

Pranam and Jai Jinendra,

I hope you are all keeping well and staying safe!

Our most important event in the Jain calendar Paryushan Parva begins on 24<sup>th</sup> August 2022 to 31<sup>st</sup> August 2022. We are very excited to inform members, that after 2 years of online only events, this year you will be able to physically attend and enjoy the festivities at Oshwal Centre.

Paryushan is a time to stop and reflect on our deeds & actions over the past year. These eight days give us time to be appreciative of all that we have. It's a time when we seek for forgiveness from all living beings for any sins we have committed knowingly or unknowingly. During this time many Jains observe a fast or simply limit their meals to once (Ekasanu) or twice a day (Biasanu) or choose to not eat certain type of food. Paryushan allows the mind and body to purify and connect with our spiritual self through performing Pratikraman. Let us all come together and make every effort to ensure that the festival is a peaceful, safe and joyous occasion for all.

Following Paryushan:

- 1) Sammu parna will be held on 1<sup>st</sup> September 2022 at Oshwal Ekta Centre in the morning for all Tapasvis.
- 2) Dhaja Din will be held on Sunday 4<sup>th</sup> September 2022 followed by Swami Vatsalya Bhojan at Oshwal Centre.
- 3) The North East Area Savantsari bhojan will be held on 11<sup>th</sup> September 2022 at Oshwal Centre, Potters Bar.

Call for volunteers: In preparations for Paryushan, we will be holding a Paryushan Volunteers meeting on Thursday 18<sup>th</sup> August at 8pm in the Board Room of Oshwal House. We kindly request all our members to support the forthcoming event and attend this meeting. There will be various duties that need to be undertaken during the eight days and Savantsari Bhojan Therefore, to ensure smooth running and the success of our biggest and most important religious festival of the year, we require the support and help from our members. All ages are welcome.

We are also very keen to have children and youth so please come forward and let Pushpaben J Shah ([Pushpa.j.shah@oshwal.org](mailto:Pushpa.j.shah@oshwal.org)) know if you would like to participate in any activities during the eight day festivities be it singing, dancing or playing any instruments.

Paryushan this year falls during school holidays and therefore hope to see as many of you attending and enjoying the festivities.

I would like to take this opportunity to say, if I have knowingly or unknowingly hurt you in any way, please accept my Micchammi Dukhadam.

Hope to see you all there.

Poonam Alkesh Shah  
North East Area Chair