

Vedanta Center of Greater Washington, DC

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JANUARY 2018 SCHEDULE

Minister: Swami Sarvadevananda

Resident Monks: Swami Atmajnanananda
Swami Brahmarupananda
Swami Chidbrahmananda



Ramakrishna Order of India

<u>Sunday Lecture 11:00 AM</u>	<u>Friday Class 8:00 PM</u>
7 Birthday Celebration of Swami Vivekananda Please see under <u>Special Programs</u>	5 <i>Gospel of Sri Ramakrishna</i>
14 Swami Chidbrahmananda Through the Looking Glass	12 <i>Bhagavad Gita</i>
21 Swami Atmajnanananda Consciousness, Ego, and Self East and West I	19 <i>Gospel of Sri Ramakrishna</i>
28 Swami Atmajnanananda Consciousness, Ego, and Self East and West II	26 <i>Life of Holy Mother</i>
	<u>Wednesday Class 8:00 PM</u>
	<i>Vivekacudamani</i>

Special Programs

1 Kalpataru Day Celebration

11 am: Puja
12 noon: Flower offering and bhajans
12:30 pm: Prasad lunch

7 Swami Vivekananda Puja

11 am: Talk by Swami Brahmarupananda
Swami Vivekananda's Message of Spirituality
12 noon: Simple Puja, Bhajans, and Arati
1 pm: Prasad lunch

Ram Nam

Ram Nam will be held at the Center on **Saturday January 6** 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.

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.

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.

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.

Swami Vivekananda: On Meditation

The meditative state is the highest state of existence. So long as there is desire, no real happiness can come. It is only the contemplative, witness-like study of objects that brings to us real enjoyment and happiness. The animal has its happiness in the senses, the man in his intellect, and the god in spiritual contemplation.

It is only to the soul that has attained to this contemplative state that the world really becomes beautiful. To him who desires nothing, and does not mix himself up with them, the manifold changes of nature are one panorama of beauty and sublimity.

Not even the deepest sleep will give you such a rest as meditation can. The mind goes on jumping even in deepest sleep. Just those few moments in meditation your brain has almost stopped. ... You forget the body. ... You feel such pleasure in it. You become so light. This perfect rest we will get in meditation.

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