



Sanskar Gurukul Weekly Update



Class Name: Gautama

Week# 08: November 20th, 2016

General Assembly

We started with the 3 Oms and the Shanti Mantra. Then Aparna aunty gave an update about the learning center - we have wonderful new brightly lit classrooms, and will have Saraswati Devi in the front. Our pooja will be just before we start using those classrooms, and when they are ready.

We then chanted the Sri Guru Stotram. Aunty advised that whenever we feel lethargic, we can chant our favorite shloka with energy and speed, and we will feel energized.

We then discussed Thanksgiving - what it meant ... the students responded about a special dinner, being grateful and thankful for all you have, etc. Aunty then discussed how in the Hindu scriptures, we are thankful every day, and described how we should approach every meal.

Taking the example of one dish, she helped understand all the aspects that go into it - from mom cooking to the grocery store where the ingredients are found to the delivery system, the farmer, the plant and so on to the five elements of earth, wind, fire (sun), water and space that provide for us.

Sri Krishna through the shloka **Om Brahmaarpanam** tells us that just as we offer pure elements with devotion into a yagna, so also should we offer pure food with devotion to our bodies. The students chanted this shloka. Then aunty taught us another shloka **Om Aham Vaishvaanaro Bhootva** that indicates that Lord Krishna is associated with powers of digestion. In these verses (available in the students prayer books), we learn how to be grateful not only for the food we have, but also for the digestive powers that allow us to consume these and bring energy to our bodies to do good deeds.

The students chanted both shlokas. The children then also chanted **Om Samudra Vasane Devi**, a shloka to thank Bhoomi Devi (mother earth), and asking her forgiveness, for allowing us to step on her every day, as we go about our duties.

Aunty then asked everyone to say these prayers today and every day, especially on Thanksgiving, and never to waste food. Take only what you can eat, you can always go for seconds.

Happy Thanksgiving to all.



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Class

As we have announced before, we will not have individual classes until the construction of the learning center is complete. We will continue the modified schedule until then.

Homework

Artwork for Yearbook: Theme “Saraswati Devi” – Use a standard size printer paper (8-1/2 x 11). Draw a picture of Ma Saraswati or anything related to Ma Saraswati such as her vehicle (swan) or her instrument (Veena) or the flower she sits on (lotus). You can also create a poem or write a sentence. The best artwork submitted will be published on the cover of the yearbook. Other art work will be published inside the year book on every page. **Submit by: December 4**

Announcements

No class on November 27 due to Thanksgiving Holiday.

Yearbook Artwork Due on December 4

As per the modified schedule our time for **Session 3** is: **11:25 AM to 12:30 PM**. Please plan on arriving at 11:15 am.

If you have any other questions or concerns, please feel free to contact us at gurukul.gautama@sanskaracademy.org