



VEDANTA SOCIETY OF NORTHERN CALIFORNIA

2323 Vallejo Street (at Fillmore) San Francisco, CA 94123

Swami Tattwamayananda, Minister
Ramakrishna Order of India

DECEMBER 2019

SUNDAY LECTURES: 11 A.M.

- Dec. 1: "Teachers of Vedanta: Swami Turiyananda"
Swami Vedananda
- Dec. 8: "Teachers of Vedanta: Swami Trigunatitananda"
Swami Vedananda
- Dec. 15: "Attaining Steadiness of Wisdom"
Swami Vedananda
- Dec. 22: *NO LECTURE*

CHRISTMAS SERVICE:

- Dec. 25: "Message of Christmas"
Swami Tattwamayananda

UPCOMING WINTER RETREAT:

"SPIRITUAL PSYCHOLOGY OF MINDFULNESS"
Saturday, Jan. 4 – Sunday, Jan. 5, 2020
Vivekananda Hall, New Temple

Further information will be in the January bulletin.

WEDNESDAY VESPERS: 7:30 P.M.
Worship, Devotional Singing, and Meditation
December 4, 11, and 18.

**BHAGAVAD GITA
FRIDAYS: 7:30 P.M.**
Old Temple

Swami Tattwamayananda conducts the class.
There will be no class until January 24.

**NEW YEAR'S EVE MEDITATION
11:30 P.M. / Includes Chanting**

**CHRISTMAS RECESS:
NO LECTURES OR CLASSES
December 26 through January 11**





New Temple

TEMPLE HOURS. The temple is open daily for meditation from 8 a.m. to 7:30 p.m. On Tuesdays the temple is closed.

ON CHRISTMAS MORNING, at 11 a.m., a special lecture, "Message of Christmas," will be given by Swami Tattwamayananda in honor of the birth of Jesus Christ. Preceding the lecture, an account of Christ's nativity as recorded in the New Testament will be read.

ON NEW YEAR'S EVE a meditation will be held in the auditorium beginning at 11:30 p.m. with chanting from the Upanishads and other Vedantic scriptures.

Wednesday evenings: Vespers & Meditation
7:30 – 8:15 p.m.

❖ Worship, Devotional Singing, and Meditation ❖

A CLASS on Vedantic scriptures is conducted on Fridays by Swami Tattwamayananda at 7:30 p.m. at the Old Temple. The text for study is the **Bhagavad Gita**. **There will be no class until January 24.**



The Sunday lectures and the Friday evening Bhagavad Gita class may be viewed live & archived at:

- [Facebook.com/sfvedanta](https://www.facebook.com/sfvedanta)
- [Livestream.com/sfvedanta](https://www.livestream.com/sfvedanta)
- [Youtube.com/user/sfvedanta](https://www.youtube.com/user/sfvedanta)
- Podcasts available on all major platforms

INTERVIEWS with Swami Tattwamayananda may be scheduled by those who wish to know more about Vedanta. Specific instruction and guidance are given by the swami to anyone who earnestly desires to undertake spiritual practice. Those wishing to make appointments with the swami may do so by speaking with him after the services, by telephoning 415-922-2323, or by e-mailing the swami at tattwa@sfvedanta.org.

THE SRI SARADA LIBRARY is open on Sundays from 12:30 to 2:30 p.m., following the lecture, and at other times by appointment.

BOOKSHOP HOURS

Mondays: 2 – 5 p.m.
Tuesdays: CLOSED
Wednesdays – Fridays: 2 – 5 p.m.
Saturdays: 11 a.m. – 5 p.m.
Sundays: 1 – 5 p.m.

The bookshop carries translations of principal Vedantic scriptures, books on Vedanta and other world religions, and children's books. A large selection of books, incense, photos, etc., may be ordered online at sfvedanta.org. Orders may also be placed by phone or fax. E-mail: books@sfvedanta.org.

THE EMBLEM of the Ramakrishna Order depicts the union of the four paths by which the Supreme Being may be realized. The waves are symbolic of unselfish action; the lotus, love of God; the rising sun, knowledge; the serpent, awakening of the spiritual power; and the swan, the Supreme Self.



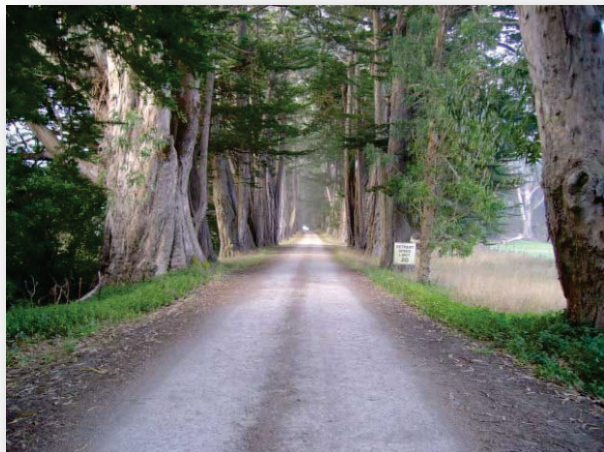
Old Temple

2963 Webster Street

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SUNDAY SCHOOL. Classes are held on Sundays from 11 a.m. to 12 noon for children in first grade through high school to give them a general knowledge of Vedanta, to acquaint them with the basic teachings of the major living religions. Parents wishing to enroll their children are invited to speak to the secretary of the Society.

FROM MEISTER ECKHART



Vedanta Retreat

Olema, Marin County

The Society's retreat provides an opportunity to spiritual seekers of all faiths to meditate and study in a secluded area of meadows and forests away from the disturbances of urban life. The retreat is open daily from 10 a.m. to 6 p.m. For more information, please visit our website sfvedanta.org or phone 415-922-2323.



Some people prefer solitude. They say their peace of mind depends on this. Others say they would be better off in church. If you do well, you do well wherever you are. If you fail, you fail wherever you are. Your surroundings don't matter. God is with you everywhere—in the market place as well as in seclusion or in the church. If you look for nothing but God, nothing or no one can disturb you. God is not distracted by a multitude of things. Nor can we be.

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Truly, it is in darkness that one finds the light, so when we are in sorrow, then this light is nearest of all to us.

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Spirituality is not to be learned by flight from the world, or by running away from things, or by turning solitary and going apart from the world. Rather, we must learn an inner solitude wherever or with whomsoever we may be. We must learn to penetrate things and find God there.

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The price of inaction is far greater than the cost of making a mistake.

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To be full of things is to be empty of God. To be empty of things is to be full of God.

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The most powerful prayer, one well-nigh omnipotent, and the worthiest work of all is the outcome of a quiet mind. The quieter it is the more powerful, the worthier, the deeper, the more telling and more perfect the prayer is. To the quiet mind all things are possible. What is a quiet mind? A quiet mind is one which nothing weighs on, nothing worries, which, free from ties and from all self-seeking, is wholly merged into the will of God and dead to its own.

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If the only prayer you ever say in your entire life is thank you, it will be enough.