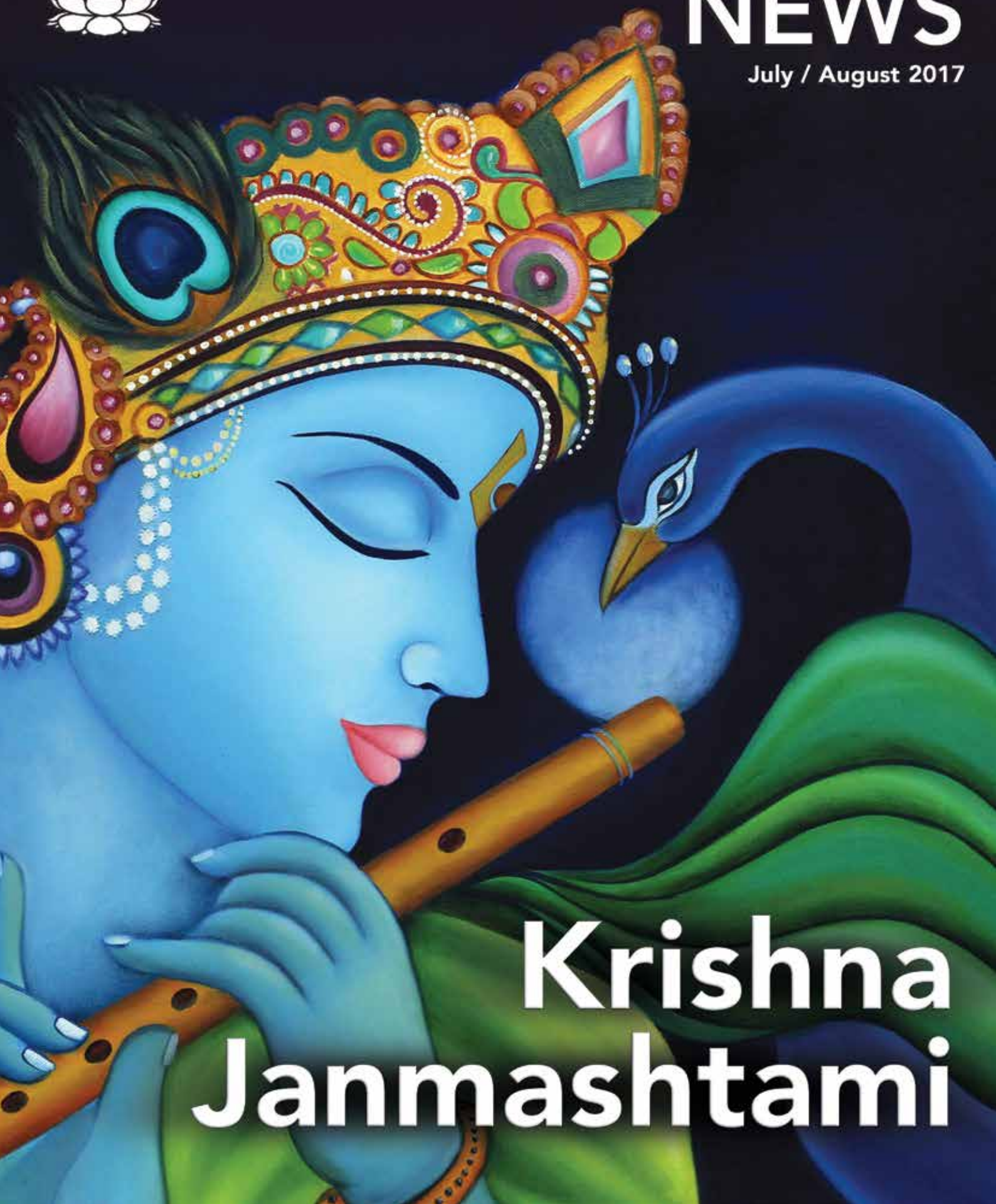




INTERNATIONAL SOCIETY FOR KRISHNA CONSCIOUSNESS
Founder Acharya: His Divine Grace A. C. Bhaktivedanta Swami Prabhupada

HARE KRISHNA NEWS

July / August 2017



Krishna Janmashtami

Sri Radhastami

Appearance Anniversary of Srimati Radharani

"Srimati Radharani
is a tenderhearted
feminine counterpart of
the supreme whole..."
Srimad Bhagavatam
2.3.23, purport

**Tuesday
29 August
All Day
Festival**



www.iskcondurban.net

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Temple Directory

Communications	Krishangi Radhe 083 254 8339
Facilities Manager	Akrura 072 463 8119
Festival Manager	Balaram 082 881 4521
Finance	Ramvijay 084 550 4101
Youth Officer	Sudhir 079 144 0003
General Queries	031 403 3328 o/h 9am – 5pm
Contact the Temple directly for the following departments:	
Back to Godhead Queries (Wednesdays only 9am – 2pm)	
Book Table (10am – 8pm)	
Devotee Breakfast/Lunch Sponsorships – Rasalika	031 403 4600
Govinda's Restaurant (10:30am – 7pm. Direct line	031 403 4600)
Radhanath's Gifts (10:30am – 6:30pm)	
Take Care of Krishna – Bhakti Devi (Radhanath's Gifts Manager)	
Departments	
Book Distribution	Krishna Chaitanya Das 081 088 2493
Deity Department	Deva Deva 076 178 6850
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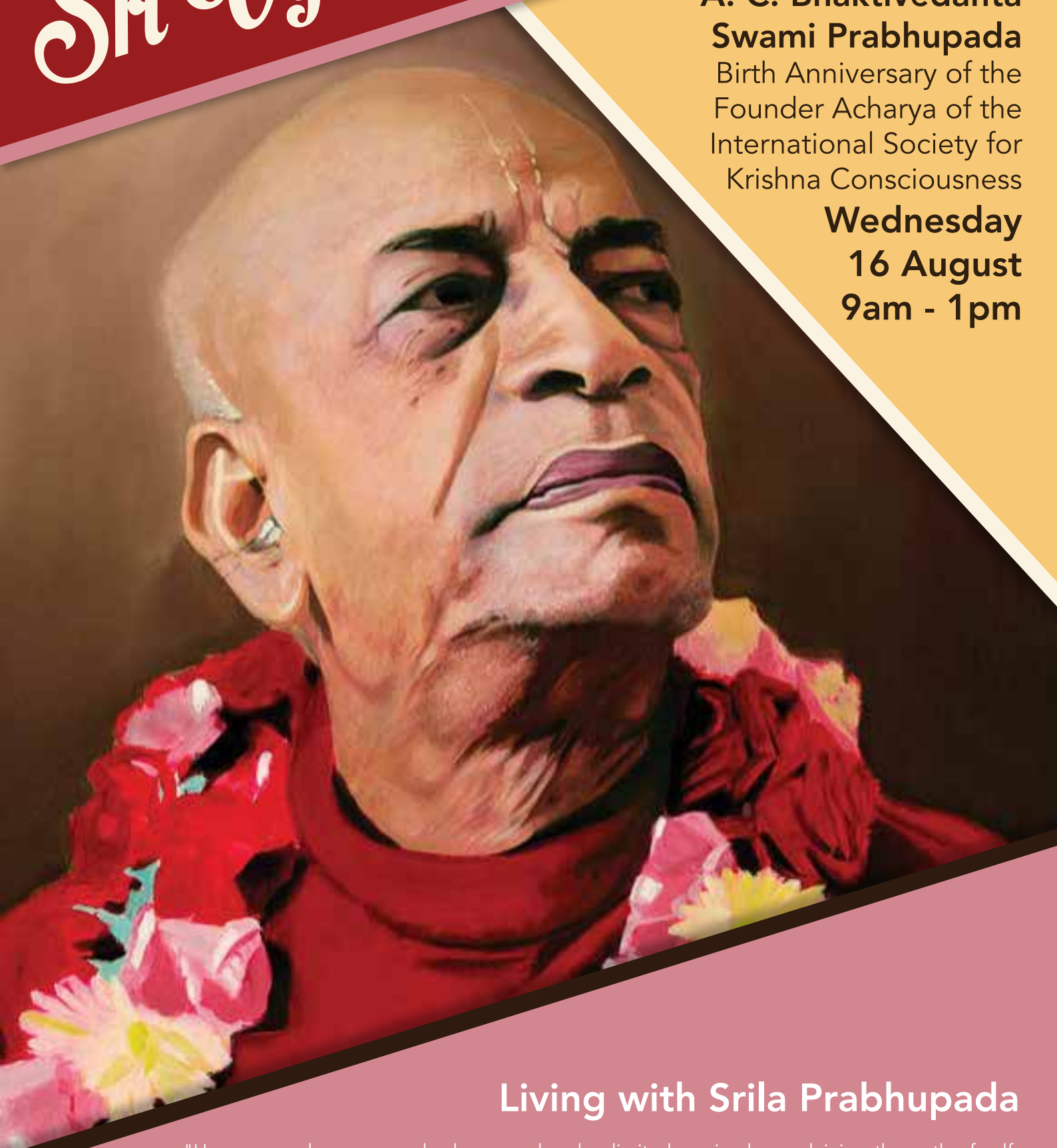
Child Protection Office - www.childprotectionoffice.org

durbancpt@gmail.com | 076 719 6461

Sri Vyasa-puja

His Divine Grace
A. C. Bhaktivedanta
Swami Prabhupada
Birth Anniversary of the
Founder Acharya of the
International Society for
Krishna Consciousness

Wednesday
16 August
9am - 1pm



Living with Srila Prabhupada

"How can such persons, who have rendered unlimited service by explaining the path of self-realization in relation to the Supreme Personality of Godhead, and whose explanations are given for our enlightenment with complete conviction and Vedic evidence, be repaid except by folded palms containing water for their satisfaction? Such great personalities can be satisfied only by their own activities, which are distributed amongst human society out of their unlimited mercy." —Srimad Bhagavatam 4.22.47

Forever A Queen

By Shaunaka Muni Das

Women enhance and grow us. But History has pushed women into the background. Even today, we often make the mistake of viewing them as less than their worth. We forget that women add substance to our otherwise blanched lives.

Women have been the driving force behind legacies. They have embodied glory, heroism, love, and compassion. But the folly of history is that it kept women in the shadows and did not document or acknowledge their contribution to mankind.

The *Bhagavata Purana*, in fact, many of the Vedic literature, have detailed accounts of female devotees of God, from queens to maid servants, who are of praise-worthy caliber. Vedic culture is not sexist and therefore has no need to minimize women. In the same breath, I wish to discuss one particular woman, whom I find most striking – Queen Kunti.

Queen Kunti was a young widow with five young

sons. She was the first wife of Pandu, the emperor of the world. When Pandu died untimely, she was left to raise her sons, the Pandavas, alone in the unforgiving political arena. Pandu's brother, the blind Dhritarashtra, ruled temporarily and his sons constantly tried to keep the Pandavas away from the throne that was rightfully their inheritance. From attempted murder to forced

exile, the Pandavas were persecuted relentlessly. We could appreciate Queen Kunti's plight more if we consider: If the Duchess of Cambridge was suddenly widowed and had to flee into hiding with her two young children because their lives were in peril. Could we appreciate Queen Kunti's plight more?

It is no easy situation, then nor now.

It is not so much the countless perils Kunti had to face that make her a phenomenal woman. It is her faith in God and her adamant meditation on Him at every consecutive trial. Her family's plight is an insightful story, showing us that hardships are rife everywhere and happen to everyone and that the key to triumphing over them is turning to God, who is greater than all obstacles or foes. By her walking through dark times willingly, she was able to compose prayers of depth and unconditional surrender.

Queen Kunti's prayers have been celebrated and sung by Vedic saints for thousands of years and can grant enlightenment to the reader. Queen Kunti's personal and extend crisis make her prayers essential when we face peril. Her prayers quell fear, reveals the highest liberation, and gives us a glimpse of the intimate exchange between the Lord and His pure devotee.

Investment science stresses that forward planning makes one confident and risk-ready. Let's not wait for troubles to arise before taking refuge in the Supernatural. These prayers by Queen Kunti not only provides ease but can also equip us spiritually and mentally for the road ahead. It is a way of planning ahead with confidence.

You can read, study, and imbibe Queen Kunti's prayers in the book "Teachings of Queen Kunti" by His Divine Grace A. C. Bhaktivedanta Swami. Get your copy at any ISKCON Centre.

*Through her
willingness to walk the
dark times irrespective,
she composed prayers
of deep enlightenment
and spiritual devotion.*





Athletes of Devotion

By Nityananda Das

I completed the Comrades Marathon this year. To compete in a gruelling event like this, one needs to put in time, effort, and energy long before the actual event. I had done the up-run only once before, way back in 1992, so I had forgotten what was awaiting me on the day of “The Ultimate Human Race.”

From January to June this year, I put in about 1400 kilometres of training, which included three marathons and an ultramarathon. I had to be mindful of not over-training or under-resting, I had to guard against illness and injury and consume a balanced diet.

I also needed to be mentally prepared. On race day, determination and perseverance were required to endure the mental and physical challenges ahead. I knew that around 20 percent of competitors do not complete the race because of not following certain guiding principles. If you start off too fast, you risk burning out prematurely. Starting too slow may result in exceeding the cut-off time. Consuming too much water may lead to water intoxication or hyponatremia. Consuming too little water may lead to dehydration. So, it is a fine balance.

After the race, I realised that many of the principles I had followed can be applied to my spiritual endeavours. My journey towards God and God consciousness can be likened to a marathon. I need to have persistence, determination, and patience to be able to endure struggles along the path. I can

...the support of God's devotees can help us finish our divine race.

reach my goal if I run my race at a steady pace. I've noticed that practitioners of *bhakti yoga*—the yoga of devotion to God—are not without physical and mental determination. They invest time, effort, and energy to perform herculean services to God and to society. These athletes of devotion can help anyone on his individual spiritual path. Just as the Comrades Marathon had begun to commemorate the camaraderie of fellow war veterans of World War 1, and just as I had experienced how the support of fellow athletes helped me reach the finishing line, similarly the support of God's devotees can help us finish our divine race.

The start of the spiritual journey is the beginning of the race, and death can be considered the finishing line, or the final test. In between the Start and Finish is the time we have available. How we utilise that time will determine how we finish the race.

So “The Ultimate Human Race” is not the physical race that can prove our worth, endurance and talent, but it is the race that brings us closer to God. And with every step we take towards Him, He takes many more towards us, which makes our race worthwhile and not as long as we may expect.

When I finished the Comrades Marathon, I was euphoric. I've also experienced that achieving a spiritual goal, no matter how small, can be even more exhilarating and satisfying. The euphoria I felt from completing the Comrades has already started to slip into a memory whereas the emotions I derived from devotions I have rendered over the years have grown in memory and realization.

Krishna World News

Hare Krishna! The Movie Wins Best Picture

Hare Krishna! The Mantra, the Movement and the Swami who started it all – has won the Grand Jury Prize for Best Picture at Illuminate Film Festival, the top prize of the festival in June 2017.

Lead Juror Michael Kiehnert said that they awarded it to the film, which the jury felt had the potential “to reach their widest possible audience and have the greatest impact.” Illuminate is the largest Conscious Film Festival in the world and Hare Krishna! The film was one of ten films competing for this year’s top prize.

Durban Krishna News

Grahamstown National Arts Festival Sankirtan Expedition

The Temple boys travel team distributed 1202 books and went on street chanting every evening during the festival.

Monthly Sankirtana Festival (MSF)

In June 2017, the MSF marked it’s first anniversary and also commemorated the disappearance anniversary of Srila Bhaktivinoda Thakura – the pioneer of the *sankirtana* movement. 52 devotees participated and 512 books were distributed.

Be A Sage Book Club

An innovative monthly discussion on sacred scripture led by Vibhu Chaitanya Das. We are currently focusing on the *Srimad Bhagavatam*, Canto One.

Kavisha’s Temple Experience

“My time at Sri Sri Radha Radhanath Temple has been challenging, rewarding and one I will treasure forever. From adjusting to the new routines, engaging in the different services I feel myself growing and discovering so much more than I had in mind.” Kavisha Maharaja studied Law and taught in South Korea. She spent one month at the Temple.

The Independent Book Publishers Benjamin Franklin 2017 Awards

Radhanath Swami’s “The Journey Within: Exploring the Path of Bhakti, A Contemporary Guide to Yoga’s Ancient Wisdom” won the gold medal in the Body, Mind & Spirit category.

Vrinda Sheth’s first book in her Sita’s Fire trilogy based on the Ramayana, “Shadows of the Sun Dynasty,” won the silver medal in the Teen Fiction (13-18 years) category.

This year there were 1,400 entries. Over 150 librarians, booksellers, and design and editorial experts judged the books submitted.

Jacob’s Temple Experience

“My stay here at Sri Sri Radha Radhanath Temple was a mind blowing, shockingly purifying and ex-hilarating experience compared to the dull and boring world I came from. It’s truly a breath of fresh *prana*.” Jacob lived in the Temple for five months.

Ladies Evening Sanga

Headed by Radha Radhanath Dasi, the ashram ladies meet each evening from 7:30pm to 8:00pm. Their schedule: Tuesday and Wednesday – Krishna Book reading; Thursday – *bhajans*; and Monday and Friday – devotional movie night.

“It’s an inspiring platform to exchange our inspiration in Krishna consciousness, developing closer relationships in the devotee community. It offers a wholesome variety to develop deeper levels of appreciation for Srila Prabhupada, Krishna Book, and the songs of the Vaishnava saints.” Satyaran Dasi

Bhakti Yoga Society (BYS) University Student Retreat

18 students spent the weekend at the temple from 23-25 June. The retreat theme was “Break Away,” focusing on the four pillars of spiritual life: cleanliness, compassion, discipline & truthfulness. Students also spent an afternoon at the Thornville Goshala.



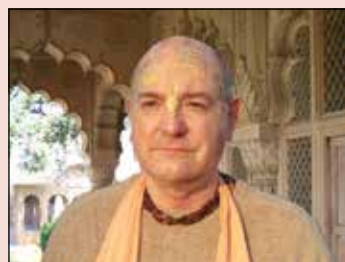
His Holiness Bhakti Chaitanya Swami
ISKCON Lenasia
Saturday | 12 Aug | 2pm



His Holiness Giriraj Swami
Sri Sri Radha Radhanath
Saturday | 26 Aug | 4pm



His Holiness Bhakti Charu Swami
New Jagannath Puri
Sunday | 17 Sept | 11am




His Holiness Partha Sarathi Das Goswami
Sri Sri Radha Radhanath
Saturday | 7 Oct | 5:30pm

Smart Village Award

ISKCON's Govardhan Eco Village (GEV) won Smart Cities India Award in the "Smart Village Award" category for being a sustainability project in Wada district of Maharashtra. The Smart Cities India Award ceremony took place May 12, 2017. Over a hundred entries were received at the second edition of the awards with 15 winners in 12 categories. To evaluate the nominations, a blind jury system was used, which comprise of experts in various fields but none of whom knew each other, thus making the entire process unbiased and transparent. Each of the members of the jury rated the projects and the winner was based on the cumulative score. In the Smart Village category, GEV and Ecosoft were joint winners, both of whom scored equal points.

Swazi, "Like other BYS retreats I've been to, this one was as inspiring. More so because I realised that one's spiritual progression is more personal than I thought. What touched me the most on the theme of compassion is that when it comes to selfless devotion/activities in general, I always based those in love and when I felt that people are taking advantage of me, love seemed like a bigger price to pay. So now having dissected compassion, I believe I will be able to do better service without feeling like I'm being used. I know love and compassion go hand in hand but service based on compassion helps me understand that I am not losing." Swazi is a graduate student from Mangosuthu University of Technology.



Women's Day Brunch

A wonderful morning of enlightening discussions on the body, mind and soul.

Wednesday, 9 August @9:30am
Hare Krishna Temple, Chatsworth
Booking Essential: 083 9505 111



Trip Advisor Awards the Hare Krishna Temple the 2017 Experts' Choice Award as one of the best attractions in Durban.

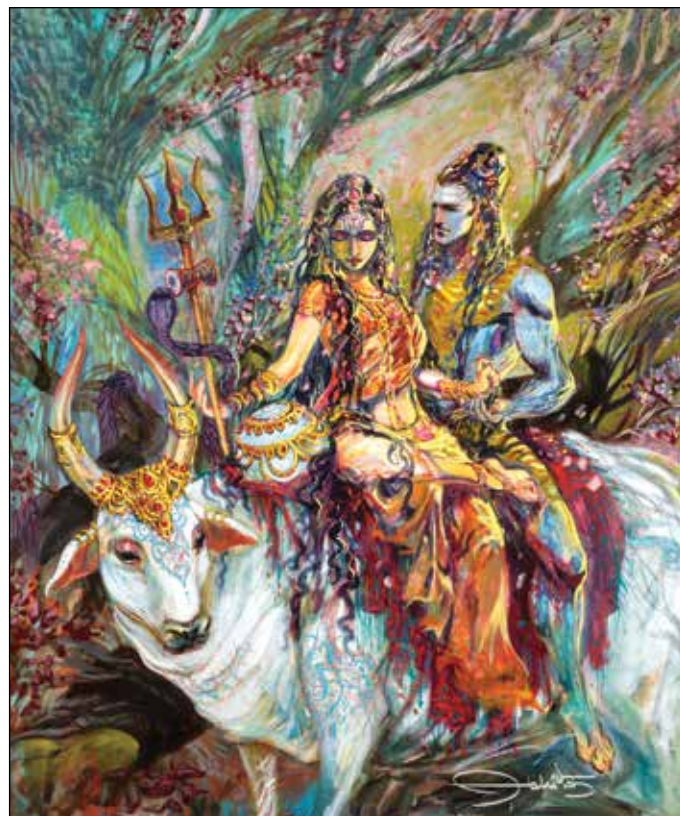


Madhava - World Renowned Kirtaneer
24 - 30 August
Keep an eye out on our social media for details.

Keep Your Eye on the Ball

Marriage Matters

By Visakha Dasi



It is described that Lord Shiva once embraced Parvati while sitting in an assembly of saintly persons (*Srimad Bhagavatam* 6.17.5). A prerequisite for affection is acceptance, and from acceptance grows a rich understanding and deep trust between a husband and wife. Srila Prabhupada explains in the purport, "For Parvati to be embraced by Lord Shiva was natural in a relationship between husband and wife..." In marriages that have endured for some time, the partners are comfortably and effortlessly together, whether in dialog or in silence. They can always be themselves, with nothing to prove, nothing to get, no need to impress. They feel mutually secure, cared for, wanted and valued. The strength of their affection allows them to enjoy each other's company—foibles and all. Affection shifts frustration, anger, and blame to friendliness, understanding, and kindness.

A marriage based on the principles of devotion to Krishna is meant to bring us into greater alignment with our spiritual nature. In other words, a husband and wife play their roles expertly to eventually distinguish reality from illusion, become fully self-realized and attain love of God. This is the long term vision.

Visakha Dasi is a disciple of Srila Prabhupada. Srila Prabhupada bore witness to her wedding to Yadubara Das in Vrindavan. They have two daughters and are based in Sharanagati Village, a rural community in British Columbia, Canada, where Visakha is writing a memoir, *Unexpected Love*.

Krishna Janmashtami

Tuesday

Kirtanuity Youth Day

Saturday, 12 August

4pm – 7pm

Find Your Balance

An invitation to all Youth Groups.

Is Money Better than Learning?

Invite Krishna into Your Heart



Bangladesh

Saturday, 12 August

9am – 1pm

Kirtan & P

Krishna's Birthday

Party for Children

Sunday, 13 August

2pm – 5pm

Vedic Cultural Entertainment and Gifts & Offerings

Sunday, 13 August

2pm – 7pm



Learner's Vedic C

Monday, 14 August

9am – 12pm

Seniors Vedic Culture Fest

Tuesday, 15 August

10am – 1pm



Mini Goshal

Tuesday, 15 August

All Day

Temple Gar



anmash+ami

Monday, 15 August | 4:30am – Midnight

h Market Festival

12 August

Prasad Distribution



Gifts & Offerings
Tuesday, 15 August
All Day
You may offer gifts,
jewellery, flowers,
cooking ingredients
& birthday cards.



ulture Fest
st



Srila Prabhupada Exhibit
Tuesday, 15 August
All Day

Bhakti Theatre's Krishna Book @ the Campfire

Tuesday, 15 August
6pm – 11pm
Temple Gardens
A dramatic telling of
Krishna's pastimes



Gods & Demons Face Painting
Tuesday, 15 August 6pm – 9pm
Temple Gardens

Movies Under the Stars

Tuesday, 15 August
6pm – 11pm
Temple Amphitheater



a
August

dens



Mantra Park

Tuesday, 15 August 6pm – 11pm
Sri Krishna says, "Of sacrifices I am the
chanting of the holy names [japa]." (Bg10.25)
Chant 108 Hare Krishna maha-mantras
with Srila Prabhupada.
Temple Gardens

Spiritual Psychology?

Devotional Psychology
By Ananta Gauranga Das

At university my friend ingested cannabis for the first time. Inundated by the waves of inebriation, he proceeded to crazily run around the campus gardens screaming, "I'm a sunflower!" Stark naked. We thought it was hilarious. But when we posted bail at the police station the next morning, all humour had ebbed away.

All of us suffer from a similar predicament. Strong? We are inebriated by our bodies, hung over by the misconception that "I am this body and that everything in relation to it, is mine". This consciousness has rendered us unconscious.

A root for our bondage is the mind, intelligence and contaminated false ego. These three constitute the subtle body. The subtle body is yet another covering of the soul. When this covering becomes cleansed, our true identity is unmasked. In the forthcoming issues of Hare Krishna News, I hope to illustrate the intricate workings of the subtle body through the lens of spiritual psychology.

The word *psychology* is of Greek origin. *Psyche* meaning soul and *logia* is the study of. Western psychology limits its analysis of the self to the subtle body. Vedic or spiritual psychology's holistic approach amalgamates knowledge of the mind, intelligence, and false ego so as to unearth our true ego — the soul. In one sense, all our *acharyas*, previous spiritual teachers, are spiritual psychologists. They were cognisant of their true selves, their relationship with God, and by the grace of the Supreme, have a glimpse into His psychology.

Our minds are like prostitutes, constantly searching for the next exploit. And lurking in its recesses are false promises, like ghosts. We are haunted by their presence as they wrestle for psychological release in the form of attachment, obsession, anger, and hate. These "prostitutes and ghosts" frolic in the unconsciousness as disguised desires. They do require psychological

release and they can be transformed positively to a healthy state through mediation, constructive dialogue, and introspection or alternatively, violently, in the form of self abuse and/or aggression to others. In the latter, violence (physical and emotional) serves as a means of unhealthy communication, resulting in a harmful vent of pent up, unresolved energy. The manner in which these energies are expressed is based on the way we deal with daily stresses and the pullings of the mind. Spiritual psychology offers the potential for eternal reprieve from the malady of the mind. It allows for us to raise our consciousness and

not our voice or hands. It is said that the rains nourish flowers, not the thunder.

Spiritual psychology offers the potential for eternal reprieve from the malady of the mind.

Imagine two identical rooms. Both have not been cleaned for hundreds of years. However, one is in the process of being purged. Externally the latter looks putrefied as plumes of dust and debris is dislodged helter-skelter. When we engage in *bhakti* yoga our dust-encrusted consciousness is being absolved. Mantra meditation and devotional service reveal our unsavoury attachments and desires. It's up to us to healthily confront and resolve them. Alas, it's easier for us to ignore them or superimpose our conditioned frailties onto others. "Beware that, when fighting monsters, you yourself do not become a monster...for when you gaze long into the abyss. The abyss gazes also into you" (Nietzsche).

My hope is to highlight the numerous overt and covert psychological dynamics which gnaw at our sanity. Coupled with potent practices to manage anxieties and spiritual lethargy. One may be in a spiritual organisation but remain on a material and mental periphery for a long time. To become aware of our conditioning and deal with our "demons" is a pivotal step on the journey home. Remember, we have a mind, we are not our mind.



Stuck with Lemons

Myth Buster

Byron Kyle

Recently my car broke down and I discovered it was going to be an expensive repair. My immediate reaction was "I hate this stupid car! This bloody lemon!" The car had been troubling me for some time and the problems only got worse. I felt hard done by and life felt unfair. Ladies and gentlemen, this was the start of a revelation.

I decided to do a full assessment of the car and work on each and every problem it had, and thanks to some good contacts, I was able to reduce the cost of the repairs to an affordable price. This incident with my car can be an analogy for spiritual practice.

Some people have been born into poverty, some people suffer with chronic illness, and some people were abused or neglected by those who were meant to care and love them. One thing is certain; all of us will feel at some point in life that we have got the wrong end of the stick. Life is just not fair and that we don't deserve the treatment we get and it doesn't matter what position we are in or what level of perception we function from. After all, what some consider a problem may seem like a day in paradise for others. But there is always hope and there is always someone we can count on.

All of us have been given our fair share of lemons, the question is: are you going to follow the old adage and make lemonade out of yours? I find that my spiritual life and my life in general was much like my broken car. It was and still is, a fix-upper. If I take a step back and view my spiritual life not as a piece of junk with no hope but as a cool restoration project, my spiritual life can become something enjoyable to work on. And I get to work on this past-time with my super-cool, loving, supreme mechanic dad, Krishna. He can handle any fix-upper, even the ones other mechanics have deemed "a write-off".

However, what is crucial to remember is that spiritual life is an invitation, not a requirement or recruitment. It is not included in school or university curriculums. I had to acknowledge that "my car" (spiritual practice and actual) was now truly broken and that I did not know what to do. It was a painful situation and I could not run away from it. I had to ask for help and work through it. Mahatma Das says that suffering actually increases when you run from it and that pain increases with avoidance. Healing takes place from facing and dealing with pain. The only way out of pain is through it.

I found that when I have made sincere pleas to the Divine, with the desire to improve myself and not just my situation that God was standing ready with His toolkit. I also realised something else when making these pleas: don't forget to actually include God in spiritual practice. Sometimes we try so hard to remember and please Krishna yet do everything by our own effort forgetting that He is there, working on our lemons with us.

Spiritual life can be a fun project when you work on it together with Krishna. Everything else will be resolved, for as it said in the Bible (Matthew 6:33-34): "But seek first the kingdom (of God) and his righteousness, all these things will be given you besides."



*...spiritual life is
an invitation not
a requirement or
recruitment.*

The Night Krishna was Born

For the Kids

By Mala Rampershad

Kamsa paced angrily and nervously through his palace. He knew his sister, Devaki would soon have her eight child and he was afraid. A voice from the sky had warned him on Devaki's wedding day that her eight child, a son, would kill him. There was nothing he could do but wait. He looked outside the palace window. All was peaceful and serene. The perfectly aligned stars shone brightly in the sky.

Kamsa had already killed seven of Devaki's children after imprisoning her and her husband, Vasudev. His guards were to inform him as soon as the eight child was born. Looking at the clock he could not quell the anxiety he felt at the possibility of approaching death. Somehow, overcome with exhaustion he fell into a deep sleep just before midnight.

In the prison, Devaki and Vasudev waited eagerly for the birth of their eight child. They knew that Krishna, the Supreme Personality of Godhead, would appear as their son, just as He had promised. At the stroke of midnight, while the peacocks danced and the demigods showered flowers from the heavens, Krishna appeared. He looked like a bright blackish cloud with a lightning yellow silk dhoti. The Demigods offered prayers. Devaki pleaded with Krishna to take the form of an innocent child to protect him from Kamsa.

At the same time in Gokula, a baby girl, Yogamaya, was born to Mother Yashoda and Nanda Maharaj.

Mother Yashoda was very tired after giving birth that without checking to see if the baby was a girl or a boy, she fell into a sound sleep.

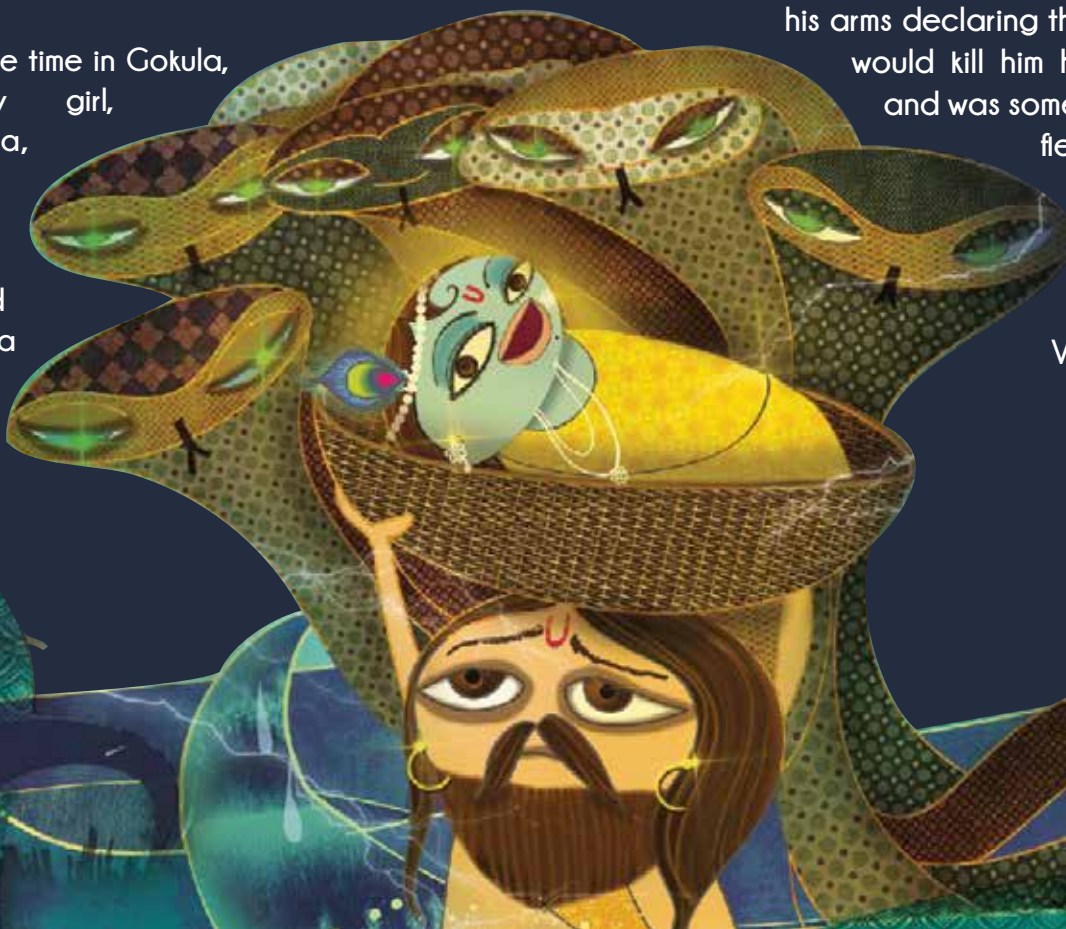
Yogamaya remembered the important tasks Krishna, had given to her. She put everyone in Kamsa's palace into a deep sleep. She released the shackles on Vasudev and unlocked all the gates and doors. Vasudev picked up the beautiful baby Krishna, walked through the open gates and past the sleeping guards towards the Yamuna River.

It had begun to rain heavily and Lord Sesha appeared to protect them just like an umbrella. When they reached the Yamuna, the river was choppy with big waves but the river's waters parted allowing him to cross over to Gokula.

Everything was silent in Gokula. Vasudev walked into Nanda Maharaja's palace. There he saw Yogamaya, the baby girl. He picked her up and replaced her with Krishna. He quietly crept out of the palace and back to the prison cell where Devaki was waiting. At once, all the doors closed and the shackles were placed back on him and Devaki.

The guards awoke with a start to the sound of a baby crying. They immediately ran off to tell Kamsa. Kamsa rushed to the cell to murder the baby who was prophesied to be the cause of his death. When he grabbed Yogamaya, she slipped out of

his arms declaring that the boy who would kill him had been born and was somewhere else, she flew off into the night sky. Her job had been done. Krishna was safe in Vrindavan.





Muesli Rusks – A Traditional South African rusk full of earthy goodness.

The Vaishnava Chef
By Chandrasekhara Das

Muesli Ingredients

1 cup sunflower seeds
2 cups oats
2 cups wheat bran
100 grams whole toasted almonds, chopped
1 cup desiccated coconut
3 Tbsp sunflower or avocado oil
1 cup dried fruit, like raisins, chopped mango, cranberries, and soft dates
3 Tbsp honey
½ cup flax seeds
½ cup pumpkin seeds

Rusk Ingredients

4 cups whole wheat atta flour or brown bread flour
3 cups sifted cake flour
1½ cups brown sugar
3 Tbsp baking powder
1 tsp Xanthan gum (optional)
2 tsp bicarb
250 grams butter, melted
1 cup sunflower oil or avocado oil
3 cups buttermilk, or use plain yoghurt

Note: Xanthan gum is optional however it assists in imparting a lighter airier texture to the rusk

To make Muesli:

Preheat oven to 140°C

Mix all ingredients together, except dried fruit and honey.

Pour onto a baking tray and roast for 20 minutes, stirring halfway through.

Stir through fruit and honey while still warm.

Use half the muesli in the rusk recipe.

Store the remaining muesli in an airtight container to be used when making another batch of rusks.

To make Rusks:

Preheat oven to 180°C.

Butter two (27cm x 10cm x 9cm deep) loaf tins.

Line the bases with baking paper.

Mix dry rusk ingredients and muesli together.

Beat melted butter, oil and buttermilk or yoghurt together.

Mix buttermilk mixture with rusk mixture to form a soft dough.

Spoon dough into prepared tins. Level the tops and bake for an hour.

Leave to rest in tins for ten minutes, turn out, cover with a cloth for at least eight hours before cutting.

This is to prevent the rusks from crumbling when slicing.

Cut across into 2½cm thick slices and then break each slice into three rusks

Arrange rusks in a single layer on metal cooling racks and dry out in an oven at 75°C for about 2-3 hours

Cool and store in an airtight container between layers of greaseproof paper.

Offer to Krishna with love and devotion and eat.

Event Guide



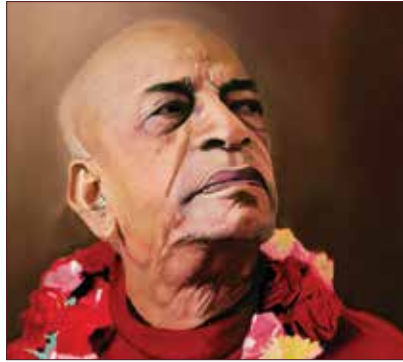
Lord Balaram's Appearance
(Fast until noon)
7 August | Monday



Gita Week Begins
8 August | Tuesday



Sri Krishna Janmashtami
(Fast until midnight)
15 August | Tuesday



Srila Prabhupada's Vyasa-puja
(Fast until noon)
16 August | Wednesday



Srimati Radharani's
Appearance (Fast until noon)
29 August | Tuesday



Lord Vamanadeva's
Appearance (Fast until noon)
2 September | Saturday



Srila Bhaktivinoda Thakur's
Appearance (Fast until noon)
4 September | Monday



Kartik Begins
5 October | Thursday

EKADASI

Fast from all grains, beans and legumes.

This fast awards spiritual benefits and detoxifies the body and mind.

Ekadasi

18 August | Friday

Break fast

19 August | Saturday | 06:25 - 10:08

Ekadasi

2 September | Saturday

Break fast

3 September | Sunday | 06:08 - 07:44

Ekadasi

16 September | Saturday

Break fast

17 September | Sunday | 05:51 - 09:50

Ekadasi

1 October | Sunday

Break fast

2 October | Monday | 05:33 - 09:41



Ganesh Chaturti
25 August | Friday

2nd Month of Chaturmasya begins.
(Fast from yoghurt)
7 August – 6 September

3rd Month of Chaturmasya begins.
(Fast from milk)
6 September – 4 October



BHAKTI THEATRE

6 October | Friday | 8pm



+27 31 403 3328
www.iskcondurban.net
temple@iskcondurban.net
DurbanKrishna





Wood-fired Pizzeria

Sit Down & Take Away

Fridays 5pm – 8pm | Saturdays 4pm – 9pm | Sundays 11am – 3pm

**Pure
Vegetarian**

1. Margherita R30

Mozzarella Cheese, Tomato Sauce & Fresh Basil

2. Narsimha Special R37

Mozzarella Cheese, Tomato Sauce, Jalapeño Chili, Bell Pepper, Olives & Fresh Basil

3. Radhanath Special R37

Mozzarella Cheese, Tomato Sauce, Brinjal, Olives & Fresh Basil

4. Balaram Special R45

Mozzarella Cheese, Tomato Sauce, Feta Cheese, Paneer & Fresh Basil

5. Gauranga Special R37

Mozzarella Cheese, Tomato Sauce, Sweet Corn, Paneer & Fresh Basil

6. Giriraj Special R50

Design your own

7. Focaccia R25

Pizza base topped with Olives, Rosemary, Mozzarella Cheese & a drizzle of Olive Oil.

8. Nachos R35

Mozzarella Cheese, Tomato Sauce, Beans & Fresh Basil

All pizza bases are made from stone ground flour. All pizzas are 24cm.

Drinks

Cappuccino **R16** | Rooibos Tea **R8** | Coffee **R10**

Ginger Beer **R12** | Lemonade **R12** | Cold Drink **R10**



ISKCON Pietermaritzburg Temple Opening

584 Bombay Road (corner of Bombay Road & Olympia Way), Northdale

Thursday

28 September

6:30pm

Purification &
Auspiciousness
Festival

Friday

29 September

6:30pm

Sri Sri
Gaura Nitai
Pre-Installation
Ceremony

Saturday

30 September

2:30pm

Sri Sri
Gaura Nitai
Installation
Ceremony

Sunday

1 October

2:00pm

Official Inauguration
of the ISKCON
Pietermaritzburg
Temple



Svasti-vacana

Vasudeva Punyaha

Vastu Santi Yajna &

Vaisnava Yajna

Netronmilana –

Opening the Eyes

of the Deities

Vanda Paana –

Presenting

auspicious articles

to the Deities

Sayanotsavam –

Deities to rest

Kalash Maha

Abhishek

Fire yagna

Sri Sri

Gaura Nitai

First Darshan

Gaura-arati

Fireworks Display

Dignitaries:

His Holiness Bhakti

Chaitanya Swami

His Holiness Partha

Sarathi Das Goswami

His Holiness Bhakti

Narasimha Swami

Cultural Festival @2:00pm

You are invited to bring offerings of fruit, flowers, and other gifts to Sri Sri Nitai Gaurahari from 9am onwards. Public may also offer an arati to the Deities.

Sumptuous karma-free vegetarian meals will be served after the program on each day.

Parking at Heather Secondary School – A free shuttle service will be available.

Nalika Rajaram | 084 891 7070 | nalika.rajaram26@gmail.com • Nandapriya Gopika Devi Dasi | 082 508 4705 | nandapriyagopika@gmail.com