
ACTUALLY, GOPĀYATE YAH SA GOPAH – IN SANSKRIT, THE WORD GOPĀYATE MEANS TO GIVE PLEASURE – “A GOPA IS ONE WHO GIVES PLEASURE TO PARAMA PURUS’A, ONE WHOSE VERY NATURE IS TO GIVE PLEASURE TO PARAMA PURUS’A.”

FROM ‘YOGA, TANTRA AND KEVALA BHAKTI’
Mass feeding program in Temixco: more then 150 kids benefitted

Namaskar all,

Last Sunday some of the margis of Cuernavaca and myself, went to do Social Service to the community of Pueblo Viejo (in the state of Morelos). The program was mass feeding for children, so we brought sandwiches, orange juice and sweets. We could do all of this of course because of Baba, but he made it possible through the help of a margi sister who donated money especially for feeding poor children.

I contacted the DIF Desarrollo Integral de las Familias (Complete Development of Families) that is a governmental organization: DIF is in charge of kids, senior people and family, and have a lot of programs for poor children. This time DIF organized the event because on April 30th in México we celebrate the children’s day: so since Saturday they went to some communities and gave toys and did activities with the childrens. Working with DIF, we went with them on Sunday to Pueblo Viejo and Ananda Marga gave food to 160 children. It was very nice, the kids were very happy because everything of that day was around them, so they enjoyed very much.

At the end of the program we introduced ourselves and we sang some kiirtan.

At first I was a little hesitant to sing but thanks to one margii who was insisting in singing Kiirtan, we did it, and it was great! The people of the DIF sang along with us, clapping and dancing too: there was a little girl from the public, of two year old, in front of me, she was sitting on the floor with her brother and sister and then she stood up and start to clap and dance. It was so cute and it made me happy.

Some of the Margis and friends who could not partecipate to the event, gave their support giving donation and toys for this event and further activities. It was a good team effort.

Ananda Marga will now collaborate periodically with DIF and withother community services that were contacted by margis during the feeding program event. In two week we are going to bring clothes and toys to children of a poor community so the Margis and I are very happy that this event will bring us more and more social service!

We send a big Namaskar from México to all the readers.

LPT Anucarika

“For me, the Social Service was very important and positive because it gave me the possibility to forget my little personal drama (I was ill) through selfless work, and contacting with children”

Sucismita’
MORELIA

Spiritual Retreat in Morelia, organized by Devakii with the help of other sisters (Mayadevii, Maya, Damayantii and Arpana). 26 people attended, many of which initiated. Morelia is a new unit growing bigger and bigger thanks to the constant effort of the margiis living and working there.

Sister Mayadevii organized one service at DIF (Desarrollo Integrale de la Familia – Complete Development of the Family) and one at the “Rehabilitation Center for Drugs and Alcohol Addicted”. She is an active margii and always ready to learn more and share even more!!

SEVERAL OTHER SERVICE WERE DONE IN MORELIA: ONE AT THE CAPEC (EDUCATIONAL CENTER FOR KIDS WITH SPECIAL DEFICIENCIES) AND FEW AT CLUB CAMPESTRE WITH THE HELP OF DEVAKII.
GUANAJUATO

SISTER RUKMINII IS A UNIVERSITY TEACHER LIVING IN GUANAJUATO AND SHE ORGANIZED 2 LECTURES (ONE AT THE UNIVERSITY OF SANTA FE AND ONE AT THE UNIVERSITY OF GUANAJUATO) FOR A TOTAL OF 150 STUDENTS THE STUDENTS AGE WENT FROM BETWEEN 17 TO 23 YEARS OLD. SOME OF THEM WHERE REALLY INTERESTED IN MEDITATION AND SPIRITUAL PRACTICES AND WE ARE PLANNING TO HAVE MORE MEETINGS IN FUTURE.

CAMPECHE

THANKS TO THE HELP OF SISTER IISHVARII, WE MANAGED TO ORGANIZE A SOCIAL SERVICE ACTIVITY AT THE “CENTER FOR WOMEN AND KIDS BRUTALLY ABUSED” LOCATED IN THE SURROUNDINGS OF CAMPECHE. AT THE CENTER SEVERAL WOMEN WITH THEIR KIDS LIVE FOR THE FIRST 3 MONTHS AFTER LEAVING THEIR HOUSE, THE WOMEN ARE EMOTIONALLY PROVED AND WITH THEIR KIDS LIVE IN FEAR OF BEING KIDNAPPED OR KILLED BY THEIR HUSBANDS OR BY THE CLANS THEIR HUSBANDS WORK FOR. WE WENT WITH CETANA (WHO DID A REALLY NICE ACTIVITY CLASS WITH WARM UP, GAMES, YOGA POSTURES ETC) AND IISHVARII: NOW THERE ARE WEEKLY YOGA CLASSES AND EXTRA SUPPORT FOR THE WOMEN OF THE CENTER.

“Today we went back to do service to the “Center of Women and Kids brutally abused” and was the birthday of one of the girls. We had a cake and sing “Las Mañanitas” (Happy Birthday) all together. She was smiling a lot, at the end all of us were playing, full of candies!! Leo (the kid of one of the woman living there) is very affectionate and intelligent, he did all the class with us perfectly. Right now he is going through a difficult time, because he was diagnose with a cyst on his testicle and he will have to be operated soon. Hopefully everything will be fine." Iishvarii
USA

SWWS DIDI ANANDA HITAESHANA:
YOGA AND MEDITATION CLASSES 3 TIMES A WEEK
AT WWD OFFICE. EACH THURSDAY VEGETARIAN
CLASSES FOLLOWING THE AYURVEDIC DIET.
FOR THE DIIPAWALII CELEBRATION MARGIIS AND
ACARYAS GATHERED TOGETHER AT THE WWD
OFFICE: 28 PEOPLE WERE PRESENT (SEE PICTURES).
SWWS DIDI IS ALSO TEACHING CLASS ONCE A
MONTH AT THE MANHATTAN AYURVEDIC
SCHOOL & SPA.

Baba’s Birthday Celebration:
On Baba’s birthday, celebration were held all over the sectors. In WWD Office in NY
many margiis participated to the evening event.
In San Antonio (TX) Master Unit, Didi Ananda Sutiirtha organized with the margiis a
spiritual gathering.

GUATEMALA

THE PRE-SCHOOL ANANDA MARGA IN GUATEMALA CELEBRATE
ITS 25TH ANNIVERSARY THIS YEAR. CONGRATULATION!!!
LOCATED IN A VERY POOR AREA OF GUATEMALA CITY, KEEPING
LOW RATES TO ALLOW KIDS OF THE AREA TO LEARN THE BASIC
LESSONS, COUNTS MORE THEN 80 KIDS.
Sucismita's Carrot Soup

Ingredients (for two):

- 4 carrots (big size)
- 1 cup of coconut milk
- 1/2 cup of milk cream
- 12 almonds
- Grated cheese
- Pinch of sea salt

Procedure:

- Chop and boil the carrots.
- Mix carrots, coconut milk, milk cream, almonds, and salt in the blender.
- Heat and serve adding the grated cheese.
- Enjoy!

Fasting Days Chart in NY Sector

May 20 (Mon) Ekadashi
May 24 (Fri) Purnima
Jun 03 (Mon) Ekadashi
Jun 07 (Fri) Amavasya
Jun 18 (Tue) Ekadashi
Jun 22 (Sat) Purnima
Jul 02 (Tue) Ekadashi
Jul 07 (Sun) Amavasya
Jul 18 (Thu) Ekadashi
Jul 21 (Sun) Purnima
Aug 01 (Thu) Ekadashi
Aug 05 (Mon) Amavasya
Aug 16 (Fri) Ekadashi
Aug 20 (Tue) Purnima
Aug 31 (Sat) Ekadashi
Sep 04 (Wed) Amavasya
Sep 14 (Sat) Ekadashi
Sep 18 (Wed) Purnima
Sep 29 (Sun) Ekadashi
Oct 04 (Fri) Amavasya
Oct 14 (Mon) Ekadashi
Oct 17 (Thu) Purnima
Oct 29 (Tue) Ekadashi
Nov 02 (Sat) Amavasya
Nov 12 (Tue) Ekadashi
Nov 16 (Sat) Purnima
Nov 28 (Thu) Ekadashi
Dec 02 (Mon) Amavasya
Dec 12 (Thu) Ekadashi
Dec 16 (Mon) Purnima
Dec 27 (Fri) Ekadashi
Dec 31 (Tue) Amavasya

Congratulation to our LFT Anuradha that has spent the last 6 months working in India. She will be soon back to NY Sector!!

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Welcome to the second WWD Newsletter of New York Sector. Many thanks goes to the people who shared their experiences and social service activities. As of this writing, the celebrations for Baba's birthday are starting all over the world. Let us celebrate all together!! Here in Mexico the Summer Vacation are starting soon, and so the LFT Training for Sisters in Allende. If you are interested please see the below information.
Emails to the editor, comments and other contribution to the newsletter (next one in Dec 2013) can be send to wwd.ny.office@gmail.com