

MARCH 2026
NEWSLETTER

CHICAGO CHAUTARI
TIMES - 204TH Edition



Chicago Chautari Times

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MARCH 2026 NEWSLETTER

Inside this issue :

| | |
|---------------------|---|
| Editorial Vipassana | 1 |
| Lunch with Liesl | 2 |
| Twinkling star | 2 |
| Unusual day | 2 |
| Meditation | 4 |
| Amazing ... | 5 |
| Kind heart | 5 |
| Spring time | 5 |
| Disappearing ... | 5 |
| The trouble ... | 6 |
| The US Gov | 6 |

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For birthday announcements,
articles, success stories,
quotations, poems, write to us at
peopleofnepal@gmail.com



Welcome to Chicago Chautari Times - 204th Edition



Nepali American Center likes to express its deepest appreciation to our subscribers, especially our young children who contributed with their superb articles to celebrate this milestone of completing 17 years. We also express our deep gratitude to their parents supporting the continuity of this publication. Thanks also to our readers for reading our newsletter with interest.

Vipassana Experience

I like to share with all of you my experience attending my second (40 year from first) Vipassana Session last month from February 11-22, 2026 at Illinois Vipassana Center in Rockford, IL. I would like to share my experience, opinion, and the sessions and meditation in general impact on a person's understanding on the Art of Living Life. I will explain and emphasize a few thoughts on how knowing the Vipassana technique and practicing it can play a meaningful role in improving our lives and the lives of our children.

I'm a long-time daily practitioner of Vipassana. Even though I still have a lot of cravings and aversions, I feel that those are decreasing overtime. Those reductions may have nothing to do with my age. It is my personal experience and has nothing to do with the length of my existence in this physical form. I just like to make it clear how folks in our society adage elderly people with reverence. It is true to some extent that older people gain experience with age and should be more capable to act or react with prudence. However, in my case it may not be simply a matter of age but rather a deeper understanding of Anicca (impermanence, and the effort to remain equanimous in life through the Panna (wisdom) gained from practicing Vipassana meditation. Such habitual practice guides one towards the path of Dharma setting aside both ordinary and enticing desires that arise along the way. Also, each of you may have differing opinions about me, but this gradual reduction in Sankhara (cravings and aversions) is certainly the result of my day to day experience from this practice -- no matter how slow the pace of such change occurred within me and my time experiencing it.

- Bishnu Phuyal, Ph.D.

... contd. on 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.



Lunch with Liesl

Once upon a time, let me tell you about a lunch that changed my life. It all started on Monday, the author Liesel Shurtliff was coming to my school. She wrote a series of **Fairly True Fairy Tales**. You could have lunch with her if you sent a reason why you wanted to meet her and I got picked!



Now fast forward a couple of days, it was finally time to have lunch with her. My friend and I both got picked so we went together. Our lunch meeting was amazing! Liesel talked about why she wanted to become an author and how she gets ideas for her books.

In conclusion, I told you this story because I want you to follow your dreams just like my dream to become an author. And remember, every fairy tale ends with they lived happily ever after!

The End!

- Jaiya Pittman



The Unusual Day

One day it was very windy, weather forecast said the highest speed of wind it would go is 25 mph. Our sofa cover was outside laying on the ground, and I told my mom and dad that is outside, but they didn't understand what I was talking about. The wind was blowing 12 mph and later it reached 24 mph.

I ate my breakfast looking outside and then realized sofa cover was not there, so I told my mom and dad. My dad went to search for it. My dad searched around for about 2 minutes. Then he opened the door and showed that he had found it in the neighbor's yard! The sofa cover blew near our neighbor's house.

- Kartik B. Raghubanshi

TWINKLING STAR



Drowning in fear and darkness
 Telling myself I was worthless
 Decided to stop the cries
 And open my eyes
 Found my worth
 Stopped heading south and headed north
 Discovered who I am
 Realized I don't give a damn
 People will always talk
 Don't run away just walk
 Heart made of stone
 Learned I wasn't alone
 Sadness during sleepless nights
 Then knowing I have my rights
 Watching myself grow
 Regaining my glow
 Escaped the worst
 Hoped I wasn't the first
 For all I know
 The healing will be slow
 Discovered who I am
 Realized I don't give a damn
 Kept fighting the struggles
 Eventually they dried up to puddles
 Learn to stay strong
 Healing will follow along
 As long as you don't quit
 You will get through it
 Win the fight
 The future is bright
 Go fly far
 Shine bright my twinkling star.

- Samidha Devkota

Vipassana Experience (contd. From page 1)

Meditation provides clarity in life to be successful and happy in this worldly life by reducing our ego and ignorance on the one hand and helps build noble character based on growing ability to understand the underlying Truth behind the manifestation. Those truths govern all of us equally no matter of cast, creed, color, geography or religion. Dharma is one to all, it is a universal Truth. To be able to know Truth veiled from the worldly appearance should be our aspiration. And most importantly it should be available and encouraged to our children and youth to begin learning and practicing now for a benefit they will understand later.

A technique practiced and taught by -Siddhartha Gautam, whom we call Lord Buddha, is called Vipassana. He taught this technique to many -in his life of service until his death. Many were enlightened from His preaching and many more must have set their path of liberation in their next life as they remembered the benefit of this practice beyond this life. Only a constant habit helps one to remember what is important near the time of taking our last breath.

We are fortunate descendents of the culture that gave us and the world understanding of the values of meditation in our lives. It lies deep down in our innermost space, which all of us can sense by feeling. This is based from our own experience of seeing or learning about people practicing it or hearing words of wisdom from all those noble ones practicing Vipassana or similar self-control meditation methods at different times in our life.

Therefore, it -is our -responsibility to not just -appreciate it-- but apply it in our life with - passion. -Alongside this and very importantly, we —must also make efforts to help our children follow this path. They -should be aware of this technique here in this land which we have chosen to live and begin practicing it in appropriate pace and time. As they try to become intelligent with their hard work in their education for knowledge and gain skills required for a successful worldly living, learning this technique in -early on will provide them the foundation necessary to strengthen their ethics and morals and balance and happy life.

During the 10 days Vipassana course requires one to adhere to:

- take refuge on Buddha, Dhamma and Sangha
- abstain from five strict precepts (killing, stealing, sexual activity, lies and intoxication)
- wake up at 4am and rest after 9pm with three intermediate breaks of one hour or so
- keep noble silence for 10 days
- contained with a breakfast, a lunch and a cup of tea and fruit in the evening
- meditate more than 10 hours daily

Following these precepts and practice (regiment) makes one to mould so fast and so powerfully that its effects begins to be felt both physically and mentally -towards the end of the 10-day program. Each day are adds a new technique - of meditating -gradually to enable one to bear the physical pain and constrain our wandering mind - and to be able to focus easily. In no -way are these - easy to -achieve but adhering to the rules are the only means to allow increase mental focus in experiencing salient breathing and subtle body sensations effectively. One hour discourse explaining the Vipassana technique every evening provides the understanding and clarity of the technique introduced each day.

contd. to page 4

- Bishnu Phuyal, Ph.D.

Vipassana Experience (contd. from page 3)

It is my belief and experience that this technique will help all practitioners - become free, loving, harmonious and compassionate -. Peace can become prevalent in a family than chaos, a neighborhood, a community, a country and the world if more people show interest and practice the path of Dharma. One can actually walk in such a path with the practice of any of the meditation techniques on a regular basis. I firmly believe, however, that, the path that one can follow from regular practice of Vipassana can uproot all the causes that are rooted deep down in our subconscious mind accumulated not just from our childhood to the current time but also from many of our past lives. Practice of Vipassana allows those deep rooted Sankhara to surface out and dissipate one by one until our mind becomes pure if we simply observe and remain equanimous to them. A long practice, however, is essential to be free from cravings, aversion and ill will. That is the state of liberation we should aspire to and strive for.

Illinois Vipassana Center (IVC) organizes 10 days course for new and old sadhaks, and 3 days and one day course for old Sadhaks regularly like all other Vipassana Centers worldwide. IVC also organizes ONE day events for children aged 8-12 and 13-17 during the summertime. These children’s programs are very light in nature compared to the adult’s programs. Children will receive instruction for respiration (Aana Paana) and short introduction of Vipassana along with some outside fun activities at the center. This year they have set up the following three events.

1. May 17 for age 8-12 for both boys and girls. Registration begins April 2.
2. July 25 for age 13-17 for girls. Registration opens June 10.
3. July 26 for age 13-17 for boys. Registration begins June 11.

The events are free of cost but old sadhaks are encouraged for dana (donation) with their own volition. I think it is a great opportunity for us to decide to participate with seriousness to benefit our children and help them become a virtuous person in life. **Bhawatu Sabba Mangalam!**

- Bishnu Phuyal, Ph.D.

Meditation !— Bishnu Phuyal, Ph.D.

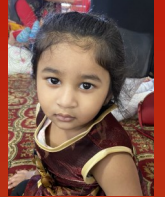
The waves of ocean tides hurl to touch the shore sands,
 only to recede back to meet its own origin.
 The rush of the mountain river scrambles to find its own origin.
 The swift flight of the bird returns back to its own nest.
 The setting of evening sun roams back to rise for another pleasant morning.
 No matter what your flights are, find peace returning back
 within the innermost recess where your own soul lives eternally.
 External matters and materials are food for the senses,
 Enable them to look inward to see your own ultimate destiny!

Best Wishes to our March Birthday Stars

Brain Bikram Rana
 - March 30



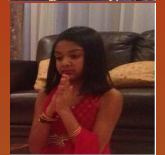
Divyansha Chaudhari
 - March 3



Ebhanam Das
 - March 1



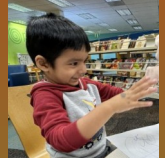
Jai Kunwar -
 March 9



Manam Wagle
 - March 19



Rivansh Phuyal
 - March 20



Shreeya Koirala
 - March 30



Pransu Gaire
 - March 29



Submit your birthday information with picture by 20th of the previous month.

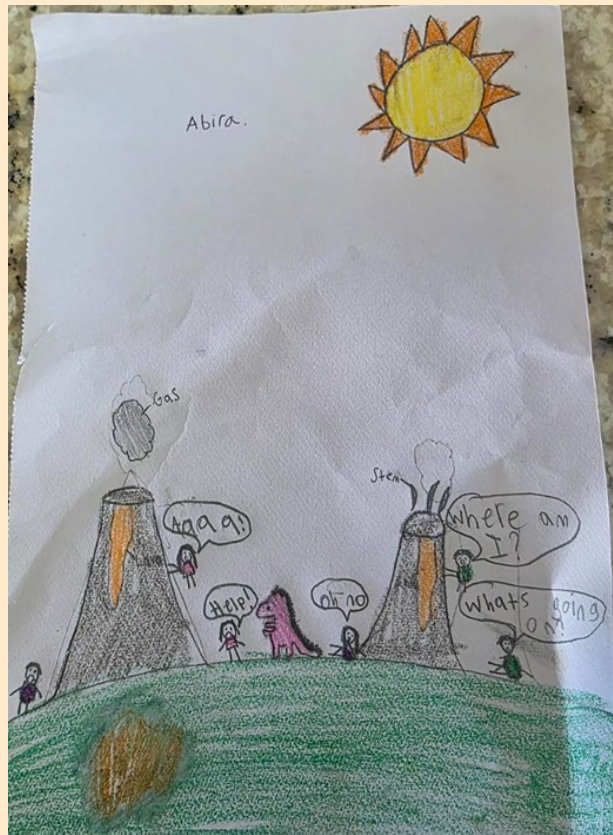


Amazing Penguins!

Do you know how many penguin species there are? Well, you may be surprised to learn that there are 18 species. You are going to learn all about the penguins. They live up to 15-20 years. Next, they are 45 inches tall. Lastly, their weight is up to 88 pounds.

Thank you for reading all about penguins with me. You should go write a book about them.

- Abira Shrestha



Kind Heart

Once upon a time, there was a little girl named Aana. She worked at a coffee shop.

One day, on her way to the coffee shop, Aana saw a wolf dressed in a beautiful gown. She stopped and slowly approached the wolf. "Can you be my friend?" she asked, because Aana had no friends. But the wolf didn't respond.

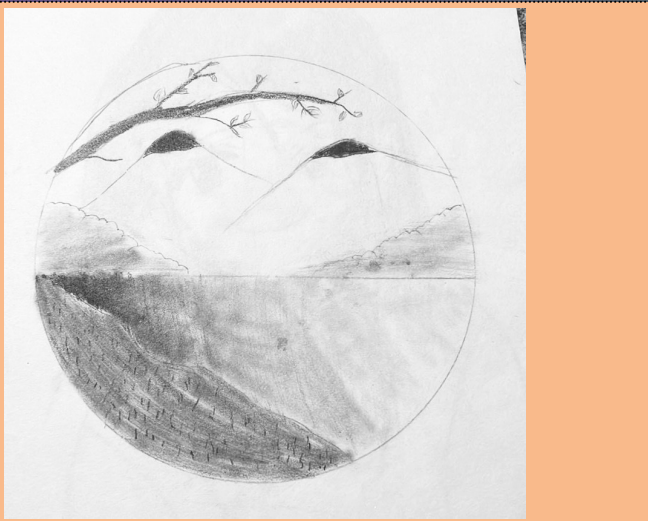
She lived in a small cottage in the woods and went to work at the coffee shop for just one hour every day. A couple of days later, Aana tripped on a rock and fell right in front of the wise wolf. She was very scared, but the wolf helped Aana get up and run safely into the forest.

Aana never expected that to happen. She had been hoping to make a friend, and now she understood that kindness can come from anyone, especially during hard times.

- Ruby Phuyal

Spring Time

- Shrija Kabra



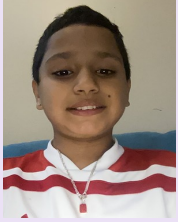
The Disappearing Mansion of Underground



The mysterious
With curious
Has furious
FRIGHTS
Which seems
Like teams

In the gleams
In the undergrounds,
The worry
With some curly
Is a valuably swirly
Mansion that sights
The value of the lights.

- Parasmani B. Raghubanshi



The Trouble With Television

Have you ever felt like you have been watching too much television or any type of technology and feel guilty about the time you have wasted? In “The Trouble With Television,” Robert MacNeil claims that watching too much television is making the nation “surrender” itself. MacNeil shows his view on television and how it contributes and influences the illiteracy of the country. In general, MacNeil is trying to persuade the audience to watch less television. McNeil successfully supports his claim by using a variety of persuasive techniques, and the best technique he uses is repetition.

The best persuasive technique that Robert MacNeil used was repetition, which is when words or phrases are repeated to inform, persuade, and entertain the audience, but in this case, it is to persuade the audience not to watch too much television. Robert MacNeil is clear about using this technique when the text says: “It has become fashionable to think that, like fast food, fast ideas are the way to get a fast-moving, impatient public.” (MacNeil, pg.44). This example shows the persuasive technique because it is referring to fast ideas being convenient to the public, and he is persuading us that fast ideas, like fast foods, is the way to get the impatient public, and how television provides and prioritizes speed and instant gratification over quality and critical thinking.

The use and technique of repetition is effective on persuading the audience because it uses the same words and phrases to show something good or bad that people should, or shouldn't do, like how MacNeil explained fast food and fast ideas, it had the same words, but in a way that persuaded the audience by showing the impatience of the public, and how he persuaded the audience by showing that critical thinking and quality is superior over prioritizing speed and instant gratification. This is why Robert MacNeil's best persuasive technique was repetition.

– Rasik Pant

NAC Temple Fund — February '26 Summary

Thank you all for attending February 20256puja. And thank you for your contribution.

Thanks to our sponsors and devotees. Your presence and donation makes it possible to give the continuity to our regular monthly puja and gathering to imitate our religion and culture. Here is the summary of collection from August puja.

Total collection (Cash and Zelle): \$1948

Total expense: \$291.09 (Temple \$225, Pandit \$50, Misc. \$16.09), Saving: \$1657

Number of NAC Trustees: 35 as of March 2026

Total assets so far: >\$210,000



The US Government

Some information is now inaccurate because this originally started on January 12 and finished on January 30.

A study by the newspaper “The Guardian” reveals that almost 328,000 people were deported during President Trump's administration. There are also deaths, tariffs, and invasion plans. Hi, I am Prisha Parajuli, a student at Mead Jr. High, and today I'm going to talk about the U.S. government.

My first point is that the tariffs that have been implemented have caused almost everything to increase in price. Tariffs are additional money that foreign companies must pay to import goods into the United States. The lack of people with affordable needs will lead to an increase in homelessness. In conclusion, the U.S. economy is worse than in the past.

The second point is that the increase in ICE agents is a horrible development for our country. The website “The Trace” says there are 36 cases where ICE used a weapon to intimidate a person. In 20 cases, ICE agents fired their weapons, and in 17 more cases, they fired non-lethal bullets, as of January 30th. No one is safe. The number of ICE officers needs to be reduced because they are a danger to the public.

My final point is that the president did not have the right to invade other countries. The Prime Minister of Denmark says that “If the United States decides to militarily attack another NATO country, everything will stop, including NATO and, therefore, the security that has been established since the end of World War II.” If the president decides to invade Greenland, NATO will collapse. The president will cause far more harm than good if he invades another country.

To summarize, the current president is causing many problems, such as a declining economy, an increase in ICE activity, and invasions of other countries. It is very important that the government and people address these problems and find solutions. You can vote this year for what you want, the safety of our families depends on your vote.

- Prisha Parajuli