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Write to the Hare Krishna News Editor Rasa-sthali Dasi: rasasthali@iskcondurban.net Layout & design by Rasa-sthali Dasi.

Vaishnava Calendar

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	Lord Balaram's Appearance (Fast until noon) Jhulana Yatra ends Srila Prabhupada's departure for USA
19 Aug Fr	2nd Month of Chaturmasya begins (Fast from yogurt for one month) Sri Krishna Janmashtami Appearance of Lord Krishna
20 Aug Sa	(Fast until midnight) Nandotsava Festival of Nanda Maharaja His Divine Grace A. C. Bhaktivedanta Swami Prabhupada's Appearance Anniversary (Fast until noon)
22 Aug Mo 23 Aug Tu	Ekadasi Break fast 09:14 - 10:06
1 Sep Th	Srimati Sita Thakurani's Appearance (Sri Advaita's consort)
4 Sep Su	Radhastami Appearance of Srimati Radharani (Fast until noon)
6 Sep Tu	Ekadasi
7 Sep We	(Fast until noon for Lord Vamana) Break fast 06:04 - 09:57 Appearance of Lord Vamanadeva (Fast on Tuesday 6 September)
8 Sep Th	Srila Jiva Gosvami's Appearance Srila Bhaktivinoda Thakur's
9 Sep Fr	Appearance (Fast until noon) Srila Haridasa Thakur's Disappearance
10 Sep Sa	Bhadra Purnima • Acceptance of sannyasa by Srila Prabhupada 3rd Month of Chaturmasya begins (Fast from milk for one month)
17 Sep Sa	Srila Prabhupada's arrival in the USA
21 Sep We	Ekadasi
22 Sep Th	Break fast 05:45 - 09:47
5 Oct We	Ramacandra Vijayotsava Sri Madhvacarya's Appearance
6 Oct Th	Ekadasi
7 Oct Fr	Break fast 05:27 - 09:38
9 Oct Su	Disappearance of: Srila Raghunatha Das Gosvami Srila Raghunatha Bhatta Gosvami Srila Krishnadas Kaviraj Gosvami Kartik Begins Sri Krishna Saradiya Rasayatra 4th Month of Caturmasya begins
Child Protection O	(Fast from urad dal for one month)

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SRI SRI RADHA **RADHANATH TEMPLE**

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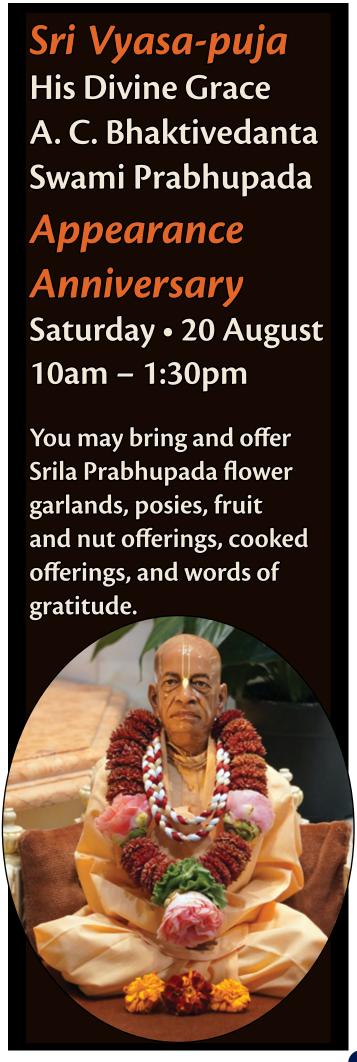
What is Sri Vyasa-puja? By Rasa-sthali Dasi

The world has never before seen the likes of a spiritual master such as Srila Prabhupada – we would be bereft of the culture of bhakti without him. Sri Vyasa-puja is the celebration of the spiritual master's appearance in this world. This occasion stands clearly above all other festivals, including the Lord's appearance days. How can the appearance of the spiritual master be more important than the Lord's appearance? Sastra explains that it is by the spiritual master's mercy, the devotee receives the seed of bhakti. It is by the spiritual master's nurturing that the bhakti seed germinates, slowly grows, and eventually blossoms. The spiritual master is the divine light, which illuminates the path for the spiritual seeker. He cuts through the devotee's avidya (ignorance) and reveals the path to salvation.

The spiritual master's sole duty is to deliver the devotee to the lotus feet of the Lord. Like an efficient delivery service, he "tracks" the devotees' progress by cutting through her misconception, instilling faith, engaging the devotee in service, and imparting knowledge. He basically fine tunes the disciple to become a pristine lover of the Lord and His pure devotees. It is a fact that no one can attain the lotus feet of the Lord without the spiritual master. "Therefore God is called caitya-guru, the spiritual master within the heart. And the physical spiritual master is God's mercy. If God sees that you are sincere, He will give you a spiritual master who can give you protection. He will help you from within and without. Without in the physical form of spiritual master, and within as the spiritual master within the heart." (Srila Prabhupada Conversation on May 23, 1974)

A devotee, even if she doesn't fully know or understand, is in desperate need of the spiritual master. But it is not a one-sided relationship. His Holiness Partha Sarathi Das Goswami once shared that it is the duty of the disciple to inspect the spiritual master and it is the duty of the spiritual master to inspect the disciple. This relationship is not based on sentiment but rather a conviction that this sacred connection will awaken a disciple's bhakti. While it is a relationship of servant and master, it must not be confused with the common idea of servant - of exploitation and suffering. It is a relationship of loyalty and protection. The disciple promises to serve and follow the spiritual master and the spiritual master promises to navigate the disciple out of the labyrinth of material impulse, protect the disciple, and reveal the sweetness of loving Krishna.

For the disciple, this is an impossible debt to repay. And yet again, by the arrangement of the spiritual master, the disciple can come together with her spiritual family and worship the spiritual master in an act of gratitude – that is Sri Vyasa-puja.



Chanting – A Journey, A Process

By Roshni Nagaser

Consistent chanting can be a daunting commitment. It's a process, which means time is needed. Each small step takes one closer to Krishna and every step is a gain.

I dare to venture into an esoteric space by recounting my personal experiences in the hope of encouraging others to continue with what we have been gifted with.

As one progresses, chanting will become part of one's subconsciousness, a natural awakening. For me chanting in the middle of the night when my sleep breaks or when I'm alone in a private space started to happen instinctively. It has become as natural as breathing.

Internalising the holy name is like being enveloped in a warm comforting blanket on a crisp winter morning. I have noticed how my sleep breaks naturally just before sunrise (known as Brahma Muhurta – the hour of Lord Brahma). It is said to be the best time to chant. Even nature responds to the holy name – I have noticed the birds gather outside my window when I chant or play *kirtan*.

The holy name, which is non-different from Krishna, has more to give us in the days ahead of us than we ever had in the days behind us. "Krishna as the Holy Name is more powerful than Krishna in His transcendental form," (Nama Rahasya by Sacinandana Swami). When one is in want or despair it is easy to remain on the path of bhakti, devotion to Krishna. But when one is in prosperity, that same path becomes a challenge because it is easy to forget Krishna when allurements surround us. This reminds me of Queen Kunti's prayer to Krishna, "Give me more distress so that I may always turn towards You."

Chanting is not an easy process. It can be a struggle requiring concentration and commitment. Listening to each syllable or chanting aloud helps with concentration. By chanting the holy name we will come to experience that Krishna is seated in our hearts. Setting aside a dedicated time in the day helps one grow spiritually. Chanting will transform one's life and a sense of security and comfort will begin to embrace the chanter.

Krishna manifests according to our devotion. He is seated in our hearts and it's reassuring to know that Krishna says those who understand His transcendental position will come to Him.

Hare Krishna Hare Krishna Krishna Hare Hare Hare Rama Hare Rama Rama Rama Hare Hare

Meet Jalangi Dasi

An Interview with our National In-reach Minister

In this issue we interview Jalangi, who serves in the management of New Jagannath Puri Temple in Phoenix and is now serving the ISKCON Vaishnava community on a national level. Jalangi is a bold and fearless women. What strikes me about her is that she is not afraid to speak her truth with deep respect. We chat about her national appointment and what we can expect from her in this capacity. Since August is a celebration of women, we are particularly happy to feature her.

What is your national service profile?

The portfolio I service is the "in-reach care." This portfolio focuses primarily on the needs of women, children, youth, and community development. It has as its core function the well being and provision of care to all who have specific needs within these categories. The ISKCON South African National council has recognised the need to be more inclusive. There has been a great shift towards creating a greater sense of belonging and care offered to all who come to ISKCON.

Why did you agree to do this service? What about it resonates with you?

As a woman, mother, and teacher this resonated with me tremendously. I have been involved with women's groups and I became aware of the disconnect that exists within our community where many women's issues are not given the attention they warrant. Also I'm a mother of two teenage children and I want for them to have a connection to Krishna consciousness, which will facilitate them to become the next generation of devotees who are ready, willing, and able to take care of Srila Prabhupada's movement. I have the privilege to work with young people and consequently I am aware of the challenges they face especially since they have to navigate the grey area that overlaps their experience in Krishna consciousness and worldly interactions. Currently, we don't have a youth ministry in South Africa. Therefore it is crucial that we activate this.

What are your goals during your tenure?

The tenure is a two year period. There are several goals:

- 1. The establishment of an ISKCON National Youth Ministry
- Develop a blueprint for youth groups
- Host a national youth conference and team building
- Education and training for youth to fulfil management and other services.
- 2. Co ordination of the women's sanga
- Creation of a national blueprint for the

- implementation of women's sanga at each centre
- Education and training in regards to womenrelated issues such as rights, services, challenges, etc.
- A national women's conference
- The creation of a portal relating to women's
- Skills development programmes
- 3. Community development
- Education portal
- National network of service providers
- Self-help desk

4. Children

- Collaboration with Bhaktivedanta college and Child protection teams
- Children's workshops for holistic development National blueprint for the implementation of children's classes at each centre

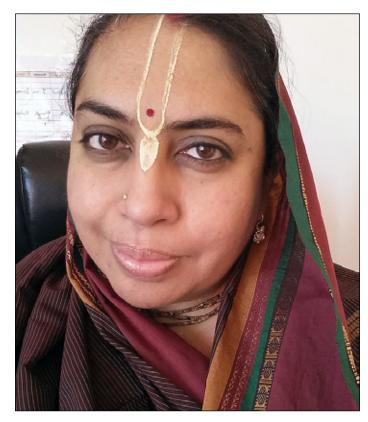
There are obvious challenges you would have/ continue to experience due to the pandemic, do you feel it has made your service that much more difficult?

Yes, most definitely! The pandemic has to some extent fragmented the congregation. Devotees have had to learn to depend on themselves to nourish and sustain their Krishna Consciousness. Devotees have been slow to return to programmes and festivals. Therefore we seem to be back to attracting devotees to come back to attending temple programmes. This will be challenging in the sense that this portfolio is meant to serve the congregational needs. There is also a challenge in terms of changing existing mindsets about the inclusion and belonging of women and youth. Traditionally, these groups have not been actively engaged in decision making, for example. My portfolio looks to ensure that the needs of these groups are met in productive and tangible ways. There is often resistance to change, which I foresee as a challenge.

What are the highs of this service?

Firstly, being able to change the experience of these devotees in a positive way that facilitates their Krishna consciousness. The nature this service is to grow these groups both in capacity as well as in their sense of belonging. It is a fantastic opportunity to serve the Vaishnavas who are so dear to the Lord. I'm particularly excited to see the youth grow to be able to take the baton of leadership in ISKCON South Africa in the near future. It is vital that we have a succession plan with the youth who will inherit this movement.

What are the lows of this service? Unearthing years of issues and problems that we



have not managed to deal with and finding that devotees are struggling within their lives and we have not addressed this. Caring for devotees should be at the heart of what we do. The new National Council has recognised the need for pastoral care and hence the creation of this portfolio to better serve the devotees.

What can we, as a community expect from your portfolio?

- Greater involvement of youth , women, and children in all facets of the temple.
- Workshops/programmes designed specifically for these groups to develop skills relating to both spiritual and material life
- A national help-desk /access to a network of service providers relating to health and welfare
- National and regional sangas to bring like minded devotees together to share and learn new skills that will improve their spiritual lives.
- Information and educational articles/resources that can assist in various aspects of their lives

Do you require any special skills assistance?

Absolutely! We require various skills such as IT experience to assist with the development of the information portal, graphic design and related media skills, event co ordination, fundraising, to name a few. There is never a time where we will not be able to use the skills that devotees are willing to share. There are so many functions that interested individuals can plug into. The point of this initiative is also to give individuals a chance to grow and learn new skills. I welcome any assistance that anyone can provide to assist in serving better. I invite you to write to me: ramluckan.sureka@gmail.com

Have you ever watched cows returning from grazing? Their heads bobbing up and down as they walk in the quiet farm air with a glorious sunset behind them. The grace of this sight makes time stand still.

Special protection must always be given to the cows who are very dear to the Supreme Lord. The Lord is fond of cows and we are encouraged to give reverence and love to the cow. In the purport to *Srimad*

Bhagavatam 10.8.16, Srila Prabhupada reminds us that, "For the cowherd men and the cows, Krishna is the supreme friend. Therefore, He is worshiped by the prayer namo brahmanya-devaya go brahmanahitaya ca. His pastimes in Gokula are always favorable to the brahmanas and the cows. His first business is to give all protection to the cows and the brahmanas. In fact, comfort for the brahmanas are secondary, and comfort for the cows are His first concern."

The Sri Krishna Goshala in Thornville is home to many cows and now to a few bulls too. It was originally started many years ago by Pandit Bob Maharaj on his family land. He had a desire to serve cows and wanted to offer the opportunity to the

public as well. Many years later, Pandit entrusted the Goshala to ISKCON knowing that his beloved cows will be faithfully cherished and well taken care of for the rest of their lives. The Goshala has grown considerably over the years and this is our tribute to the first three pioneer cows of the Goshala; Laxmi, Gauri and Nandini. Laxmi left us in December 2017 and Nandini and Gauri in the last few months. This is their story.

Their mooing is the most beautiful poetry. Happy cows are like pleasant summer. They always lift their ears to hear the

sound of Krishna's flute.

Laxmi was short and stocky with sooty black skin and a cute little fringe that we would sometimes brush and style. She was stern with the other cows and

never let them take advantage of her, pushing to be in the front row to claim her share of the delicious treats guests would bring. However, to her guests, she was the sweetest; gentle and patient. She would stand and talk to you long after all the other cows had eaten and left. As long as you stood there she would happily keep you company. She was a great conversationalist, mooing softly at appropriate times as you talked. Laxmi's good friend was milky white Nandini.

Nandini was a striking, long-horned *brahmin* cow, and if you visited, you would surely remember her. Although barely recognisable in her early pictures as a tottering young calf, she grew to be a tall majestic queen with large expressive eyes that could see right





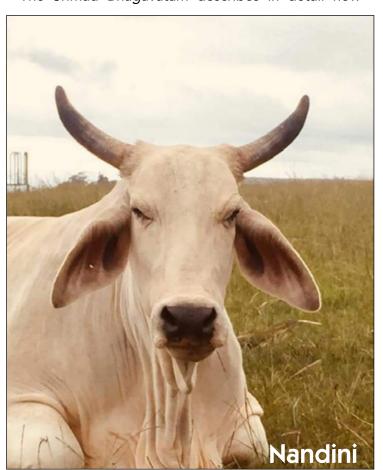
through you. An elegant and independent lady, she hardly had time to be petted. But if she took a liking to you, you were indeed special and she would insist on being in your selfie!

Gauri, a dappled brown cow with an ebony face, was the first to arrive at the Goshala. Similar to Laxmi, she was friendly and loved human interaction; she looked forward to a good brush or a scratch on her neck or behind her ear. Sociable and obedient, she was the firm favorite to worship (go-puja). Responding as soon as you called her name, she knew exactly where to go and what to do.

Gauri lived to be 18 years old, quite an advanced age for a cow. It was only when she passed did we understand the true magnitude of her effect on those who knew her. Her post on the Sri Krishna Goshala Facebook page received hundreds of messages of condolences. People spoke of her with fondness and affection, she had touched their hearts.

Srila Visvanath Cakravarti Thakur says that the cows in the spiritual world are like *cintamani* jewels that fulfil any desire. Their mooing is the most beautiful poetry. Happy cows are like pleasant summer. They always lift their ears to hear the sound of Krishna's flute. When they come to the earth planet and participate in Gokula pastimes, they resemble the bubbles of the milk ocean, the chuckles of Lord Siva and infant children of moonlight.

The Srimad Bhagavatam describes in detail how



Lord Krishna takes the cows and calves every morning to graze on the pastures of Govardhan Hill. There are hundreds of thousands of cows at the palace of Nanda Maharaja (Lord Krishna's father), and each cow has her own name. Whenever Lord Krishna plays His flute and calls the cows by their names, the cows, intelligent and affectionate, come running to Him.

When Krishna returns from the pasturing grounds, that moment is described as a festival. Visvanath Cakravarti Thakur confirms this; all the residents of Vrindavan come back to life, they have been feeling intense separation from Him all day, and they are together chanting His names.

Visvanath Cakravarti Thakur goes on to describe that demigods, despite the strength of their mystic powers, only see swirling dust raised by the hooves of the cows. They do not see Krishna's pastimes, because they are not qualified enough. He writes, "Without devotion, how can ordinary conditioned souls — however powerful they may be — see Krishna and His pastimes?" Then he writes, "But when the demigods sincerely pray to Krishna and receive His mercy, then and only then, such pastimes are revealed to them. In the same way, a fallen conditioned soul can one day see these very same pastimes through the strength of nama-sankirtana, in which devotees address the Lord as Hare, referring to dust-covered Krishna, and Rama, which addresses Balaram by His side."

Help us stop the spread of fake news!

Don't fall prey to false or inaccurate information! Sri Sri Radha Radhanath Temple would like to urge the public to be wary of fake news that finds its way to you via email, Social Media or WhatsApp. We need your help to combat the spread of misinformation and fake news.

Here are some top tips on how you can stay informed and help shut down fake news:

- 1. Get your updates from official ISKCON Durban channels, including iskcondurban.net, our official Social Media channels: @DurbanKrishna on Facebook, Twitter, Instagram and YouTube
- 2. Make use of trusted and accredited media sources to find information.
- 3. Before forwarding any information you've received to family or friends, do your own fact-checking and make sure the info is true and accurate.
- 4. Stop fake news in its tracks if you receive something that is inaccurate or isn't true, delete the content immediately.
- 5. Report fake news! Email temple@iskcondurban.net



Smiling Krishna On The Cover By Ved Madesia

Ved shares a little about his art and what inspires him.

"I am Ved Chandra Madesia from Munger, Bihar, India. I am an Indian traditional and folk artist. I used to always visit temples with my mother and grandmother. From my childhood I was inclined towards temples, temple architecture, temple painting, temple music (bhajan, kirtan, etc). When I was child, I saw a Pichhwai style Srinathji Krishna painting. That painting attracted me so much and I thought that should try to do the same. I tried and my first attempt was a small Srinathji Krishna painting using beads, threads, paper and other items. When I worked on that painting, it gave me a pleasure that I never felt before. After that, I continued doing Srinathji painting and have painted many since. I mostly paint with watercolour on paper but recently I have also used acrylic on canvas. I am inspired by fellow artist Keshav. My art is for the pleasure of Radha Krishna and They motivate me to do art. Nature and music also inspires my art. I try to paint emotions in my paintings and when I am painting smiling Krishna it makes me smile too. I wish that my painting will make you smile!"

You can view Ved's magnificent miniature art on his Instagram page: @ved_madesia

Do You Think? Soul Poetry By Radha Vinode Niranjan

Do you think the Lord will understand when I neglect Him again?

If I'm tired, depressed and emotionally weak again?

Do you think the Lord will understand if I took a break tonight?

When Maya's not giving me a break And I'm losing my strength while putting up this fight?

Do you think He will understand my heartbreak in neglecting His Holy Name,

Because I'm unable to reach Him through all this pain?

Do you think He will still take care of me, Even when I'm selfish and try to take care of myself again?

Do you think He'll still hear me even if I'm just thinking about His name?

I haven't forgotten and it's not like I didn't try Some days are great but on others I ask myself why... why can't I bring myself to chanting Your name? Why do I have no attraction for its glory and fame?

I feel like I can't make it to You sometimes Though I'm not sure why - it's my own thoughts bringing me down, my foolish feelings and desires

I wish I didn't feel so trapped but sometimes I can't help myself! I see myself slipping and let myself go, but how many times do I have to fall before

Before I become dependent on Your name with everything I have in me.

Just to speak to You daily and think about You constantly

I wish my thoughts were not entangled like vines and I wish my mind fought for You every time.

The way You fight for me to come back home With a never-ending love and persistent hope Maybe I will recognise the value of it someday And maybe it will inspire me to chant anyway

Beyond the pain so prominent across the material plain.

I miss You but I feel like there's little I can do... I chant so impurely I feel bad when addressing You

Just give me the strength to bring myself to You one day

Help me become Your servant

While to Your servants, I pray.



Spinach & Feta Pizza The Vaishnava Chef By Chandrashekara Das

Yield: one 30cm round pizza

Classic Pizza Dough

250ml lukewarm water

2 tsp instant fast acting yeast

1 ¼ tsp sugar

1 ½ Tbls olive oil

475g white bread flour

1 ¼ tsp salt

Method

Mix together lukewarm 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 dough 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)

Quick & Easy Pizza Sauce

(makes roughly 420ml)

400g tin whole peeled tomatoes (use tinned Italian tomatoes if available)

1/4 tsp salt

1 tsp dried oregano

Generous pinch of freshly ground black pepper

Place all ingredients into a high speed blender or food processor and blend until smooth.

Pizza Ingredients & Assembly

Olive oil

150 g baby spinach, washed

Sea salt

Freshly ground black pepper

1 rolled out pizza dough (semi bake the remaining pizza bases and freeze for later use)

80ml pizza sauce (freeze remaining pizza sauce for later use)

9 pitted Kalamata olives, sliced in half

50 g mozzarella cheese; grated

30 g feta cheese; cubed

1 tsp Spanish smoked paprika

10 semi-dried tomatoes; sliced into strips (Tip: if you cant find semi dried tomatoes use dried tomatoes but soak in olive oil for about 6 hours to hydrate and soften)

Squeeze of lemon to serve

Method

Heat a frying pan with olive oil over medium heat. Add the spinach; season with salt and pepper and cook until wilted. Dab the wilted spinach with a kitchen towel to remove excess water. (Excess moisture in the spinach can make the pizza base soggy). Preheat oven to 250°C. Prick the pizza base all over with a fork. Spread pizza sauce evenly and then spread the spinach. Add the olives and sprinkle the mozzarella cheese and feta cheese. Dust over the Spanish smoked paprika and finish off with a drizzle of olive oil. Season well with salt and pepper. Bake in hot oven for 5-10 minutes or until golden and crisp. Remove from oven and sprinkle over the semi dried tomatoes. Serve with a generous squeeze of lemon. Offer to Krishna with love and devotion and then serve immediately.

Sri Krishna Janmashtami

18 – 20 August 2022

Krishna Kids Birthday Party • Fruit & Flower Offerings • Free Vegetarian Meals Govinda's Snack Bar • Dance & Bhajans • Campfire Kirtan • Gopi Dots • Mantra Park Krishna Katha • Arati & Kirtan • Movies & Drama • Book & Gift Store

Gita Week

Krishna Katha 13-19 August • 7-8pm

Sunday 14 August

Cultural Festival 11:30am – 4:30pm Fruit & Flower Offerings 10am – 4:30pm

Thursday 18 August

Cultural Festival
6pm – 8:30pm
Fruit & Flower Offerings
10am – 8:30pm

Friday 19 August

Cultural Festival 6pm – Midnight Fruit & Flower Offerings 9am – 9pm

Gifts for Lord Krishna

You are welcome to bring gifts for the Lord: ghee, Basmati rice, nuts, butter, birthday cards, or flowers.

Safety

We value your safety and have taken extra care to ensure your visit to the Temple is pleasant. We will have flood lights all around the temple and surrounding areas. Police and private security will be on duty and patrol the entire area. There will also be a park and ride facility.

