

# VEDANTA SOCIETY OF SACRAMENTO

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Swami Prapannananda: Minister-In-Charge

Swami Ishadhyanananda: Assistant Minister

## FEBRUARY 2019

**Daily:** Group Meditation at 6 am and 7:30 pm

**Sunday:** Morning Worship Service at 9:30 am

**Sunday:** Evening Vesper Service at 6:00 pm  
(No Vesper Service on February 10)

### SUNDAY LECTURES: 11:00 AM

- February 3:       **Devotion in Daily Life**— Swami Prapannananda  
February 10:     **Let's Talk About Depression**— Swami Ishadhyanananda  
February 17:     **Practicing Contentment**— Swami Prapannananda  
February 24:     **The Art of Doing Karma**— Swami Ishadhyanananda

#### Wednesday Evening Class: 7:30 pm

*Uddhava Gita*

By Swami Prapannananda.

On February 13, 20 and 27.

No class on February 6.

#### Saturday Evening Discourse: 7:30 pm

*Ramakrishna-Vivekananda Literature*

By Swami Prapannananda

On February 9 and 23.

No discourse on February 2 and 16.

### Special Celebration

The birthday of **Swami Brahmananda** on Wednesday, **February 6** at 7:30 p.m.:  
Meditation, worship, devotional singing and prasad.

**Bookstore Hours:** Tuesday: 11 am to 2 pm, Wednesday: 4:30 to 7:30 pm, Thursday: 2 to 5 pm,  
Saturday: 12 pm to 2 pm, Sunday: 12 pm to 2 pm.