



MANASHNI SPONSORED BY

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OFFICE 713-963-4229

SUNDAY SCHOOL

PLACE: ZHCC
8787 W. Airport Blvd.
Houston, TX 77071
Tel: 713-270-9339

TIME: Different timings for each group

DATE: October 9, 2022

Children's Session: The Sunday School session starts at **10:30 a.m. in-person and by Zoom**

Middle Group: The Sunday School session at **10:30 a.m. – in-person & by Zoom**



Youth Group: The Sunday School session at 10:00 a.m. **In person**



Disclaimer and Authorizations – When attending any events at ZHCC premises, please abide by all the State of Texas and Harris County regulations prevalent on the day. The attendee(s) will NOT hold ZAH or any board member or the organizer(s), responsible for any COVID-19 related or any other sickness, accidents and/or mishaps either to themselves, to their vehicles or any other vehicle(s), person(s) and/or property. All the rules, regulations and disclaimers are effective upon members entering ZHCC premises on the "day of the event" and shall remain effective until they leave the ZHCC premises that day.

UPCOMING EVENTS

- Sunday, October 2, 2022 – Fasli Mehergan & Maedyozarem
- Friday, November 4, 2022 – WZCC Event at ZHCC
- Friday, November 11 & 12, 2022 – Library Event
- Friday, December 2, 2022 – WZCC Event

REPORT

LIBRARY REPORT

By: Aban Rustomji & Yasmin Pavri

**ZAH Library Annual Gala
Save the Dates - November 11 and 12**

Our upcoming library event on November 11 & 12 will be our 23rd Lecture Series – how the years have flown! Many, many thanks to all of you for supporting the library and our events over these past years.

The program starts on Friday evening, where we will welcome our speakers and FEZANA President ArZan S. Wadia. Our usual sumptuous potluck will follow.

We will start on Saturday at 10:00 am with tea and batasas. The first session will start at 10:30 am.

TABLE OF DUPLICATE BOOKS



EXECUTIVE MEMBERS

Katrak, Percy – Chairman
Gagrat, Nikita
Hormuzdi, Khursheed
Khumbatta, Kershaw
Mistry, Jasmine
Dastur, Khursheed – Secretary
Billimoria, Farokh – Treasurer
Sarkari, Nazanin – FEZANA Rep

OUR ERVADS (PRIESTS)

Boomla, Noozar
Buchia, Kyrus
Dastur, Barjor M
Dastur, Darius B
Desai, Farrokh
Firozgary, Bahrom
Gonda, Pervez
Kanga, Neville
Katrak, Rayomand
Katrak, Vispi
Khumbatta, Noshir
Kotwal, Zubin
Masani, Dara
Nariman, Khushrav
Pavri, Shapur
Sanjana, Bahmanshah
Sanjana, Kurush
Sidhwa, Kayomarz
Sidhwa, Maneck
Sidhwa, Yazad
Unwalla, Peshotan
Vimadalal, Freyaan
Vimadalal, Khushroo

FARVARDEGAN PRAYERS



Our featured speaker is Dr. Janet Kestenberger Amighi. Her talk is based on her latest book, *“Zoroastrians of Iran: A History of Transformation and Survival.”* You will hear about our forefathers' challenges when they chose to remain in the motherland. After lunch you will hear from our vivacious ZAH member Banafsheh Mondegarian. She will share her experiences growing up in Kerman. You will have the opportunity to hear and interact with both speakers and have your questions answered.

A reminder to our talented artists to loan us two items to showcase your work in conjunction with our event. We hope you will join us from 2:00 pm to 3:00 pm to interact with the audience and to share your reflections on your chosen artwork.

These two days will be enlightening, exciting, and enjoyable. So, mark your calendars and send in your RSVP to Arnavaz Sethna today!

On another note, we had placed duplicate copies of books on a table in the atrium asking you to take any book you wanted. We are happy that all but two books found a home with you in your personal library.

ATASH KADEH NEWS

By: Persis Behramsha

We are hopefully entering into Fall season soon, and I am sure we are all impatient to experience some great weather. Even amid the hot summer, we are pleasantly greeted by a nice breeze whenever we enter through the open foyer of our Atash Kadeh – feels so welcoming!

We began the month of September with the Farvardegan Jashan which turned out to be an amazing gathering and participation. It took just one email to request sponsors and the immediate response was very heartening.

Roj Farvardin and Mah Farvardin is held very sacred by Zarathushtis. This day is popularly known as Farvardian in Gujarati language. The day is set aside to revere and worship Ahura Mazda by performing a Jashan to adore and remember all Good Souls. Farvardin is synonymous with Fravashi, Farohar or Arda-fravash. Fravashi is the Divine Spark of God within us. Fra means forward motion and Vasi means to evolve. So, it is something that makes things Grow and move Forward. It is the Divine Essence of God that dwells within each and every object of Creation of God. The function of the Fravashi is to guide our Urvan (our soul) to choose the right path, to assure his progress towards perfection (Khordaad) and immortality (Amerdaad). *(Excerpted from an article by Kayomarsh Mehta)*

We thank the families of Shernaz & Feroze Bhandara, Zarine Boyce, Dilber Bulsara & Abhijit Kulkarni, Mahrukh & Rohintan Deputy, Jessica & Jamshed Dubash, Nikita & Eric Gagrat, Viloo & Pervez Gonda, Mahnaz & Bakshi Irani and Vira and Arzan Mehta for sponsoring the Farvardegan Jashan. It was so heartwarming to see everyone at the prayers and the happy chitter-chatter afterwards during the Chasni and snacks.

BEHRAM ROJ JASHAN



YOUTH GROUP BLOOD DRIVE



GOLDEN GROUP LUNCH AT DIMASSIS



The day after the Farvardegan Jashan, we celebrated the monthly sponsored Behram Roj and the participation was just as cheerful as the day before. To the sponsoring families of the September Behram Roj – Farida & Neville Divecha, Cyra Kanga, Yasmin Medhora, Sillie & Jehanbux Mehta and Thrity Spencer, we are truly grateful to all of you for your eagerness to participate. Thank you !!

To all of you who hold regular Machis every month, we appreciate your support throughout the year.

To our Mobeds who make sure they are present and go out of their way to accommodate all of us, we are recognize your constant service, for which we are very thankful.

Ushta Te

YOUTH GROUP REPORT

By: Zal Italia

On Sunday, October 2, 2022, the day of the Ghambar, the ZAH Youth Group held a blood drive at the Zoroastrian Heritage and Cultural Center.

The Gulf Coast Regional Blood Center is a non-profit organization that is accredited, licensed, and recognized by the Food and Drug Administration (FDA) as well as numerous local and state officials and authorities. We were able to get 8 donations, totaling it to 12 pints of blood donated. Thank you to all that donated and helped spread the word!!

MISCELLANEOUS

A TRIP AROUND THE MEDITERRANEAN Senior's Luncheon

Contributed by Jehanbux Mehta

Many among the Golden Group would love to visit, or revisit, some or many of the Mediterranean countries. To bask on the sunny beaches of Spain, to take in the charms of Italy, to view the glory that was Greece, to romp in the bustling bazaars of Turkey and to capture the magic that is in the air of Tunisia, Algiers and Libya. Would also like to take in, but hesitatingly, Lebanon, the forgotten Las Vegas of the east. Such is the allure of the Mediterranean.

For many in our Group, it may be difficult to physically make the trip. At best, we can enjoy the presentations on Discovery and Travel Channels or flipping through pages of magazines. But then, a very important ingredient would be missing: the enticing aromas and tastes, unique to each country. To satisfy that craving, Helping Hands planned a get-away to Dimassis, a Mediterranean restaurant on Westheimer on Saturday, September 17. Members were advised to leave afar the rush-rush of America and to take in the pleasures of Med cuisine leisurely. Glad to report that they followed our advice.

GOLDEN GROUP LUNCH



FASLI MEHRGAN JASHAN



After the initial round of gossip, the afternoon started with piping hot lentil soup. After a few “aah’s”, off to the buffet counter with a small plate for tablespoons full each of baba ghanouge, tabouli, fatoush and hummus, to name a few, and nibble that with the local breads over incessant chatter. A good while later, onward march to the buffet table again, taking time to decide what to have from the vast array. Honestly, it would be difficult to do justice to the numerous platters of mouth-watering items. Should it be the grilled veggies, varieties of rice, lamb gyro, beef kabob and meatballs in seasoned sauce? Or the tempting grilled chicken, fried chicken, fried fish and mansaf, the irresistible yellow rice with lamb and yogurt thrown in? Decisions, decisions! Let’s not forget the *piece de resistance*, the meaty lamb shanks served at the table with initial requests for only half the portion, quickly turning to demands for more.

Soft drinks and iced tea too, plus hot tea and coffee to pair with baklava and a coconut-yogurt pastry. All this, with tax included, for a paltry \$20.45, thanks to the homework done and arrangements made by Diana Balsara. Kuddos to our Anita Kavina who was tirelessly running between the buffet bar and the table where we were seated, appeasing the many members with requests for platefuls of this and that. Thanks also to Lyla Daroga for ably pitching in. I wonder whether they were able to have lunch.

Time went by slowly, as it was meant to. After about three hours, it was decided reluctantly to call it a day. After such an afternoon, it will be a challenge to Helping Hands to replicate, but we are up to the task. Cheers, till then.

FASLI MEHRGAN GAHAMBAR

By: ZAH Entertainment Committee

The Fasli Mehrgan & Maedyozarem Gahambar was celebrated at the ZAH Center on Sunday, 2nd October 2022. It was attended by about 175 People (including kids). All the donations received, and all the money collected was given to ZAH - approximately \$2500. We would like to thank Ervad Shapur and Yasmin Pavri for sponsoring the Gahambar.

The Jashan was performed at the Atash Kadeh with a very good attendance. Malido, Chasni and Fruits were served in the foyer. After the jashan was over people came to ZAH to enjoy the yummy Dhansak.

The Entertainment committee would like to personally thank Chef Kairasp Lashkari of Himalayas Restaurant for providing us with scrumptious and the delicious Dhansak and Kachumbar. Everyone also enjoyed the Lagan nu Custard that was catered by Chef Lashkari.

ZAH youth group had organized a blood drive and volunteers were able to go and donate blood in the air-conditioned Van.

The main hall and the atrium were very well decorated. We would like to thank the Atash Kadeh Committee for organizing the jashan, the Web Committee for updating us with the RSVP’s received, the Publication Committee for their help in advertising the event, and all the volunteers for helping us with decorating the hall, registration, setup and cleanup.

RATES FOR ADS



ZOROASTRIAN ASSOCIATION OF HOUSTON

A CELEBRATION EDITION - 2023 DIRECTORY ADVERTISEMENT

We are ready to roll out our 2023 ZAH membership directory. We would love to have your company's advertisement or a personal message from your family. Like the previous editions, all proceeds for this edition will be shared between our ZAH building maintenance fund & the congress200 legacy scholarship fund. *Yes, your contribution will be tax deductible.*

"COSTS FOR ADVERTISEMENT IN OUR "2023 MEMBERSHIP DIRECTORY"

GRAND SPONSOR	BACK OUTSIDE COVER	\$ 10,000
FRONT INSIDE COVER	COLOR	\$ 5,000
BACK INSIDE COVER	COLOR	\$ 3,000
GOLD SPONSOR	FULL PAGE	\$ 1,000
SILVER SPONSOR	FULL PAGE	\$ 500
FULL PAGE	COLOR	\$ 300
HALF PAGE	COLOR	\$ 150

ALL PATRON SPONSORS WILL BE IDENTIFIED ON TOP OF THEIR PAGE TO IDENTIFY THEIR ADDITIONAL & GENEROUS CONTRIBUTIONS

**SEE FLYER FOR
DIRECTORY INFORMATION
FOR ANY CORRECTION/ADDITION
COMPLETE THE FORM
AND MAIL TO
ahsethna5@gmail.com**

23RD ANNUAL CARNIVAL



See More pictures on Page 9

ADVERTISEMENTS REQUIRED FOR ZAH 2023 DIRECTORY

Be a part of history in the making!

Next year's edition will be one where we will be celebrating 25 years of our beautiful ZHCC center! Your generous donation will help us take care of this lovely building & help reward our brilliant kids. Here are the rates. Please see flyer below for more details.

INFORMATION REQUIRED FOR ZAH 2023 DIRECTORY

We are updating our ZAH Directory which will be published in early 2023 to commemorate the 25th Anniversary of Zarathushti Heritage and Cultural Center.

As usual, the criteria to be included in this directory are:

- you are a Regular or an Associate Member of ZAH **OR**
- you live in Houston/Galveston/Austin/San Antonio region

Please review your information as it appears in the 2018 Directory, and advise Arnavaz Sethna at ahsethna5@gmail.com any changes that you may have, at your earliest convenience. If you find that your information is not in the present directory and you wish to be included, please complete the Directory Information Form given below and email it to ahsethna5@gmail.com at your earliest convenience.

Directory Committee

CARNIVAL A GREAT SUCCESS

The 23rd Annual ZAH Carnival held on September 11, 2022 was a great success thanks to each and every one of you who participated in it. The entire proceeds of \$10,000 made from this event, was given to the ZAH.

A detailed write up will be given in the next Manashni

CHANGE OF ADDRESS

Please note the change of address for **Jamshed Dudha**.

Jamshed Dudha
9850 Meadowglen Lane, # 18
Houston, TX 77042



FIRES & ZAH Library Present



23rd Annual Lecture Series

Zoroastrians of Iran: A History of Transformation and Survival



Janet Kestenberg Amighi with a Ph. D. in Anthropology and M.S. in Social Work is a recognized scholar in the history of post-Sasanian Iran. She is the author of several acclaimed books notable among them: *Zoroastrians of Iran: Conversion, Assimilation, Persistence* and the very recent *Zoroastrians of Iran: A History of Transformation and Survival*. Her research on Zoroastrian history was funded by the Social Science Research Council which allowed her directly to work with the Zoroastrians of Iran.

With her Iranian Zoroastrian spouse she lived in Iran from 1971-1978. She has also authored several articles in prestigious journals and lectured on this subject in several venues. She lives in Pennsylvania.

In her book *Zoroastrians of Iran: A History of Transformation and Survival* Janet Kestenberg Amighi offers scholarly research on the challenges faced by the Zoroastrians in Iran from the 19th to the 21st centuries. The book provides a detailed perspective on the travails of the Iranian Zoroastrian community in preserving their religion under austere conditions. Her stay in Iran gave her the opportunity to interview a vast number of Zoroastrians to gain insights into their survival in trying times. The book is available through Mazda Publishers.



Born and raised in Kerman for 25 years, Banafsheh Mondegarian will speak about the life, trials and tribulations of living in Iran as a Zoroastrian. She will share her experiences of growing up in Iran and practicing the Zoroastrian faith as a minority there. Educated in Kerman, Banafsheh has a bachelor's degree in English literature from Azad University. She is fluent in Farsi. She lives with her husband Toshar in Houston.

PROGRAM DETAILS BELOW

Zarathushti Heritage & Cultural Center
8787 W. Airport Blvd

Contact: Arnavaz Sethna
Phone: 281-499-1832 or
<ahsethna@yahoo.com>
Lunch—\$10.00

Friday - November 11, 2022

6:30 pm–7:00 pm:–Meet and greet. Light refreshments.

7:00 pm–7:45pm:–Introduction and getting to know Dr. Janet Kestenberg Amighi. Q&A.

8:00 pm–9:30 pm:–Potluck dinner.

Saturday - November 12, 2022

10:30 am–11:15 am:–Talk by Dr. Amighi: *Zoroastrians of Iran: A History of Transformation and Survival*.

11:15am–12:00 noon:–Q & A.

12:00 noon–1:00 pm:–Lunch break.

1:00pm–1:30pm:–Talk by Banafsheh Mondegarian.

1:30pm–2:00 pm:–Q & A.

2:00 pm–3:00 pm:–An informal interaction with the talented Zoroastrian artists of Houston.

An Invitation



Gallery Exhibition

CALLING ALL ARTISTS

If you are an artist - professional or amateur - and would love to display your work, this is your opportunity!

Artists of all ages are encouraged to participate.

The art exhibit will open on Friday, November 11, 2022, in conjunction with the start of a two-day library event featuring highly acclaimed speaker Dr. Janet Kestenberg Amighi.

The exhibits will be on display till the end of December. This event will be open to the public and the community is invited to view the artists' submission at any time.

Artwork can be oil, watercolor, acrylic, metallic or other mediums.

Artists are asked to submit no more than **two** art works per person.

All artworks **must** be framed and ready to hang at the time of submission.

Drop offs will be accepted at ZAH on Sunday, October 30, between the hours of 11:00 AM -2:00 PM

For more information, please call 281.610.2400 (Aban Rustomji) or 281.217.2298 (Yezdi Engineer).

REQUEST FOR ADVERTISEMENT FOR 2023 DIRECTORY

ZOROASTRIAN HERITAGE & CULTURAL CENTER



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THE COST OF PRINTING THE DIRECTORIES HAS TRIPLED IN COST AND HENCE WE WOULD APPRECIATE IF PAST ADVERTISER'S USE THE SAME ADVERTISEMENT AS IN THE 2018 DIRECTORY OR SEND US A CAMERA READY ADVERTISEMENT LATEST BY ... DEC 1, 2022.

FOR MORE INFORMATION CALL:

HOMI DAVIER AT 832-428-4285 FOR ADVERTISEMENTS
ARNAVAZ SETHNA AT 281-468-4988 FOR CHANGES OR ADD TO OUR LISTING

PLEASE MAKE OUT YOUR CHECKS PAYABLE TO:
"ZAH" OR "ZOROASTRIAN ASSOCIATION OF HOUSTON"
AND MAIL TO

DIRECTORY COMMITTEE, ZAH, 8787 AIRPORT BLVD, HOUSTON TX 77071

CELEBRATING 25 YEARS

FORM FOR 2023 DIRECTORY

Last Name: _____

First Name: _____

Spouse Name: _____

D/o: _____

Address 1: _____

Address 2: _____

City: _____ State: _____ Zip: _____

Children/Dependent1: _____

Children/Dependent2: _____

Children/Dependent3: _____

Children/Dependent4: _____

(Name Dependent Parents if living with you)

Home Tele: _____ Work Tele: _____ Work Tele: Spouse: _____

Cell Phone: _____ Cell Phone Spouse: _____

E-Mail Address: _____ E-Mail Address Spouse: _____

Profession: _____ Profession Spouse: _____

CARNIVAL – SEPTEMBER 11, 2022



Crafts by 13 years old Delna Surveyor



Ever popular Fish Pond



Dhan Shak by Jasmine Mistry



Snacky items for sale by Sunday School Middle Group



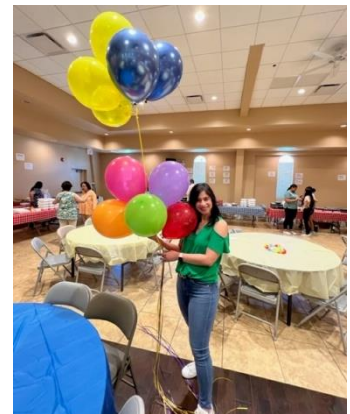
Snacky items for sale by Sunday School Youth Group



Ladies at Bhel Puri table



Main Hall Throbbing with Activities



Festive Balloons

MEHRGAN & MAEDYOZAREM GHAMBAR



Hambandagi after the Jashan



Some attendees at the Jashan



Partaking of the Chasni



Gahambar Lunch



Gahambar Lunch