



PLANNING AHEAD

Dear Friends

Welcome to YIG Monthly Newsletter for July 2022.

Thank you to everyone who attended the Planning Meeting in June and for all your ideas for future meetings and for Interfaith Week (12th - 20th November 2022) I'm sure you will agree that it is really good to be able to meet again in person and it makes it difficult to remember now how we all learned to use (or in my case, muddle through!) all the new technology during the pandemic. It is also easy to forget that many people will still bear the scars of loss during this time which makes the topic of our July meeting all the more important and I look forward to seeing you on Tuesday.

Anne Castle

OUR JULY MEETING WILL BE LIVE

at City of York Council, West Offices, Station Rise, York YO1 6GA

TUESDAY JULY 5th 7.00 - 8.30pm

Faith and working with people who have mental health issues
(including a personal account)

We will hear from Jake Balla, who works as the Mental Health Lead with Yorkshire Ambulance Service and will begin our evening with his professional insight and discussion with many years of experience working with people with mental health challenges. This will be followed by Sister Niki Morris, a young woman, who will share some thoughts about her own personal mental health journey, its challenges and how her faith has helped her to cope, give perspective, and to find hope and joy in her journey despite the difficulties. Both Jake and Niki are active members of The Church of Jesus Christ of Latter-day Saints.

Vedic Approach To Stress And Crisis Management

Hope and fear are nothing but figments of human imagination. When we fear, we affect our mind in a negative way; when we hope, we seek for viable alternatives. **The Vedic thought**, however, professes a golden middle path - a state of perfect equilibrium where you are neither worried nor fearful. You are neither happy nor unhappy. Many may wonder, what's the use of a mind that's neither joyful nor sorrowful? As a matter of fact, an indifferent mind, in many ways, leads a fruitful life and is in a state of perpetual bliss. Because it knows the eternal truth, that **in life neither happiness nor sorrow is forever**; it shuns both. It concentrates on work. It seeks to do good things not just for oneself or one's family, but for the whole world. Yet, it's detached from the fruits of its action. When the fruit is good, it may be happy but when otherwise, it isn't bothered much. This uproots all scope for stress or crisis.

An indifferent mind is bereft of passion; yet it has a vision. It's never afflicted with pains. Since it's without sadness and happiness, it's never in stress or distress, let alone crisis. It looks at the whole world as if it is a show on television, like a detached spectator. It's neither bothered with tragic scenes nor happy endings.

Since it is bereft of stress and any positive or negative emotion, such a mind is well suited to handle crises, not just at an individual's level, but at an institutional level as well. It looks at the situation objectively. It assesses objectives, but never clings on to sentiments, negative or positive, since it hasn't one.

“From BW Business World”

Thank you to Varsha for submitting this item.



gg98928967 www.gograph.com

Music Poetry and Politics

With all the amazing coverage of the Glastonbury Festival (and of course all the photos of members of my extended family having far too much fun there! , not that I'm envious, well... just a bit!!) I got to thinking a little bit about the interaction between a person's faith and beliefs and their music and how politics intervenes. There were several artists at Glastonbury who used the stage to high light world issues themselves, as well as the invitation to Volodymyr Zelensky who appeared via video link.

As I have always been a big fan of both traditional and modern folk music so I realise how powerful words and music can be, and also how controversial those who sing them can become. Fame can so easily bring danger.

Historically, (although doesn't seem like history to me) John Lennon was allegedly killed because of his lifestyle and a throwaway comment about being more famous than Jesus. Obviously this was offensive to some, but seems hardly a reason for murder.

In 2022, Sidhu Moose Wala (his stage name) a Sikh rapper was shot dead Again a controversial character who was accused of promoting gun culture in one of his songs, but who by all accounts was extremely talented and very popular, described by some as 'one who made sense of chaos'. His last song released in May was entitled 'The Last Rid' and contained the line 'The funeral will happen in youth'

Also recently, the death, (not violent I am glad to say) of Jim Seals was announced. He was the other half of 'Seals and Crofts'. Both were of the Baha'i faith and crafted memorably wistful hits such as 'Summer Breeze' in the 1970s. The pair were noted for their kindness and accessibility in talking to fans after performances, but even these gentle souls got into trouble over a song called 'Unborn child' which stirred up controversy, not really implied in the song, over abortion rights back in 1974. An issue still in the news!

Anne Castle

Remembering Guru Arjan Dev-Ji and Jo Cox, MP: 410 years apart

Although this is the July newsletter, let us reflect on two similar, tragic, events that happened in June but separated by 410 years. On 16 June 1606, Guru Arjan Dev-Ji, the fifth Sikh Guru, gave up his life for his beliefs of compassion, love, tolerance and respect. On 16 June 2016, Jo Cox, MP, Batley and Spen, was tragically murdered for her beliefs of 'oneness' and 'unity'. Today, we still remember still remember her maiden speech in the House of Commons where she said, "We have more in common than that which divides us".

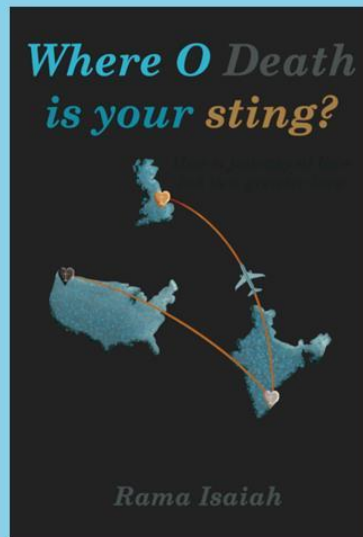
In 1606, Emperor Jahangir ordered that Guru Arjan Dev-Ji to be tortured and sentenced to death after the Guru had refused to stop preaching his message of God as started by the first Sikh Guru, Guru Nanak Dev-Ji. Guru Arjan Dev-Ji was made to sit on a burning hot sheet while boiling hot sand was poured over his body. This image, as shown below, has been depicted in many books on the history Sikhi. After enduring five days of unrelenting torture, Guru Arjan Dev Ji was taken for a bath in a nearby river. As thousands watched he entered the river, never to be seen again.



Let us continue to remember both Guru Arjan Dev-Ji and Jo Cox, two people of different faiths, but the same belief for 'doing good', love, tolerance, respect and mutual harmony.

Suki Kaur Matharu
NHS Sikh Chaplain

A DATE FOR YOUR DIARY



COME & JOIN ME FOR THE

BOOK LAUNCH EVENT

Tuesday 5th July

11.00 - 14.00 &
17.00 - 19.00

BY RAMA ISAIAH

St Sampson's Centre
Church Street
York YO1 8BE

*Telling her story on love, death,
faith, grief, and hope in the
midst of cultural & racial divides*

Come & join Dr Rama Isaiah,
Deputy Manager St Sampson's Centre
for her book launch event. All donations at the
event contributed to St Sampson's Centre

RELIGIOUS FESTIVALS -JULY 2022



1 July (Friday) RATHA YATRA Hindu

'Chariot journey'. This is observed most notably at Puri in the Indian state of Orissa, where processions of thousands of devotees pull huge waggons (*rathas*) supporting images of Krishna. He is known under the name of 'Jagannath', (Lord of the Universe), from which the English term 'juggernaut' comes. Krishna is attended on his journey by his brother and sister. The festival and others like it are celebrated in Britain with processions through various parts of London on appropriate Sundays.



1 July (Friday) JASHN-E TIRGAN (TIR JASHAN) Zoroastrian (Iranian)

Jashn-e Tirgan is an ancient summer festival, celebrated some three months after the spring NoRuz. Tirgan is devoted to the divinity Tir and is associated with the dog-star Sirius, the coming of the rains in Iran and the fertility they bring. On this day it is customary to visit the Fire Temple to give thanks to Ahura Mazda, and to participate in a *jashan* or thanksgiving ceremony.



7 July (Thursday) - 16 July (Saturday) FRAVARDIGAN Zoroastrian (Kadmi)

In the Fravardigan festival the immortal souls, together with their *fravashis* (the guardian spirits of departed ancestors, half man/half bird), come to reside in the place of worship. Many Zoroastrians take time off to pray, recite the five *Gathas* and cleanse their houses. Daily samples of sacred food are tasted by them during the daily ceremonies.



7 July (Thursday) to 12 July (Tuesday) HAJJ / PILGRIMAGE TO MAKKAH (8th to 12th Dhul-Hijjah) Muslim

All Muslims who can afford to do so, and are not prevented through ill-health, are required to make this pilgrimage once in their lifetime (although there is no prohibition on making the pilgrimage more than once). A series of ritual acts are performed by the pilgrims during the first two days of Hajj.



8 July (Friday) YAUM-ARAFAH / THE DAY OF ARAFAT (9th Dhul-Hijjah) Muslim

Muslims who are on Hajj spend the day in prayer on Mount Arafat to commemorate the end of the revelation of the Qur'an to the Prophet. Those not on Hajj are also expected to pray and to fast.



10 July (Sunday) ANNIVERSARY OF THE MARTYRDOM OF THE BAB - 1850 - Baha'i

The *Bab* was executed by firing squad in Tabriz, Persia, at noon on this day. The *Bab's* death is commemorated at noon with readings and prayers from the Baha'i Scriptures.



10 July (Sunday) - 22 July (Friday) EID-UL-ADHA / THE FESTIVAL OF SACRIFICE (10th Dhul-Hijjah) Muslim

This major festival (al-Eid al-Kabir) commemorates Ibrahim's (Abraham's) willingness to sacrifice his son, Ismail. Muslims all over the world sacrifice an animal if they can afford it. Much of the meat is distributed to the poor, and some is shared with relatives and friends.



13 July (Wednesday) ASALHA PUJA or DHAMMA DAY Buddhist

Dhammacakka day – ‘*The turning of the wheel of teaching*’. A Theravada celebration of the First Proclamation by Gautama to five ascetics in the Deer Park near Benares. In it he taught the Middle Way, the Noble Eightfold Path and the Four Noble Truths.



13 July (Wednesday) - 15 (Thursday) O-BON Japanese [not Tokyo]

A Japanese festival when the spirits of the departed are welcomed back home with feasting and dancing. Fires are often lit to illuminate their arrival and departure.



17 July (Sunday) NAVROZE / NO RUZ Zoroastrian (Kadmi)

New Year's Day on the Shenshai Calendar. By the twentieth century the Parsis of India had become the largest group in the world practising Zoroastrianism, and in the twenty first century over 95% of Zoroastrians in the UK are Parsis. Like their Indian counterparts, they celebrate two new years – giving more time for making merry!



18 July (Monday) THE FESTIVAL OF THE POOL / EID UL GHADEER/ EID-UL-GHADIR Muslim (Shi'a)

This is a festival observed by Shi'a Muslims, for whom it is an extremely important day. It commemorates an event shortly before the death of the Prophet and his announcement concerning Ali, which they understand to be his clear appointment to be successor to the prophet as the spiritual and temporal leader of Islam.



22 July (Friday) ISLAMIC NEW YEAR 1444 / AL-HIJRA / RA'S UL 'AM (Muharram 1) Muslim

This day commemorates the Hijra or migration of the Prophet Muhammad from Makkah to Medina in 622 CE, which led to the establishment of the Muslim community there. The day is not universally celebrated amongst Sunni Muslims but is notable as Muslim years are dated from this time and are marked AH (After the Hijrah). In 2022 CE the Muslim year 1444 AH begins.



22 July (Friday) KHORDAD SAL Zoroastrian (Kadmi)

Khordad Sal is the Birthday of Zarathushtra and falls on the sixth day after NoRuz. *Khordad* means perfection and the festival of Khordad Sal symbolically celebrates the birthday of Prophet Zarathushtra. It is customary on this day to visit the Fire Temple, to give thanks to Ahura Mazda for giving humanity the Prophet Zarathushtra, to participate in a *jashan* or thanksgiving ceremony, to listen to stories of the miraculous birth and life of Prophet Zarathushtra, and to share in a happy community meal, a drink and a dance.



23 July (Saturday) BIRTHDAY OF HAILE SELASSIE I Rastafarian

One of the holiest days of the Rastafarian year. It is celebrated with *Nyahbinghi* drumming, hymns and prayers.

The Yorkshire Integration Festival 2022 is coming to Millennium Square in Leeds on 24 September and will celebrate the integration of refugees, and all our communities in Yorkshire and Humber.

Event details

When Saturday 24 September

Where Millennium Square, Leeds

The Yorkshire Integration Festival 2022 is coming to Millennium Square in Leeds on **24 September** and will celebrate the integration of refugees, and all our communities in Yorkshire and Humber. The programme will be released in the coming months.

events@migrationyorkshire.org.uk

Our current Committee comprises:

Chair: Avtar S Matharu

Vice Chair: Dee Boyle

Treasurer: Daryoush Mazloum

Secretary: Penny Coppin-Siddall

Newsletter Editor: Anne Castle

Christian Faith Representative: Sister Patricia Harriss

Hindu Faith Representative: Dr Varsha Gulati

Jewish Faith Representatives Sharon Tagger and Adrian Tellwright

Muslim Faith Representative: Dr Rasha Ibrahim

As Chair, I continue to value your membership as York Interfaith Group continues to grow as a community.

Your feedback is very important us. We constantly try to improve our service so that we can best support your needs and those of your faith. You can contact and/or follow us via:

Facebook—York Interfaith group

Instagram— @yorkinterfaith

Twitter—@Yorkinterfaith

email yorkinterfaithgroup@gmail.com

If you would like to contribute an article or advertise an event, please email yorkinterfaithgroup@gmail.com Items by July 16th to guarantee inclusion please.

Anne Castle, Newsletter Editor and Committee Member

Avtar Matharu, Chair, YIG