

**PLEASE NOTE THE SCHEDULES**

Monday Through Thursday: 9 am to 12 noon
and 6 pm to 8 pm
Friday, Weekends & Holidays: 9 am to 8 pm

PASCHIMAVANI

DIRECTIONS

From Freeway 580 in Livermore:
Exit North Vasco Road, left on Scenic Ave,
Left on Arrowhead Avenue

NEWS FROM THE HINDU COMMUNITY AND CULTURAL CENTER, LIVERMORE

VISIT OUR WEB SITE AT <http://www.livermoretemple.org>

SHIVA-VISHNU TEMPLE

OM NAMAH SHIVAYA

TELEPHONE (925) 449-6255 FAX (925) 455-0404

OM NAMO NARAYANAYA

PRESIDENT'S MESSAGE

Namaskar,

I take this opportunity to wish all of you a very Happy New Year 2012 and hope this new year ushers good health, wealth and happiness by the divine blessings of Deities of Shiva Vishnu Temple. I thank you all for the great support and contributions made this past year for making our temple as one of the best managed temples in North America, the financial support has enabled us to embark on construction of much needed Administration Building, remodeling the kitchen and enhancing devotee amenities. Goddess Kanaka Durga is in her new renovated abode, devotees can get blessed visiting her at the prayer hall.

I encourage all of you to come and take part in all the sevas that are offered to the Deities and get blessed, HCCC also conducts Sanskritam Class, Vishnusahasranamam Class, Bhagavadgita Class, Yoga Class, Bala Jyothi & Bhakti Jyothi Classes - all free of cost. Our Human Services team truly believes in SERVICE to MANKIND is SERVICE to GOD and with this motto they conduct Free health Advisory clinics every Saturday with the help of Volunteering doctors, the Human services team also has a monthly seniors get together meetings engaging them in fun filled activities.

Volunteers are truly the best asset of the temple, infact the temple is driven by volunteers in all areas, the wonderful big flower malas the God's adore are all prepared by Volunteers, when you are driving in a courteous parking volunteer is showing you the empty parking spot for parking, when you ready to have some prasadam the food volunteers are there to serve you infact help you with second serving if required.

The Executive Committee, Board of Directors, the Administration staff, the Temple priests and hundreds of volunteers are keen on helping you and making sure your visit to the temple a memorable one.

We do hope you would come back and help to volunteer as well.

Thanks

Anand Gundu, *President -HCCC.*

FROM EDITOR'S DESK

Dear Devotees,

Dhanurmasa greetings to you all. The day on which Soorya enters DhanurRaashi till Makara sankramaNaa is called Dhanur Masa. According to tradition, the Gods wake up early in the morning during the month of Dhanurmasa. They perform special prayers to Sri Vishnu Vishnu during the auspicious period of "Brahmi Muhurta", which is one and half hours before sunrise. During this month, devotees offer prayers to the Lord very early in the morning. The month of Dhanurmas is considered a very special month for performing puja of Vishnu.

Hope you enjoyed the festivities at the temple last quarter and we are herewith presenting the glimpses of the memorable events along with the special events coming up in the next quarter. We encourage devotees articles to the newsletter, especially from youth/kids. It can be about your experience in the temple, your favorite Hindu God/Goddess, puzzles related to Hindu holy scripts like Sri Bhagavadgita, Ramayana & Mahabharatha etc. Hope you enjoy this edition of your favorite Paschimavani.

M.S. Sathyanarayana, *Publicity Chair - HCCC*

E-mail: mssathya@gmail.com - Cell: 408-887-0473

PLANNED SPECIAL EVENTS

DATE/DAY	EVENTS	TIME	ACTIVITIES
Jan 01st Sunday	New Year Day		Detailed Program at the End
Jan 02nd Monday	New Year Day observed (Weekend Times)		
Jan 04th Wednesday	Vaikunta Ekadasi		Detailed Program at the End
Jan 05th Thursday	Krittika	6:00 PM	Kartikeya Abhishekam and Archana
Jan 06th Friday	Pradosham	6:00 PM	Shiva Abhishekam and Archana
Jan 06th Friday	Rohini	6:00 PM	Sri Krishna Abhishekam and Archana
Jan 07th Saturday	1st Saturday of the Month	11:00 AM	Swarna Alamkara for Lord Shiva
Jan 07th Saturday	1st Saturday of the Month	12:00 Noon	Vastra Samarpana for Lord Balaji
Jan 08th Sunday	Arudra Darshanam	9:30 AM	Nataraja Abhishekam
Jan 08th Sunday	Poornima	6:00 PM	Lalitha Sahasranama chanting by devotees
Jan 09th Monday	Punarvasu	10:30 AM	Sri Rama Sahasranama Archana
		6:00 PM	Sri Rama Abhisheka and Archana
		6:00 PM	Ganesha Abhisheka and Archana
Jan 12th Thursday	Sankata Hara Chathurthi		
Jan 13th Friday	Bhogi		
Jan 14th Saturday	Dhanurmasa Puja Ends		
Jan 14th Saturday	2nd Saturday of the Month	11:00 AM	Muttangi Alamkaram for Lord Shiva
Jan 14th Saturday	2nd Saturday of the Month	11:30 AM	Tomala Seva for Lord Balaji
Jan 14th Saturday	Thai Pongal, Makara Sankranti, Uttarayana Punyakaala		
Jan 14th Saturday	Andal (Godha) Kalyanam		Detailed Program at the End
Jan 14th Saturday	Uttara Phalguni	6:00 PM	Ayyappa Abhishekam and Archana
Jan 14th Saturday	Sun enters Makara		
Jan 16th Monday	MLK Birthday (Weekend Times)		
Jan 17th Tuesday	Swati	6:00 PM	Narasimha Swamy Abhishekam and Archana
Jan 18th Wednesday	Ekadasi	6:00 PM	Balaji Bhoga Murthy Abhishekam and Archana
Jan 20th Friday	Pradosham	6:00 PM	Shiva Abhishekam and Archana
Jan 21st Saturday	3rd Saturday of the Month	11:00 AM	Rajatha Alamkara for Lord Shiva; Sahasranama Archana
Jan 21st Saturday	3rd Saturday of the Month	12:00 Noon	Thiruppavadai Seva for Lord Balaji
Jan 21st Saturday	Masa Shivarathri	5:00 PM	108 Kalasha Abhishekam for Lord Shiva and Archana
Jan 23rd Monday	Magha		
Jan 23rd Monday	Sravana	6:00 PM	Venkateswara Sahasranama Archana
Jan 27th Friday	Vasant Panchami	10:30 AM	Saraswati Puja
Jan 28th Saturday	4th Saturday of the Month	10:30 AM	Shiva Swarna Mukhavada and Vastra Alamkaram
Jan 28th Saturday	4th Saturday of the Month	12:00 Noon	Pushpa seva for Lord Balaji
Jan 28th Saturday	Shashti	6:00 PM	Kartikeya Sahasranama Archana
Jan 29th Sunday	Ratha Saptami	10:30 AM	Surya Namaskara followed by Sri Aruna Parayana
Jan 29th Sunday	Last Sunday of the Month	4:30 PM	Kala Bhairava Abhishekam and Archana
Jan 30th Monday	Bhishma Ashtami		
Feb 01st Wednesday	Krittika	6:00 PM	Kartikeya Abhishekam and Archana
Feb 01st Wednesday	Madhwa Navami		
Feb 02nd Thursday	Rohini	6:00 PM	Sri Krishna Abhishekam and Archana
Feb 03rd Friday	Bhishma Ekadasi	6:00 PM	Balaji Bhoga Murthy Abhishekam and Archana
Feb 04th Saturday	1st Saturday of the Month	11:00 AM	Swarna Alamkara for Lord Shiva
Feb 04th Saturday	1st Saturday of the Month	12:00 Noon	Vastra Samarpana for Lord Balaji
Feb 04th Saturday	Pradosham	5:00 PM	Shiva Abhishekam and Archana
Feb 04th Saturday	Rukmini Kalyanam		Detailed Program at the End
Feb 05th Sunday	Punarvasu	5:00 PM	Sri Rama Abhisheka and Sahasranama Archana
Feb 06th Monday	Thai Poosam	6:00 PM	Kartikeya Abhishekam
			Mayura Vahana Seva for Lord Kartikeya
			Lalitha Sahasranama chanting by devotees
Feb 07th Tuesday	Poornima	6:00 PM	Ganesha Abhisheka and Archana
Feb 10th Friday	Sankata Hara Chathurthi	6:00 PM	Ayyappa Abhishekam and Archana
Feb 10th Friday	Uttara Phalguni	6:00 PM	Detailed Program at the End
Feb 10th Friday	Shiva Brahmotsavam - Day 1		Detailed Program at the End
Feb 11th Saturday	Shiva Brahmotsavam - Day 2		Detailed Program at the End
Feb 11th Saturday	2nd Saturday of the Month	11:00 AM	Swarna Alamkaram for Lord Shiva (Brahmotsavam special alamkaram)
Feb 11th Saturday	2nd Saturday of the Month	11:30 AM	Tomala Seva for Lord Balaji
Feb 12th Sunday	Shiva Brahmotsavam - Day 3		Detailed Program at the End
Feb 12th Sunday	Sun enters Kumbha		
Feb 13th Monday	Swati	6:00 PM	Narasimha Swamy Abhishekam and Archana
Feb 17th Friday	Ekadasi	6:00 PM	Balaji Bhoga Murthy Abhishekam and Archana
Feb 18th Saturday	3rd Saturday of the Month	11:00 AM	Rajatha Alamkara for Lord Shiva; Sahasranama Archana
Feb 18th Saturday	3rd Saturday of the Month	12:00 Noon	Thiruppavadai Seva for Lord Balaji
Feb 18th Saturday	Pradosham	5:00 PM	Shiva Abhishekam and Archana
Feb 19th Sunday	Maha Shivarathri		Detailed Program at the End
Feb 20th Monday	Sravana	6:00 PM	Venkateswara Sahasranama Archana
Feb 20th Monday	President's Day (Weekend times)		Temple open from 9:00AM to 8:00PM
Feb 22nd Wednesday	Phalguna		
Feb 25th Saturday	4th Saturday of the Month	10:30 AM	Shiva Swarna Mukhavada and Vastra Alamkaram
Feb 25th Saturday	4th Saturday of the Month	12:00 Noon	Pushpa seva for Lord Balaji
Feb 26th Sunday	Last Sunday of the Month	4:30 PM	Kala Bhairava Abhishekam and Archana
Feb 27th Monday	Shashti	6:00 PM	Kartikeya Sahasranama Archana

PLANNED SPECIAL EVENTS (contd.)

DATE/DAY	EVENTS	TIME	ACTIVITIES
Feb 28th Tuesday	Krittika	6:00 PM	Kartikeya Abhishekam and Archana
Feb 29th Wednesday	Rohini	6:00 PM	Sri Krishna Abhishekam and Archana
Mar 03rd Saturday	1st Saturday of the Month	11:00 AM	Swarna Alamkara for Lord Shiva
Mar 03rd Saturday	1st Saturday of the Month	12:00 Noon	Vastra Samarpana for Lord Balaji
Mar 04th Sunday	Punarvasu	5:00 PM	Sri Rama Abhisheka and Sahasranama Archana
Mar 04th Sunday	Ekadasi	5:00 PM	Balaji Bhoga Murthy Abhishekam and Archana
Mar 05th Monday	Pradosham	6:00 PM	Shiva Abhishekam and Archana
Mar 07th Wednesday	Maasi Magham; Holi		
Mar 07th Wednesday	Poornima	6:00 PM	Lalitha Sahasranama chanting by devotees
Mar 08th Thursday	Uttara Phalguni	6:00 PM	Ayyappa Abhishekam and Archana
Mar 10th Saturday	2nd Saturday of the Month	11:00 AM	Muttangi Alamkaram for Lord Shiva
Mar 10th Saturday	2nd Saturday of the Month	11:30 AM	Tomala Seva for Lord Balaji
Mar 10th Saturday	Sankata Hara Chathurthi	5:00 PM	Ganesha Abhisheka and Archana
Mar 11th Sunday	Swati	5:00 PM	Narasimha Swamy Abhishekam and Archana
Mar 11th Sunday	Daylight Savings Begins		
Mar 13th Tuesday	Karadayar Nombu	6:00 PM	Lakshmi Sahasranama Archana
Mar 13th Tuesday	Sun enters Meena		
Mar 17th Saturday	3rd Saturday of the Month	11:00 AM	Rajatha Alamkara for Lord Shiva; Sahasranama Archana
Mar 17th Saturday	3rd Saturday of the Month	12:00 Noon	Thiruppavada Seva for Lord Balaji
Mar 17th Saturday	Ekadasi	5:00 PM	Balaji Bhoga Murthy Abhishekam and Archana
Mar 18th Sunday	Sravana	6:00 PM	Venkateswara Sahasranama Archana
Mar 19th Monday	Pradosham	6:00 PM	Shiva Abhishekam and Archana
Mar 20th Tuesday	Masa Shivarathri	6:00 PM	108 Kalasha Abhishekam for Lord Shiva and Archana
Mar 23rd Friday	Chaitra		
Mar 23rd Friday	Ugadi (Nandana nama)	6:00 PM	Ugadi Asthanam; Panchanga Sravanam in Telugu and Kannada
Mar 23rd Friday	Vasanta Navarathri Begins		
Mar 23rd Friday	Srimad Valmееki Ramayana Parayanam Begins		
Mar 24th Saturday	4th Saturday of the Month	10:30 AM	Shiva Swarna Mukhavada Alamkaram
Mar 24th Saturday	4th Saturday of the Month	12:00 Noon	Pushpa seva for Lord Balaji
Mar 25th Sunday	Last Sunday of the Month	4:30 PM	Kala Bhairava Abhishekam and Archana
Mar 27th Tuesday	Krittika	6:00 PM	Kartikeya Abhishekam and Archana
Mar 28th Wednesday	Rohini	6:00 PM	Sri Krishna Abhishekam and Archana
Mar 28th Wednesday	Shashti	6:00 PM	Kartikeya Sahasranama Archana
Mar 31st Saturday	5th Saturday of the Month	10:30 AM	Shiva Abhishekam and Vastra Alamkaram
Mar 31st Saturday	5th Saturday of the Month	12:00 Noon	Lord Balaji Abhishekam; Vajra Kireeta Alamkaram
Mar 31st Saturday	Punarvasu		Sri Rama Navami - Detailed program at the end
April 02nd Monday	Ekadasi	6:00 PM	Balaji Bhoga Murthy Abhishekam and Archana
April 04th Wednesday	Pradosham	6:00 PM	Shiva Abhishekam and Archana
April 05th Thursday	Panguni Uttiram		Detailed program at the end
April 05th Thursday	Uttara Phalguni	6:00 PM	Ayyappa Abhishekam and Archana
April 05th Thursday	Poornima	6:00 PM	Lalitha Sahasranama chanting by Devotees
April 07th Saturday	1st Saturday of the Month	11:00 AM	Swarna Alamkara for Lord Shiva
April 07th Saturday	1st Saturday of the Month	12:00 Noon	Vastra Samarpana for Lord Balaji
April 07th Saturday	Swati	5:00 PM	Narasimha Swamy Abhishekam and Archana
April 09th Monday	Sankata Hara Chathurthi	6:00 PM	Ganesha Abhisheka and Archana
April 13th Friday	Tamil New Year (Nandana)	6:00 PM	Lord Murugan Archana & Panchanga sravana in Tamil
April 13th Friday	Baisakhi		
April 14th Saturday	2nd Saturday of the Month	11:00 AM	Muttangi Alamkaram for Lord Shiva
April 14th Saturday	2nd Saturday of the Month	11:30 AM	Tomala Seva for Lord Balaji
April 14th Saturday	Vishu	5:00 PM	Vishu Darshanam
April 14th Saturday	Sravana	6:00 PM	Venkateswara Sahasranama Archana
April 15th Sunday		11:00 AM	Poolangi Seva for Lord Murugan
April 16th Monday	Ekadasi	6:00 PM	Balaji Bhoga Murthy Abhishekam and Archana
April 17th Tuesday	Pradosham	6:00 PM	Shiva Abhishekam and Archana
April 18th Wednesday	Masa Shivarathri	6:00 PM	108 Kalasha Abhishekam for Lord Shiva and Archana
April 21st Saturday	Vaishakha		
April 21st Saturday	3rd Saturday of the Month	11:00 AM	Rajatha Alamkara for Lord Shiva; Sahasranama Archana
April 21st Saturday	3rd Saturday of the Month	12:00 Noon	Thiruppavada Seva for Lord Balaji
April 23rd Monday	Akshaya Tritiya		
April 23rd Monday	Basava Jayanthi		
April 23rd Monday	Krittika	6:00 PM	Kartikeya Abhishekam and Archana
April 24th Tuesday	Rohini	6:00 PM	Sri Krishna Abhishekam and Archana
April 24th Tuesday		6:00 PM	Chandana Abhishekam for Lord Lakshmi Narasimha Swamy (Akshaya Tritiya)
April 26th Thursday	Adi Shankara Jayanthi	6:00 PM	Upanishath Parayanam
April 26th Thursday	Sri Ramanujar Jayanthi	6:45 PM	Prabanda Parayanam
April 27th Friday	Punarvasu	10:30 AM	Sri Rama Sahasranama Archana
		6:00 PM	Sri Rama Abhisheka and Archana
April 27th Friday	Shashti	6:00 PM	Kartikeya Sahasranama Archana
April 28th Saturday	4th Saturday of the Month	10:30 AM	Shiva Swarna Mukhavada and Vastra Alamkaram
April 28th Saturday	4th Saturday of the Month	12:00 Noon	Pushpa seva for Lord Balaji
April 29th Sunday	Last Sunday of the month	4:30 PM	Kala Bhairava Abhishekam and Archana

New Year Day 2012

DATE/DAY	TIME	EVENTS
Jan 01st	7:00 AM	Lord Shiva and Lord Balaji Suprabhatam
	7:30 AM	Shiva, Ganesha, Kartikeya, Kanaka Durga and Andal Abhishekam
	7:30 AM to	
	9:00 AM	Maha Ganesha Homam
	9:00 AM	Single Line Darshan Starts
	10:00 AM to	
	8:00 PM	Hourly Archana for all deities
	8:30 PM	Balaji Ekanta Seva

Vaikunta Ekadasi

Jan 04th	7:30 AM	Lord Shiva and Lord Balaji Suprabhatam
	8:00 AM	Balaji Mula Murthy Abhishekam
	10:00 AM	Dwara Puja
	10:30 AM	Dwara Pravesham for devotees
	5:30 PM	Lord Venkateshwara Sahasranama Homam
	6:30 PM	Asthana Seva
	7:30 PM	Theertha Prasadam
	7:45 PM	Ekanta Seva

Andal (Godha) Kalyanam

Jan 14th	11:30 AM	Hanuman Abhishekam
	3:00 PM	Edukkola Utsavam
	3:30 PM	Unjal Seva
	4:00 PM	Kalyanotsavam
	5:30 PM	Theertha Prasadam, Kalyana Bhojanam for all devotees

Rukmini Kalyanam

Feb 4th	11:30 AM	Hanuman Abhishekam
	3:00 PM	Edukkola Utsavam
	3:30 PM	Unjal Seva
	4:00 PM	Kalyanotsavam
	5:30 PM	Theertha Prasadam Kalyana Bhojanam for all devotees

Shiva Brahmotsavam

Feb 10th	5:30 PM	Anujna, Ganapati Pooja, Punyahavachana, Deeksha Dhaarana, Panchagavya Suddhi, Ankurarpnam, Vaastu Homa, Nandi Dhvaja Arohana, Bali, Arati, Theertha Prasadam
Feb 11th	9:00 AM	Lord Shiva and Lord Vishnu Suprabatham
	9:30 AM	Shiva Abhishekam
	10:30 AM	Nava Kumbha Sthapana
	11:30 AM	Agni Pratishta, Rudra Homa and Bali
	12:30 PM	Arati
	4:00 PM	Rudra Trishathi Archana
	5:00 PM	Sadyojatadi Homa, Shiva Sahasra Nama Homa, Parivara Devata Homa, Laghu Poornahuti
Feb 12th	6:30 PM	Nitya Aradhana, Bali
	7:00 PM	Arati, Mantra Pushpam and Rajopachara Seva
	8:00 AM	Lord Shiva and Lord Vishnu Suprabatham
	8:30 AM	Shiva, Ganapati & Kartikeya Abhishekam
	10:30 AM	Nitya Homa, Bali
11:30 AM	Parvati Parameshwara Utsava Murthy Abhishekam	

Shiva Brahmotsavam (contd.)

DATE/DAY	TIME	EVENTS
Feb 12th	1:00 PM	Avabrutha (Shula) Snanam, Maha Poornahuti, and Arati
	3:30 PM	Lord Shiva-Parvathi Kalyanam
	5:00 PM	Nandi Vahana Seva, Rajopachara Seva for Lord Shiva
	7:00 PM	Mouna Bali, Dwaja Avarohanam, Deeksha Visarjanam, Asheervachanam

Maha Shivarathri

Feb 19th	7:00 AM	Lord Shiva and Lord Vishnu Suprabatham
	7:30 AM	1st Yaama Lord Shiva Abhishekam
	10:30 AM	2nd Yaama Lord Shiva Abhishekam
	1:30 PM	3rd Yaama Lord Shiva Abhishekam
	4:00 PM	4th Yaama Lord Shiva Abhishekam
	5:00 PM	Jyothirlinga Archana
	5:30:00 PM -	10:00 PM Mahanyasa Parayanam
		5th Yaama Ekadasa Rudra Abhishekam Pushpa Alamkaram and Rajopachara Seva 6th Yaama Lord Shiva Abhishekam 7th Yaama Lord Shiva Abhishekam 8th Yaama Lord Shiva Abhishekam

Sri Rama Navami Celebrations

Mar 23rd to Mar 30th	8:00 AM to	
	12:00 Noon	Srimad Ramayanana Parayanam
Mar 31st	6:30 PM to	
	7:30 PM	Sri Rama Sahasranama Archana
	7:30 AM	Lord Shiva and Lord Vishnu Suprabatham
	8:00 AM	Lord Balaji, Lord Hanuman Abhishekam
	10:00 AM	Sri Rama Abhishekam
	12:00 AM	Sri Rama Shadakshari Homa and Namakarana Samskara Homa
	1:30 PM	Theertha prasadam
	2:00 PM to	
	3:00 PM	Sri Rama Sankeerthanam
	3:00 PM	Edukkolu Utsavam
4:00 PM	Sri Sita Rama Kalyanotsavam	
6:00 PM	Theertha Prasadam Kalyana Bhojanam for all devotees	
April 01st	9:00 AM	Lord Shiva and Lord Vishnu Suprabatham
	10:00 AM	Sri Rama Pattabhishekam
	12:30 PM	Theertha prasadam
	1:00 PM to	
	3:00 PM	Sri Rama Sankeerthanam
April 05th	4:00 PM	Hanumanta Vahana Utsavam with Rama Sankeertana
	5:30 PM	Maha Mangala Harathi, Theertha Prasadam Panguni Uthiram
	10:00 AM	Maha Lakshmi Abhishekam
	4:30 PM	Sri Sooktha Homa
6:00 PM	Gadya Traya Parayanam, Maha Lakshmi Utsavam	
6:45 AM	Sethi Seva	
7:30 AM	Ekantha Seva	



Announcements

DONATION OPPORTUNITIES

1. ADMINISTRATIVE BUILDING	\$1,000,000
The building will be named after the donor or donor's family.	
2. KITCHEN	\$500,000
If there is a single donor, the building will be named after the donor or donor's family. If there is no single large donor, donations are accepted from 2 donors of \$250,000 or 5 donors of \$100,000 each, with the donors' or donors' family names written on plaques determined by HCCC management.	
3. LIBRARY	\$250,000
Donations will be accepted from a single donor of \$250,000 or 5 donors of \$50,000 or 10 donors of \$25,000, with the donors' or donors' family names written on plaques determined by HCCC management.	
4. NAIVEDYAM KITCHEN	\$250,000
Donations will be accepted from a single donor of \$250,000, 5 donors of \$50,000 or 10 donors of \$25,000, with the donors' or donors' family names written on plaques determined by HCCC management.	
5. ROOMS	\$100,000
Donations will be accepted from a single donor of \$100,000 or 2 donors of \$50,000, 4 donors of \$25,000 or 10 donors of \$10,000 each, with the donors' or donors' family names written on plaques determined by HCCC management. The following rooms are available for donations on a first-cum-first basis:	
ADMINISTRATION BUILDING (BUILDING C): Conference Room BOD Conference Room Computer Media Room Retreat Cloak Room	
KITCHEN COMPLEX (BUILDING B): Reading Room Class Room Meeting Room Dressing Room (MEN) Dressing Room (WOMEN) Storage Room 1 Storage Room 2 Storage Room 3 Prayer Rooms	
6. PARKING SPACE	\$5,000
There are 240 parking spaces being prepared. Donors' or Donors' family names will be written on plaques determined by HCCC management.	
7. SPONSOR-A-SQUARE-FOOT	\$301
Donations are accepted for the Hindu Community & Cultural Center's Development Plan consisting of Library, Naivedyam Kitchen, Annadana Kitchen, Puja Rooms, Class Rooms, Multi Purpose Event Halls, Storage Rooms, etc.	
8. SPONSOR-A-BRICK	\$51
Donations are accepted for the Hindu Community & Cultural Center's Development Plan consisting of Library, Naivedyam Kitchen, Annadana Kitchen, Puja Rooms, Class Rooms, Multi Purpose Event Halls, Storage Rooms, etc.	
9. INTEREST FREE LOANS	\$25,000+
Devotees can loan HCCC interest free in multiples of \$25,000, and HCCC will repay after 3 years on a monthly basis in 5 years.	
10. AUTOMATIC MONTHLY DONATIONS	\$51+
Devotees can subscribe to monthly automatic donations of \$51 or more to cover the construction costs. Donor recognition as per HCCC's Donor Recognition Policy.	

For further details, please call 925-449-6255 Extension 3



HINDU CULTURAL & COMMUNITY CENTER
 1200-1232 Arrowhead Avenue, Livermore, CA-94551.



Key Events Celebrated



Devi Navarathri Celebrations

With the divine blessings from Goddess Kanaka Durga, Shiva Vishnu Temple has successfully concluded the Devi Navarathri Celebrations, which began on Tuesday, September 27th with daily abhishekam and special alamkaram to Goddess Kanaka Durga leading to Vijaya Dasami Asthanam on Thursday, October 06th 2011. As Goddess Kanaka Durga Prayer hall was under construction, Goddess Kanaka Durga moola murthi has been temporarily moved to the Balalayam (a temporary structure) inside main Temple. During Navarathri event, all abhishekams and alamkarams were performed to Goddess Kanaka Durga Utsava Murthi.

Devotees were spiritually elated and profoundly pleased to witness special alamkarams such as Turmeric, Vibhuti, Indrani, Maha Lakshmi,

Saraswati, Poolangi, Shakambhari, Annapurneshwari, Mahishasura Mardhini and Kamakshi alamkarams. Devotees performed Kukumarchana on Friday September 30th with great devotion. Several devotees participated in the Vijaya Dasami Asthanam and witnessed rajopachara seva for all Temple Utsava murthies.

Sri Vishnu Brahmotsavam

Sri Vishnu Brahmotsavam, a annual event was celebrated from Friday, September 30th to Sunday October 02nd at Shiva-Vishnu Temple. Sri Vishnu Brahmotsavam festival is one of the most important and auspicious functions celebrated at Shiva Vishnu Temple. The Brahmotsavam event was performed over a three-day period. On the start of the first day, Friday, September 30th, the rite of "Ankurarpanam" (sowing of the seeds to signify fertility, prosperity and abundance) was performed. The main activity on that day was the "Dhwaja Arohanam," the hoisting of the Garuda flag at the Dhwajastambham. This signifies the commencement of the Brahmotsavam. It is believed that Garuda goes to Devalokam and invites the Devas to attend the function. During the three days of this festival, various religious activities including daily homas and processions for the utsava murthies decorated with special alamkarams on different vahanas were performed. Sunday, October 02nd, the event concluded in a grand way with Choorna Abhishekam (special abhishekams for the utsava murthi) and the Sudarshana Chakra is bathed and all the devotees were sprinkled with holy water by priests. The celebration officially concluded with "Dhwajavarohanam," the lowering of the Garuda flag. The Brahmotsavam celebration provided a unique opportunity for all devotees to participate in the festivities and receive the blessings of Sri Venkateswara Swami.



Durga Puja

With divine blessings, devotees of Shiva-Vishnu Temple had the privilege of celebrating annual Durga Puja event from Tuesday, September 27th through Friday, October 07th in a grand way.

Pdt. Monomoham Mukherjee spent several days planning and preparing for the event and was the lead priest for the entire event. He performed all the puja's with great commitment and devotion. Several devotees attended to daily chandipath recited by Pdt. Mukherjee.



Starting with Durga Adibhas, followed by Maha Saptami puja next day, the event had a great start. Devotees participated in every puja with great devotion. The highlight of the celebrations was the Sandhi Pooja, which is the auspicious time of ending of Ashtami and beginning of Navami and was celebrated on Tuesday, October 04th, morning at 7:44 AM. 108 deepa's were lit and the event was great experience for the devotees to participate. Maha Navami Puja was performed on October 05th followed by the Kumari Pooja (pooja for young girls) and Durga Havan. Dhunchi Nritya was performed with great religious fervor. Pushpanjali was performed multiple times to accommodate large number of devotees throughout the event.

Various cultural programs were part of this major function and they augmented the spiritual atmosphere of the event.

Goddess Kanaka Durga Prathista, Kumbhabhishekam and Sata Chandi Homam

With the divine blessings from Goddess Kanaka Durga, the prayer hall construction was completed and Goddess Kanaka Durga Prathista, Kumbhabhishekam and Sata Chandi Homam event was celebrated with great devotion from Wednesday, October 12th, 2011 through Sunday, October 23rd, 2011. The event was a grand success, thanks to efforts put in by our priests, coordinator's and dedicated volunteers. Several volunteers worked for months, planning, procuring items and preparing for this auspicious event.



Pdt. Chintapalli Venkateshwara Sarma was the lead priest for the Prathista and Kumbhabhishekam event from October 12th through October 16th. Pdt. Raghunathan conducted Rudra Ekadashini assisted by several priests on Monday, October 17th, 2011. Pdt. Chandramouli Narayanasastri along with our Temple priests and external priests performed the Sata Chandi Homam from October 18th through October 23rd. The entire event was a once a life time auspicious function that devotee's felt blessed to have participated. Several homas, adhivasa's, special puja's, group archana's were performed with great devotee participation.

Maha Ganapati homam was performed on Wednesday October 12th morning marking Prayer hall pravesham/entry. The main event started with Prathista Sankalpam, Bhoomi Pooja and Ankurpanam on Wednesday, October 12th evening. Several devotees took Deeksha for this event. Panchamrutha, Panchagavya

and Jalaadhivasam for Goddess Kanaka Durga Mula Murthi, Lord Ganesha, Lord Kartikeya, Simham were performed.

Yaagashaala pravesham, Dhanya, Vastradhivaasam were performed on Thursday, October 13th. Friday, October 14th, Mula Mantra Homam was performed followed by Sri Lalitha Sahasra Nama Homam, Pushpa, Sayanadhivaasam in the evening. On Saturday morning, October 15th Silver Maha Matapam Samprokshana was performed. Ashtothara Satha Kalashabhishekam to Goddess Kanaka Durga Mula Murthi was performed that morning with great devotee participation. Saturday evening, pancha Suktha homam, Gartha nuyasam were performed and Astabandhanam was prepared and taken out in a procession before Prathista. On Sunday October 16th Durga Gayathri Homam, Maha Shaanti Homam, Maha Poornahuti, Prana Prathista, Nethronmilanam, Maha Kumbhabhishekam were performed. In the evening devotees participated with great religious fervor and performed Lalitha Ashtothara Deepa Pooja.

Monday October 17th, Rudra Ekadashini with several priests participating was performed and abhishekam for Lord shiva and Rudra Homam were performed. Samoohika Vishnu Sahasra Nama Parayanam was performed in front of Balaji Shrine in the evening. Sata Chandi Homam Sankalapam was performed on Tuesday October 18th along with Deeksha Dharana. Chandi Kalasa Puja – Aavahanadi shodasha upachara Puja was performed on Wednesday October 19th. From October 19th through October 22nd, our Temple priests along with external priests participated and recited Chandi Parayanam and performed Japam. Special homas such as Ganesha Subrahmanyeshwara Homa on Wednesday October 19th, Gayathri, Devi pancha Suktha Homam on Thursday October 20th, Vishnu Pancha Suktha Homam, Sudharshana Homam on Friday October 21st, Rudra Homam and Nava Graha Homam on Saturday October 22nd were performed with devotee participation. Sri Lalitha Sahasranama Archana was also performed in the evenings. Sri Chakra Navavarana Puja and Lalitha Kumkuma Puja was performed on Friday October 21st evening with great spiritual dedication. Rudra Krama Parayanam was performed Saturday October 22nd evening.

On Sunday, October 23rd, Chandi homam was performed with 10 ritvicks and it was a great spiritual experience for the devotees. The entire temple reverberated with chanting and changed up with religious fervor. In the evening, Abhishekam was performed for Goddess Kanaka Durga and participating Ritvicks were honored.



Skanda Shashti

Skanda Shashti event was celebrated with great enthusiasm and devoutness at Shiva Vishnu Temple from Thursday, October 27th through Sunday, November 06th. Daily Abhishekams for Lord Kartikeya were performed and special alamkarams were performed to deity. Devotees participated in the event with great devotion. Pdt. Raghunathan was the lead priest for this event. He performed all puja's with great dedication. He spent several hours decorating deity with beautiful alamkaram.

On Monday, October 31st Kavadi procession was taken out and several devotees had a sacred opportunity to carry the Kavadi. Lord

Kartikeya, Goddess Valli, Goddess Devasena kalyanam was performed on Tuesday November 01st. It was a celestial spiritual experience to witness the Kalyanam event. For greater devotee participation, weekend function was held on Sunday November 06th . Along with Kavadi procession and Abhishekam, Lord Subrahmanya homam and Mayura Vahana Seva were performed.

Articles

Bone up on Bone Health

By Dr. Asha Bajaj PT/DPT

Osteoporosis means “Porous bones”. This is a silent disease that affects nearly 68% American women with White Caucasian and small boned Asian (including Indian women) being most susceptible. 1 out of 2 women and 1 out of 4 men over 50 years of age will sustain a hip, spine or wrist fracture related to osteoporosis. Bone is a living tissue constantly broken down by resorption and replaced by new bone formation. However the peak density of bone is reached by 30 years of age. The rate of bone loss accelerates as women enter menopause with loss of estrogen and the reduction of testosterone in older men. Often the first symptom is back pain and the development of the typical hunchback from loss of height due to loss of bone density. The major consequence is fragility fractures that increase the rate of mortality from complications. There are 2 kinds of risk factors –modifiable and non-modifiable. Modifiable risk factors are: Diet; eating calcium rich foods and getting enough Vit D are important for good bone health. The recommended allowance for post –menopausal women is 1500 mg for Calcium and 2000mu for Vit D. The body can absorb only 500 mg of calcium at a time so it is important to spread your intake through the day. Weight bearing exercise such as walking and weight lifting is important to build bone-so water exercise does not help you in this regard. Lifestyle factors such as smoking or excessive alcohol contribute to loss of bone density. Non-modifiable factors are heredity, ethnicity and gender and age. Being female, 50+, Caucasian or Asian puts you at higher risk for osteoporosis. If there is a family history of fracture that puts you at higher risks. Increased age and small boned frame are also contributing factors to a higher risk for osteoporosis. It’s important to get a baseline bone density test done with a DXA or dual X-ray absorptiometry. A bone density score of -2.5 puts you in the osteoporosis range, between -1 and -2.5 puts you in the range of osteopenia and a score of -1.0 puts you in the normal range. Fall prevention by making sure that you have a safe environment indoors and outdoors is important. Eating a calcium rich diet and getting enough exercise will improve balance and reduce your risk of fractures. Medications available today include the SERM’s, Biphosphonates, Fosamax, Actonel, Boniva; Calcitonin-a nasal spray and Forteo which requires a daily injection. The biphosphonates reduce the breakdown of bone whereas Forteo helps with building the bone cells.

The University of Arizona has developed a physical therapy treatment that includes the following exercise: :Leg Press; One-arm military press, Seated Rows, Wall Squat, Back Extension and Lat pull down called the BEST regimen.

Blood Donation Drive Report

HCCC had grand success with Blood Donation Drive. We had 29 people for Blood Donation, 27 were able to donate. It was non stop, towards 2:30 we had six people waiting outside and 4 people inside, it was 45 minutes wait, by 3 o’clock we had to stop taking any new names. Even Red Cross staff start saying it’s non stop and they looked little tired, they were not expected so many people. Devotes were very anxious to donate, some where disappointed when they were told they can’t donate blood because it’s less than year for their visit to India. some where asking when are we having next drive. Sincere thanks to Lakshmi, Reshma and young volunteer Brahmam, his brother and friend, due to them it was successful.

Annual Children’s Day by HCCC Youth & Education team



November 14th is celebrated as Childrens Day, in honor of Nehru Jawaharlal’s birthday. Our Children’s day event in the HCCC was dedicated to showcase children’s talent and performances. The program started promptly at 10:30; with the first half of our performers being singers. Slokas and other hymns were sung by the children, who varied in age. The latter half of the morning event was for our Bharatanatyam dancers. These children, like the singers had put in a lot of effort and work into their performances. You could tell how proud the parents were, just by looking at the smiles on their faces. The morning event was concluded at 1:30, but the children and parents were encouraged to stay for the afternoon half of the Children’s Day event.

The afternoon mela was truly an enjoyable and fun experience with an opportunity for the kids to relax, mingle and have fun among their friends.

There were a few booths, most with an arts and crafts activity for all the kids and a snack booth. There was also a very informational booth on the three main goddesses, Lakshmi, Saraswathi, and Durga and 60 children attended this booth. The kids had to match items that represented the goddesses to the correct goddess. There was also a quiz for the kids on different gods, and all the kids participated in that and did very well.

Overall, the afternoon session for the mela was a memorable one for both the volunteers and the children.”

The HCCC organization is dedicated to maintaining a high standard of excellence to keep our culture intact and to benefit our community, and we really thank the organizers for such a great event for kids. Through events like Children’s Day, we allow our children to blossom, because they are our future.

NAVARATHRI FESTIVAL

By Smt Vijayalaksbmi Neelamaraju

Ya devi sarvabhuteshu, Matr rupena samsthita | Namastasyai Namastasyai Namastasyai namo namaha ||

We bow to the divine Goddess in all existence who resides in the form of Mother, We bow to her, we bow to her, we continually bow to her. Nava means Nine Ratri means Night.

We celebrate the Navarathri festival for nine nights. One can ask why we celebrate this festival at night instead of day time? Human beings go to sleep at night, and sleep means spiritually ignorance stage, where we do not spend time to think about anything else. The spiritual message of night worshipping symbolizes that, since one spent time in darkness /ignorance/unaware state of mind, it is time to wake from this “Tamoguna” stage (ignorance stage) and realize the virtuosity of the Goddess. The first 3 nights we worship Durga. The next three nights we worship Laxmi and Saraswati is worshipped during the last three nights of the celebrations. Even though Goddess is one; she is represented and worshipped in three different forms or aspects.



Goddess Durga: Meaning “the inaccessible” or “the invincible”; Durga Devi is also known as ‘Durgati Harini’. She removes our evil tendencies (Durgati). In another form, she is called Mahishasura Mardini, the destroyer of Mahisha (Buffalo) Asura (Demon). All humans have qualities of anger, Ignorance, darkness and laziness . With the blessings of Durga, one can destroy demon qualities of Tamoguna. By worshipping Goddess Durga we invoke the divine power to destroy our animalistic tendencies.

Goddess Laxmi: is the Hindu goddess of wealth, prosperity (both material and spiritual), light, wisdom, fortune, fertility, generosity and courage; and the embodiment of beauty, grace and charm. For Knowledge, we should prepare our minds. The mind must be pure, concentrated or focused. By worshipping Laxmi, the purification of mind is attained. In Vivekachudamani, Adi Shankaracharya describes the Sat Sampati (six forms of Wealth)

1. Calmness of mind
2. Self –control
3. Self –withdrawal
4. Forbearance
5. Faith
6. Focus of mind

These are virtues that help us gain wisdom/knowledge, and with wisdom, one can reach the goal of attaining the victory over mind. This victory comes only when the mind is ready, and that preparation is symbolized through the worship of Lakshmi.

Goddess Saraswati: Is the goddess of knowledge, music and the arts. She is the consort of Brahma. Saraswati is considered to be the “mother of the Vedas. Victory over the mind can be obtained only through knowledge, which is symbolized by Goddess Saraswati . Supreme knowledge is the knowledge of the self.

During Navarathri, we worship - Goddess Durga – To remove impurities of mind, Goddess Laxmi – To cultivate the values and virtues of mind, Goddess Saraswati- To gain highest knowledge of self.

!!!!!! Hari Om !!!!!!

Sanskrit Camp

By Sejal Kargal, 7th grade, Tracy, Ca

On Sunday, December 04, 2011 I attend Sanskrit Camp at the Livermore Hindu Temple. There, I learned many interesting facts about Sanskrit as well as basic Sanskrit terms. I learned Sanskrit is the language of the gods and that it is the base of many Vedic languages. The experience was fun because I thought Sanskrit was a tough language to learn, but actually, it is quite simple. Throughout the day I learned lots of common phrases in Sanskrit like, “Kadali phalam” for banana, “mm nam Sejal” my name is Sejal. I also made new friends. Learning Sanskrit will also be beneficial for extra high school credits and college credits. From this experience I learned, maybe learning an ancient language isn’t so hard.

PICTURE GALLERY



Sri Chakra Navavarna Pooja



Durga Pooja



Blood Drive



Govardhan Pooja



HCCC Seniors Day



Thanksgiving Day

PICTURE GALLERY



Sata Chandi Homam



Skanda Shashti Celebrations



Ayyappa Mandala Puja



Devi Navarathri Celebrations



Lakshmi Kubera Puja



Rudra Ekadashini



Vishnu Brahmotsavam



Vishnu Pushpa Yaagam



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