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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: July 13, 2025

Children's Session: The Sunday School session starts at 11:00 a.m. in-person and by Zoom

Middle Group: The Sunday School session at 11:00 a.m. – in-person & by Zoom



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



UPCOMING EVENTS

- Friday, July 11 to Sunday July 13, 2025 – ZAH Z-Camp 2025
- Saturday, July 19, 2025 – Youth Fundraiser
- Friday, August 15, 2025 – Navroz Humbandagi
- Saturday, August 16, 2025 – Navroz Function
- Thursday – August 21 Houston interfaith meeting
- Friday, August 22, 2025 – Interfaith Dinner Dialogue
- Sunday, September 28, 2025 – Fasli Mehrgan Gahambar
- Friday, October 10 and Saturday, October 11, 2025 – Library Event

REPORTS

LIBRARY REPORT

Every Recipe Warms a Heart — Introducing *The Do-Good Cookbook*

Looking for a cookbook that feeds more than just your stomach? *The Do-Good Cookbook* does exactly that—with 254 time-tested recipes and a heartfelt mission. This beautiful collection, compiled by the passionate women of the Lions Club of Byculla, is more than a celebration of good food—it's a celebration of community and compassion.

From Parsi and Indian staples to international favorites, the book brings together treasured family recipes with delightful illustrations and food trivia that make it a joy to explore. Whether you're kneading soft focaccia or stirring a pot of creamy doodh pak, each page feels like a warm memory brought to life.

But what makes *The Do-Good Cookbook* truly special is its purpose. **100% of the proceeds go directly to the Bai Jerbai Wadia Hospital for Children in Mumbai**, providing vital support to improve the lives of children in need. With every purchase or donation, you're not just adding flavor to your meals—you're bringing hope and healing to others. Book orders link is (<https://fezana.org/product-category/z-shop/>)

ZAH EXECUTIVE COMMITTEE

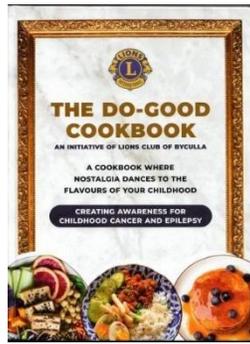
Aderbad Tamboli – Chairman
Percy Master – Secretary
Lyla Daroga – Treasurer
Zia Anklesaria – Member
Nozer Dungor – Member
Zubin Mistry – Member
Fiona Setna – Member

OUR ERVADS (PRIESTS)

Boomla, Noozar
Buchia, Kyrus
Dastur, Barjor M
Dastur, Darius B
Desai, Farrokh
Gonda, Pervez
Kanga, Neville
Katrak, Rayomand
Katrak, Vispi
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
Vimadalal, Khushroo

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BAHMAN MAHINO BAHMAN ROJ PARABH SPONSORS JAMSHED & HUFRISH IRANI



Want to take a peek before you buy? We're pleased to announce that a copy of *The Do-Good Cookbook* is now available for checkout in the ZAH Library. Come flip through its pages, try out a recipe or two, and experience how doing good can be as simple—and satisfying—as sharing a meal.

Atash Kadeh News – for July 2025 Manashni

By Atash Kadeh Committee

June began with a community Gahambar celebration. Gahambar prayers were held at the Atash Kadeh, followed by Chasni and Lunch at the ZAH Center. It goes without saying that the Gahambar is successful only because of the wonderful sponsors, and volunteers who pitch in with Flowers, Fruits, Malido and organizing. Many thanks to our sponsoring family – **the Collectors** who have whole heartedly shown their support for our community constantly. Many thanks to Shernaz Bhandara and Mitra Mistry for donating the Chasni fruits for the Jashan prayers and the community. We thank our volunteer Malido experts Zarina Elavia, Sillie Mehta, and Pervin Sidhwa.

The first Jashan of its kind - celebrating Bahman Ameshaspand, the guardian of animals, was sponsored by the family of **Hufrish and Jamshed Irani**. On Bahman Mahino Bahman Roj, there was an old tradition in Navsari, to make Ghee Khichdi, a ritual to honor Bahman Ameshaspand and to pray for rain. Our generous sponsors arranged for some delicious Khichri and Patyo made by Naushad Mehta, for everyone to enjoy after the Jashan. Thank you for beginning this tradition dears Hufrish and Jamshed. Thank you also for all the Sukhar and Loban you have donated through the years. We truly value your support.

The last day of June ended with the monthly Behram Roj Jashan sponsored by a group of friends – Amy & Erach Balsara, Phiroz Darukhanavala, Zenobia & Jal Guzder, Zarine Mistry and Avan & Jehangir Shroff. Thank you so much for helping us continue with the Behram Roj Jashans. We are very grateful that you stepped in quickly to fill the void.

Though the Gatha Classes were completed in May, many individuals yearned to learn more about our religion. Meheryar Rivetna, now brings his knowledge about “Life After Death: A Journey Into The Unknown”. His Introductory class synopsis stated:

We have all wondered, at some point in our life, what lies beyond this earthly existence. Starting with the conventional knowledge of the subject, the presentation provides an explanation of the concepts and historical development of the contemporary understanding of this subject. The presentation will cover elements of these beliefs as portrayed in the Gathas. The talk will also touch upon eschatology as illustrated in the Arda-Viraf Nameh. It will conclude with an examination of how Zoroastrian beliefs of the after-life traversed into Christianity.

MUKTAD PRAYERS



GOLDEN GROUP DOING YOGA



TRYING TO FOLLOW YOGA INSTRUCTIONS



GOLDEN GROUP LUNCH



The Atash Kadeh Mukhtad Registration is now online.
<https://zah.org/events/atash-kadeh-mukhtad-2025/>

Please make sure and register even if you are paying by check. If you have any questions, feel to reach out to any of the Atash Kadeh Committee members.

Your Atash Kadeh Committee
Khushrav Nariman
Persis Behramsha, Feroze Bhandara, Shernaz Bhandara, Mitra Khumbatta

GOLDEN GROUP A RELAXING AFTERNOON

by Jehanbux Mehta

Not yet a teen then, my uncle, Jamshed Nusserwanjee Mehta, the founder of modern Karachi, introduced me to yoga. Every day I would religiously sit across the large board presented to me by him, performing the various exercises as illustrated. Brought me peace and comfort until my dad caught me staring at him while seated in the lion position, cross-legged with tongue out. "You disrespectful brat" followed by a smart whack on the behind was the end of yoga for a few days until mom came to the rescue pacifying pops that I was not a bad sort.

Although yoga which originated in India has been practiced for centuries, it was only in 2014 that the United Nations, recognizing the significant benefits for physical and mental wellness promoted by it, adopted June 21 each year as the International Day of Yoga. Not to be left out, we decided to involve the Golden Group in it on June 28. Sixty-two members and two guests, comfortably seated, sportingly followed the simple motions demonstrated by yoga master Tenaz Sunawalla. No more than 20 minutes but at the end it was so relaxing. Thank you Tenaz for showing us how beneficial yoga can be.

To further relax, it was off to the well stocked wine bar, compliments of the Golden Group Kitty with a few more bottles supplementing it thanks to Mani and Perry Surkari, Mike Engineer and Jamshed Dudha. That put us in the right mood for piping hot lunch from Naha Thai restaurant, well selected by our Helping Hand, Lyla Daroga. Steamed rice with green chicken curry, basil chicken, pad Thai with beef and their irresistible crispy fried fish with red sauce. Spicy red pepper dip and sambal on the side. Kafir lime leaves, an essential Thai ingredient, gave a genuine Thai flavour to the dishes. I wonder how our team of Helping Hands were able to resist the temptation of helping themselves surreptitiously to a spoonful or two while dutifully serving each guest.

A rating of full marks for both the yoga session and the lunch was given by each table on a survey conducted before the evening was over. We can, therefore, truthfully say that it was a relaxing and rewarding evening.

**ATASH KADEH
UN Sung HEROES
MOBED SIDHWA & MOBED GONDA
FIRST LINE**



Chikhwallas and Jamshed Elavia



Sh. Bhandara M. Deputy P Behramsha



M. Rivetna The Bhandaras

ATASH KADEH



UN Sung HEROES OF ATASH KADEH

By Rustom Engineer

When you come to the Atash Kadeh, do you know or even wonder who keeps it clean and well maintained? Do you know who brings flowers for the table in the entrance hall? Well, today, I am listing below the work done by our volunteers, without any publicity.

- Who has been tending the sacred wood-burning fire 24/7 and **performing at least three Boye ceremonies every day since the Atash Kadeh's inception in March 2019?** Who is always available – without complaint - for jashans, navjotes, weddings, funeral prayers, and more?

Ervad Manek Sidhwa and Ervad Pervez Gonda

- Who brings a bucket and mop at least twice a month to thoroughly clean the prayer room, foyer, and surrounding areas - keeping the marble floor white and gleaming?

Tannaz and Edul Chikhlwala

- Who looks after the beautiful flowerbeds and oversees the entire landscaping of the ZHCC campus, even in Houston's sweltering summer heat? (see photo)

Jamshed Elavia

- Who washes the dirty pots and pans after every jashan festivity and ensures the liturgical utensils are spotless and shining?

Shernaz Bhandara and Mahrukh Deputy

- Who manages the daily operations of the Atash Kadeh, including scheduling private prayers and coordinating activities?

Persis Behramsha

- Who leads monthly Gatha study sessions, scriptural explorations, and myth-debunking discussions every second Sunday?

Meheryar Rivetna

- Who regularly brings those beautiful multicolor roses and other exotic flowers for the foyer and the kebla?

Ervad Pervez Gonda

And most importantly:

- Who built and generously donated the magnificent Atash Kadeh to our Zoroastrian community – giving us the priceless opportunity to worship and uphold our traditions thousands of miles away from our homeland?

Shernaz and FerozE Bhandara

Let us all come together - setting aside any differences - to visit, support, and honor the Atash Kadeh. Rekindle the fire within your heart and reconnect with the timeless beauty of our Zoroastrian faith.

Thank you,
Rustom Engineer

DASTOOR PESHOTAN SANJANA



ZARATHUSHTRA



The Survival of the Zoroastrian Religion: What Will it Take?

By: Meheryar N. Rivetna

Note: This is a Two-Part write-up adapted from Meheryar Rivetna's article "A House Divided..." in the Winter 2019 issue of the FEZANA Journal.

Part II (United We Stand; Divided We Fall)

The unity that is essential for the survival of the religion will come when the community accepts one common set of principles that Zarathustra gave humankind. Meaningless proscriptions and mindless controversies over matters such as conversion, inter-marriages, mode of disposal of the dead among others will hinder, rather than ensure, the survival of the religion that Zarathustra put forward.

Dastur Rastamji Edulji Dastoor Peshotan Sanjana, a High Priest in the 1920s in Bombay, insisted that, "All distorted and eccentric reasonings as also inferences [sic] which do not harmonize with the spirit of the religion and its integral doctrines must be discarded as heretic stuff". (1).

Dastur Sanjana is categorically in saying, "A man is at liberty to work out his own convictions as it pleases him, but they must be in conformity with truth and not in accordance with his individual temperament or whim. A man may, if he chooses, assume that his convictions in conformity with his individual temperament are true. Such assumption is unworthy and the offspring of vanity". (1). In other words, our beliefs and practices must be in conformity with truth inherent in the integral and fundamental canons of the faith and not derived from personal whims.

Zarathustra's whole life was a protest against all sorts of false or deceitful beliefs and practices. He condemned all sorts of occult arts...He did not encourage in his followers the idea that any phenomena could proceed from communication with invisible mysterious spirits. He was intolerant of any sort of mysterious manifestations, either psychic or physical... (1). The true religion of humanity owes its fundamental principles to Zarathustra and to him alone. The foundation of true religion is his work. (1). Deviation from Zarathustra's Gathic teachings is a sure step towards disunity, fragmentation and ultimate dissolution of the faith.

"God fashions religion as an ideal aiming at cohesiveness, brotherhood, and unity among humankind. Humans make it disturbing, disruptive and divisive". (2).

The survival of the Zoroastrian faith rests on its adherents' unity which requires a thorough knowledge, not corrupted beliefs, of Zarathustra's principles. What will assure our religion's survival is the unity in the practice of the religion consistent with the true knowledge of the religious principles embodied in the Gathas rather than imposing, or believing in, ill-conceived theories in practice today.

Let us not forget Abraham Lincoln's immortal words: A house divided...against itself...cannot stand.

(1) Sanjana, Rastamji Edulji Dastoor Peshotan; The Parsi Book of Books: The Zend-Avesta. (1924).

(2) Dhalla, Dastur (Dr.) M. N.; History of Zoroastrianism

(The views expressed in this article are solely those of the author and do not necessarily reflect the ZAH official policy or position)

PARSA & KIYAN



HOUSTON BEHROM FIROZGARY



TRACKING VOLUNTEER HOURS



NILOUFER MAVALVALA ACCEPTING AWARD



NAVJOTE

Parsa and Kiyan, sons of Mitra & Zarir Mondegarian, Grandsons of Sarvar & Borzoo Edalat and Freny & Late Mehraban Mondegarian, had their Navjote Ceremony on July 5, 2025 at the Atash Kadeh. Both the sons were well prepared and said their prayers fluently.

Heartiest Congratulations and Best wishes to Parsa and Kiyan

BIRTH

Tara and Bahrom Firozgary welcomed baby Houston Bahrom Firozgary to the world in San Diego, California on June 30, 2025. Bahrom and Tara look forward to introducing baby boy to the ZAH community the time they are in town.

ZAH Volunteer hours tracking – program launch July '25

The Executive committee is pleased to inform that we are launching this program for ZAH.

At the meeting on 30th June '25, EC has appointed Percy Behramsha to lead this effort.

A simple [web portal](#) has been setup to help volunteers log in their hours. We encourage you all to read through and please log in your hours. Please feel free to contact Percy Behramsha percymb@sbcglobal.net with any questions/suggestions/comments. Thank you!

[Read details here](#)

A Historic Moment for Parsi Cuisine: Niloufer Mavalvala Honored at the Gourmand Awards in Portugal (Excerpted from Parsi Khabar)

Parsi cuisine took center stage at one of the world’s most prestigious culinary events, as author and food historian Niloufer Mavalvala received two global honors at the 30th Gourmand World Cookbook Awards, held in June 2025 during the World Food Summit in Cascais, Portugal. Her acclaimed body of work, dedicated to documenting and celebrating the heritage of Parsi food, was recognized with the following awards:

Best of the Best – Food Culture in 30 Years – The World of Parsi Cooking: Food Across Borders

The Gourmand jury awarded this rare and prestigious honor to Mavalvala’s landmark book, praising it as a “bridge between generations, cultures, and communities.”

Reflecting on the experience, Mavalvala called it “a huge step in the right direction for Parsi food culture and cuisine.” She added: “The recognition that we exist—and that our culinary heritage matters—is truly heartwarming.”

Manashni congratulates Niloufer Mavalvala on this extraordinary achievement. Her dedication to preserving and elevating the story of Parsi food is a gift not only to Zoroastrians but to food lovers and historians around the world.

Shahenshahi Navroze 2025 Celebration
August 16, 2025 - 7:30 pm onwards

Please RSVP at this [link](#) by 11th August.

ENTERTAINMENT

After a super successful and hilarious Parsi Natak "Bawa Mane Pannavo" that was attended by 370 ZAH members at the March Navroze, and by 910 Houstonians at Stafford Civic Center last year, Jasmine Mistry and her team are proud to present "Savaksa nu Bakalyu, Sasu Mai Aye Pakaryu" at ZAH's Aug 16th Navroze Function. We promise to make you laugh out loud until your sides hurt...

SEE FLYER BELOW

SHAHENSHAHI NEW YEAR
SATURDAY AUGUST 16, 2025 at ZAH CENTER

Join Us for a Fun Filled Evening!!
Appetizers & Mixer: 7:30 – 8 p.m.
Entertainment Starts: 8 p.m.
Dinner: 9 p.m. followed by dancing!!

DJ Music!!
Dance the Night Away!!

Questions? Contact:
Yasmin Medhora:
(713) 301-1521

Click on RSVP link provided separately

Elaborate Menu Catered From Aga's Restaurant

BYOB

RATES: RSVP Deadline 8/10/25
****Rates After RSVP Deadline**

ZAH Member: 12 years and up - \$40 / \$65 ZAH**
Non-Member: 12 years and up - \$65 / \$75**
Member Children (5 – 11 years): \$25 / \$45**
Non-Member Children (5 – 11 years): \$45 / \$50**
(Under 5 years Gratis)

AT THE DOOR: \$75 PER PERSON

If paying by check, your check must be received by 8/10/25, at:

ZAH
Attn: Shahenshahi Navroze 2025
8787 West Airport Blvd
Houston, Texas 77071

PLEASE WRITE (IN THE MEMO FIELD):
- No. of ZAH members/non-members (12 yrs and up)
- No. of ZAH member/non-member children (5 – 11 years)
- Please write "Shahenshahi Navroze 2025" on the envelope

**** Membership rate applies if 2025 membership has been paid. Kids over 18 years must have separate membership from their parents**
- Member rates apply to out-of-town house-guests of members (if online RSVP, online payment, and check (if applicable) is received by 8/10/25)
- Our goal remains to keep these functions as affordable as possible so you as a ZAH member can attend and enjoy. However if you feel that you are unable to attend solely due to the cost please let us know. We have donations in place to subsidize your cost and we will guarantee confidentiality. Financial ups and downs are a part of most families life cycles. In a way, they are a blessing because they allow innovation, dedication and hard work to take root in oneself. Please use this facility and in better economic times, there will be plenty of opportunities to remember and help your own community members and your own association a thousand times over. Please note this is only available to current ZAH Members in good standing.

Organized by: ZAH Entertainment Committee