Samaj family is mourning as our very dear friend and well wisher. Mr. Ashok Dhingra passed away on Friday, June 3rd, in Houston. The Dhingra family has been a long time member, supporter and volunteer at Arya Samaj Greater Houston.

He is survived by his wife, Mrs. Vijay Dhingra and 3 married children and grand-children. Mrs. Dhingra has been a constant volunteer at the Arya Samaj. Children Anupama, Anuradha, and Abishek all attended DAV Sanskriti School and gave their time volunteering in library as well as other activities.



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## Upkeep of the Body

### - Acharya Dr. Harish Chandra, Ved-Ratna

It is our duty to keep our body in good health, a leased house for the soul. Moreover, we will suffer if health deteriorates. It is important that we don't let harmful substances enter into the body system via any tract, mouth or nose, and in whatever phase, solid, liquid or gas. Food should be nutritious, healthy and delicious. It is well recognized that meat, fish and egg are not natural to human diet. Also, we should avoid intoxicating drinks that harm our brain cells. Even carbonated drinks bring in excessive sugar. There are healthy cold drinks for summer in the form of homemade fruit juices and smoothies. Yogurt drink, coconut water, etc. are other alternatives. Tobacco and drugs should be avoided too. Even the right kind of food and drinks should be in moderate quantity. Excessive

consumption of even *sattvik* substances can result in *tamasik* effects. If you are a regular practitioner of Patanjali Yoga Meditation then the body signals will guide you what to consume, when and how much.

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## Ponder This

*Feeling and showing gratitude is not just important, but essential for the human spirit.*

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### Contacts:

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#### DAV Montessori School:

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281-759-3286

#### DAV Sanskriti School:

Dr. Kavita Vachaknavee or Sanjay Nayyar;

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### Regular Activities:

Tuesday: 5:30pm - 8:00pm

Sanskrit and Vedas classes

Wednesday: 6:00pm - 7:00pm

Patanjali Meditation

Thursday: 7:00pm - 8:00pm

Mandukya Upanishad classes

Saturday: 8:00-9:30am

Yoga Classes

Sunday:

8:00-9:30 am - Yoga Classes

9:45 am-12 noon - DAV Sanskriti School

10:00 am-12 noon - Satsang

The library is reaching out to members to return books that have been checked out over the last few years. If you have any books from Arya Samaj, please bring them back to the library. For more information, please contact Rajeev Khanna or email [aryasamaj@gmail.com](mailto:aryasamaj@gmail.com).

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Listen to Acharya ji's Sunday [Pravachan](#) For more information about Sunday satsang and yajmans please [Click here](#). To become yajman please contact [Payal Talwar](#) or Acharaya Surya Nanda ji.

Editor of Newsletter: Poonam Agarwal/Surabhi Presse

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