

The Vedanta Society of St. Louis

Swami Chetanananda – Minister and Spiritual Teacher

RAMAKRISHNA ORDER OF INDIA

April 2019

Sunday Services 10:30 a.m.

- April* 7 Self-Knowledge
 14 Thoughts on the Gita – Part 100
 21 The Mortal Becomes Immortal (*Easter Service*)
 28 Stories of Vedanta Monks – Part 23

Classes 8:00 p.m.

- Tuesdays* Panchadashi, with Guided Meditation
 (205 S. Skinker)
Thursdays Talks with Swami Vivekananda
 (211 S. Skinker)

Appointments for interviews should be made with the Swami in advance at 314-721-5118.

Membership in the Society is open to all who accept Vedantic teachings.

The Society maintains a rental library for members and stocks books for sale.

www.vedantastl.org YouTube: VedantaSTL

ALL ARE WELCOME

Bearing a Cross

Out of pain comes power. The mightiest achievements are those that spring from a wounded life. Pain is a promise of God's bounty. He bestows his richest gifts there where suffering has made way for their coming.

Physical ailments are not a misfortune. They are often remedies – remedies for deeper sickness of mind or heart or character. They cure by chastening. They make us brave, strong and enduring. Pain allied with spirit heals and exalts. It makes heroes of men.

The secret of happiness does not lie in absence of suffering, nor is it to be found in outer conditions. It is hidden in the depth of our own being. Happiness is the light we throw upon the world, not that which the world throws upon us. We see the universe by no other light than our own. It grows dark or bright to us according to the radiance of our soul. The kingdom of joy is within, nowhere else. We make it or unmake it in our heart; the world merely registers it.

Those who bear the tests of life with unresisting spirit are the truly happy ones. Fretfulness, complaining, rebel, lion, darken the mind and double the suffering. Thomas à Kempis tells us: "If thou bear thy cross cheerfully it will bear thee. . . if thou bear it unwillingly, thou makest for thyself a load and burdenest thyself the more. . . Stand firmly and with perseverance. Be long-suffering and a person of courage."

— Sister Devamata, "The Companionship of Pain", *Message of the East*, June, 1934, p. 169