



# NEWSLETTER

## Sewa International - New Jersey & New York

### Sewa Diwali Food Drive

October – November 2019

#### Sewa Westchester NY

On November 2, 2019, the Sewa International USA Westchester NY chapter concluded the Diwali celebration with a food drive campaign in Ossining and successfully raised a large amount of food donation.

It was great to see the community spirit in Ossining. The amount of donation did not matter for the volunteers and together with small donations from hundreds of customers, we collected, 64 pounds of food. Another 380 pounds was collected by HSS.

Karen Carlson at the Ossining Food Pantry thanked all the volunteers and SEWA International USA Westchester NY Chapter for doing the food drive and donating large amount of food.



## Sewa Central Jersey

On Nov 2, 2019, the Sewa International Chesterfield NJ chapter concluded their food drive. Our volunteers from Chesterfield, Bordentown, Mansfield, Mt Holly, Mount Laurel, & East Windsor reached out to their communities & collected 3,400 pounds of food. All the food has been donated to:

St Mary's Church Food Pantry, Bordentown, Rise Food Pantry Hightstown, Allentown Presbyterian Church & Trenton Soup Kitchen.

About 42 teen volunteers worked for 3 weeks & reached out to townships, libraries, businesses & communities. Chesterfield Mayor Rita Romeo, Chesterfield Police Department Officers, Volunteers from Bordentown & Hightstown Soup kitchen.



## Sewa North Jersey

Sewa North Jersey chapter concluded their Diwali Food drive in November. Our leads and volunteers collected 2,150 pounds of food and donated it to Morristown Soup Kitchen.

North Jersey chapter also supports the Morristown Soup Kitchen on a monthly basis giving donations of nonperishable food items. The soup kitchen serves nutritious means in a safe, warm and caring environment, free of charge.



## Sewa North Jersey - Abhyasvarg and Yearly Planning Workshop

**Gandhi Mandir, Wayne November 2, 2019**

The *abhyasvarg (training workshop)* was conducted on Saturday, Nov 2nd, 2019 from 8am to 4pm at Gandhi Mandir in Wayne, NJ. Total 35 karyakartas attended the training. From national team Prof. Ramesh ji Rao, Venkat ji Santaramanan (VP Finance), Ravi Ji Chakinala (Director Sponsor a Child) and Vijay Ji Mallampati attended the event. For the conclusion Mananiya Jagdish Ji Turimella (HSS Vibhag Sanghchalak) came as the Chief Guest.

### **Highlights of the day were:**

*Basics of Sewa* - Venkat Ji Santaramanan presented Sewa vision, mission, organizational structure, administration, financials, purpose, working in a team

*Crisis Management, Sewa reputation and Karyakarta protection* - Prof. Ramesh Rao presented different crisis scenarios. What safeguards to be taken to not to fall into such situations and what has to be done if such situation arises?

*Work Life Balance* - It's an interactive session. Prof. Ramesh Rao was the moderator, Yoginder Ji Gupta (Kutumbha Prabodhan National Coordinator) and Sugandha Ji Ganesh (HSS Central NJ Vibhag Sah Karyavahika) were the panel members. It was a very good discussion among the karyakartas and panel members. Think about work life integration rather than balance. Remove other complications in life. Prioritize based on what is important, it's all about how many slices you want to divide your pie, the more slices the more time commitment for each slice. Using the analogy, limit life into to three pies, Family, office work and Sewa.

*International Projects supported by North Jersey* - Afternoon session started with Sewa Hai Yagnakund geet by Rashmita Ji. Ravi Chandra Ji Chakinala (Director Sponsor a Child) presented the report of all the three projects: Sponsor a Child, Toilets and Hygiene for Girl Child and Colombia Alternative Learning Centers. These are the three projects supported by North Jersey chapter.

*Mukta Chintan and Feedback* - Venkat Ji Bijala and Hari Ji Samanthula conducted this session and documented all the comments.

*Team 2020 announcement* - Venkat Ji Santaramanan introduced the executive team of North Jersey chapter for the year of 2020.

*North Jersey Calendar 2020* - Rashmita Ji Shanbhag (Joint Coordinator) presented the calendar 2020.

*SWOT Analysis* - Ketan Ji Patel (Serve Local - Clean Communities In- charge) conducted the SWOT (Strengths, Weaknesses, Opportunities and Threats) analysis for the chapter and Hari Ji Samanthula documented.

*Samaroh message* - Mananiya Jagdish Ji Turimella (Sanghchalak HSS Central and South Jersey Vibhag) gave very thought provoking message to take away on why we do Sewa and Sewa is a lifestyle.



## Sewa North Jersey – Rt 46 Cleanup Parsippany November 16, 2019

As part of community activities Sewa North Jersey volunteers gathered to cleanup Rt 46 highway. They braved the cold weather and continued the cleanup activities. The volunteers collected 7 bags of garbage and 4 bags of recycle. Collectively 12 man volunteersqhours for cleanup work.



## Sewa North Jersey – Gandhi Mandir Cleanup Wayne, November17, 2019

As part of community activities Sewa North Jersey volunteers gathered to cleanup Gandhi Mandir. They carried on with cleanup activities for 4 hours.



## Sewa North Jersey – Monthly Soup Kitchen Delivery

Morristown, November 30, 2019

As part of monthly donations Sewa North Jersey delivered 28 pounds of food today to Morristown soup Kitchen. The soup kitchen serves nutritious means in a safe, warm and caring environment, free of charge.



## Sewa Central Jersey – Hand of Hope Food Pantry

Edison November 23, 2019

Sewa lead and parent volunteers helped people to carry Turkey and Food Boxes to the cars. Lead and volunteers were not deterred by the freezing cold weather. Sewa volunteers continued to prove that humanity and kindness is the most important aspect.



## Sewa Chesterfield – Treats for Troops

Chesterfield November 11, 2019

Chesterfield Sewa volunteers collected 65 pounds of Candies & donated to "Treats for Troops" program by Operations Gratitude. These candies were sent to the troops & first responders working hard abroad away from the home.



## Sewa Chesterfield – CPR Session Chesterfield November 16, 2019

30 Sewa volunteers completed a certified life-saving CPR + first aid session. It was an intense 7-hour workshop with thorough training on CPR & usage of AED Defibrillator. As part of first aid, kids learned various emergency or immediate care should be provided when a person is injured or ill until full medical treatment is available. Thanks to Mansfield EMT squad for conducting the session exclusively for Chesterfield Sewa volunteers.



## Sewa Chesterfield – Farms to Soup Kitchen Chesterfield November 21, 2019

This fall, Chesterfield Sewa volunteers worked with local Honey Brook Organic farm & delivered 7 boxes of radish & Chinese cabbage to Trenton Soup kitchen. This is a first of a kind initiative and the chapter is looking forward to working with many more farms to put the produce to right use which otherwise will go waste.



## Sewa Chesterfield – Holiday Cards

Chesterfield November 27, 2019

Chesterfield Sewa Team made 65-holiday cards and gave them to the Bordentown library. These cards were given to senior centers, children hospitals, homeless & food shelters. Bordentown Library thanked Sewa volunteers for the kind act.



### Upcoming Events:

- Radha Gopinath temple Sewa . Dec01, 2019
- Sewa Milan . Dec08, 2019 <https://sewause.org/event-3626765>
- Sports for Sewa Carrom for charity . Dec14, 2019

Please add yourself to North Jersey Volunteers WhatsApp group at following link->  
<https://chat.whatsapp.com/0qAhEyU3v99DGfe5IV9pPf>

Please visit our chapter website, Facebook and Instagram pages:

<https://sewause.org/Chapter/NewJersey>

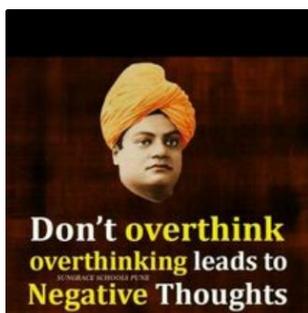
<https://www.facebook.com/SewaNorthNJ/>

<https://www.instagram.com/sewanorthjersey>

<https://www.instagram.com/centraljerseysewa>

<https://www.facebook.com/centraljersey.sewa>

### This month's quotation:



*Om Sarve Bhavantu Sukhinah*