



VEDANTA SOCIETY OF NORTHERN CALIFORNIA

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

Swami Tattwamayananda, Minister
Ramakrishna Order of India

NOVEMBER 2019

SUNDAY LECTURES: 11 A.M.

Nov. 3: “Confronting Anxiety and Depression”
Swami Tattwamayananda

Nov. 10: “Decoding the Mystery of the Sacred
Mantras”
Swami Tattwamayananda

Nov. 17: “The Bhagavad Gita Revisited”
Swami Vedananda

Nov. 24: “ ‘Be Ye Perfect’ ”
Pravrajika Amaraprana

WEDNESDAY VESPERS: 7:30 P.M.
Worship, Devotional Singing, and Meditation
Every Wednesday evening in November.



BHAGAVAD GITA
FRIDAYS: 7:30 P.M.

Old Temple
2963 Webster Street
Auditorium Entrance on Filbert Street

Swami Tattwamayananda conducts the scripture class.
There will be no class the day after Thanksgiving,
November 29.



New Temple

VESPERS & MEDITATION

Wednesday Evenings: 7:30 – 8:15 p.m.

Worship, Devotional Singing, and Meditation

November 6, 13, 20, and 27

TEMPLE HOURS. The temple is open daily for meditation from 8 a.m. to 7:30 p.m. On Tuesdays the temple is closed. When visiting the temple, please dress conservatively.

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.

MEMBERSHIP in the Society is open to anyone who accepts the principles of Vedanta, who can participate regularly in its activities, and who receives the recommendation of the swami in charge.

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, fax, and e-mail: books@sfvedanta.org.

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**



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 spiritual power; and the swan, the Supreme Self.



Old Temple

2963 Webster Street

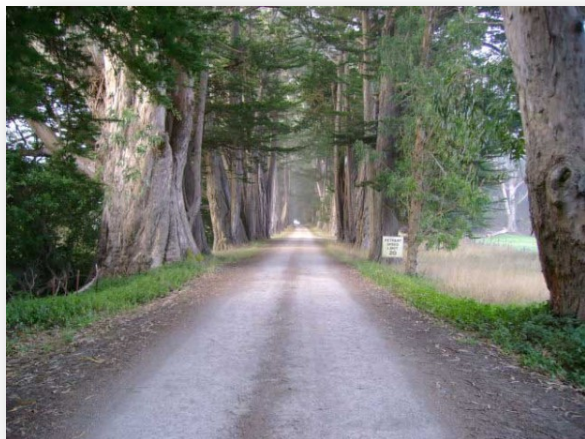
Auditorium Entrance on Filbert Street

A CLASS on Vedantic scriptures is conducted on Fridays by Swami Tattwamayananda at 7:30 p.m. in Vivekananda Hall. The topic for study is the **Bhagavad Gita**. **There will be no class on November 29.**

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, and to inspire reverence for the great religious teachers of the world.

Parents wishing to enroll their children are invited to speak to the secretary of the Society.





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.



LEAVE SOME MARK BEHIND

Swamiji: The essential thing is renunciation. Without renunciation none can pour out his whole heart in working for others. The man of renunciation sees all with an equal eye and devotes himself to the service of all. Does not our Vedanta also teach us to see all with an equal eye? Why then do you cherish the idea that your wife and children are your own, more than others? At your very threshold, Nârâyana himself in the form of a poor beggar is dying of starvation! Instead of giving him anything, would you only satisfy the appetites of your wife and children with delicacies? Why, that is beastly!

Disciple: To work for others requires a good deal of money at times, and where shall I get that?

Swamiji: Why not do as much as lies within your power? Even if you cannot give to others for want of money, surely you can at least breathe into their ears some good words or impart some good instruction, can't you? Or does that also require money?

Disciple: Yes, sir, that I can do.

Swamiji: But saying, "I can," won't do. Show me through action what you can do, and then only I shall know that your coming to me is turned to some good account. Get up, and put your shoulders to the wheel—how long is this life for? As you have come into this world, leave some mark behind. Otherwise, where is the difference between you and the trees and stones? They, too, come into existence, decay, and die. If you like to be born and to die like them, you are at liberty to do so. Show me by your actions that your reading the Vedanta has been fruitful of the highest good. Go and tell all, "In every one of you lies that Eternal Power," and try to wake it up. What will you do with individual salvation? That is sheer selfishness. Throw aside your meditation, throw away your salvation and such things! Put your whole heart and soul in the work to which I have consecrated myself.

– Swami Vivekananda

"From the Diary of a Disciple," Complete Works, Vol. V