

Vedanta Center of Greater Washington, DC

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AUGUST 2017 SCHEDULE

Minister: Swami Sarvadevananda

Resident Monks: Swami Atmajnanananda
Swami Brahmarupananda
Swami Chidbrahmananda



Ramakrishna Order of India

<p style="text-align: center;"><u>Sunday Lecture 11:00 AM</u></p> <p>6 Swami Chidbrahmananda Healthy Relationships</p> <p>13 Swami Brahmarupananda The Sage of Steady Wisdom VI</p> <p>20 Swami Atmajnanananda The Holy Name of God VII</p> <p>27 Swami Brahmarupananda The Sage of Steady Wisdom VII</p>	<p style="text-align: center;"><u>Friday Class 8:00 PM</u></p> <p>4 <i>Gospel of Sri Ramakrishna</i></p> <p>11 <i>Bhagavad Gita</i></p> <p>18 <i>Gospel of Sri Ramakrishna</i></p> <p>25 <i>Life of Holy Mother</i></p> <p style="text-align: center;"><u>Wednesday Class 8:00 PM</u></p> <p><i>Vivekacudamani</i></p>
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Ram Nam

Ram Nam will be held at the Center on **Saturday August 5** at 7:30 PM, immediately after evening *arati* and meditation. All are invited to stay for potluck dinner following the program.

Karma Yoga

We invite you to join us Saturday mornings from 9 am to 1 pm in performing various weekly chores of the center: maintenance, gardening and landscaping, cleaning, office work, etc.

Temple Hours

The temple will be open for morning meditation at 5 am and daily Puja at 7:45 am, and will remain open throughout the day until the close of evening meditation at 8 pm. Evening *arati* begins at 6:30 pm. Devotees may enter through the double doors at the main entrance to the temple or through the front door entrance to the Center. All are welcome.

Parents with small children are welcome to watch the Sunday lecture on the movie screen in the lower level of the temple while their children are free to quietly play.

Interviews

Those who would like to come to the Center for a private meeting with a resident swami or one of the visiting swamis may schedule an appointment either by phone or in person.

Social Service

The Vedanta Center participates in a volunteer program at Shepherd's Table in Silver Spring. Please let us know if you would like to take part. Service is on the third Friday of the month.

Web Site

Please visit our Web Site at www.vedantadc.org. Listen to lecture recordings, see photographs of the center, and find out about upcoming events.

Grocery Gift Cards

We urge all of you to take part in our gift card program. Gift cards for Giant, Shopper's, and Lotte/Assi Plaza may be purchased at the Center following the Sunday lecture or during visiting hours, and are used just like a debit card when purchasing groceries. This is an important part of our monthly income and a way to support the Center at no cost to you.

Vedanta Medical Clinic

The Vedanta Medical Clinic offers free medical services to all, regardless of income level, insurance coverage, or immigration status. Hours of operation are Wednesday morning, 9 am to 12 noon, and Sunday afternoon, 2 to 5 pm. To make an appointment, please call 240-516-6726.

Sri Sarada Devi On Japa and Meditation

The mind keeps well when engaged in work. And yet japa, meditation, prayer also are specially needed. You must at least sit down once in the morning and again in the evening. That acts as a rudder to a boat. When one sits in meditation in the evening, one gets a chance to think of what one has done – good or bad – during the whole day. Next one should compare the states of one's mind in the preceding day and the present. ... Unless you meditate in the mornings and evenings along with work, how can you know what you are actually doing?

It is very necessary to have a fixed time for these things. For it cannot be said when the auspicious moment will come. It arrives so suddenly. No one gets any hint of it beforehand. Therefore one should observe regularity, however busy one may be with duties... Even in the midst of the most intense activity, one should at least remember God and salute Him.

May your body and mind become pure by repeating the Name of God!

The Mantra purifies the body. Man becomes pure by repeating the Mantra of God... It is said, 'The human teacher utters the Mantra into the ear; but God breathes the spirit into the soul.'