

Volume 31: Issue 1

January 2017

**SUNDAY SCHOOL
MANASHNI WISHES ITS READERS A VERY HAPPY NEW YEAR**

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

TIME: Different timings for each group

DATE: **January 8, 2017**

Children's Session The Sunday School session will start at **10.30 am to Noon**. Stories from Shahname

Middle Group: The Sunday School session will start at **11.00 a.m.** Age Group – Middle School

Youth Group: Sarosh Collector and Kaemerz Dotiwalla conduct this session. Age group - High School age

UPCOMING EVENTS

Saturday – January 28, 2017

Sunday – February 5, 2017

Tuesday – March 21, 2017

Saturday – March 25, 2017

Jashn-e-Sadeh – See flyer

Super Bowl Game get-together - See flyer

Navroze Humbandagi – Details to be announced

Navroze function – Details to be announced

SPECIAL REQUEST

Shop Using AmazonSmile To Support ZAH for all your online shopping

MEETINGS

GOLDEN GROUP	Fourth Sunday of each month. Interested? Please call Zarine Balsara at (832) 288-2436
LIBRARY COMMITTEE	First Sunday of each month at 11:00 AM. Interested in helping? Or would like more information, please call Aban Rustomji at 281-493-1275 or e-mail her at aban@coatingindustries.com

REPORTS

EC REPORT

We wish all our ZAH Members and their family and friends a Very Happy New Year, and hope that 2017 brings you lots of happiness, joy and laughter. We hope to see all of you at the ZHCC all year long and wish you the best in this new year.

Phase 3 A update: Construction is in full swing. The foundation has been poured and the slab cured. The steel structure has started going up and will be completed by the 1/10. Once the roof and walls are completed, the internal work will start. We are still hoping to meet our target of March 2017. Attached are some photos showing the building taking shape.

Best Always,

Aderbad Tamboli
For the ZAH Executive Committee

LIBRARY REPORT

By Aban Rustomji

The Library Committee wishes all our members a very Happy 2017 and the fulfillment of all your wishes and dreams. An exciting year awaits us all! Many of you must have observed the Phase 3A construction of a Multimedia room and a new classroom for the middle group. And since one of the library walls will be demolished we were advised to pack and store our books. So on December 16, Committee members Jangoo Mistry, Yezdi Engineer, Yasmin Pavri and Yasmin's houseguest visitor Prochi Sethna from San Jose, Aban Rustomji, along with trustworthy longtime employee of Coating Industries, Abel and Cruz, spent the day packing books, artifacts and pictures in 40 + large boxes. The books are stored in the rental Storage place behind our center. Taking advantage of an empty library, committee members are planning to add a display case or two and renovate it to give it a new look and to possibly add a children's section too. Do ask any library committee member to learn more about our plans and share your ideas about what you would like to see in a newly renovated Library.

Please mark your calendars for **April 27, 2017**, when we are planning an event to showcase ZAH FIRES with an exhibit to showcase our collection and artifacts at the FEZANA AGM that will be held at ZAH.

YOUTH REPORT

By Katie Master – ZAH Youth Group President

In the past month of December, the ZAH Youth Group hosted the annual Christmas Party. The children all thoroughly enjoyed with games such as musical chairs and card-making for the Texas Children's Hospital. In addition to the fun and community outreach, there were plenty of treats to go around such as hot chocolate, cookie decorating and ice cream sundaes. Continuing with the theme of community outreach, we hosted a clothing drive in association with Star of Hope which is an organization that assists transitional/homeless families.

This month the Youth Group had scheduled camping at Lake Livingston. Unfortunately due to recent renovations, we will be unable to attend. However this works in the favor of our community as we now have the opportunity to volunteer at the Houston Food Bank on January 14th. Here, we will be able to package food and meals for those in need. We hope to beat our record of last year which was 17,000 meals!

MISCELLANEOUS

SADEH

by Kayomارش P. Mehta, Chicago, IL

Sādeh is a mid winter festival celebrated by Zarathushtis. It is popularly known as **Jashan-e Sādeh**. In Iran it is the third largest celebration after **Navrooz** and **Mehergaan**. For some reason, this festival is not celebrated in India.

In Farsi language, **Sād** means hundred. There are several different traditions as to when to celebrate **Sādeh**. In Yazd, the festival is celebrated on Roj **Astad**, Mah **Adar**, which is 100 days before **Navrooz**, the beginning of Spring. This

places the festival to be celebrated on December 11th. In Kerman, the festival is celebrated on Roj *Aban*, Mah Behman, which is the 100th day after the **Ayathrem** Gahambar, the beginning of winter. Yet others celebrate it on January 29th, which is 50 days and 50 nights before Navrooz. Most organizations in US celebrate it on the weekend close to January 29.

In Shahnameh, **Sādeh** is referred to as a celebration of mankind's discovery of generating fire. There is a legend that King Hooshang saw a snake and threw a stone to kill it. The stone missed the snake but hit another rock. The friction between the stones created a spark and a fire. Fire caused by natural phenomena (lightning, volcano, etc) was known to mankind for ages before. However, the importance of King Hooshang's incident seems to be that for the first time, mankind discovered how to create fire at will and control it for practical purpose. This was a big step in the history of human civilization. Hence the tradition of the **Sādeh** celebration.

Traditional celebration of **Sādeh** involves lighting a big fire outdoors. Mobeds perform a **Jashan** ceremony followed by singing and dancing around the fire by the people gathered for the festivity. Everyone is expected to participate in the festival by bringing wood for the fire! A folk song reads:

<i>Shax e shax e (h) arman!</i>	<i>A branch, a branch of arman!</i>
<i>Har kas shax e be dehaad</i>	<i>Whosoever offers a branch,</i>
<i>Khodaa muraad esh be dehaad!</i>	<i>May God grant their wishes!</i>
<i>Har kas shax e na dehaad</i>	<i>Whosoever does not offer a branch,</i>
<i>Khodaa muraad esh na dehaad!</i>	<i>May God not grant their wishes!</i>

So, one must participate in this festival by offering a branch of wood for creating the fire. An outward significance of participating in the festival and offering wood to light the **Physical Fire** is to fight the Evil - the cold of the winter, by helping to provide **Heat** and warmth. A deeper significance of the festival and the offering of the wood is to remind us to feed and light the **Inner Fire** to fight the Evil - in our mind, our bad thoughts. By remembering to feed the Flaming Fire of Thought within us, we can provide **Light** and Illumination to our Mind. With the development of Good Mind, our soul can progress and fulfill the mission of life.

In our religion, Fire - **Atar** or **Adar** has a very deep significance. For a clearer understanding of this concept, let us examine the context in which Fire is mentioned in few of our scriptures.

Gathas - Yasna 43.9 Asho Zarathushtra communes with Ahura Mazda:
*What is Thy Holy Will? To Whom daily my utmost homage should I pay?
Unto **Thine Inner Flame** I pay my homage & to Thine Eternal Law.*

Gathas - Yasna 46.7 *Who will protect me from evil in my hour of need?
My **Inner Light** and Willpower shall protect me from evil.*

Haptan Yasht - Yasna 36 *Through the Agency of Thy Divine Fire, approach we Thee and Thee alone, O Ahura Mazda!*

Gathas - Yasna 46.7, Kem Naa Mazda The use of words **Aathraschaa** **Mananghascha** together clearly suggests that the prayer does not refer to physical fire. Instead it refers to *Flaming Fire of Thought*.

Atash Nyایش *The Fire of Ahura Mazda gives instructions to everyone.*

It cannot be the external fire. The fire here refers to the flash of the intuition which becomes their Teacher.

Having examined these various references of **Atar**, we observe that in every case, the **external fire** implies **internal essence**, the Divine Spark, the **Fravashi**, the Element of God within us. Interesting to note that St. Paul in the New Testament uses a similar metaphor: *Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you?(I Corinthians, 3, 16)*.

So each time we offer a piece of sandal wood to the fire, let us remember that **Fire is the Visible symbol of the Invisible Divine Light**, the Divine Spark, the **Fravashi** within us.

By offering the sandal wood to the fire, we are reminding ourselves that we must light the fire within us. Just as the piece of sandal wood burns up and turns to ashes, we need to lead a life of self-sacrifice, charity and helping others. Just as the

sandal wood leaves a sweet fragrance behind, we will be remembered by others long after we are gone for the good deeds that we have done.

Offering wood to the outward Physical Fire is a suggestive gesture to kindle this Divine Spark within us. By invoking and following the advice of our the Divine Spark - **Fravashi** - the Inner Fire, we can advance our soul by getting rid of the evil within us. The eternal Flame within us when sanctified will help us purge out all the evil that seeks sanctuary within us. It is this Internal Flame that needs to be kept burning by living a useful, meaningful life, by practicing **Humata** - Good Thoughts, **Hukhta** - Good Words and **Huvarashta** - Good Deeds and by following the path of **Asha** - Righteousness, Truth and Divine Order.

As we celebrate this festival, let us then join in the prayers to thank Ahura Mazda for providing us this **INNER FIRE** which can guide us to lead a good life and help our soul to attain Perfection and Immortality.

RECIPE FOR A BLUEBERRY COBLER

Courtesy of Niloufer Mavalvala as appeared in FEZANA Journal (Fall 2016 issue)

Serves 8 to 10

Preheat the oven to 175C /350 F. Keep an oven proof deep dish, with a capacity of approximately 1 .5 litres or 6 cups of liquid aside for the pudding to be baked in.

INGREDIENTS

For The Filling

1 tbsp salted butter
260gm/9 oz fresh blueberries
454 gm/1 lb hard apples; granny smith or any other
1/2 cup soft brown sugar
250gm/8oz soft cream cheese, mascarpone or any other

Heat in a skillet, the butter and add the sugar until it melts and bubbles. Add the peeled sliced apples and caramelize them lightly. Remove from the fire and add the blueberries. Give them a good mix. Tip it all into the baking dish. Whip the cream cheese with a spoon until smooth. Spoon it in large dollops all over the fruit. Keep aside.

For the cobbler

95gm/3oz salted butter chilled
1 ½ cup sifted plain flour
1 tsp baking powder
½ tsp salt
¼ cup brown sugar
Zest of one fresh lemon
½ cup full cream milk

In a bowl sieve the flour, baking powder, salt, sugar and lemon zest. Rub the butter into it until it resembles crumbs. Make a well in the center and add the milk. Mix it into a soft ball of dough.

Break this into 8 to 10 pieces, top it all over the dish. Bake in a preheated oven of 175C /350F for 30 minutes until it is golden brown and the dough is cooked through.

Let it rest for 10 minutes and serve.

Tips

If blueberries are not available, you may substitute them with blackberries or even raspberries. Goose berries and cherries may also be an option of choice. Add an extra tbsp. of sugar if the fruit is extra tart.

Frozen packets of berries are often available.

Use any hard apple in season. If you prefer to leave the peel of the apples on, simply wash them well. While brown sugar is healthier, caster sugar may also be used.

Use your favorite cream cheese.

You can serve this pudding with Vanilla Ice cream or double cream if you desire.
ENJOY

NAVJOTE

Emma Kolah, daughter of Darayus and Debra Kolah, had her navjote on December 10, 2016. She was well prepared with her prayers and recited them well. Emma had special guests - her cousin and her uncle - come for the occasion from Mumbai. "grandmother Godi Kolah happily watched the entire Navjote online in Mumbai".

WEDDING

Zane Sethna, son of Zarir & Roshan Sethna, was married to Marina Ashley Zamora daughter of Dr. Mario Zamora Rodriguez on November 25, 2016 in Houston, Texas.

ADDRESS CHANGE

Homi and Nergish Davier have moved. Their new address is:

9327 Wheatfield lane
Rosenberg TX 77469
Tel: 281-242-3808 – H

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Jashne Sadeh

Saturday January 28, 2017



At The Zarthushti Heritage and Cultural Center



[CLICK HERE TO RSVP](#)

Please [RSVP AND PAY ONLINE](#)



DJ!!
Dance the night away!!

Prayers: 6 p.m.
Sadeh Fire: Immediately Following Prayers

Charge: \$5 (Ages 4 & Up)

POTLUCK: PLEASE BRING A FOOD ITEM TO SHARE:
Covered entree or similar food item to share.
Please do not bring: Cakes, Cookies, Pies, Soda, etc.
in lieu of your covered dish. Thank You. ☺

ZAH COMMUNITY GRATEFULLY THANKS OUR ERVADS FOR PERFORMING PRAYERS AT THE JASHNE SADEH FUNCTION



ZAH COMMUNITY GRATEFULLY THANKS ALL DONORS FOR THEIR CONTRIBUTIONS TOWARDS THE COST OF THE JASHNE SADEH FUNCTION

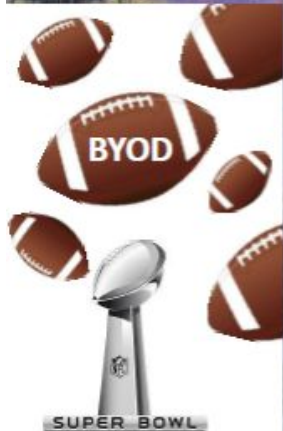
If you have any questions please contact:
Farrokh Firozgary
(281) 685-7245
or Email:
firozgary@yahoo.com

Organized By: Our Irani Zarthushti Friends and ZAH Entertainment Committee



Come Watch The Big Game With Family and Friends
Sunday Feb. 5, 2017; 4:30 p.m. onwards

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4:30 p.m. onwards

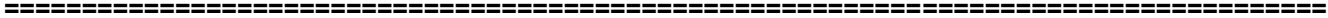


BYOD (Bring Your Own Drinks)
POTLUCK: PLEASE BRING A FOOD ITEM TO SHARE:
Covered entree or similar food item to share.
Please do not bring: Cakes, Cookies, Pies, Soda, etc. in lieu of your covered dish. Thank You. ☺

No RSVP Necessary!
For questions please contact:
Arzin Italia (713) 679-4998 or sorabitalia@yahoo.com



Organized By: ZAH Entertainment Committee



PICTURES OF PHASE 3A CONSTRUCTION



