

Value-Based Study & Cultural Programs NEWSLETTER



CHINMAYA MISSION – CRANBOURNE – SEMESTER 1 RECAP – 2022

WELCOME BACK TO 2022!

Hari Om All! Welcome back to Term 3.

In this latest edition of our newsletter, we will be recapping all our center events, news, and important dates from Semester 1 of 2022 (Jan – Jul). Hope you all had a refreshing break and are excited for the second half of 2022 at our Cranbourne Centre!



KEY DATES FOR SEMESTER 2

Term 3 Starts – 16th July	Navaratri – 26th September to 5th Oct
Gurudev Mahasamadhi – 3rd August	Term 4 Starts – October 3rd
Krishna Janmashtami – 19th August	Durga Puja Ashtami – 3rd October
Ganesh Chaturthi – 31st August	Community Diwali Celebration – 22nd Oct
Onam – 8th September	Diwali – 4th October
Term 3 Ends – 17th September	Term 4 Ends – December 20th

CLASS TIMINGS

Class Timings : Every Saturday (During School Term)

- Shishuvihar (Ages 2 – 5): 3pm – 4pm
- Balavihar (Age 6 –12): 3pm – 4:30pm
- Junior CHYK (Age 13 – 18): 3pm – 4:30pm
- CHYK (Age 18 – 25) : 5pm – 6:15pm
- Adult Discussion Groups (ONLINE): 7PM – 8PM (Friday)

Address: 65 Berwick-Cranbourne Rd, Cranbourne East VIC 3977



CELEBRATIONS AND EVENTS AT CRANBOURNE CENTRE

Maha Shivratri

Maha Shivratri 2022: This year, the festival of Maha Shivratri was on Tuesday, March 1, 2022. It is one of the most auspicious Hindu festivals celebrated annually in honor of Lord Shiva. This year, like all years, the children came together and did 16 Step Pooja for Lord Shiva, did Abhisheka to Lord Shiva, and learned about the greatness of Lord Shiva. It was a divine evening of celebration with the family.



CELEBRATIONS AND EVENTS AT CRANBOURNE CENTRE



SWAMI CHINMAYANANDA JAYANTHI

On the 8th of May, the Cranbourne Centre celebrated Swami Chinmayananda's Jayanthi with all parents, students, and teachers. It was a wonderful time to learn about who Swami Chinmayananda was and what he has left us with at the Mission. This year, we had Sri Madhu and Family doing the pooja for the main altar, while the children did 16-step pujas for their individual prayer setup. Vithya ji and family offered prasad to all families. It was a wonderful evening.



CLASS @ CASEY FIELDS PARK

To celebrate the end of lockdowns and back to face to face classes, the entire Cranbourne Centre enjoyed a sunny day out at Casey Fields. All students from Balavihar to CHYK attended and had a blast in the sun as we shared a mix of bhajans, physical activities, walks, and talks from our wonderful teachers.

We want to thank you all for this wonderful day out and the parents for bringing their children and helping out!



SHISHU VIHAR (Pre School Program: Ages 0 - 5)



Embark with us on this wonderful spiritual journey as Shishu Vihar Classes begin at Cranbourne Centre!

The early years of a Child are when they are forming their ideas, values, and personality and whatever they are exposed to between birth and seven, is likely to stay with them in adulthood. The Shishu Vihar (SV) program exclusively caters to Infants (0-2 years) and Toddlers (2 to 5 years) and is designed to run as a parent-child class.

The Shishu will be opened to a world of epics and tales all about the Gods and their quest to do the right thing. In this one-hour class, we will also sing along, play games, do yoga, and work together on activities to make it fun and enjoyable.

Shishuvihar provides the perfect environment where parents can work along to instill devotion and love for GOD, values, and culture in children.



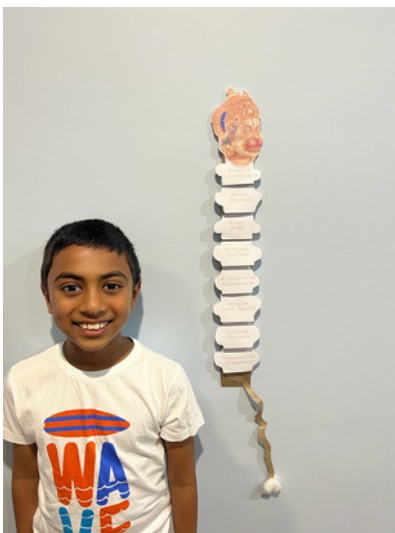
BALAVIHAR 1 (Primary School BV1: Ages 6 - 9)

Term 2 has been an exciting term for BV1. We are really happy and excited to see everyone in person. This term we memorized the Dhayana Sloka and its virtues. To help us remember the Dhyana Sloka better, we learned the fun actions to perform as we chant which represent each virtue of the Sloka. We had so much fun doing the actions. (Special thanks to Padma aunty for teaching us!).

We also went on to complete the Hanuman Vertebrae project which again helped us remember the Dhyana Sloka better. We have now started learning the Hanuman Chalisa wherein we learn the verse and the meaning for each. Hanumanji is described as a Divine Messenger, Bestower, Untainted and a great Devotee. As we learn each verse we also did fun activities like:

- Like knocking off Ravana's 10 heads which represent the negative qualities of a ball.
- Finding the similar qualities of parents, we have inherited.
- Word search: things that make me strong and weak

On a whole, we had an exciting term learning all these wonderful lessons. Here we have Agney with his completed hanuman vertebrae project!



BALAVIHAR 2 (Primary School: Ages 10 - 12)

My 24 Teachers

We have been learning about 24 Teachers we see or experience in our life and it is adopted from the eleventh chapter of Bhagavatam. Bhagavan narrated a dialogue between King Yadu and saint Dattatreya. Dattatreya, a wandering saint, lived in the kingdom of Yadu. The king had noticed the blissful appearance of this saint. The king wanted to know the secret of the saint's happiness and therefore approached him. Dattatreya said, "O noble king, I have roamed freely on the earth and have learned the art of living from my 24 Teachers. What I have learned from them, I will tell you; listen carefully."

We are also listening from Dattatreya about 24 Teachers with riddles, clues, quizzes, games, and other activities. We are learning how important a teacher/guru is in our lives and how many things we know to be successful in our life. We have looked at Mother Earth, Air, Space, Water, Fire, and Moon and learn everyday, easy-to-follow values. Along the way we are learning to chant Hanuman Chalisa and Hanuman Bhajans and guru Bhajans. We are looking forward to learning from the rest of the 24 Teachers.



JCHYK (Secondary School - Grade 7 - 12)



This semester, the Cranbourne Centre's JC class has been studying the text "In Indian Culture...Why Do We" by Swamini Vimalananda-ji. The classes have taken the JCs through a different aspect of Hindu culture every week, encouraging teenagers to inquire into the purpose behind Hindu rituals and to foster a greater sense of cultural pride. Our hope is that through studying this text, the teenagers will be able to tap into their full potential, using the blessings instilled in us through the Vedic principles that are at the core of our rituals. Some of the key themes that have emerged have been the value of gratitude, the importance of focus in bhakti, and the role of humility when surrendering the ego, in acknowledgment of our true identities (our higher potential). Classes consist of discussion exercises, Sadhana, and in-class activities, hoping to create a sense of community among the students while empowering them to ask and to share their questions in a Satsang format. The topics covered thus far have been:

- Why Do We Chant Om?
- Why Do We Light a Lamp?
- Why Do We Do Pradakshina?
- Why Do We Consider the Lotus Sacred?
- Why Do We Prostrate?
- Why Do We Ring a Bell Prior to Puja?
- Why Do We Keep an Altar at Home?
- Reflection on our Pujya Gurudev and the Importance of Satsang.
- Why Do We Perform Arati?





CHYK (Youth - Ages 18-24)

Over the first semester at CHYK we have been able to discuss and learn a variety of topics, which include the following:

- Learning how to perform Good Actions Correctly
- Building and managing a balanced Self Esteem
- How to face the storms in life
- Art of calming the mind (through a powerful Upasana)
- Building the Right Attitude for dynamic work.

The CHYKs also had great experiences visiting Swami Swaroopanandaji's talks at the Ashram earlier this year.

They also enjoyed a day out at the Mini Golf Braeside! It was lovely seeing everyone and spending time with our peers outside of the class. We can't wait for what this next term holds for the CHYK's.



MEET OURS SEVAKS!



Varun Venkataraman
Administration / Teaching Sevak



Viji Chettiar
Teaching Sevak



Nitha Balakrishnan
Administration/ Teaching Sevak



Mynah Iyer
Teaching Sevak



Vikram Nagpal
Administration Sevak



Harshad Vadakkepura
Administration Sevak



Varsha Subramanian
Teaching Sevak



Remya Sriram
Teaching Sevak

OUR NEWEST SEVAKS!

Welcome aboard to our newest members of the Cranbourne Sevak Team, Devisri, Adarsh and Padma! They have been taking care of Shishuvihar classes, event planning, and marketing for our center!



Devisri Dharmaraj
Teaching Sevak



Padma Pujar
Administration Sevak



Adarsh Chettiar
Administration Sevak

Proficiency is gathered knowledge, while efficiency is the ability to translate the knowledge into action."
— Swami Chinmayananda



MEET OUR FAMILY

Welcome to the “Meet Our Family” section! Each term we will be introducing a family from our Chinmaya Mission Cranbourne Centre, as a way of knowing the families and the impact classes at Chinmaya Mission have had on their families. In this edition, our Cranbourne CHYK Harshad will introduce his family.

Hari Om Everyone!

We are a family of five who have been involved with Chinmaya Mission since 2016. We began our journey together at the Mission after being informed about it by a friend and contacting Kutty Krishnan and family

When we first joined my siblings and I attended the classes to learn about our Hindu culture. However, over time we have been blessed enough to learn much deeper about our culture and our own identity and grow stronger connections with those of our own background. We are lucky enough to be part of this larger family at Chinmaya Mission to support it in any way we can.

It has been 6 years since we joined the Mission and we can definitely say Chinmaya Mission has become an integral part of our life. We all find it's important as it helps nurture our mind as we feed it mindful and valuable information we do not learn in schools. The people and the teachers have definitely shaped our futures for the best and we cannot wait to return the favour to those continuing this journey with us!



Testimonials



Please find below a beautiful note from our children about why they love coming to our classes week on week.

Hello my name is Agney and I am 8 years old. My favourite god is Ganapathy the son of Lord Shiva. I attend Balavihar classes at Chinmaya, Bala Bala community centre.

Balavihar helps me learn more about my religion and culture. I love drawing pictures about the stories my teachers tell me and love the fun activities we do at the end of some BV classes. I BV you can do a variety of things like singing bhajans, hearing stories, playing games and drawing.

Me and my friends at BV are focusing on a book called Hanuman the superman. In this book there are two chapters. Chapter one is all about the Dharma Sloka and Chapter two is about Hanuman calisa. As a project we have made Hanumans backbone with each bone representing representing a great quality. I love BV classes.

My name is Adithya. I am thirteen years old and currently in the JC program of Chinmaya Mission.

I have been attending regular classes for about a year and half. I thoroughly enjoyed each session as it has educated me on how to tackle important problems in a spiritual manner. I love learning about deities and our cultures.

This year we have been covering topics from a book called "Why do we...". The book explains famous traditions and customs followed in India. There are details on 'Why do we chant Om', 'Why do we light a lamp' and 'Why do we say shanti thrice'.

I love discussing with my friends at JC and teacher because it gives us insight about different points of view. These are just some of the reasons on why I love coming to Chinmaya Mission!

SOCIAL EVENTS



To celebrate the end of Semester 1 (Term 1 and 2), JCHYK's and CHYK's from our Cranbourne and Berwick Centre organized a social event at the local bowling alley! It was great fun seeing everyone and hanging out as we caught up before the school holidays!



CONTACT US

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Remember, 'Even this will pass away.' ~ Swami Chinmayananda