Due to COVID-19, public attendance at Sunday lectures has been suspended. Lectures will be live streamed Sundays on our YouTube channel starting at 10:35 a.m. To request access to the Q&A zoom meeting following the lecture, send an email to join@vedantastl.org.

**Sunday Services** 10:30 a.m.

*February*

- 7 The Need of a Guru (Swami Brahmananda’s Anniversary Service)
- 14 Stories of Vedanta Monks – Part 37
- 21 Thoughts on the Gita – Part 114
- 28 Teach Us the Upanishads – Part 6

**Classes**

No Tuesday or Thursday classes in February

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

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

The library and bookstore are closed due to COVID-19. The online bookstore is available at www.vedantastl.org. Sunday lectures are on YouTube at VedantaSTL.

ALL ARE WELCOME

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**Pray Unceasingly**

There is no dearth of divine grace. People are not eager to receive God’s grace, nor have they eyes to see his mercy. They only speak big words. Who wants God? Many people spend their lives talking high philosophy, but few practice religion. “Gurus are available by hundreds, but rare indeed is a true disciple.” There are many people around to give advice, but who will follow it? Miseries and doubts cease for that person who follow the teachings of his guru with faith and love. He will not have to run here and there with a restless mind. God supplies all his needs and guides him in the right direction, holding his hand. There need be no anxiety for the one who has been blessed in this way.

One among millions of people is endowed with noble desires, sublime thoughts, and good qualities. And again among such great souls only a few can stick to their ideals to the last. Those persons in whose minds good thoughts have already sprung up should try their utmost to strengthen them and make them permanent. Pray unceasingly: “Lord, bestow your grace on me. Give me strength so that I can realize you.”

— *A Guide to Spiritual Life: Spiritual Teachings of Swami Brahmananda*, p. 68