

May 2025
NEWSLETTER

CHICAGO CHAUTARI
TIMES - 194th Edition

Om mani padme hum
ॐ मणि पद्मे हूँ !



Chicago Chautari Times

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Welcome to Chicago Chautari Times - 194th Edition



Significance of Buddha Jayanti



बुद्धं शरणं गच्छामि। धर्मं शरणं गच्छामि। संघं शरणं गच्छामि।

Buddham śaraṇaṃ gacchāmi. Dharmaṃ śaraṇaṃ gacchāmi. Saṃghaṃ śaraṇaṃ gacchāmi.
I take refuge in the Buddha, I take refuge in the Dharma, I take refuge in the Sangha.

Born in Nepal 2648 years ago, Buddha Jayanti (Buddha Purnima) is observed on May 12, 2025, this year. This day is celebrated in Nepal and worldwide in remembrance of Lord Buddha. Considered the tenth incarnation of Vishnu by Hindus, Buddha Jayanti was celebrated in Chicago on Saturday May 3, 2025, during the regular monthly puja to remind us of the simplicity of Buddha's teachings and their effectiveness towards knowing and gaining our potential from meditation following his teachings.

It is believed that the insight into the essence of all things is wisdom. Understanding the manifestation of the essence and following it with strict discipline is righteousness. And the quintessence of these two is the enlightenment. Siddhartha Gautam, the Buddha, is considered the enlightened one by all. Attaining enlightenment is the primary purpose of any human, because such attainment is only possible to humans, not to any other animal.

After the enlightenment, the great compassionate of the fellow human beings, Lord Buddha preached the cause of sufferings and ways to overcome it through meditation. Lord Buddha saw the existence of the sufferings and provided methods to overcome it. Those are:

Buddha's four noble truths are: suffering exists, it has a cause, it has an end, and it has a cause to bring about its end. To end the sufferings, Buddha taught the eight noble paths.

Buddha's eight noble paths are right view, right thought, right speech, right conduct, right livelihood, right effort, right mindfulness and right concentration.

- Editorial by Bishnu Phuyal, Ph.D. (Contd page 3)

Chicago Chautari Times (CCT) has embarked its 17th years of uninterrupted monthly publications from April 2025. CCT would like to express deep gratitude to its subscribers and contributors, especially our young children and youths making this a platform to express their hidden talents via writings and arts.



The Importance of Sleep – Deeya Phuyal

Have you ever stayed up way too late and felt like a zombie the next day? I know I have. Sleep might seem like something we can skip when we have homework or want to watch just one more episode of our favorite show, but it's actually really important. Getting enough sleep helps us stay healthy, focus in school, and even feel happier. Scientists and doctors say kids these days should get around 9 to 11 hours of sleep every night—and there are some pretty good reasons why.

First, getting enough sleep helps our brains work better. According to CDC, sleep is super important for memory and concentration. When we sleep, our brains store the things we learned during the day. That means if you stay up all night studying, you might actually remember *less* than if you studied and then got a good night's sleep. I used to think cramming before a test would help, but after I started sleeping more, I noticed I could focus better in class and didn't forget things as easily. A real example is when I studied for my science quiz, went to bed at 9:30, and ended up getting an A. The time I stayed up until midnight, I barely passed.

Also, sleep helps our bodies stay healthy and grow. The National Sleep Foundation says that during deep sleep, our bodies release growth hormones and repair cells. That's a big deal for kids like us who are still growing. When I was sick last winter, my doctor actually told me to rest and sleep more because it helps the immune system fight off germs. It turns out that kids who sleep less are more likely to get colds and even have problems like feeling really stressed or sad. One of my friends barely sleeps because she plays games on her phone at night, and she's always tired and gets sick a lot. That made me realize how much sleep really matters.

In conclusion, getting enough sleep isn't just something parents nag us about — it's actually a big part of staying smart, healthy, and happy. Our brains and bodies need rest to do their best, especially during school and activities. So, the next time you think about staying up late, remember sleep isn't a waste of time. It's what helps us become our best selves.



About Gemini Middle School- by Sanvi Yadav

This is about Gemini Middle School. I am in 7th grade. At Gemini Middle School, there are so many classes for 6th, 7th and 8th graders. Also there are classes that you can pick yourself like Art, Music, Orchestra, Band, and more. Also at Gemini Middle School, sometimes

we go on field trips. Just one day ago, I went on a field trip and it was so much fun. The classes that are mandatory for everyone are Ela, Math, Social Studies, Science, Gym, and Advisory. There are 3 different gyms at Gemini Middle School. There are classes upstairs and downstairs. There are 13 doors at Gemini Middle School.



About Nelson School – by Rajnish Yadav

Today I will talk about Nelson School starting off with its Systems and Teachers. The Grading System works like 1,2,3 and 4. 4 being the highest and 1 being the lowest. Now on to the Teachers. The Teachers sometimes start as lunch supervisors, and they could switch between grade each year but that's optional. We separate the grades by floors which are Kindergarten, 1st grade 2nd grade and 5th grade being on the first floor. On the 2nd Floor we have 3rd grade and 4th grade. In conclusion that is Viola Nelson School.

Best Wishes to our May Birthday Stars

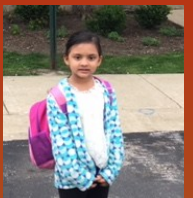
Aaran Thapa - May 4



Aarya Rayamajhi - May 14



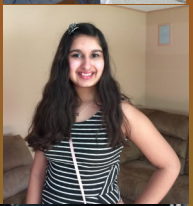
Adhista Rimal - May 15



Angel Pandey - May 16



Ashna Rimal - May 4



Brisma Rana - May 5



Duvir Gurung - May 7



Submit your birthday Information with the pictures by via email by 20th of the previous month.

Significance of Buddha Jayanti (Contd. From page 1)

Buddha preached the path for meditation to reach to the pinnacle of enlightenment. He preached that there are three essential factors that lead to the enlightenment. Following these three in entirety is essential and they cover all what means to be spiritual. Those three factors are:

1. life of modesty (शील) and virtuousness (सदाचार), (2) exercise of continence or restraints (संयम) and meditation (समाधि), and (3) direct experience of wisdom (प्रज्ञा).

Understanding the meaning and adherence to these three elements lifts one to the supreme level called enlightenment. Buddha travelled and taught the reason of sufferings and explained the foundational elements to liberate human beings and attain Nirvana based in these principles. With his unwavering conduct in following these principles, Buddha attained *enlightenment*, to become free from all faults and mental obstructions, in 623 BC and attained Nirvana at the age of 80. His teachings and their effectiveness began to spread all over the world. He was able to bring peace and happiness to his followers in his lifetime. We can see the universality of the cause of suffering, importance of the eight-fold path and adherence to the three factors in meditation in our life.

Each and every one of us today easily understands those simple eight principles and the three factors intellectually. We simply think that those are simple to adhere to in our life. Yet, if we sit down in a quiet room for some time and begin contemplating on many things we did or we didn't in our life journey carefully day by day, slowly it will be obvious to us how many times we wavered and break those principles in our thoughts or in our actions. We also can know that they are actually not so simple to adhere to in life even though they seem so simple. But Buddha shows it is possible if we continue to exercise them in life again and again.

What we also know is that only Buddha and a few others in human history were able to understand the greatest power needed to follow these simplest principles. Some of those who followed his teachings or similar teachings were Ramkrishna Paramhansa, Mahatma Gandhi, Dalai Lama, Nelson Mandela, Mother Teresa, etc. They showed us that non-violence, peace and compassion to all sentient beings materializes with the adherence of Buddha's teachings, from the practice of meditation, and study of scriptures. By following his teachings, they were able to bring all human beings of different faith, color, ethnicity, and personal opinion closer to each other.

It is very important to practice self-awareness meditation as taught by Buddha or other enlightened seers or sages if we want end of our sufferings and liberate ourselves. The teachings of Buddha are universal, equally important today as they were in the past and will remain important for eternity.



How to plant sunflowers - Jivika Pandey

Once upon a time there was a girl named Alele. She planted a sunflower in her backyard. She didn't have the soil, so she went to get soil with her aunt to Home Depot and came back to her backyard to look at the sunflower. She felt like something was missing water. She said thankfully. She went to the hose and turned it on and put some on the plant. She waited and waited to the sun can go on the plant and then went inside to wait and wait until.. it grew so tall and she was so SOOO happy. She yelled at mom, dad look at my plant, it grew so tall and then she called her sister Emma come here look look look at my plant. Wow she said, Alele is six years old, Emma is 20 years old. Alele's mom teaches her how to grow plants and sunflowers. Alele and Emma are real names but not real characters.

May Birthday Stars (Contd.)

Neha Sharma
- May 27



Pramsu Parajuli - May 7



Rhea Joshi - May 14



Ronit Jha - May 29



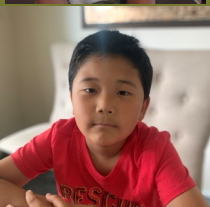
Sita Kharel - May 26



Suvir Gurung - May 7



Vedanth Shrestha - May 24



Submit your birthday information with the pictures by via email by 20th of the previous month.



Shattered Reality

The mirror cracks, a spiderweb of pain
unleashed on this world,
Reflecting shards of what was left sane or
lost.

A world once whole, now fractured, torn
apart,
A symphony of chaos, a shattered heart.

The colors bleed, a sickly, twisted hue,
Where joy once danced, now shadows darkly grew.
Familiar faces, twisted, gaunt, and grim,
Whispering secrets, a forgotten hymn.

Logic crumbles, reason takes its flight,
Replaced by fear, a chilling, endless, dark, and grim night.
The ground gives way, a chaotic descent,
Into the abyss, where all sanity is spent.

But in the cracks, a flicker, faint and small,
A whisper of hope, a desperate light.
To mend its pieces, to rebuild anew,
A fragile tapestry, bathed in the light's dew.

Though scars remain, a constant, aching trace,
A fragile beauty, in this shattered space.
A testament to strength, to will to survive,
In this fractured world, where dreams somehow revive.

Now once more, the chants of the trail,
Breath life once more as it's repaired.
But even out of this, the shattered heart and chaos,
Its experience shines in the mirror's mailbox.

Now it shall begone, ready to die out,
Lost forever and gone, ready to doubt.
This shattered heart, this symphony of chaos,
It's a new start, it's a way on.

Natures Darkness

A beautiful landscape, one with nothing to fear.
Trees everywhere, bushes peering out of the corner.
Howls, purrs, roars, these sounds fill the forest.
It's all just a beautiful sight, isn't it?

Venture into the darkness, find what's beyond.
For these landscapes unravel more.
All the sounds turn into desperation.
A dark, grim feeling of death.

Nature's darkness might consume you whole,
You might end up in the belly of the beast.
All of the beauty is a show, A mere play to fool.
Because it's not what it looks like, it's a hidden clue.

Whether you venture to get to the top of the world,
Or the bottom of the sea,
Nature's darkness is there to linger.
Can't climb down, can't go up.

A new landscape, one that's sickly twisted, chilling, and
desperate.
The trees symbolize your death; the bushes foreshadow
your doom.
The screams, the howls, there, filled with fear.
Wasn't it just a beautiful sight?



Chicago Girls on the Run 5k - Riya Phuyal

A day before Mother's Day I went to Chicago for a 5k run at the Grand Park. All the schools around Chicago that do Girls on the Run come and meet up. There were about 4,500 people! It took me some time to find my friends. Since there were a lot of people they called us by group letters. My group was group G. Finally, they called our group and told us to go to the start line. I was a little nervous, but I did it last year so I was not as scared as last year. Then I heard a blow horn and everyone started running.

I was running with my friend, but then she ran too fast I could not catch up with her! I ran with my parents. After a few minutes I saw my other friend and she was with her sister. They were

just walking, so I joined them. I saw people giving out water to the runners. I quickly ran to the water because I was thirsty. The water made me refreshed. We ran across a lake. I saw a sign that said mile 1. I was done with a mile! People were taking photos, but I didn't. I was going to take a photo at the last mile. I was starting to get tired, so I told my friend to slow down. Then we got to mile 2! My legs were starting to hurt a bit, but I kept on going. Finally, we got to mile 3. I waited for my parents so they can take a photo mile 3. I took a photo and got some water.

It was the end of the race, everyone started cheering at us and I got water and a medal. I felt proud that I finished the 5k. I wonder if I will do it next year. We went back to the car and ate food because we were hungry. Then we drove back home. I was still thinking if I would do the 5k next year.



Elizabeth Blackwell - Avah Shrestha

Elizabeth Blackwell is the first American woman to receive a medical degree. She was born in Bristol England on February 3, 1821. In 1831 the Blackwell family moved to America, they settled in Cincinnati, Ohio. Elizabeth had a difficult time finding a medical school, most schools did not allow female students. She finally found one that will accept her. She attended Geneva College in 1847. Elizabeth studied hard, she graduated in 1849. She was now a doctor, still most hospitals would not hire her because she was a woman. In 1853 she opened her own clinic in New York

Elizabeth taught patients to eat well, exercise, and keep clean. She moved to England in 1869 and opened her own medical clinic. She also helps open a medical school for women. Elizabeth died in 1910 she had been a doctor for more than 60 years. She proved that a woman can do any job. She inspired many other women to become doctors too.

NAC Temple Fund — May '25 Summary

Thank you for attending May 2025 monthly puja, and for your generous contribution. Thanks to our sponsors and devotees. Your presence, devotion and your donation make it possible for us to give continuity to our regular monthly puja and gathering. Here is the summary of our collection from Feb puja.

Total collection (Cash, check and Zelle): \$750
 Total expense: \$280 (Temple \$225, Pandit \$50, Rasik \$5)
 Saving: \$470

 Number of NAC Trustees: 33 as of Apr. 25
 New trustee donations: \$2,740
 Total assets so far: ~\$200,000



Lady in Red - Prisha Parajuli

There wasn't supposed to be a day
 better than today

The special day for all

The day of wedding

When my beloved walks in through the double door

I and everyone in the room will know I am loved

Once the beautiful Lady in White appears

It will be evident there is no one better on this Earth.

But there was no Lady in White

There was no wedding

My beloved is no one but a memory

Now here I sit today

Waiting by her grave

One more chance to see her is all I ask

There would be nothing greater in the world

Than to finally have our special day

But at this wedding there will still be no Lady in White

Rather there will be a Lady in Red.

Fields of fiction – Aishani K.C.

elysian, the field of flowers
 stretches of cerulean above
 the wind, finding paths through
 uttering its timid whispers

after hours
 everlastingly still, the presence of
 love
 even now all lies, not the slightest

askew
 yet unseen, silent blisters

sauntering through this meadow
 for the rest of time
 oblivious to the ephemeral divinity
 by a crystal frost atop blossoms

now there's a floating pearl, surrounded, a soft glow
 you'll see this place again, sometime
 never seemingly futility

it'd been winsome
 and it's time to wake up