SUNDAY SCHOOL

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

TIME: Different timings for each group

DATE: July 11, 2021

Children’s Session: The Sunday School session starts at 11:00 a.m. Join in by Zoom

Middle Group: The Sunday School session at 11:00 a.m. - physically & Zoom

Youth Group:

UPCOMING EVENTS

Saturday, July 17, 2021 – Youth Fundraising event – See Flyer
Link to buy tickets: [http://zah.org/events/youth-fundraising-event/](http://zah.org/events/youth-fundraising-event/)

Friday, July 30 to August 1, 2021 – ZAH Z-Camp Save the Date

Friday, August 6 to 15 – Muktd Prayers

Monday, August 16 – Navroze Hambandagi at Atash Kadeh

Saturday, August 21, 2021 – Khordad Sal and Navroze function

Sunday, September 12, 2021 – Carnival – after Sunday School

Friday & Saturday, October 1 & 2 – Library Event

Sunday, October 3, Fasli Mehrgan and Maediozarem Gahambar

Friday, December 31, 2021 – New Year’s Eve Celebrations

REPORT

LIBRARY REPORT

ZAH Library is pleased to announce the start-up of a religious discussion group for ZAH members interested in enhancing their knowledge and understanding of Zoroastrian principles and teachings. Other associations have similar programs for their adult members. We propose to commence with Meheryar Rivetna’s recently published book *Zarathustra: The Man And The Message*. Many in the community have purchased the book and perhaps have had a chance to read it. ZAH Library believes that our Houston community would benefit from a vigorous discussion group in an effort to gain knowledge of our faith and to preserve our Zoroastrian heritage.

Interested members please contact: ahsethna@yahoo.com

For information on Meheryar Rivetna’s book, please visit www.messageofzarathushtra.weebly.com
ZAH EXECUTIVE MEMBERS
Dungor, Nozer – Chairman
Gandhi, Kamalrukh
Hormuzdi, Khursheed
Katark, Percy
Khumbatta, Kershaw
Dastur, Khursheed – Secretary
Billimoria, Farokh – Treasurer
FEZANA Rep – Nazanin Sarkari

OUR ERVADS (PRIESTS)
Boomla, Noozar
Buchia, Kyrus
Dastur, Barjor
Dastur, Darius
Desai, Adi
Desai, Farrokh
Firozgary, Bahrom
Gonda, Pervez
Kanga, Neville
Katrk, Rayomand
Katrk, Vispi
Khumbatta, Noshir
Kotwal, Zubin
Masani, Dara
Nariman, Khushrav
Pavri, Shapur
Sanjana, Bahmanshah
Sanjana, Kurush
Sidhwa, Kayomarz
Sidhwa, Manock
Sidhwa, Yazad
Unwalla, Peshotan
Vimadalal, Freyaan
Vimadalal, Khushroo

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YOUTH GROUP – FUND RAISER – JULY 17, 2021
ADMISSION - $30. CHILDREN UNDER 5 FREE

Your ZAH Youth Group and Middle Group have been working very hard to plan this entertainment with a Play, Bollywood dances by our talented middle and youth groups, A Texan Dance by our elementary group, 2 FREE BINGO Games, lots of door prizes, interactive garba and dandiya, a scrumptious spread of appetizers, dinner, and desserts, DJ, Dancing, and more...

Some pictures of rehearsals – these kids, and their parents are working very hard to make this a resounding success. Support our Youth.

ATASH KADEH REPORT
By Persis Behramsha

Summer is in full swing as we cross the mid-year of 2021. Through the uncertain times in 2020 and part of 2021, we, at the Atash Kadeh, are thankful for the ‘Constants’ like the sponsored Jashans and Gahambars that have helped keep our sanities and our hopes alive.

Supporters of the Atash Kadeh, Mahrurk and Rohinton Deputy, hosted the June Behram Roj on June 1, 2021, and another gracious supporter, Yasmin Medhora and family hosted the July Behram Roj Jashan on July 1, 2021. We thank both families and appreciate their continued support.

The Gahambar celebration on June 6, 2021, generously hosted by Aban Rustomji and family brought a very heartening full house attendance at the Atash Kadeh. Our young Mobeds Neville Kanga and Noshir Khumbatta took part in the Jashan prayers along with Mobeds Maneck Sidhwa, Pervez Gonda and Khushrav Nariman. There was a lot of excitement to see and meet everyone after a very long time.
The Father's Day Boye and Humbandagi was once again received very well for a second year in a row.

A special prayer originally chosen by our dear Soli Dastur was recited by them, wishing all Fathers, and their families all the best in their lives.

Father & Son teams Farokh & Bahrom Firozgary, Pervez, Ruzbeh and Anosh Gonda, Kershaw & Noshir Khumbatta, Shahrukh & Neville Kanga, Khushrav & Viraf and Rayhan Nariman, and Khushroo & Freyaan Vimadalal prayed in unison.

Many folks join in for the Live Streamed Boye and Humbandagi. They appreciate being able to feel connected through the prayers, even though they cannot be present physically. While we have taken the Atash Kadeh for granted here in Houston, we may not realize how folks outside of Houston, yearn to come and visit it. Recently a young graduate specifically planned a pilgrimage to visit the Atash Kadeh for 4 days just to be able to go and pray and attend the Boye ceremonies every day, as much as he could.

We get several inquiries about Navjotes, participating and sponsoring Jashans, and other ceremonies, and are happy that word is slowly getting around to many parts of the US and beyond.

In order to maintain our beautiful Atash Kadeh, we urge our friends in our community to generously donate towards its maintenance or support in small ways by sponsoring utilities each month.

For more information please contact us either by email at: AtashKadeh.ZAH@gmail.com or by Phone at: 713-294-7747.

ZAH Z-CAMP 2021
Dear Kids, Parents & Community Members,

We are so excited about the camp again in person this year. Hope you have registered to attend our annual ZAH Z-Camp to be held from July 30th to Aug 1st at the ZHCC (see flyer for details).

Due to safety protocols and social distancing needs, only limited attendee spots are available this year and no late registrations will be allowed, so please register as soon as possible.

**Online Registration closes on July 18th or earlier** if capacity reached so please register early at ZAH Z-Camp 2021. Health and safety are paramount for us and we will endeavor to follow all the guidelines as per the Texas state laws like masking, social distancing, etc. during the entire course of the camp to protect all participants, volunteers, and their families. Extra cleaning has been requested with our cleaning company to disinfect areas commonly used during the camp.

- Ages 12 and Over: Camp overnight from Friday 8 pm onwards (Bring your sleeping bag and pillows)
• Ages 5-12: Day Camp Only (Sat 10:00am – 11:00pm and Sun 9:00am – 3:00pm)
• Cost: $30 per Z-Camp attendee
• Camp Dinner with Kids (Sat evening) - $15 per person

In response to inquiries from some of our parents regarding sleepover, it is not mandatory to sleep over for attendees 12 and over this year due to the pandemic. They can leave (Friday and Saturday night) once the sessions/programs are over and return the next day before the scheduled start time. Please add in the comments section if you are not sleeping over so we can plan accordingly.

Parents/Grandparents and Community members please register for the “Camp Dinner with Kids” on Saturday, July 31st at 7:30 pm as we will have limited capacity due to the current situation. Besides, please also join us on Sunday, August 1st at 2:30 pm for the final event, awards, and more!

All kids, ages 5-25, come see your old friends and make new ones at a weekend camp which has always been great fun.

Thank you,
ZAH Z Camp 2021 Team

As we move into the Summer let’s talk about – UV Radiation

Taking steps to protect yourself from the sun is a year-round responsibility. Protect yourself and others from the sun with shade, a shirt, or sunblock (SPF 15+) all year long.

Ultraviolet (UV) radiation is a form of non-ionizing radiation that is emitted by the sun and artificial sources, such as tanning beds. While it has some benefits for people, including the creation of Vitamin D, it also can cause health risks.

• Our natural source of UV radiation:
  o The sun
• Some artificial sources of UV radiation include:
  o Tanning beds
  o Mercury vapor lighting
    (often found in stadiums and school gyms)
  o Some halogen, fluorescent, and incandescent lights
  o Some types of lasers

Benefits
Beneficial effects of UV radiation include the production of vitamin D, a vitamin essential to human health. Vitamin D helps the body absorb calcium and phosphorus from food and assists bone development. The World Health Organization (WHO) recommends 5 to 15 minutes of sun exposure 2 to 3 times a week.

Risks
• Sunburn is a sign of short-term overexposure, while premature aging and skin cancer are side effects of prolonged UV exposure.
Some oral and topical medicines, such as antibiotics, birth control pills, and benzoyl peroxide products, as well as some cosmetics, may increase skin and eye sensitivity to UV in all skin types.

- UV exposure increases the risk of potentially blinding eye diseases, if eye protection is not used.
- Overexposure to UV radiation can lead to serious health issues, including cancer. Skin cancer is the most common cancer in the United States. The two most common types of skin cancer are basal cell cancer and squamous cell cancer. Typically, they form on the head, face, neck, hands, and arms because these body parts are the most exposed to UV radiation. Most cases of melanoma, the deadliest kind of skin cancer, are caused by exposure to UV radiation.

To protect yourself from UV radiation:

- Stay in the shade, especially during midday hours.
  - Wear clothes that cover your arms and legs.
  - Consider options to protect your children.
  - Wear a wide brim hat to shade your face, head, ears, and neck.
  - Wear wraparound sunglasses that block both UVA and UVB rays.
  - Use sunscreen with sun protection factor (SPF) 15 or higher, for protection.
  - Indoor tanning is particularly dangerous for younger users; people who begin indoor tanning during adolescence or early adulthood have a higher risk of developing melanoma.
The 2000 World Zarathusthi Congress surplus revenues were split between FEZANA & ZAH. At that time, it was evident that this was a record breaking & innovative World Congress and that we, at ZAH, just had to leave behind a legacy and thus gave birth to its very own Scholarship program aptly named congress2000legacy!

The Scholarship funds were invested prudently and we have been distributing only from the earnings of the invested funds that have been growing and at the last count were at $116,000 even after awards have been distributed over past 10 odd years! These funds are managed by the ZAH – Investment Management Team (IMT) who have done an outstanding performance thus far!

Each year, the congress2000legacy award recognizes young Zoroastrian students who are studying at or about to enter the University at all levels and who have achieved excellence in their scholastic studies, in extra-curricular activities and who have made substantial contribution to Zarathusthi community affairs. All eligible students are encouraged to apply for this award each year.

In November 2008, ZAH lost one of their talented youth members Cyrus Rohinton Desai to cancer. This brilliant student was all prepped up for an exciting life in college when tragedy struck him. The Desai family generously contribute to one award every year and that Legacy Award is named the CYRUS ROHINTON DESAI scholarship and is given to a youth going to college for the FIRST YEAR, because all that Cyrus wanted was to attend a college, even if it was for a day.

I have dedicated myself to this project and find that as the community grows so do the needs of our young who go off to college and so I am approaching you and many other generous donors Worldwide to contribute additional funds so that we can move on to our next vision of giving interest free loans & even creating a need-based award for our citizens of tomorrow. Could I then ask that you to please evaluate the progress we have made, see the cause and then contribute generously to this Scholarship program which can last forever with Global benefactors such as yourselves!

HOW CAN ONE CONTRIBUTE TO THE LEGACY FUND?
Just as the Desai Family, each large donor could have the privilege of naming the award to the memory of a loved one and we would work with you, the awards could be in the following categories:

AN IN MEMORIUM DONOR – A single sum donation & Award named according to donor’s wishes and Awards to be given annually from interest derived via our IMT team.

A CORPORATE/TRUST DONOR – A single sum donation & Award awarded with the Corporation’s name and Award to be given annually from interest derived via our IMT team

INDIVIDUAL DONOR - An Individual Donor could be anyone, a member, a NEW generous donor, an enterprise or even a non Zarathusthi donor. This donation can be in ANY amount they wish to contribute towards this cause AND HAS no MINIMUM LIMITATIONS.

PAST WINNER DONOR - A past Legacy scholarship WINNER who wishes to give back and thus allow us to contribute to the next in line, this has been happening and we are delighted that our kids have values to give back generously!

Insofar as new contributions are concerned, we look for them in any amount, may it be $25 to $100,000. ZAH is a 501(c)(3) not for profit organization, your contributions are tax deductible. We do strongly recommend that the donor consult his/her tax consultant and/or CPA before such contributions are made since tax deduction limitations do vary depending on the assets & earnings of each contributor.

For any discussion on setting up a memorial, trust or corporate award, please contact Homi Davier and let us help you set it up as per your wishes, but of course following our set guidelines.

OUR VISION
The congress 2000 legacy funds are designated to be used to preserve the history of ZAH’s Congress 2000 and to recognize the academic achievers in our community. The congress 2000 legacy Awards are implemented and now our goal is to draw upon individuals, corporations, charitable institutions, trust funds, donors, and past congress 2000 legacy awardees to contribute additional funds for our growth plans over the next ten years.
ZAH PRESENTS THE 9TH ANNUAL

Z-CAMP 2021

JULY 30TH - AUGUST 1ST

WHEN:
Saturday, July 31st, 2021 10:00 am – Sunday, August 1st, 2021
(Friday, July 30th 8:00 PM onwards pre-camp sleepover for out of town and over 12 attendees ONLY)

WHO:
Ages 12 and Up – Camp overnight
Ages 5-12 – Day Camp Only (Sat 10:00am – 11:00pm and Sun 9:00am – 4:00pm)

COST:
Camp attendee - $30
Camp Dinner with Kids on Saturday, July 31st - $15 per person

**All safety protocols for COVID-19 will be followed as per Texas state laws and guidelines (for details please refer to ZAH website)**