



United Hindu Temple



<https://unitedhindutemple.com/>

(Non-Profit 501© Organization), Tax I.D. EIN 93-3828321

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Zelle 626-756-6758 or 626-746-7881, check payable to "United Hindu Temple, Inc."



Namaste and Warm Greetings!

"Welcome to this month's edition of the United Hindu Temple Newsletter. We are delighted to connect with you as we continue our shared journey of devotion, learning, and community. At United Hindu Temple, we remain committed to celebrating the rich traditions of Sanatana Dharma, fostering togetherness, and nurturing spiritual growth for devotees of all ages. Through this newsletter, we aim to keep you informed about upcoming festivals, temple activities, cultural events, volunteer opportunities, and community initiatives. We warmly invite you and your family to participate in our temple's events and experience the joy of worship, service, and community bonding. May the blessings of the divine guide and uplift you always."



With heartfelt regards,
United Hindu Temple



PRAYER CORNER – Sri Durga Mata



Sarva mangala mangalye
Shive sarvartha sadhike |
Sharanye tryambake gauri
Narayani namostute ||

Meaning: "O Goddess Durga,
You are the most auspicious of all that is auspicious,
The fulfiller of all wishes, The one who gives refuge,
O three-eyed Gauri, Narayani — I bow to You."

MAY 2026 FESTIVALS and EVENTS

May 1, Friday 6 PM	Samuhik Satyanarayan Pooja
May 8, Friday	Mata ki Chowki
May 10, Sunday	Mother's Day
May 17, Sunday	Sudarsan Chakra Homa/ Adhika masa begins
May 30, Saturday	Samuhik Satyanarayan Pooja

Weekly Standard Events

Every Monday 6:30 PM	Rudrabhishekam & Aarti
Every Tuesday 6:30 PM	Hanuman Abhishekam
Every Thursday 7:00 PM	Shirdi Sai Abhishekam & Aarti
Every Friday 7:00 PM	Ganesh Abhishekam & Aarti
Every Saturday 5:30 PM	Navagraha Santi Havan & Pooja

Monthly Standard Events

Every Poornima 6:00 PM	Satyanarayan Katha & Pooja
Every Chaturthi 6:30 PM	Sankatahara Chaturthi Pooja & Aarti
Every 1st Saturday 8:30 AM	Balaji Abhishekam

Daily Aarti – Morning 11:00 AM - Evening 7:00 PM

ANNOUNCEMENTS

As April comes to a close and we move from spring into summer, we welcome the arrival of May and the promise it holds for renewal and growth. Looking back on the past month, we are filled with appreciation and gratitude for the devotion, involvement, and sense of community that made each celebration meaningful. We encourage you to embrace these new opportunities and remain an engaged member of our temple community.

❁ Highlights & Community Notes ❁

We are deeply grateful to each and every one of you for being such an important part of our community. Your love, support, and participation fill our temple with devotion, culture, and togetherness. None of these celebrations would have been possible without your generous hearts and dedication.

❖ **HMEC (Hindu Mandir Empowerment Council):**

HMEC, which promotes the sustainability of Hindu temples, will be hosting its 2026 conference from October 2–4 in Los Angeles. Our temple representatives attended the kickoff meeting to begin preparations. The meeting was very informative and provided valuable insights into how we can make our mandir part of the broader network of temples across the United States. Stay tuned for more updates in the coming weeks.



❖ **HSS Student Temple Field Trip:**

Ten students from HSS visited our temple on a field trip and spent quality time observing the architecture and deities. They also participated in meaningful discussions and a Q&A session with our Pandit ji. The students expressed gratitude for the spiritual enrichment and knowledge they gained through this experience. Their visit ended with group chanting of Hanuman Chalisa and Shanti Mantra. We encourage more students to visit the temple and learn about our architecture, culture, and dharma.



- ❖ **Mata Ki Chowki:** Akhil and Shika Rastogi graciously hosted this sacred occasion and celebrated their 25th wedding anniversary on the auspicious occasion of Mata Ki Chowki. Our heartfelt thanks to the Shiv Balak group for their spiritually uplifting performance. The air was filled with soulful bhajans, creating a deeply devotional and serene atmosphere that made the celebration truly special and memorable.
- ❖ **Akshaya Tritiya:** This Our temple celebrated this auspicious day with Lakshmi Kuber Havan, which is believed to bring everlasting prosperity, abundance, and growth. We extend our heartfelt thanks to our Panditjis for organizing the Havan and to all the devotees for their participation, which made this event truly memorable.
- ❖ **Membership:** We are delighted to welcome two new members to our team at the Gold and Platinum levels. We extend our heartfelt congratulations and warmest wishes to them, and we deeply appreciate their generosity and graciousness.

Acknowledgements: *We offer special thanks to Pandit Santosh Sharma and Pandit Shubham Shukla for their dedication and for conducting the ceremonies with devotion and precision. We also express our heartfelt gratitude to all members and volunteers who contributed to the preparation and distribution of Maha Prasad during the events.*

New Ventures:

We are pleased to announce our new ventures — Odissi Dance classes, Bala Diwas and Monthly Bhajan and Kirthan group. Stay tuned for more details!

🌸 Free Odissi Dance Workshops — Discover the Grace:

We are delighted to share that our temple successfully conducted free workshop classes in the beautiful classical dance form of Odissi on our temple premises, as planned. The students who attended shared very positive feedback. More sessions will be scheduled—stay tuned!

We warmly invite all children to come, learn, and enjoy in a friendly and encouraging environment. We look forward to seeing your children participate and share in this enriching experience.



🌸 Bal Diwas Announcement: We are delighted to introduce Bal Diwas at United Hindu Temple — a special day each month dedicated to children of all ages. We are currently developing the curriculum for this new venture. This beautiful initiative will offer our kids an opportunity to engage in fun, spiritual activities and connect with the divine in a meaningful way.

Let's nurture their values, संस्कार, and devotion together.

🌸 Monthly Bhajan and Kirtan Announcement: We are happy to introduce a monthly Bhajan Kirtan at United Hindu Temple. We are currently working on the schedule and organizing the details. Bhajan Kirtan is a beautiful way to come together in devotion—filling the atmosphere with divine vibrations, calming the mind, and bringing peace and positivity to our hearts.

Let's unite in singing the Lord's name and experience the joy of collective devotion.

🌸 Looking Ahead 🌸

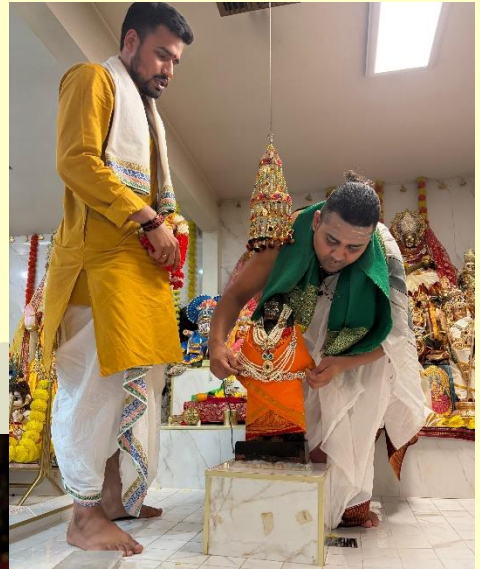
In April, we look forward to upcoming festivals and special celebrations, including:

- ❖ Weekly and monthly poojas
- ❖ **Sudharshana Chakra Homam is scheduled for May 17th** - details to follow

🔔 Gentle Reminders 🔔

- ❖ Please confirm pooja and seva sponsorships in advance.
- ❖ Devotees are kindly requested to follow temple guidelines and adhere to temple timings.

PAST MONTH CELEBRATIONS HANUMAN JAYANTI



AKSHAYA TRITIYA – LAKSHMI KUBERA HOMAM



United

Temple

MATA KI CHOWKI





HSS FIELD TRIP

Unite



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SIGNIFICANCE OF SANKATAHARA CHATURTHI



“OM GAM GANAPATAYE NAMAH”

Sankatahara Chaturthi (also called **Sankashti Chaturthi**) is a monthly Hindu observance dedicated to **Lord Ganesha**, the remover of obstacles. The word *Sankatahara* means *relief from difficulties*. According to the popular belief, Lord Ganesha appeared on Earth on Sankatahara Chaturthi, making it especially auspicious for overcoming life's challenges.

When Sankatahara Chaturthi falls on a **Tuesday**, it is called **Angarki Chaturthi**, which is considered the most auspicious form of this vrata. It is believed to be especially powerful for:

- ❖ Removing long-standing problems
- ❖ Fulfillment of desires
- ❖ Spiritual growth and blessings

Each month's Sankatahara Chaturthi has a different form (name) of Lord Ganesha, and worshipping that form is believed to give specific benefits.

How it is observed

- Fasting (some take water or fruits; others observe a strict fast)
- Ganesha puja in the evening
- Recitation of:
 - Ganesha Mantras
 - Sankatahara Chaturthi Vrat Katha
- Moon sighting (Chandra darshan) followed by breaking the fast

LEARN A SLOKA

**Vakratunda Mahākāya Sūryakoti Samaprabha
Nirvighnam Kuru Me Deva Sarva Kāryeṣhu Sarvadā**

Meaning: “O Lord Ganesha, who has a curved trunk and a mighty body, shining like millions of suns, please remove all obstacles from all my actions, always.”

VEDIC VIGNETTES

"Sanatana Dharma Scriptures – Abundant Knowledge Sources"

Sanatana Dharma offers guidance about who we are, how the world works, how to live well, and how to grow spiritually. It includes ancient teachings for public rituals and community life, stories full of moral lessons, practical advice for doing one's duty with care, and deep reflections on the true nature of the self and ultimate reality. Some parts teach how to act and serve others, some help with devotion and prayer, and some guide personal inner exploration and freedom. People draw from different parts depending on whether they need meaning, moral examples, daily guidance, or spiritual practices.

Hindu(Sanatana Dharma) scriptures are vast, categorized primarily into **Shruti** (revealed/heard) and **Smriti** (remembered) literature. The core branches include the four Vedas (Rig, Yajur, Sama, Atharva), supported by Vedangas, Upavedas, Itihasas (epics), Puranas, and Upanishads, detailing theology, philosophy, ritual, and societal law.

❖ Sruti: Revealed Scripture (Direct Divine Revelation) - Considered supreme, eternal, and divine knowledge heard by ancient Rishis.

➤ **Vedas** (The foundational texts, split into four): The Vedas are primarily considered oral traditions, known as Sruti("that which is heard") that were later organized into written form to ensure their survival and accuracy. They are timeless spiritual texts. According to Hindu tradition, the sage **Veda Vyasa** (or Krishna Dvaipayana) is credited with compiling, organizing, and writing down the Vedas into four distinct texts (Rig, Yajur, Sama, and Atharva) around 5,000 years ago, ending thousands of years of oral transmission.

1. **Rigveda:** Knowledge of hymns/mantras (oldest).
2. **Yajurveda:** Knowledge of rituals/sacrifices.
3. **Samaveda:** Knowledge of melodies/chanting.
4. **Atharvaveda:** Knowledge of everyday life, charms, and science.

➤ **Veda Vibhagas** (Each Veda has four subdivisions):

1. **Samhitas:** Mantra text and hymns.
2. **Brahmanas:** Instructions for rituals and ceremonies. (These are commentaries on the Samhitas that explain rituals. They were composed by various sages and rishis, such as **Maharishi Yajnavalkya** and others.)
3. **Aranyakas:** Philosophical texts meant to be studied in forests (hermitage). The Aranyakas (or "forest texts") were composed by ancient Indian sages and rishis, who retreated into the forest to meditate and contemplate. They function as philosophical bridges between the ritual-focused Brahmanas and the philosophical Upanishads, focusing on the symbolic meaning of Vedic rituals.

The Aranyakas are generally tied to specific Vedic schools (shakhas) such as:

- **Rigveda:** Aitareya and Kaushitaki Aranyakas.
- **Yajurveda:** Taittiriya, Maitrayaniya, Katha, and Brihad Aranyakas.
- **Samaveda:** Talavakara Aranyakas.

4. **Upanishads (Vedanta - The "end of Vedas" - Sruti Prasthanas):** Philosophical teachings exploring the nature of Absolute Reality (Atman/Brahman). The Upanishads are the concluding part of the Vedas (*hence the term "Vedanta"*), emphasizing knowledge (*jnana*) over the ritualistic aspects of the earlier Vedic texts. They were composed by various sages and seers with direct spiritual experiences and insights, represent oral traditions and "inner illumination" compiled over time.

1. Major (10-13): Isha, Kena, Katha, Prashna, Mundaka, Mandukya, Taittiriya, Aitareya, Chandogya, Brihadaranyaka, Shvetashvatara.
2. Minor (108 total): including Yoga, Sanyasa, and Shaiva Upanishads.

These four subdivisions are frequently grouped into two broader categories:

- Karma-Kanda: The ritualistic portion (Samhitas, Brahmanas, and some Aranyakas).
- Jnana-Kanda: The knowledge portion (Upanishads and some Aranyakas).

➤ **Shakhas** (Branches of Vedas):

- ❖ In Charanavyuha (a text attributed to Sage Vyasa), the mentioning of a total number of 1,131 branches or recensions of Vedas became a common assertion.
- ❖ Same number of branches were mentioned by Jagadguru Adi Sankaracharya as well as Sage Patanjali in his book Mahabhashya. The Mahabhashya lists the traditional division of these 1,131 branches among the four Vedas as:
 - Rigveda: 21 branches
 - Yajurveda: 101 branches
 - Samaveda: 1,000 branches
 - Atharvaveda: 9 branches
- ❖ However, only a small fraction of around 10 to 12 survive today, with even fewer being actively studied and chanted. The loss is attributed to the decline in oral tradition, destruction of manuscripts, and the changing educational focus over centuries.

It is so unfortunate that such a treasure of knowledge faced hardships to survive, the core teachings of those remaining and available have been preserved through strong, traditional oral recitation techniques and being passed on to the next generations.

Let us all do our share of taking forward such knowledge to the next generations, not just because it is very important for Hindus but the Vedic philosophy enriches every soul on this earth regardless of their belief.

We have discussed about the "Sruti" part of the scriptures in this Newsletter, let's discuss about the "Smriti" part in the next month's Newsletter.

MEMBERSHIP

Temple membership can offer significant mutual benefits, fostering a strong bridge between the devotee and the institution. Devotees often find valuable spiritual connection, guidance, and community support through their involvement.

Simultaneously, the temple gains the essential strength and resources required to sustain its sacred work and service to society, creating a symbiotic relationship that strengthens the spiritual journey for individuals and the community as a whole.

Click on the link below if you would like to become a UHT member today.

UHT MEMBERSHIP LINK

🌸 Member Testimony 🌸

Testimony from a member who signed up for membership after retirement.

"Finding My Rhythm - I Chose to Become a Temple Member After Retirement. After decades of working, retirement brought me something I hadn't experienced in years—stillness, with longer days. I found myself searching for something deeper to fill that space. That's when I turned toward the temple, and becoming a member has been one of the most meaningful decisions of my life. The temple has given me the opportunity to reconnect with my spiritual side—something I had often set aside during my busy years of working life. Visiting the temple, attending spiritual talks, and participating in cultural activities keeps my mind engaged and my heart content. Becoming a member of the temple has also allowed me to contribute in ways that I feel deeply fulfilling. It reminds me that even though my professional career has ended, my ability to give and make a difference has not. Today, I don't measure my days by how busy I am, but by how peaceful and purposeful I feel. And for that, I am deeply grateful"

DONATIONS/SPONSORSHIP

Temple donations and sponsorships are sacred acts of seva (selfless service) and daan (charity). By contributing, devotees help preserve our spiritual traditions, support daily poojas and festivals, and maintain the temple as a space of peace, learning, and divine connection for all.

Sponsoring a pooja or ritual allows devotees to participate directly in sacred offerings made to the Divine, seeking blessings for health, prosperity, harmony, and spiritual growth. Such offerings are performed not only for individual families but for the well-being of the entire community.

When we give with devotion, the Divine gives back in countless ways—strengthening faith, purifying the heart, and sustaining dharma for future generations.

"Seva is the highest form of worship." 🙏

United Hindu Temple provides various opportunities of Seva and we welcome your kind donations.

Zelle - can be done on 626-756-6758 OR 626-746-7881

Check - Payable to - "United Hindu Temple, Inc."

PayPal / Credit Card – [Donate](#)

🙏 **Thank you** 🙏



**Our heartfelt thanks to
the sponsors of
Akhil and Shikha Rastogi**

United Hindu Temple

MATA KI CHOWKI

Mata Ki Chowki is a sacred devotional gathering dedicated to Maa Durga, where devotees come together to sing bhajans, chant mantras, and immerse themselves in the Divine Mother's grace. The word "Chowki" symbolizes the sacred seat prepared for Maa — inviting Her presence in our lives.

At United Hindu Temple, Mata Ki Chowki is not just a ritual — it is a collective expression of devotion, faith, and community bonding.

- 🍷 Invokes Divine Shakti (energy) – Maa Durga represents strength, protection, compassion, and prosperity.
- 🌸 Removes obstacles & negativity – Devotional singing purifies the environment and uplifts consciousness.
- 🙏 Strengthens family & community ties – Families gather in devotion, passing faith to the next generation.
- 🕉️ Creates a powerful spiritual vibration within the Mandir that benefits all devotees.

When performed in the temple, the blessings multiply — as prayers offered in a sacred space carries heightened spiritual energy. When you invite Maa into your life through a Chowki, she resides in your home and heart. Hosting a Chowki is considered highly auspicious because:

- ❖ It is an offering of bhakti (devotion) rather than material wealth.

- ❖ The host family receives Maa's blessings for health, harmony, protection, and prosperity.
- ❖ It is often performed to mark special milestones — birthdays, anniversaries, thanksgiving, new beginnings, or simply out of gratitude.
- ❖ It creates positive karma by sponsoring a devotional event for the larger community.

🌸 **How United Hindu Temple Provides This Opportunity**

United Hindu Temple is blessed to offer devotees the sacred opportunity to:

- 📅 Sponsor and host Mata Ki Chowki on chosen dates
- 🎤 Arrange devotional singers and priestly guidance
- 🌸 Provide beautifully decorated altar setup
- 🍵 Organize prasad and community participation
- 🤝 Make the event seamless and spiritually enriching



United Hindu Temple warmly invites devotees to host Mata Ki Chowki and experience the immense joy of seva.

When devotion is offered in a sacred space, it becomes a blessing not just for one family — but for the entire community. By hosting at the Mandir, families become part of a larger spiritual family, sharing their joy and gratitude.

Use the form link below to sign up or use the QR code

[**UHT MATA KI CHOWKI HOSTING REQUEST FORM**](#)



🌸 🙏 **Jai Mata Di** 🙏 🌸

VOLUNTEER OPPORTUNITIES

Temples offer diverse volunteer roles for all ages, from organizing cultural events and festivals to preparing/serving sacred food (prasad) and community outreach, fostering spiritual growth and community connection, with specific opportunities often requiring contact with a volunteer coordinator for involvement, even offering service hours for students.

Click on the link below if you would like to volunteer your services to help your community.

[**UHT VOLUNTEER FORM**](#)

TEMPLE SERVICES

Devotees interested for a puja or service at our temple are requested to kindly provide accurate details, including the type of puja, preferred date and time, and any specific intentions or offerings. Your responses will help us prepare and schedule the puja according to your preferences. Once submitted, our team will review your request and get back to you with confirmation.

Service Name	In Temple	At Home
Archana and Aarti (any deity)	\$11	NA
Sahasra Nama Archana – 1008 names (any deity)	\$21	NA
Abhishekam and Aarti (any deity)	\$51	\$201
Any Homam	\$101	\$201
Shanti Puja	\$101	\$151
Car Puja	\$51	\$101
Navagraha Abhishekam and Aarti	\$101	\$251
Satyanarayana Puja	\$151	\$251
Kalyanam (Srinivasan, Sitarama, Valli)	\$201	\$301
Chandi Homam	\$201	\$251
Navagraha Homam	\$151	\$251
Sudarsana Homam	\$201	\$251
Nakshatra Santi	\$151	\$251
Dhanvantari Homam	\$151	\$251
Engagement	\$1001	\$301
Wedding	\$1501	\$501
Srimantam	\$101	\$251
Barasala (Baby naming)	\$101	\$251
Annaprāsana	\$51	\$101
Aksharabhyasam	\$51	\$101
Kesha Kandan	\$51	\$101
Upanayanam	\$101	\$151
Special Birthdays	\$101	\$151
Chiralu/Panchulu	101	\$151
Mata ki Chowki (Temple provides food prasad)	\$750	\$251

Click on the link below to submit the Temple Service Request form.

[UHT SERVICE REQUEST FORM](#)

KAMDHENU PROGRAM

Dear Devotees, we are delighted to introduce Kamdhenu, a new initiative designed to support our community by helping devotees resolve their challenges.

What is Kamdhenu?

Kamdhenu is a program that allows devotees to share any issues or problems they are facing. Once an issue is submitted, the temple will identify individuals within the community who have the expertise or resource to help. We will then connect the person in need with the person who can provide assistance.

Submit your issue by using the QR code or Form link below

UHT KAMDHENU FORM



Your information is safe, only the issue will be shared.

By participating in Kamdhenu, you are not only seeking help but also contributing to a stronger, more connected community where everyone supports each other.

Thank you for being part of this initiative. Together, we can make a difference!

Contact - Archana Garg 909-438-3429

We are happy to share that we were able to connect with some devotees who requested for guidance and support in the following areas.

1. Educational consultation
2. Job consultation and requirement
3. Volunteer hours needed
4. Monetary/ loan requirement

Disclaimer: This nonprofit, serving through the Temple community, provides charitable support in financial, emotional, health awareness, educational, and senior matters. We understand that life may present challenges, and individuals may seek guidance or resources. When possible, we will make reasonable efforts to connect you with helpful community resources. We are not licensed medical, legal, or financial professionals. All services are voluntary, informational in nature, and provided without guarantees.

HEALTH IS WEALTH (Health tip of the month)

"Like the blooming of May, the soul unfolds when aligned with its dharma."

Gazing Meditation - increases power to concentrate, reduces levels of anxiety!

Gazing meditation, or **Trataka in Sanskrit**, is a powerful method of focusing the mind by engaging our most dominant sense - sight. In trataka, we gaze at a small object. A candle flame is the most common item, but other good choices are a single flower, or picture of significance to you, or even the rising moon.

When you do this mindful meditation you should not concentrate on the object, but use it as a focus of your awareness. If you find your focus and your gaze is shifting away from the object, gently bring it back to the object and continue.

It is believed that this practice can have a number of positive benefits including increased levels of clarity and concentration, reduces stress and anxiety. You may feel gratitude as you focus on an object you may have seen many times before as you notice the details and beauty of the object. This could even be something as simple as a wooden spoon or bowl you have in your kitchen that you see every day

BHAGAVAD-GITA – Chapter 2; Sloka 63

***Krodhād bhavati sammohah, sammohāt smṛti-vibhramah |
Smṛti-bhramśād buddhi-nāśo, buddhi-nāśāt pranaśyati ||***

Meaning: "When we get very angry, we stop thinking clearly, forget our values, make wrong decisions, and end up hurting ourselves or others."

***"Pause, take a deep breath; Think: If I react now, I may regret it later;
Reply calmly or take a break."***

DEVOTEES CORNER

Devotees are welcome to express their heartfelt feelings, spiritual experiences and promote small business interests. Please reach out to 323-897-0383 or 626-488-4126(**Whatsapp only**) if you would like to share content that you would be interested to published in Devotees Corner section of the Newsletter.

Content Contribution: With gratitude, we acknowledge the following volunteers for their generous contribution towards this Newsletter – Akhil, Archana, Maheeja, Megha, Santosh Pundit ji, Sarala ji, Shama ji, Sukanya, Suneeta, Swapna

THANK YOU!