



manashni

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MANASHNI SPONSORED BY

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SUNDAY SCHOOL

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

TIME: Different timings for each group

DATE: May 10., 2020

Children's Session

The Sunday School session starts at
11.00 a.m. join in by Zoom

Middle Group: The Sunday School
 session at **10.30 a.m. by Zoom**



Youth Group:



**MANASHNI SPECIAL EDITION HONORING MEDICAL
 & HEALTHCARE PROFESSIONALS COMING SOON**

UPCOMING EVENTS

Maidhyarem Gahambar – May 31, 2020 – to be viewed via Zoom.
 See attached flyer for details regarding parking and “dhansak take-out”

SUNDAY SCHOOL

Once again, in May the Sunday School was conducted electronically, by ZOOM technology.

A brainchild of Vehishta Kaikobad, this month the Children's group students and teachers organized a tribute to the female Medical Professionals – both active and retired – in honor of Mothers' Day. (Male medical professionals will be honored next month for Fathers' Day). Several doctors and healthcare givers attended, shared their experiences and encouraged the kids to follow their dreams. The Sunday School kids prepared beautiful cards for the Healthcare Givers and everyone collectively prayed for their well-being and good health. Middle Group and Youth Group Sunday School joined in as well, after their sessions.

With Zoom technology, children and parents from out of town (Austin, Dallas, Colorado, Los Angeles) joined in - it was not just out of town, but children and parents from out of the country, (Vancouver, Canada and Aberdeen, Scotland) participated too.

Middle Group session was a regular one with the kids learning 101 names of Ahura Mazda followed by the liturgical purification ceremonies in Zoroastrianism making it relevant to the present “washing of hands”, “social distancing”, and “face covering”.

COPING WITH COVID-19

PRAYER VIGIL

Udvada: Vada Dasturji continues the prayer vigil. In a pre-recorded audio prayer for Roj Hormazd, Mah Dae, May 13, 2020, he said “the prayer is the highest form of expression through which we can convey our feelings ... to Dadar Ahura Mazda.” He then requested the listeners to join him in praying the opening stanzas of Hormazd Yasht.

ZAH EXECUTIVE MEMBERS 2020

Dungor, Nozer – Chairman
Gandhi, Kamalrukh
Hormazdi, Khursheed
Katrak, Percy
Khumbatta, Kershaw
Dastur, Khursheed – Secretary
Billimoria, Farokh – Treasurer

OUR ERVADS (PRIESTS)

Boomla, Noozar
Buchia, Kyrus
Dastur, Barjor
Dastur, Darius
Desai, Adi
Desai, Farokh
Firozgargy, Bahrom
Gonda, Pervez
Kanga, Neville
Katrak, Rayomand
Katrak, Vispi P.
Khumbatta, Noshir
Kotwal, Zubin
Masani, Dara
Nariman, Khushrav
Nariman, Viraf
Pavri, Shapur
Sanjana, Bahmanshah
Sanjana, Kurush
Sidhwa, Kayomarz
Sidhwa, Maneck
Sidhwa, Yazad
Unwalla, Peshotan
Vimadalal, Freyaan



TEAM MASKETEERS

As reported last month, Team Masketeers made a record number of masks for healthcare workers and still have some left over. If you need one, please contact Avan Bhatena at avanosh@gmail.com

HAVELIWALA GARAGE GYM

By Sheroy Haveliwala



As we all went into lock-down around the 2nd week of March, one of the first things which concerned us was our inability to go to the gym. So we decided to create a gym in our garage! I bought a pair of cheap saw-horses from Harbor Freight, some stools, a shelf plank; and voila, we had ourselves a bench press. Natalya

went out and bought an exercise mat, the barbell, weights, dumbbells, jump-rope etc. The Haveliwala Garage Gym was up and running.

Please also note; she didn't volunteer to get groceries or other such necessities but immediately rushed to get weights!!

So now everyday around 5 pm the kids walk all of 20 feet to the garage to work out for a couple of hours. We oldies join them 2 to 3 days a week just to show them how it's done.

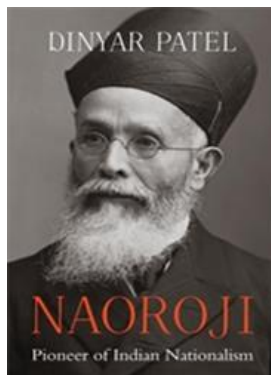


By the way, admittance to the gym is by appointment only. Please call for rates!

SUBCOMMITTEE NEWS

Library Committee

New Book Awareness, by Aban Rustomji



Naoroji – Pioneer of Indian Nationalism
by Dinyar Patel, 2020.
ISBN:9780674238206

The definitive biography of Dadabhai Naoroji, the nineteenth-century activist who founded the Indian National Congress, was the first British MP of Indian origin, and inspired Gandhi and Nehru.

Naoroji is the first comprehensive study of the most significant Indian nationalist leader before Gandhi.

Dinyar Patel



Jashan



Boye



Atash Kadeh Committee

Feroze Bhandara
Shernaz Bhandara
Khushrav Nariman
Persis Behramsha
Nazneen Khumbatta

Dinyar Patel examines the extraordinary life of this foundational figure in India's modern political history, a devastating critic of British colonialism who served in Parliament as the first-ever Indian MP, forged ties with anti-imperialists around the world, and established self-rule or *Swaraj* as India's objective. Only self-rule, Naoroji declared, could remedy the economic ills brought about by British control in India.

(This book is gifted to FIRES by the author Dinyar Patel who was a guest speaker at our Library event in April 2018, and is currently the co-chair of FEZANA Research & Preservation Committee)

Atash Kadeh March 2020 News

By: Persis Behramsha

April 2020 began with our continuing tradition of Sponsored Behram Roj Jashan. Due to the Stay at Home Order, our sponsors Dilshad & Bomi Hormazdi, Cyrus & Oge Hormazdi, and Shireen, Billy, Boman & Nolan Carroll, graciously agreed to carry on with the Jashan and Live Stream it for the benefit of our community, and for that, we are grateful to the family.

On April 11, 2020, the Atash Kadeh, along with Mobed Peshotan Unwalla Live Streamed a Humbandagi to pray for the good health and wellbeing of everyone.

On April 21, 2020, we celebrated Adar Mahino Adar Roj with a Jashan sponsored by Kawas, Nazneen, Kershaw, Mitra, Noshir & Farahnaz Khumbatta.

We decided to reach out to the broader community this time, since most of the country was still under quarantine. The response was exceptional, and extremely well appreciated by those who attended the virtual Jashan. Participants were very enthused, grateful and gratified by the experience of witnessing a full Jashan with a Boye ceremony. They were thankful for the experience and additionally for being able to make Sukhar-Diva offerings and felt very connected through the process. Many have requested to be added to our email list to keep abreast of the Atash Kadeh events. Thank you to Kayomarz Sidhwa again for helping with the set-up for the Offerings.

The Evening Boye will be live streamed every Saturday and Sunday at 5 p.m. Houston (Central) time, so individuals can feel connected, though virtually. We encourage everyone to participate by joining the Zoom Link below. This is a permanent link to access all Atash Kadeh events.

<https://us02web.zoom.us/j/4192191997?pwd=JASHAN>

Zoom meeting ID: 4192191997. Password: JASHAN

We continue to accept Machi requests, which are being conducted remotely, via Audio or FaceTime. Please contact Persis Behramsha at 713-294-7747 for any questions.

Please check ZAH.org, (Atash Kadeh tab) periodically, for any updates.

The Atash Kadeh Committee



**DON'T FEEL LONELY
CONTACT ZAH CARES**
homi@davierinc.com



BEFORE COVID
Kids having fun at the Center



ZAHCARES

By: Homi Davier

Loneliness and Social Isolation Linked to Serious Health Conditions

Social isolation was associated with about a 50% increased risk of dementia and other serious medical conditions. Loneliness and social isolation in older adults are serious public health risks affecting a significant number of people in the United States and putting them at risk for dementia and other serious medical conditions.

A new study by the National Academies of Sciences, Engineering, and Medicine (NASEM) points out that more than one-third of adults aged 45 and older feel lonely, and nearly one-fourth of adults aged 65 and older are considered to be socially isolated. Older adults are at increased risk for loneliness and social isolation because they are more likely to face factors such as living alone, the loss of family or friends, chronic illness, and hearing loss.

Loneliness is the feeling being alone, regardless of the amount of social contact. Social isolation is a lack of social connections.

FOR DETAILED INFO CLICK THIS LINK:

https://www.cdc.gov/aging/publications/features/lonely-older-adults.html?deliveryName=USCDC_201-DM27253

Keep in touch. It will be nice to hear your experiences of present time. Do give us a call whenever you wish to chat, feel free to call any of the team members shown below.

With our best wishes for your good health and safety.
Your ZAH Cares Team

MISCELLANEOUS

'Be careful what you wish for; you may receive it'

By Natasha Dungor – 7th Grader

It all began the week before Spring Break. That week was hectic, to say the least. We had our quarterly exams, a school fair project, and numerous practices for a major dance performance on Thursday with Rhythm India at the Toyota Center. In school, everyone patiently waited for when the week would end and the week-long break would begin. Many students always wish for longer breaks and time at home to chill, but who knew that the wish would turn into reality.

By the middle of the Spring Break week, school districts began contacting parents and their children that schools will be closed for one to two weeks after the end of the pre-planned vacation just as a small safety precaution for the students and staff. Since then, it has been around 7-8 weeks.

FUN AFTER THE RHYTHM CTR EVENT



Kids having fun at SS Lock-in



AND NOW ALL VIRTUAL TWO KIDS JOINED FROM SCOTLAND



ZAL ITALIA



Although school facilities have been closed for the rest of the academic year on Governor Abbot's orders, learning has continued and students have been receiving assignments virtually. During this difficult and confusing time in our lives, we have started to properly understand the importance of social interaction such as functions and events at our center.

Throughout the year, many events, community gatherings, ceremonies, fundraisers, and prayers occur at the center. Some have higher attendance than others but in the end, everyone enjoys spending quality time with friends and other community members. Entertainment, food, dancing, and sometimes games help us unwind, destress, and bring balance to our normal routine. Kids meet their friends and parents get some time to interact with theirs as well.

Times like these help us understand the importance of social interaction between people, especially within the Zoroastrian/Parsi community. Many of us have started missing seeing and greeting one another at Sunday School and Lock-Ins. Although we have had Sunday School through Zoom, it still isn't the same feeling as before. Waiting to run out of the room as soon as possible to play games in the Atrium just isn't the same, but this pause in our social lives will be *unpaused* soon.

Even our prayers have become a part of our virtual world. Normal social gatherings such as Jashan and Boyes are being streamed online for everyone to view from the comfort of their own homes. One prayer that is being recited more often during this lockdown period is the "Tan-Doroshti or Doa-Tandaroshti" prayer. "Tan Doroshti" is prayed for good health and long life.

Almost everything has transferred from physical to digital in just a matter of a few days. Our whole lives have changed and have made us all a little more cautious regarding anything we do. Experiences we have during these times don't repeat very often, but they force us to learn to adapt to a changing lifestyle and not to be greedy or arrogant as everyone around us is also struggling to get through the same situation as we are. We need to appreciate and also be thankful for all the things we have been gifted. This is the time to be selfless and help others that need our help and support. Assisting each other is the only way our community will be able to survive and prosper.

Ushta Te

Youth Group Fund Raiser for the Houston Food Bank

By: Zara & Zal Italia

On an ordinary day, my family and I were watching the daily 5 PM news and we noticed that the lines to pick up food were endless. We saw that one woman, in Texas, waited for 13 hours just to have food on the table for her family. We knew that there were more people who also needed the food, but they also had to wait for a long period of time. Zara and I realized that we are very fortunate to have food on our plate every day. We were motivated to make a difference in people's lives by limiting the wait time for food.

ZARA ITALIA



We wanted to help, but we knew that we could not help anyone physically. We saw that the Houston Food Bank was distributing food to everyone in the Houston location. At that point, we decided on creating a fund account and spreading the word for people to donate and help the initiative. After we planned the structure of the donations, we developed an email to send to the Youth Group and EC. The Youth Group readily agreed and the EC approved our initiative.

Once we received the EC approval, we sent out an email appeal to the ZAH community. With the support of the EC, we were able to create a PayPal page that allowed everyone to donate online. In the first two weeks we raised almost \$5,000 and as of the deadline date of May 15, we have raised almost \$9,000. Without the help of the EC and the Zoroastrian community, we would not have been able to go this far. And, your donation will be triple matched by Sysco Foods.

Thank you ZAH EC. Thank you ZAH Community.

Zara and Zal Italia
On behalf of ZAH Youth Group

BIRTH

Aayden Sudhir Pargaonkar, born April 27, 2020 to Afreen & Sudhir Pargaonkar. Saloni is excited to be a BIG sister. She wanted a baby brother & named him as well. "Skye" is excited to have another human to soon play with & love on. We're over the moon in love as Saloni started our sweet little family & Aayden completed it. Shaheen (Mimi) & Zeeba (Masi) are ecstatic. Sudhir's side of the family are very happy as well. All of us are doing well.

OBITUARY

Fali Captain, father of Purvez Captain, passed away on March 3, 2020. He was a regular member of the Golden Group until his health failed.

Irene Captain, wife of (Late) Fali Captain and mother of Purvez Captain, passed away on March 14, 2020.

MANASHNI and its readers send their heartfelt condolences to the Captain family.

SUB COMMITTEES

We thank all the volunteers who have served on various committees and who are presently serving. Over the past 30+ years, we have seen a lot of changes in the volunteers and additions in the committees with the growing needs of the community. Therefore, the Publication Committee decided to update the community with the names and e-mail addresses of the Sub Committee Members in this issue of Manashni. Please note that henceforth, Manashni will only carry the names of the Executive Committee Members and the names of the Mobeds every month.

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**VIRTUAL GAHAMBAR
MAY 31, 2020**

ZOOM LINK: <https://us02web.zoom.us/j/4192191997?pwd=JASHAN>

Zoom meeting ID: 4192191997

Password: JASHAN

GHAMBHAR: Maidhyarem Ghambhar Jashan will be Live Streamed via the link above on May 31, 2020. For Registration (Sukhar, Divo and Lunch), please visit our website link [HERE](#)

If paying by check, ZAH needs to receive the check by May 24th NO EXCEPTIONS. Checks should be made out to ZAH with 'Gahambar Offering' or Gahambar Lunch' in memo line and mailed to ZAH at 8787 W. Airport Blvd., Houston, TX-77071.

Dhan Sak: ZAH has made special arrangements for Curbside Lunch pickup after Gahambar, between 12:30 p.m. and 1:30 p.m. In order to avail of the mouth-watering Chicken Dhansak & Kawab, catered by our Naushad Mehta, you must sign up for the order soon, so we can get the correct RSVP count for catering. Please remember, No last minute payments or order cancellations will be accepted.