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** 10:35 a.m.

*March*
- 7  Stories of Vedanta Monks – Part 38
- 14  Thoughts on the Gita – Part 115
- 21  Thus I Have Heard About Holy Mother
- 28  History of Sri Ramakrishna’s Birth Anniversaries (Anniversary Service)

*Devotional singing: 10–10:30 a.m.*

**Classes**

No Tuesday or Thursday classes in March

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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**A Great Worship**

He [Ramakrishna] was very particular about several things: First, cleanliness and tidiness. Generally people are unclean because of habitual laziness. How many people forget their bodies because they are thinking of God? God does not manifest Himself to an unclean person. Both external and internal purity are necessary. Second, one should not be wasteful. The Master could not bear to see anyone waste anything. Once at Cossipore he scolded a devotee who had cut six pieces of lemon instead of one. He said: “You are wasting the devotees’ hard-earned money, which they are giving for my service. It is better to be miserly than extravagant.” The Master also did not like it if anybody wasted food. Third, he could not bear people wearing torn or dirty clothes. He said, “The goddess of fortune leaves a person who wears patched clothes.” Fourth, he could not bear disorderliness. He wanted everything to be put in its proper place and handled artistically. Fifth, he liked to see self-reliance, such as cooking one’s own food. He said: “A spiritual aspirant should cook his own food and then eat the prasad after offering it to God. Thus he will not have to depend on others, nor will he lose his spiritual excellence.”

He used to say: “A great worship is going on all the time. Nothing should be neglected. One should think of God during all activities of life, such as eating, walking, moving, talking, and sleeping. This is called true religion.”