

# Vedanta Center of Greater Washington, DC

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## MARCH 2020 SCHEDULE

Minister: Swami Sarvadevananda

Resident Monks: Swami Atmajnanananda  
Swami Brahmarupananda  
Swami Chidbrahmananda  
Br. Kumar



Ramakrishna Order of India

<p style="text-align: center;"><b><u>Sunday Lecture: 11 AM</u></b></p> <p>1 Sister Eleanor Francis Women Saints</p> <p>8 Dr. Jeffery Long Relativity and the Harmony of Religions: Reflections on Einstein and Vedanta</p> <p>15 Swami Atmajnanananda Chaitanya Deva and Sri Ramakrishna</p> <p>22 Swami Brahmarupananda <i>Taittiriya Upanisad III</i></p> <p>29 Swami Chidbrahmananda <i>La Dolce Vita</i></p>	<p style="text-align: center;"><b><u>Tuesday Discussion Group 10 AM</u></b> <i>Talks with Swamiji</i></p> <p style="text-align: center;"><b><u>Wednesday Discussion Group 11 AM</u></b> <i>Practice of the Presence of God</i></p> <p style="text-align: center;"><b><u>Wednesday Night Class 8 PM</u></b> <i>Vivekacudamani</i></p> <p style="text-align: center;"><b><u>Thursday Discussion Group 10 AM</u></b> <i>Bhagavad Gita</i></p> <p style="text-align: center;"><b><u>Friday Night Class 8:00 PM</u></b></p> <p>6 <i>Gospel of Sri Ramakrishna</i></p> <p>13 <i>Bhagavad Gita</i></p> <p>20 <i>Gospel of Sri Ramakrishna</i></p> <p>27 <i>Life of Holy Mother</i></p>
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### **Ram Nam**

Ram Nam will be held at the Center on **Saturday March 7** 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](http://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 or by special appointment. Please call 240-516-6726.

## Swami Vivekananda on Non-Attachment

*Karma-Yoga says, first destroy the tendency to project this tentacle of selfishness, and when you have the power of checking it, hold it in and do not allow the mind to get into the ways of selfishness. Then you may go out into the world and work as much as you can. Mix everywhere, go where you please; you will never be contaminated with evil. There is the lotus leaf in the water; the water cannot touch and adhere to it; so will you be in the world. This is called "Vairāgya", dispassion or non-attachment.*

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*By non-attachment, you overcome and deny the power of anything to act upon you. It is very easy to say that nothing has the right to act upon you until you allow it to do so; but what is the true sign of the man who really does not allow anything to work upon him, who is neither happy nor unhappy when acted upon by the external world? The sign is that good or ill fortune causes no change in his mind: in all conditions he continues to remain the same.*

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*The binding link of "I and mine" is in the mind. If we have not this link with the body and with the things of the senses, we are non-attached, wherever and whatever we may be. A man may be on a throne and perfectly non-attached; another man may be in rags and still very much attached. First, we have to attain this state of non-attachment and then to work incessantly.*