



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

HARE KRISHNA NEWS

September / October 2019

PADMA PROJECT

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ISKCON Durban

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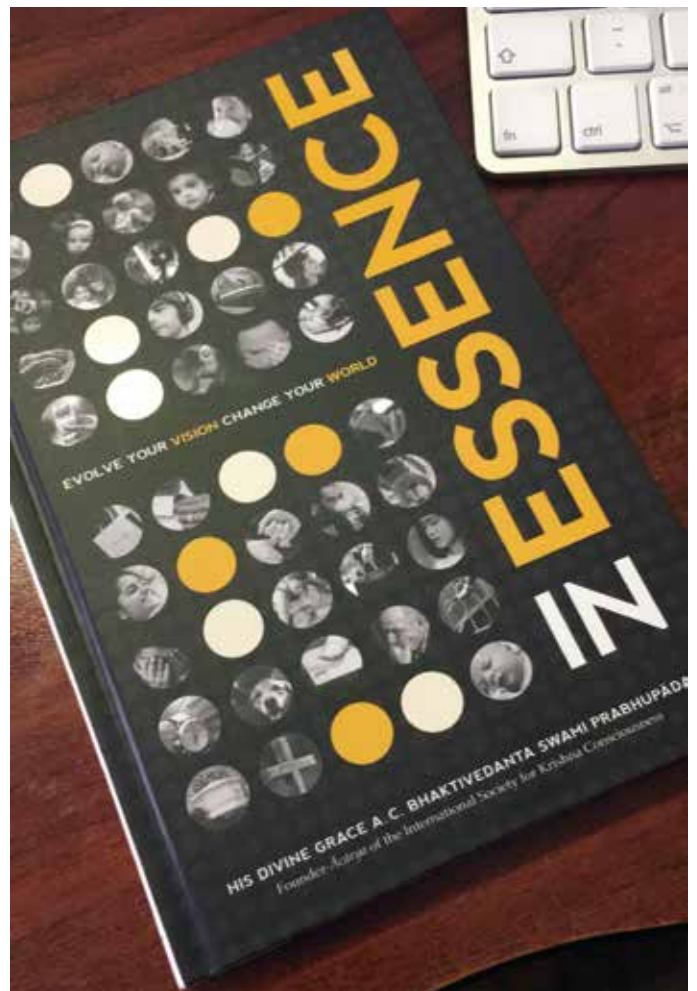
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Temple Directory

Communications	Krishangi Radhe 083 254 8339
Facilities Manager	Deepak 076 541 6661
Festival Manager	Balaram 082 881 4521
Finance	Nityananda 083 557 9140
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)	
Breakfast/Lunch Sponsorships	
Bhakti Devi 031 403 4600	
Govinda's Restaurant	
(9:30am – 6:30pm. Direct line 031 403 4600)	
Radhanath's Gifts (10am – 6pm)	
Take Care of Krishna – Bhakti Devi (Retail Manager)	
Departments	
Book Distribution	Krishna Baladev 082 551 8047
Deity Department	Deva Deva 076 178 6850
Funerals	Ananta Sesh 084 686 2618
Guest Accommodation	reception@iskcondurban.net 031 403 3328
House Programmes	Radha Giridhari 076 190 8485 Patita Pavan Nitai 074 782 0720
Outreach Programmes	Alanath 083 775 2760
Street Chanting	Virabadra 071 870 0588
Temple Room Coordinator	Arjuna Acharya 031 403 3328
University Programmes	Rukmini 084 579 1080
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Men's Ashram	Radhika Jivan 064 851 6282
Ladies' Ashram	Radha Radhanath 071 473 3355
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Coming Soon

The following is an excerpt from *In Essence*, a new publication from The Bhaktivedanta Book Trust. It will be available soon in South Africa. Keep an eye out on our social media for release date.

Everyone has his or her own conception of God. Some think of Him as an old-man judge seated on a throne, rewarding those who follow His law and punishing those who do not. Others think of Him as an imaginary being who gives hope to those who can't handle the harsh realities of life. For some He is "the opiate of the masses," and they use Him to manipulate others socially and politically. Some think of Him as either impotent to stop suffering in the world or simply uninterested in it. Still others see him as the cosmic order-supplier, a convenient port of call in times of need and want but of little other import.

The philosophy of *bhakti-yoga*, however, paints a different picture of God: not only does He exist, but He is the source of all attractiveness and pleasure. In fact, Krishna,...literally means "the all-attractive one," He is the God of Love, and from Him, the original seed of existence, comes the beautiful and glorious creation we see around us.

Quotes from the *Srimad Bhagavatam*, *Bhagavad-gita*, *In Essence*, and Srila Prabhupada lectures, and pictures on pages 2, 3, 10, 11, & 16 are © The Bhaktivedanta Book Trust International, Inc. www.Krishna.com. Used with permission.

The Guru Business

Living With Srila Prabhupada

Gaura Bhumi Devi Dasi

“You are educated young men. Why don’t you preach Lord Caitanya Mahaprabhu’s message throughout the entire world?” Abhay could hardly believe what he had just heard. As the evening progressed he felt himself defeated despite his initial skepticism. But he liked it. He suddenly realized that he had never been defeated before. But this defeat was not a loss. It was an immense gain.

In life’s frustrating moments, we often wish for an unassuming guiding light, someone who can dispel the storm clouds of frustration and illuminate our path. Fairy tales are full of such characters — from animals to wizards, who always arrive at the opportune moment. The desire to seek guidance and fulfilment is timeless and universal.

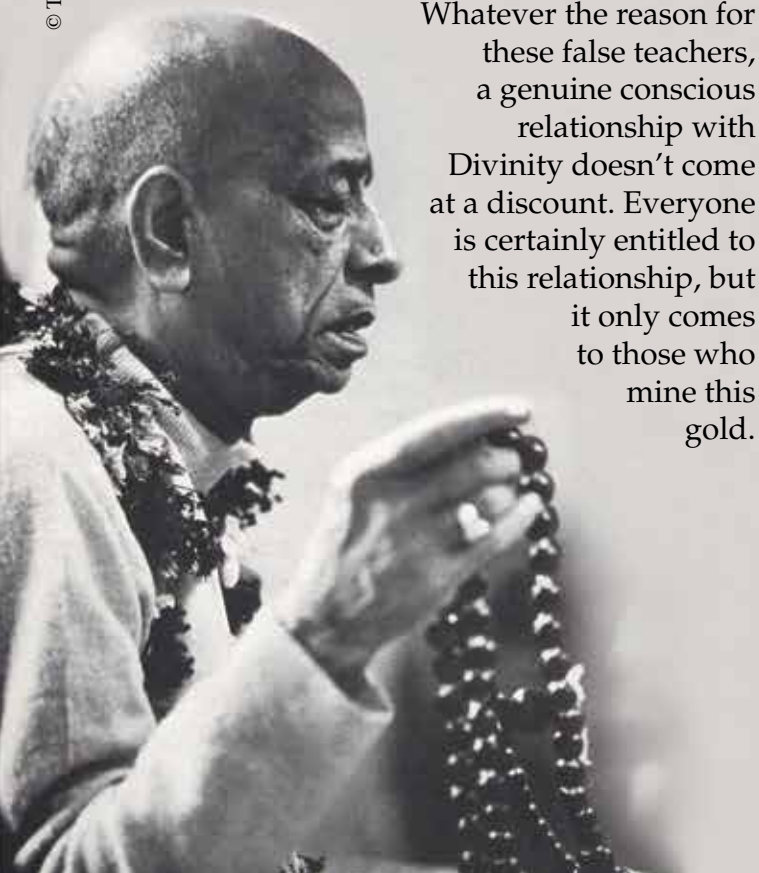
In the Eastern tradition, the definitive way to find answers to the soul questions is to find a guru. Nowadays, having a guru is as common as having a doctor. With the rise of modernity, we find a vast array of people using the title of guru, in football to fashion, and yes, even love gurus. On a base level, guru means “an expert.” But how do we separate the genuine from the fake?

We are not naïve to the spiritual scandals of every age and tradition. Whatever the reason for these false teachers, a genuine conscious relationship with Divinity doesn’t come at a discount. Everyone is certainly entitled to this relationship, but it only comes to those who mine this gold.

The Vedic texts prescribe that a guru shows how to make life less ordinary, by realising the nature of the self and attaining a sense of freedom and enlightenment. A genuine guru’s word will act like an alarm clock and awaken the student out of complacency.

Inspired by his guru, Srila Prabhupada had an ardent desire to see that no one suffered in this world. He circled the globe fourteen times in twelve years; lecturing, translating, and nurturing his followers, essentially waging war on the material realm. Everyone is suffering in some way or another, and the underlying cause is ignorance. Srila Prabhupada’s words and teachings have made a profound impact in its defeat. He is a genuine guru, not only because he spoke the truth, but lived it as well. Srila Prabhupada perfectly fits the criteria of an authentic guru as described in Vedic scriptures. Firstly, his teachings are spiritual and free from material tinge. Thus by practicing the philosophy given in his books and performing devotional service, we will undoubtedly be liberated from birth and death. Second, he has realized the Absolute Truth and shared this. One can recognise the fully God-conscious spiritual master by his ability to raise many souls to the level of God consciousness. Srila Prabhupada exhibits this strength to a remarkable degree. Simply by coming into contact with him, thousands of people have devoted their lives to Krishna. Third, Srila Prabhupada’s spiritual lineage can be traced back to Lord Krishna Himself, thus establishing that this knowledge is pure. Fourth, an examination of his life shows all the qualities of a great soul, above all is his unshakable faith in Krishna. Fifth, his primary engagement was the glorification of the Lord as the definitive activity for humanity. Lastly, he rose to the order of spreading Krishna consciousness all over the world. He perfected his life by following his guru. He never claimed to be God, as some gurus do, but lived to serve Him.

“The guru’s business is to bring his disciples from darkness to light. At present everyone is suffering due to ignorance, just as one contracts a disease out of ignorance. If one does not know hygienic principles, he will not know what will contaminate him. Therefore due to ignorance there is infection, and we suffer from disease. A criminal may say, ‘I did not know the law,’ but he will not be excused if he commits a crime. Ignorance is no excuse.” ~ Srila Prabhupada Vyasa-puja Address 1973.





WOMEN'S DAY TEA PARTY

350 ladies
attended this
event



BHAKTI THEATRE

Hosted shows
during the
Winter holidays,
Janmashtami &
Radhastami



KIRTANUITY

Hosted an
awesome
"escape room"
Quest To The
Forgotten Temple



HALL FESTIVALS

The Durban South
Nama-hattas
hosted thirteen
hall festivals in
local areas.



SRI KRISHNA JANMASHTAMI

19980 people
attended with
a full house at
midnight.



The community
offered **SRILA
PRABHUPADA**
1140 food offerings
on his Vyasa-puja.

FOOD DISTRIBUTION

Since we did not conduct a full survey to confirm the actual number of plates of prasada distributed, we have estimated the following:

1. Ratha-yatra (Sunday 18)
2. Bangladesh Market Fest
3. Women's Day (Friday 9 A
4. Learners Cultural Fest (T
5. Elderly Devotee Care (S
6. Seniors Cultural Fest (W
7. Janmashtami Festival (F
8. Welbedatch Prasada Dis
9. Srila Prabhupada's Vyas

TOTAL: 29 280 plates of prasada

REACH

The population in Durban is around 3 million. This year, around 30000 people attended the festival, that is 1% of the population. With your help, we would like 60000 or 2% of the population to attend the festival in 2020.

UNIVERSITY FESTIVALS

Bhakti Yoga Society at UKZN Howard and UKZN Westville campuses hosted two parades with harinam and book & cupcake distribution. The parades were linked to Bhakti Cloud – a creative arts festival.

URBAN KRISHNA NEWS

oot count over the festival, we cannot
visitors. However, we can share the number
d:

3 August) – 2000 plates
tival (Saturday 17 August) – 1900 plates
August) – 350 plates
Thursday 22 August) – 700 plates
aturday 17 August) – 300 plates
ednesday 21 August) – 850 plates
Friday 23 August) – 19880 plates
tribution – 300 plates
sa-puja (Saturday 24 August) – 3000 plates

ad distributed



BOOK DISTRIBUTION

Learners Cultural Fest 260
Seniors Cultural Fest 304
Janmashtami Festival 436
Book Table 36
TOTAL 1036



SOCIAL MEDIA

Daily Darshan
(Janmashtami Day,
Midnight and Srila
Prabhupada's Vyasa-puja)
reach on Instagram was
4500 and on Facebook:
44326 with 394 shares.

PADMA PROJECT

The Blossoming of ISKCON Durban

The PADMA Project is ISKCON Durban's strategic growth and development plan for the next 30 years. This project is focussed on serving the Vaisnavas and greater community better and aims to create financial freedom.

The PADMA Project respects the wishes of His Divine Grace A. C. Bhaktivedanta Swami Prabhupada, in whose honour this temple has been built, and honours the efforts of the dedicated team of devotees who worked tirelessly and in the face of formidable challenges, to see to the construction and opening of this temple. Therefore a plan to secure the maintenance and expansion of the temple upholds Srila Prabhupada's idea that ISKCON will grow with "intelligence and organisation."

The PADMA Project has already begun with:

1. Senior Male Devotee Accommodation (in action)

This will cater to long-serving senior Prabhupada disciples and other visiting senior devotees.

2. The Quest to Ahimsa – the road to happy cows (in action)

For further info please visit: <http://iskcondurban.net>

3. Go Green (in action)

We are committed to the protection and preservation of the Earth. We have taken small but definite steps in our bid to go green. Govinda's Durban now only serves paper bags and paper straws. Other current eco-friendly facts: we use solar powered geysers, bore hole water, LED bulbs, and we have started a worm farm to reduce food waste.

4. Temple Foyer Upgrade (in research)

The original Oak décor in the temple foyer is water damaged and cannot be repaired. Visitors can look forward to a completely refurbished foyer with technological enhancements.

5. Amphitheatre, Pathways & Public Toilets Upgrade (action pending)

The amphitheatre and pathways are riddled with cracks. Since the temple opening in 1985 these areas have been repaired on a minor scale due to cost. However, renovation has now become a dire need due to safety concerns and in terms of aesthetics.

6. Paraplegic/Wheelchair access to the temple (in research)

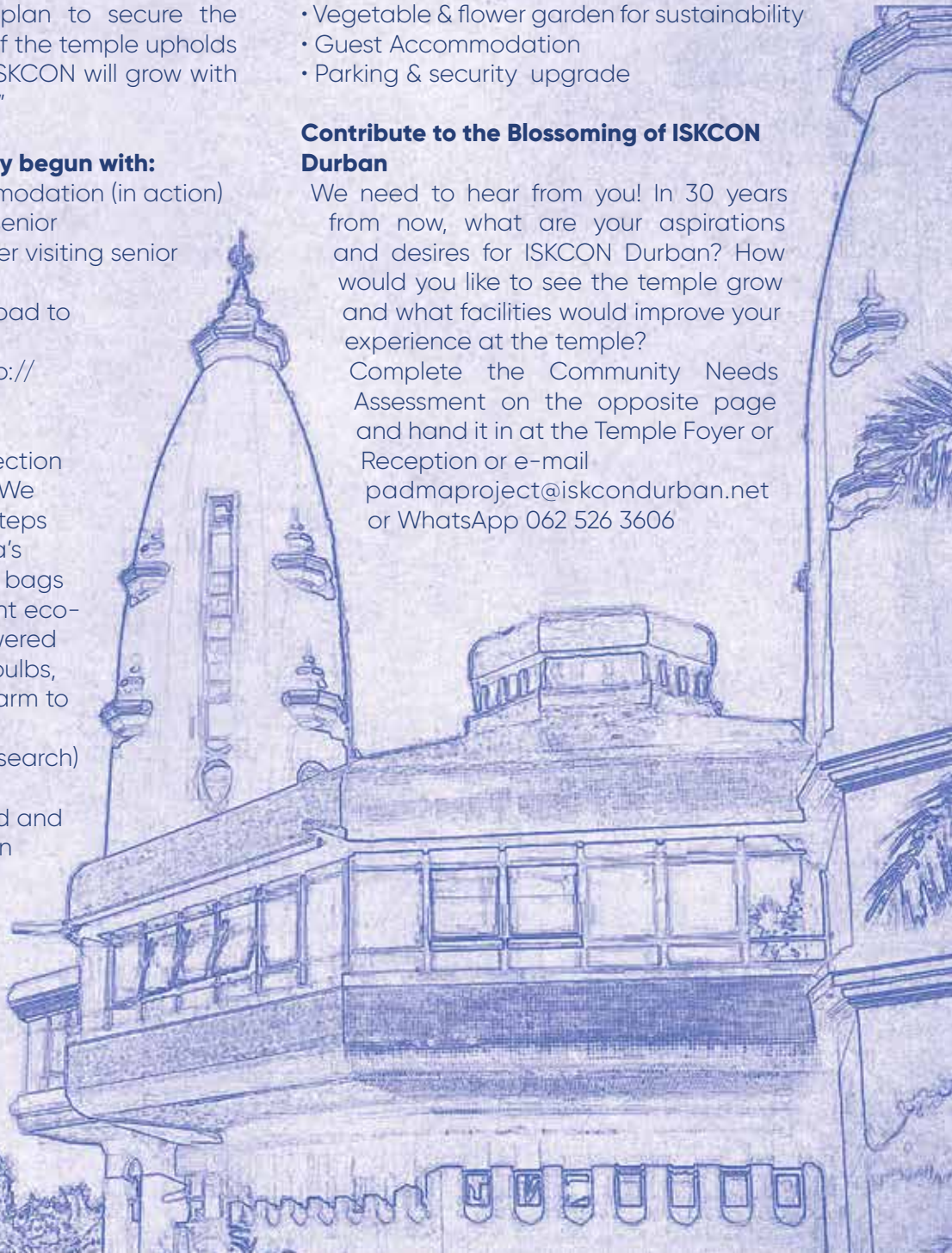
Developments in the Pipeline:

- Multi-purpose venue (for weddings & other events)
- Community Picnic area
- Vegetable & flower garden for sustainability
- Guest Accommodation
- Parking & security upgrade

Contribute to the Blossoming of ISKCON Durban

We need to hear from you! In 30 years from now, what are your aspirations and desires for ISKCON Durban? How would you like to see the temple grow and what facilities would improve your experience at the temple?

Complete the Community Needs Assessment on the opposite page and hand it in at the Temple Foyer or Reception or e-mail padmaproject@iskcondurban.net or WhatsApp 062 526 3606



Community Needs Assessment PADMA PROJECT

The Blossoming Of ISKCON Durban

PART 1

1. How old are you?

- ☐ 0-15 ☐ 16 – 35
☐ 36 – 55 ☐ 56 & older

2. How often do you visit the temple?

(tick your option)

- ☐ Weekly ☐ Monthly
☐ Occasionally
☐ More than once a week

3. Do you serve in the ISKCON Durban community? ☐ Yes ☐ No

If Yes, for how long?

- ☐ 0-5 years ☐ 5-10 years
☐ 10 or more

4. How often to you render service at the temple?

- ☐ Weekly ☐ Monthly
☐ Occasionally
☐ More than once a week

5. Do you give a cash or kind donation to the temple? ☐ Yes ☐ No

If Yes, How often?

6 How are you informed about temple activities/events/festivals, etc.

- ☐ Email ☐ Website ☐ Facebook
☐ Instagram ☐ WhatsApp
☐ Word of Mouth

7. Please tick which of the following projects/ initiatives you are aware of:

Ahimsa	<input type="checkbox"/>
Amphitheatre/Temple Pathways/Public Toilets Upgrade	<input type="checkbox"/>
Go Green	<input type="checkbox"/>
Temple Room Foyer Upgrade	<input type="checkbox"/>
Senior Male devotee accommodation upgrade	<input type="checkbox"/>

PART 2

8. List of potential areas of development. Please keep in mind this is a long-term project. Kindly rate 1 (unimportant) to 5 (essential)

Community Picnic Area/ Home Ground	<input type="text"/>
Food Security (Veg & flower garden)	<input type="text"/>
Green Energy & Design for all future development	<input type="text"/>
Guest Accommodation	<input type="text"/>
Multi-purpose Hall (for weddings and other events)	<input type="text"/>
Paraplegic Access	<input type="text"/>
Parking	<input type="text"/>
Prasad Hall	<input type="text"/>
Public Toilets Upgrade	<input type="text"/>
Security (boundary wall, camera surveillance, access control, etc.)	<input type="text"/>
Storage Facilities	<input type="text"/>
Tourism	<input type="text"/>
Yoga/Dance studio	<input type="text"/>
Youth Lounge	<input type="text"/>

PART 3

10. Would you like to offer your skills in service to the temple? ☐ Yes ☐ No
 If yes, what would these skills be?

Kindly provide your contact details

9. Do you have a great idea and plan of action to help develop our Vaishnava community? Please e-mail your proposal to padmaproject@iskcondurban.net

THANK YOU!

We appreciate you taking the time to help the blossoming of ISKCON Durban

You may drop off your survey at the Temple Reception or Book Table. Alternatively, you can e-mail padmaproject@iskcondurban.net or WhatsApp 062 526 3606





Fear or Faith

Oh Govinda

By Acyuta Gopi Dasi

On the day of the wedding ceremony, Vasudev climbed onto the chariot, holding out a strong, calloused hand to help his beautiful young bride, Devaki, up to stand beside him. It was warm out in the open air, covered as he was in royal finery with the large garland hanging over his shoulders and all the way to his knees. Devaki's elder brother, Kamsa, stepped up and the chariot rocked under his weight. Kamsa grabbed the reins of the horses, wrapping the softened leather around his knuckles, to lead the couple steadily through the crowded streets of Mathura City. Citizens gathered in the thousands to shower their blessings in the form of flower petals of a thousand colours, which rained down on the happy, smiling couple. Vasudev and Devaki stood, saluting their people with their palms together, smiling sweetly as they meandered through the great throngs of people.

Kamsa looked majestic and stately at the head of his sister's procession. His face was calm and his finely trimmed moustache sloped over his lips to brush against his large cheeks. No doubt, he was a successful man, a capable warrior, and king who could accomplish anything that he put his mind to. His chest puffed out underneath golden armour that glinted and winked in the midday sun. Kamsa smiled slightly, knowing full well that this was one of the very best matches that his sister could have made. Vasudev was a powerful ally and Kamsa was glad to join their kingdoms.

Suddenly, the sky overhead began to darken and many citizens looked up at the change in atmosphere. Deep, dark clouds had gathered, obscuring the sun from view, and making the city look almost dark as night. Kamsa also glanced to the sky but it wasn't the clouds that held his attention, but a voice booming out in all directions. "Kamsa! What a fool you are! You are innocently driving the chariot of your sister, but you do not know that the eighth son of this very sister will be the cause of your death!"

Just as soon as it had come, the voice and the clouds were gone. The sun shone once again as though nothing had ever happened, but Kamsa knew better. The celestial voice had spoken and the prophecy could not be taken back. The message had been explicitly clear. Kamsa's dark eyes narrowed as he searched the crowd for the source of the voice. He met the shocked gaze of a thousand citizens, but he knew beyond doubt that none of them could have spoken such a warning. Everyone had heard the prophecy, but now, what would he do about it?

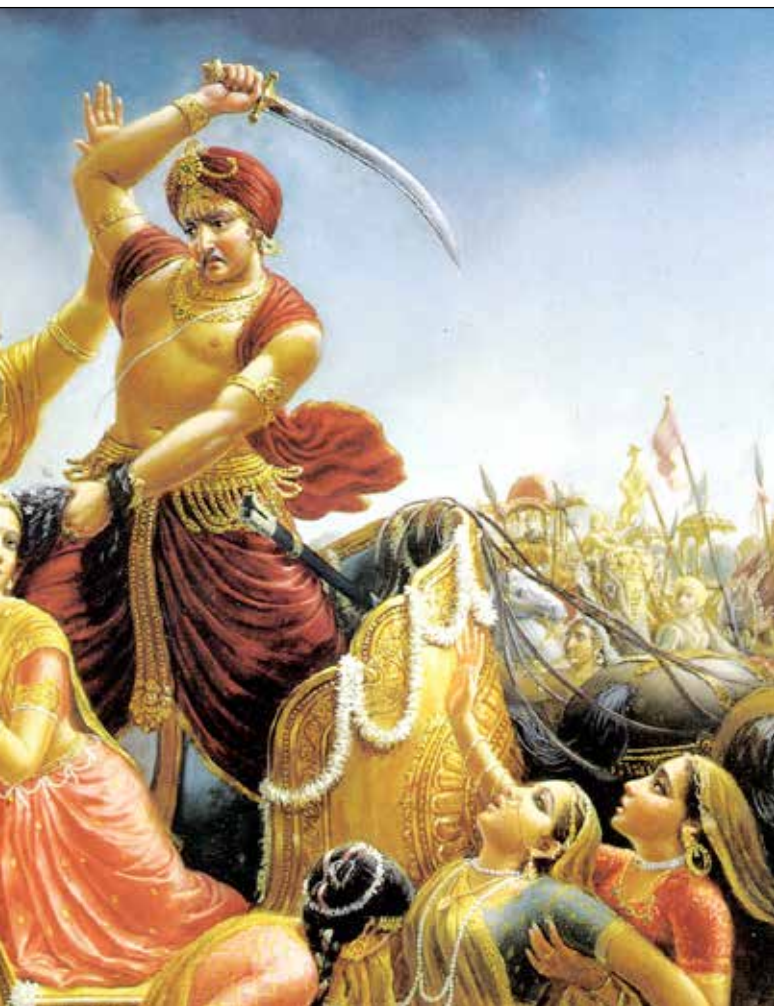


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Kamsa rounded on the newlyweds and before anyone could even think or react, Kamsa snatched Devaki by her long braid and drew his sword. He ignored Devaki's shrill screams only knowing one thing: that he had to save his life at all costs.

"Think you can kill me, do you? Neither you nor your precious son will live to see that happen!" Kamsa bellowed harshly as he raised his sword to kill his own sister. One quick slash across her throat and she would be finished. If he plunged his sword into her heart she would die before she had a chance to cry out from the pain. He would see the light dwindle from her eyes and with it the burning threat of his death.

Quick as lightning, Vasudev threw himself in front of his new wife, grasping Kamsa's sword arm and trying his best to talk sense into him. "Let him prattle on all he wants, I know what I have to do," thought Kamsa as he pushed and shoved against the king that, moments earlier, he had respected and who was now his brother-in-law. Kamsa wouldn't listen to him and he absolutely refused to listen to reason. Even the sight of his own sister cowering pitifully before him made no impact on his conscience. The voice from the sky said that the child of that woman would be the end of him. Kamsa would never allow that to happen.



"Kamsa, think about what it is you are about to do! Why should you be so afraid of death? From the moment that you were born you began to die. Death is inevitably coming for each one of us, either today or in a hundred years. You cannot save your life no matter what you do, for death and fate are cruel, but you can save your reputation. Think about your family! Devaki is your own sister, and this is the auspicious occasion of her wedding! You cannot think of committing such an atrocious act on such a momentous day."

"Enough of your philosophy!" Kamsa spat as he pushed against Vasudev with all his force. It didn't matter how much he knocked the other king off his balance, Vasudev was quick to right himself again and ground himself so that he could protect the woman that would kill her own brother. Kamsa didn't care what Vasudev said. If he died, he would decide when, where, and how. He was the master of his life and his future. He was the shaper of his destiny and no voice in the sky, or prophetic child saviour would change that.

Kamsa stalled. Vasudev thought that he was listening to him, but Kamsa was calculating. Planning his next move and plotting a way around his new brother-in-law. He needed to get around him and get to Devaki. He was an unstoppable, powerful warrior.

He was respected and feared by men, demons, and gods alike. He wouldn't let Vasudev talk him into forfeiting his life without so much as a fight. Vasudev still held his sword arm. Kamsa pushed with all his might, continuously. He glared into Vasudev's eyes as he drove the other man to his knees. Vasudev was panting with the effort that it took to fight back against the mountain of Kamsa's strength.

"Kamsa listen! I promise you!" Vasudev yelled. He was desperate now and Kamsa could see it written all over his entire being. Perspiration glistened like pearls on his brow beneath his large, golden crown. He held his hands out before him, knowing that he was on the brink of losing this battle of brute strength. He had to try something or he would lose his wife. Down on his knees, the picture of surrender, the tendons in his jaw jutting out as he gritted his teeth, Vasudev trembled with fatigue.

Kamsa halted for an instant, waiting for what the other king would say next. He knew the word "promise" was like gold. Once Vasudev gave his word, Kamsa knew that no matter what the king said next, he would rather die than break that oath. Vasudev and his code. It would be the death of the man, but it might just prove useful for Kamsa.

"I promise...that whatever children Devaki may have in the future, I will turn them over to you and you can do whatever you wish with them." Vasudev took a breath as he reiterated his promise to solidify it.

"No!" Devaki's hoarse scream tore through the absolute silence that had descended over the crowd of previously enthusiastic citizens. Vasudev held up a hand and ended all of her protests. Kamsa's sister covered her face and sobbed for her unfortunate future.

Kamsa saw his way out like a jewelled path glittering in the distance before him. He knew that Vasudev would hand over the children, without doubt. Kamsa also knew that once those children were given to him, he would kill them and show the entire universe that no one was his master. No one held any power over him, and no one ever would.

We are, all of us, controlled in one way or another. The fact of life is that there are laws that govern material creation. Even if it's something as simple as the law of gravity, we are under the control of forces that sometimes leave us helpless. This snapshot of Kamsa and Vasudev has always been, for me, an example in fear versus faith.

While we may not be in total control of our lives and

continued on page 12



On The Cover

Yukta Reddy is 16 years-old and in Grade 11. Her interests are learning new languages, reading, acting, and painting. She says these hobbies give her a good balance between academics and culture.

Yukta shares her inspiration behind her art: “My ideas for sketches come from the devotional images at the temple, Back To Godhead magazine, Ratha-yatra, paintings in peoples’ homes, and the internet. Being born and raised a devotee, my love for Lord Jagannath deepened as I grew up and began to understand His pastimes. I drew inspiration to do this painting from my recent visit to India where I was fortunate enough to visit the ISKCON temples in various cities. It was overwhelming and overpowering when I saw Krishna depicted as Jagannath. I am so grateful for His mercy and I realise that without His love and support I would be lost. Every time I listen to a devotional class, I learn something new, therefore I am grateful to Srila Prabhupada for spreading this knowledge.

Jagannath is always elated to welcome anyone into His home. He is the form Krishna transformed into due to shock when He heard his own pastimes. He froze into Jagannath through the joy of hearing His own pastimes. Jagannath’s expression depicts the ecstasy that Krishna experiences when He sees His devotees. Krishna’s outstretched hands illustrate the willingness of the Lord to accept us and forgive us for our lapses in forgetting Him. With our pursuance in *bhakti* and reciprocation of love, He will continue to embrace us. The celebratory emotions experienced by devotees when they see the Lord every day is shown by the splash of cultural outfits and flowers to illustrate that Krishna consciousness is never boring. The two birds in the picture represent Daksha and Vikashna, who were Krishna’s birds that helped send messages between Radha and Krishna. This shows that our love for Krishna will always reach Him no matter who the messenger is.

continued from page 11

I am continually faced with the choice: do I walk in fear, or do I walk in faith?

the situations around us, we are in control of how we choose to react to them. Vasudev acted from a place of faith, while Kamsa acted from a place of fear.

Now, one might question what kind of man Vasudev was, sacrificing innocent children that hadn’t even been born yet at the hands of a man like Kamsa. Vasudev had faith that the celestial prophecy which spoke of the end of Kamsa, the tyrant, would hold true above all. As for sacrificing the children, he had faith that the prophesied child would find some way out of the demon’s clutches, if that was truly what was to happen.

Throughout the entire history of the birth of Krishna, Vasudev shows such immense faith, continually acting with the knowledge that the Lord in the heart would indeed take care of everything. In the end, his faith is rewarded, but the road was not easy by any means.

I think of this story often. Fear tells me that I want to quit. I should save myself, consequences be damned, and that life will never work in my favour and that if I want something, I should go out and possess it by any means necessary. Faith, however, tells me to believe. It advises me to stay strong to who I am and follow the character ingrained in my heart even when it seems impossible, with the knowledge that my love, my lord, my friend, has a habit of changing the “impossible” for His friends.

So I am continually faced with the choice: do I walk in fear, or do I walk in faith? If I choose fear, I am often left on my own, to try and mete things out by my own strength which is limited and fallible. If I walk in faith, which is backed by all the love in creation, I am offered the opportunity to watch as miracles sprout between our pair of footprints. Because when I walk in faith, I am never alone.

Oh Govinda, bless me with the courage, the strength, the fortitude to walk in faith. To choose my knowledge of You and Your heart over my fear of the constant, and overwhelming unknown. You are my saving grace.

Acyuta Gopi is a disciple of His Holiness Radhanath Swami. She serves at the ISKCON Brooklyn Temple as a Pujari, Sunday School Teacher, and Kirtaniya. She has recently published a book, Prema Mala. You can follow her on Facebook (Acyuta Gopi), Instagram (lowercase. gopi) and acyutagopi.me

Pesto, Halloumi & Pine Nut Pizza

The Vaishnava Chef
By Chandrasekhara Das



Classic Pizza Dough

(makes 4 large pizza bases)

250ml luke warm water
2 tsp instant fast acting yeast
1¼ tsp sugar
1½ Tbls olive oil
475g white bread flour
1¼ tsp salt

Method

Mix together luke warm water, yeast and sugar until well combined. Leave in a warm place until frothy. Stir in olive oil. Sift flour and salt in a large bowl; stirring until well combined. Pour in the yeast mixture and mix until a dough is formed. Knead dough until elastic using additional water if necessary. Let rest in a warm place for 60 minutes or until doubled in size. Divide into 4 balls and roll out each ball to a 30cm disk on a floured surface.

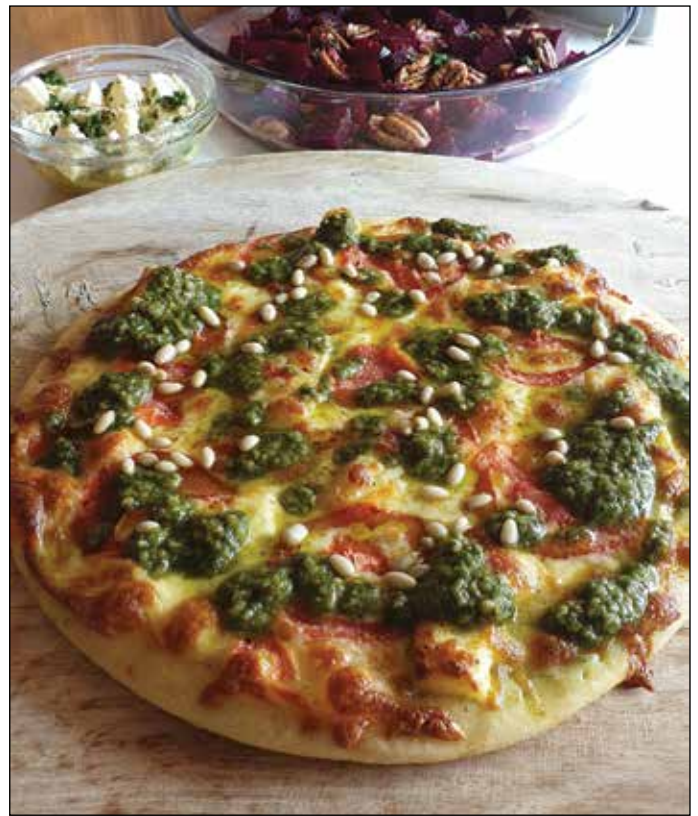
TIP: Dust work surface with semolina when rolling out dough to achieve a crisper base.

Note: for this recipe you need only one pizza base. You may freeze the remaining dough for future use.



Pesto

1½ cup fresh basil
1tsp hing
½ cup cashews or pine nuts
2/3 cup olive oil
125g Parmesan cheese; grated
1 tsp salt
½ tsp black pepper
2 Tbsp lemon juice



Method

Blend basil, nuts, hing, salt, black pepper, and lemon juice until smooth. Add in the grated Parmesan cheese and process further. Whilst the blender is running drizzle in the olive oil until desired consistency is obtained.

Pizza Ingredients

130g Halloumi cheese, sliced into 1cm strips
170g pizza dough (recipe provided)
2 Tbls olive oil
½ tsp hing
100g mozzarella cheese, thickly grated
1 medium tomato, thinly sliced best using a mandolin
Sea salt and black pepper
1 Tbls olive oil
2 Tbls pesto (recipe provided)
1 Tbls pine nuts, lightly toasted
Shaved parmesan cheese to serve
Squeeze of lemon to serve

To Assemble Pizza

Preheat oven to 250 degrees Celcius. Gently warm 2 Tbls olive oil and ½ tsp hing over low heat until aromatic. Roll out one-fourth of pizza dough into roughly 25cm by 15cm oval (3mm thick). Prick the pizza base with a fork to maintain a thin base during baking. Spread olive oil and hing mixture over the base. Top with Halloumi strips. Sprinkle grated mozzarella and tomato slices. Season with freshly ground black pepper and sea salt. Cook pizza in oven for 5-10 minutes or until golden and crisp. Combine 1 Tbls olive oil with 2 Tbls Pesto. Garnish baked pizza with pine nuts, pesto, shaved Parmesan and a squeeze of fresh lemon. Offer to Krishna with love and devotion and then serve

The Wealthy Marriage

Marriage Matters

By Partha Das

Confirming the old adage that money cannot buy happiness, Amazon CEO Jeff Bezos, with a net worth of \$137 billion, is divorcing from his wife of twenty-five years. On the other hand, extensive research by the Gottman Institute has shown that one of the traits of a successful marriage is affluence, but of a much different type; that of a hefty emotional bank account. Results showed, that for a marriage to endure, there must be a minimum of five positive interactions to one negative. The greater the positive ratio the more contented the marriage. Great marriages often have at least a 20:1 ratio of positive to negative interactions.

We would expect that as Vaishnavas with a philosophy expounding the highest values of compassion, kindness, equal vision, and respect for all that positive interactions would be a given. In reality, we often see individuals with poor relationships either in their marriages or in their community. Why is our practical application not aligned with our philosophical knowledge? After all, *Srimad Bhagavatam* (5.18.12) states that one who engages in unalloyed devotional service automatically develops all the qualities of the demigods.

Automatic advancement comes from diligently endeavouring towards unalloyed *bhakti* by following the process of hearing and chanting and learning to control the mind according to standards of Vaishnava behaviour. As Krishna says, "One must deliver himself with the help

of the mind and not degrade himself." (BG 6.5) In other words, increase deposits and reduce withdrawals. As one small boy succinctly responded when asked how to solve relationship problems, "They should just be nice to each other."

Srila Prabhupada often commented that conditioned souls have been in contact with material nature since time immemorial. That's a lot of conditioning to overcome. It can be overcome (automatically so to speak) "by constant practice and detachment" as Krishna says in *Bhagavad-gita* (6.35). Learning to see how, in each event of undesirable stimulus, we have an opportunity between provocation and response to unconsciously react negatively, and make a withdrawal from our emotional account, or choose to make a deposit, by consciously responding from our higher self with compassion.

*With compassion,
even our
differences can
become an asset.*

Marriage affords one many potentially prosperous opportunities to practice the qualities of pure devotional service: mutual selflessness, forgiveness, patience, kindness, and love. These actions build emotional bank balances.

With compassion, even our differences can become an asset. We often advise ladies, who react by complaining that their husbands never talk to them, to rephrase this as a compassionate request. Express to your husband how meaningful it is to you when they listen. That you feel understood, loved, and protected when your husband empathetically listens. And also, ask your husband what he needs, to feel connected. Is a positive result more possible from a complaint or a compassionate request?

Healthy couples nurture the beneficial exchanges of *bhakti* in each other, enabling them to live a life of true fortune, in a Krishna consciousness *grihastha ashram* (marriage), in any economic situation – rich or poor. \$137 billion cannot buy this.

The Grihastha Vision Team explores how to maintain a healthy, respectful, affectionate heart to heart, connection in marriage. This is a subject every couple should thoughtfully navigate with sensitivity, mutual respect, honesty, and compassion understanding that the integrity and health of their marriage is an essential part of their spiritual life and Srila Prabhupada's mission. For more info: <https://vaisnavafamilyresources.org/about/>



Write A Prayer

For the Kids

By Devaki Radhika Dasi

Krishna is a great listener. He can even hear the things we don't say. However, Krishna loves it when His devotee opens his or her heart to him.

This exercise will help you write a prayer.

There are different ways to write a prayer.

Here is how to write an acrostic poem prayer.

An acrostic poem is a poem where the first letter of each line is part of a word about the subject of the poem. Here is an example using the word LIGHT:

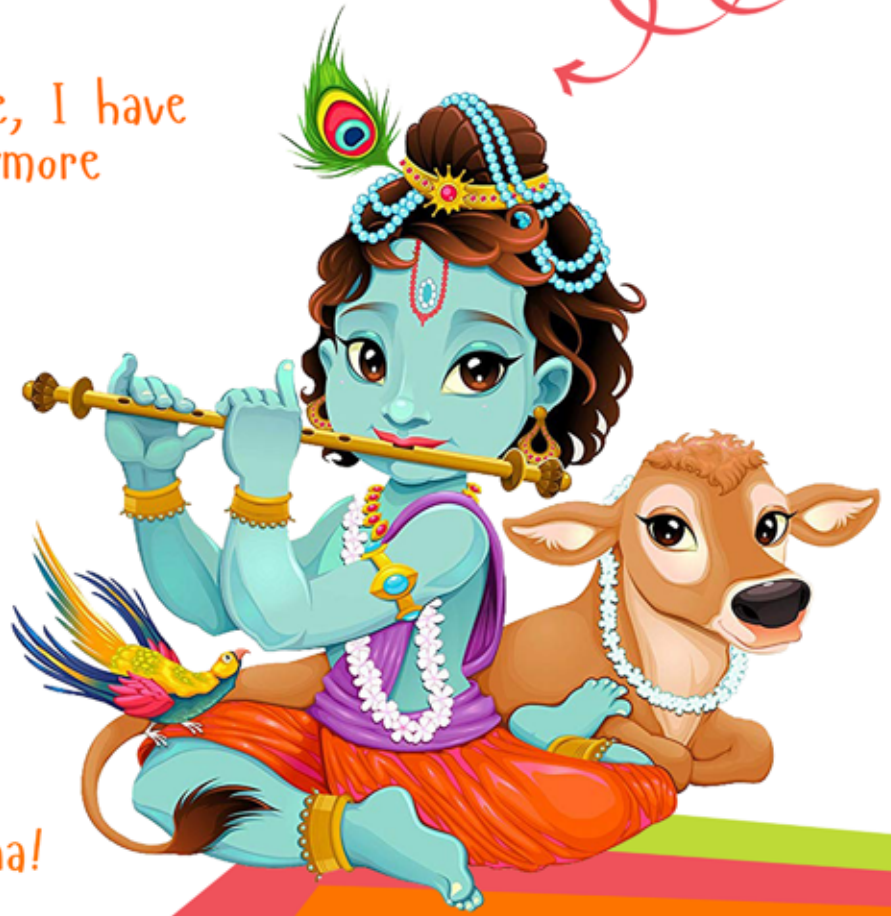
Lifetime after lifetime, I have
wasted, but not anymore

I now

Give my

Hear

To you, Dearest Krishna!



NOW,
it's
your
turn!

Write an acrostic poem with love and devotion to Krishna.

Under 8: choose any one of the following words:

LAMP | BUTTER | YASHODA

Under 12: choose any one of the following words:

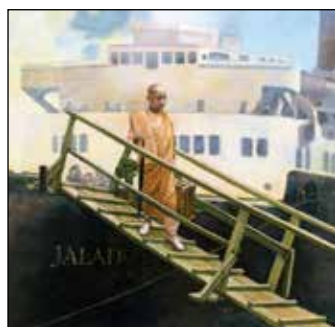
DAMODARA | RADHARANI | RADHANATH

Each line of your poem can be a long sentence, a short sentence or even just one word.

Be creative and have fun!

You may finish off your acrostic prayer by adding colour and designs. Did you know that Krishna loves receiving mail from us? Ask your mom or dad to bring you to the temple and drop off your letter to Krishna at the altar. Remember to address it to Him. Or you can send your prayer to temple@iskcondurban.net and we may publish it in the next issue of Hare Krishna News.

EVENT Guide



Sri Prabhupada's
arrival in the USA
21 September | Saturday



Disappearance of Sri Prabhupada
Disappearance of Sri Prabhupada
10 Oct 2019 | Thursday

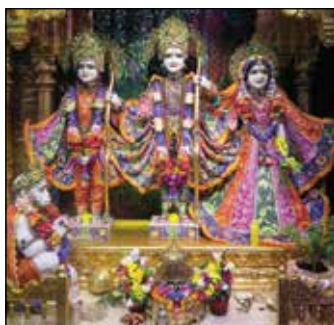


Kartik – Month of Lord
Damodar
Starts 13 October
Ends 12 November



Sri Sri Radha Radhanath Temple
34th Anniversary
19-20 October

HARE KRISHNA
HARE KRISHNA
KRISHNA KRISHNA
HARE HARE HARE RAMA
HARE RAMA
RAMA RAMA
HARE HARE



Diwali
28 October | Monday
Diwali (Hindu)
27 October | Sunday



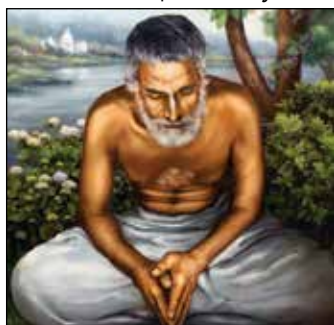
Govardhana Puja
Go Puja
29 October | Tuesday



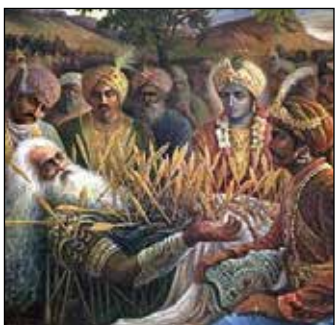
Disappearance of
Sri Prabhupada
31 October | Thursday
(Fast until midday)



Gopastami
4 November | Monday



Disappearance of
Sri Gaura Kishora
Das Babaji
8 November | Friday




Bhisma Panchaka
8-12 November

3rd Month
of Chaturmasya
Starts 13 September
Ends 12 October
(Fast from milk)

4th Month
of Chaturmasya
Starts 13 October
Ends 11 November
(Fast from urad dhal)



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DurbanKrishna

Ekadasi
25 Sep 2019 | Wednesday
Break Fast
26 Sep 2019 | Thursday
05:41 – 07:35

Ekadasi
9 Oct 2019 | Wednesday
Break Fast
10 Oct 2019 | Thursday
05:24 – 09:36

Ekadasi
24 Oct 2019 | Thursday
Break Fast
25 Oct 2019 | Friday
05:08 – 09:29

Ekadasi
8 Nov 2019 | Friday
Break Fast
9 Nov 2019 | Saturday
04:55 – 09:25

Fast from all grains, beans and legumes. | This fast awards spiritual benefits and detoxifies the body and mind.