

ISKCON OF NORTH ATLANTA

NEWS LETTER

JANUARY 2026
www.theIncc.com



JAI NARSINGA DEV



JAI GAURA NITAI



JAI PRABHUPADA

SRI NITYANANDA TRAYODASHI

JANUARY 2026 ISKCON Festivals



- Date: January 30, 2026.
- Significance: It's the appearance day (birth anniversary) of Sri Nityananda Prabhu, the most merciful associate of Lord Chaitanya.
- Observance: Devotees observe this day with fasting (sometimes full, sometimes fruit/milk), chanting, reading pastimes, and special temple worship.

- **January 7 :**
 - Shri Ramachandra Kaviraja - Disappearance, Shрила Gopala Bhatta Goswami - Appearance
- **January 8 :**
 - Shri Jayadeva Goswami - Disappearance
- **January 14:**
 - SHAT TILA (a fasting day)
- **January 25:**
 - Shri Advaita Acharya - Appearance of Shri Advaita Acharya
- **January 26 :**
 - Bhishmashtami
- **January 27 :**
 - Shri Madhvacharya - Disappearance
- **January 29 :**
 - Varaha Dwadashi - Appearance of Lord Varahadeva, Bhaimi Ekadashi
- **January 30:**
 - Nityananda Trayodashi - Appearance of Shri Nityananda Prabhu

ISKCON OF NORTH ATLANTA

NEWS LETTER

JANUARY 2026
www.theIncc.com

Special Event Program



SRI NITYANANDA
TRAYODASHI

JANUARY 30TH, 2026 | FRIDAY

Schedule :

- 6:00 PM Special Kirtans
- 6:30 PM Abhishekam
- 7:30 PM Lecture by HG Balabhadra Das
- 8:00 PM Maha Arathi, Pushpanjali, Parikrama
- 9:00 PM Followed by Mahaprasadm

ISKCON OF NORTH ATLANTA



NEWS LETTER

JANUARY 2026
www.theIncc.com



Sri Nityananda Trayodashi – 30 Jan 2026

WHO IS SRI NITYANANDA PRABHU, AND WHY HIS
APPEARANCE DAY IS CELEBRATED?



Sri Nityananda Trayodashi is the auspicious appearance day of Sri Nityananda Prabhu. On this day, devotees observe fasting till noon and seek the blessings of Sri Nityananda Prabhu.

The celebrations begin with a panchamrita abhisheka to Their Lordships, Sri Sri Nitai Gauranga. After Abhisheka, a special arati will be performed, accompanied by a devotional song, followed by Shayana Arati and Shayana Pallakki Utsava with grand kirtans.

The Supreme Lord Sri Krishna appeared in Navadvipa (West Bengal) as Sri Chaitanya Mahaprabhu to establish the Sankirtana Movement (congregational chanting of the holy name of the Lord, the Yuga-dharma for this age). To help the Supreme Lord in His mission, Lord Balarama appeared as Nityananda Prabhu. He assisted Sri Chaitanya Mahaprabhu by spreading the Lord's holy name throughout Bengal.

Sri Nityananda Prabhu appeared in the village of Ekachakra in the district of Birbhum (West Bengal). He was born as the son of Padmavati and Hadai Pandita in 1474 AD on the thirteenth day of the bright fortnight in the month of Magha (Magha Shukla Trayodashi). The place of birth of Lord Nityananda is called Garbhavasa. Many devotees visit this place and take darshan of the Deities.

Sri Nityananda Prabhu, Balarama, represents the guru-tattva. The Supreme Lord cannot be understood by the strength of one's erudition or power of mental speculation: *nāyam ātmā pravacanena labhyo na medhayā na bahunā śrutenā* (Kaṭha Upaniṣad 1.2.23). He can be known only by one who has the mercy of the Lord. To understand Lord Krishna, we need the help of a guru, and without the mercy of Nityananda Prabhu, we cannot realize our true self and supreme self, Lord Krishna.

'Nityananda' implies everlasting joy. We strive to discover contentment in the material realm through any means necessary, but these pleasures are fleeting. While our search for solace persists, we can seek refuge from Sri Nityananda Prabhu and become enlightened with spiritual knowledge that grants us true happiness and liberation from all anxieties.

Sri Nityananda Prabhu is an embodiment of compassion and is revered by devotees as the Lord of Mercy. Through His mercy, we will receive the necessary spiritual strength. On this auspicious day, let us pray to Sri Nityananda Prabhu for His blessings to make progress in our spiritual life.

ISKCON OF NORTH ATLANTA

NEWS LETTER



JANUARY 2026

www.theIncc.com



Vaishnava Etiquette By Bhakti Caru Swami

Now here are some basic principles and points that Maharaj compiled from Hari-bhakti-vilasa and The Nectar of Devotion about the proper activities of one who is a Vaishnava. A Vaishnava-

01. Offers respect and obeisances to the guru, to the Lord and His devotees, and to other superiors. (One must offer respect and obeisances to the superiors, like the guru, the Lord and His devotees. We must also respect superior relatives, like the parents.)
02. Get up before 4 a.m. and attend mangala-arati.
03. After waking up, first brush your teeth and afterwards take a bath.
04. Bathe after passing stool.
05. Wash with water after passing urine. Also wash hands and feet.
06. Wash hands, feet, and mouth before and after taking prasadam. (We must at least wash our hands. In the Western countries it may be difficult to wash our feet. But when in India, you should wash both your hands and your feet before and after taking prasada.)
07. Wash hands after drinking water. (This done because when you hold your cup while drinking, your hands actually become contaminated.)
08. Use the right hand for eating and drinking. Even if you are a lefty, try to use your right hand.
09. Always wear clean clothes.
10. Never steal anything.
11. Never use unpleasant words.
12. Never tell a lie, even if it is pleasant. (That is don't even tell a pleasant lie.)
13. Never speak ill of others.
14. Do not become inimical to others.
15. Do not develop friendship with people who are envious, fallen, insane, inimical, extravagant, deceptive, lying or illicitly related with women. Do not develop friendship with unchaste women.
16. Do not travel alone.
17. Do not sneeze or yawn without covering the mouth.
18. Do not laugh loudly.
19. Do not pass air loudly.
20. Always avoid a crematorium, a garden, and unchaste women at night.
21. Do not take shelter of a fallen person.
22. Neither sleep too much nor stay awake too much.
23. Do not outstretch your legs in front of your elders.
24. Do not pass urine or stool on the road.
25. Do not spit while eating.
26. Do not insult women.
27. Do not become envious of women.
28. Never cause any harm to anyone; instead, always try to do good to others.
29. Do not associate with unscrupulous people or read "scriptures" that are not bona fide. (Scriptures are in quotes, which means they are so-called scriptures.)
30. Do not mock people who are foolish, insane, distressed, ugly, cunning, lame, or fallen.
31. Do not chastise anyone except sons and disciples to educate them.
32. Bathe after shaving, copulating, or going to a crematorium.
33. Do not hit anyone on the head or pull anyone by the hair.
34. Do not eat yogurt or chickpea flour at night. (Actually Srila Prabhupada instructed us about yogurt but we are not so sure about the chickpeas. So you be careful about that now. Don't eat chickpeas at night. In the morning they are good, but not at night.)
35. If someone insults you, leave the place silently.
36. Never praise yourself.
37. Never look at a naked woman or man.
38. Do not place your foodstuffs on your lap to eat.
39. Do not quarrel with your wife.
40. Do not spit on water. (Because people sometimes drink water from ponds or lakes or rivers, one should not spit on water.)
41. Do not sleep in the temple room.
42. Sannyasis should bathe three times a day, grhasthas and brahmacharis at least twice a day.
43. After one takes prasadam the area where the plate was kept must be cleared. One should not step over the area where prasadam was taken, because it is considered contaminated. (I have noticed in many temples that after we take prasada, which is usually on the floor, we just step all over. Then without even washing our feet we enter into the temple room. So one should be careful about that. The place where we take prasadam becomes contaminated. And if you step on that spot, then you must wash your feet. The place where the prasadam has been taken, must be cleaned right after the prasadam has been taken. Because the temple must be very clean, we should be careful that we do not unnecessarily contaminate the temple.)
44. After touching the inside of the mouth or nose, one must wash his hands.
45. After putting on tilaka, one must do acamana by saying, om kesavaya namah, om narayanaya namah, and om madhavaya namah.

So those are some of the basic principles by which a Vaishnava acts. We'll be going over many of these points in detail later in our classes.

More here: <https://www.dandavats.com/?p=17318>

ISKCON OF NORTH ATLANTA



NEWS LETTER

JANUARY 2026
www.theIncc.com



CLASS SCHEDULE & VAISHNAVA CALENDAR MONTH OF JANUARY 2026



EVERY SUNDAY LOVE FEAST
11:45am



- JAN 4TH : HG SHYAM BEHARI DAS
- JAN 11TH : HG AMRTA GAURANGI
DEVI DAS
- JAN 18TH : HG SHYAM BEHARI DAS
- JAN 25TH : HG BALABHADRA DAS

Ekadasi Calendar:

January 14th : SHAT TILA Ekadashi
Parana Time - 07:43 AM to 09:49 AM the next day

January 29th : Bhoimi Ekadashi
Fast till noon for Sri Nityananda, with a feast tomorrow
(Fasting till noon, with a feast next day)
Parana Time - 07:35 to 11:05 AM the next day

ISKCON OF NORTH ATLANTA



NEWS LETTER

JANUARY 2026
www.theIncc.com



Shattila Ekadashi Fasting

SHATTILA Ekadasi is observed on the Ekadasi (11th lunar day) of the Krishna Paksha in the month of Magha (Jan–Feb). It is dedicated to Lord Vishnu and centers on the sacred use of til (sesame seeds).

1. Destruction of Sin (Papa-nashana)
2. Scriptures state that sins accumulated knowingly and unknowingly are destroyed by observing this Ekadasi with sincerity.
3. Sesame as a Purifier
4. "Shat" means six. Devotees use sesame in six ways:
 - o Eating til
 - o Applying til paste on the body
 - o Offering til in fire (homa)
 - o Donating til
 - o Bathing with til-mixed water
 - o Offering til to ancestors
 - o Sesame symbolizes purification, longevity, and protection from negative karma.

5. Freedom from Poverty and Misfortune
6. Charity with sesame, food, clothes, or money on this day is believed to remove financial obstacles and attract stability.
7. Ancestral Merit (Pitru Shanti)
8. Offerings involving til are said to satisfy ancestors, easing ancestral debts (pitru rin).
9. Path to Liberation (Moksha)

Fasting, worship of Vishnu, and restraint of the senses on Shattila Ekadashi are described as granting spiritual elevation and ultimately leading to liberation.

Observance in Brief

Fast (full or partial) with devotion
Worship Vishnu with til, flowers, and lamps
Charity—especially sesame and food
Avoid grains, arrogance, and indulgence

Bhaimi Ekadashi Fasting

Bhaimi Ekadasi is observed on the Ekadasi (11th lunar day) and is dedicated to Lord Vishnu. Like all Ekadasis, it emphasizes self-control, fasting, and devotion, but Bhaimi Ekadasi is especially associated with discipline of the senses and inner strength.

1. Named after Bhima: According to tradition, Bhima—known for his appetite—was advised to observe this Ekadashi to attain spiritual merit despite difficulty with fasting. The message is blunt: sincere effort beats physical hardship.
2. Spiritual payoff: Believed to destroy accumulated sins, purify karma, and grant moksha-oriented merit equivalent to many austerities done imperfectly.
3. Discipline over indulgence: The day emphasizes self-control, simplicity, and restraint, especially from grains and beans; even partial observance with devotion is considered effective.
4. Vaikuntha symbolism: Ekadashi days are associated with the opening of Vishnu's divine gate (Vaikuntha)—a reminder to align actions with dharma.
5. Practical takeaway: You don't need monk-level austerity. Consistency, intention, and focus are the point. Skip the excuse-making; do the vrat as best you can.

Core observances: fasting (nirjala or partial), Vishnu mantra/japa, reading Vishnu Sahasranama, charity, and avoiding negative conduct.

ISKCON OF NORTH ATLANTA

NEWS LETTER

JANUARY 2026
www.theIncc.com



"The question is not how much of our money we should give to God, but how much of God's money we should keep for ourselves."

Your tithing dollars help maintain your temple and pay regular monthly expenses: electric gas water bhoga expenses flowers Miscellaneous maintenanc

When you come to the temple any day of any week and see the beautiful darshan, the adorning flowers, breakfast, lunch, and feast prasad, understand that this is possible because of our regular monthly tithing donors

It is your privilege and responsibility to support Krishna's temple. Become a tither today. Choose an amount you feel comfortable giving each month.

Message us today with your commitment. Think of giving not as a Duty, but as a Privilege.



ISKCON OF NORTH ATLANTA

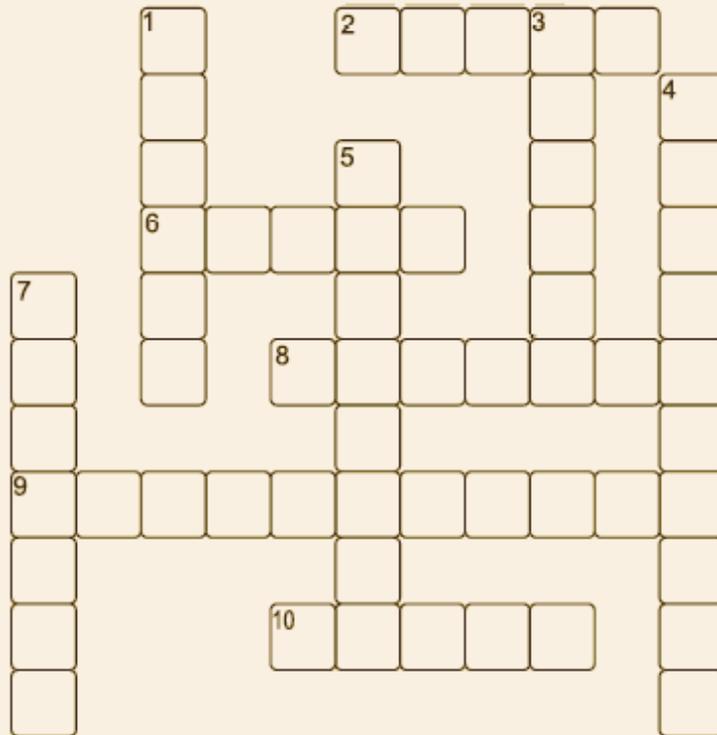


NEWS LETTER

JANUARY 2026
www.theIncc.com

KIDS PUZZLE

Crossword



ACROSS

2. Draupadi's one of the husbands who is very much fond of eating.
6. Bharat's mother.
8. She is Lord Krishna's greatest worshiper.
9. Place where Lord Shiva rides Brahma's swan (one of the nine islands)
10. Incarnation of Lord in Kalivuga

DOWN

1. They hang on trees and Lord Krishna loves to share butter with them.
3. The demonic thief who hit Lord Nityananda on head
4. Rama's father.
5. His name means 'strength'
7. Wife of Lord Krishna and daughter of King Bishmanka of Vidharbha.

ISKCON OF NORTH ATLANTA



NEWS LETTER

JANUARY 2026
www.theIncc.com



CHRISTMAS GIFTS



DISTRIBUTING GIFTS



ANNUAL CHRISTMAS
GIFT BAG

HARINAMA EVERY FRIDAY A DECADES
- OLD TRADITION

CHANT

Hare Krishna Hare Krishna Krishna
Krishna Hare Hare
Hare Rama Hare Rama Rama Rama
Hare Hare ... and be happy

Dear Alpharetta / Johns Creek /
Suwanee/Cumming/North
Atlanta residents, please join our
ISKCON North Atlanta Temple
WhatsApp broadcast list so we
can communicate with you in a
timely manner, messaging you
with important temple
announcements and last-
minute event updates.

SUBSCRIBE



For new subscriptions, add your name and email to the contacts form on our website (scroll to the bottom).

Newsletter Staff Editor-in-Chief: Shyam Behari Dasa Article submission deadline: 15th of the month Send articles and photos to youreverwellwisher@gmail.com.

The editors reserve the right to exclude or edit submissions.

Dedicated to our ISKCON Founder-Acharya His Divine Grace A.C. Bhaktivedanta Swami Prabhupada

ISKCON OF NORTH ATLANTA

NEWS LETTER

JANUARY 2026
www.theIncc.com



Join our
WhatsApp group
for News and
Updates



Hours



Monday to Thursday and Sunday:

9am to 1pm and 5pm to 8pm

Friday, Saturday: 9am to 1pm and 5pm to
9pm

Special Events; Gaura Purnima (Holi), Ram
Navami, Krishna Janamastami, Deepavali
(Goverdhan puja), Narsimha Chaturdasi,
Gita Jayanti etc.

Our Services

- WORSHIP - ARCHANA, ARATI, NEW HOME, AUTO, LIFE
EVENT PUJA CEREMONY AND PRIEST SERVICES AT
HOME OR IN TEMPLE
- EDUCATION - BHAGAVAD GITA, BHAGAVATAM
CLASSES FOR ALL
AGES
- MUSICAL INSTRUMENTS -
MRDANGA, HARMONIUM CLASSES
- KIDS - BHAGAVAD GITA, MRDANGA, HARMONIUM,
SINGING CLASSES

Contact Us using this QR
code



Donations

