

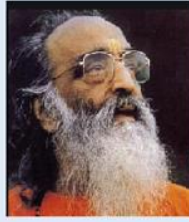


# CHINMAYA MISSION CHICAGO

## BADRI - A School of Vedantic Studies



Monthly Newsletter – December 2021

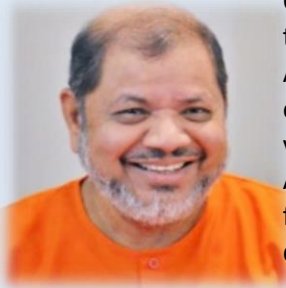


# Chinmaya

### Wisdom Quote

“The tragedy of human history is decreasing happiness in the midst of increasing comforts.” – **Swami Chinmayananda**

### Swamiji's Message



One big problem we face is ANGER. At the very least provocation, we fly off the handle. The result, SORROW & DISCORD.

Anger is a state of the mind. It expresses as irritability, as full-blown explosive dramatics. To stay calm in every situation, we need to examine the very genesis of Anger.

Anger arises from attachment. From attachments rise expectations. Non-fulfilment of desires causes disappointment. Failure to manage disappointment. The obstacle to our ambition becomes a target for ANGER!

Relationships ⇒ Expectations ⇒ Insistence ⇒ ANGER!

To develop harmonious relationships, we need freedom from: EXPECTATION & INSISTENCE. Expectation takes benign forms like: Desire, Ambition. Insistence is fuelled by: Ego. Obsessive control. Resistance Both result in ANGER!!

BEWARE! Temper is compulsive and fueled by pride. Pride prevents us from admitting mistakes. We have a choice: keep ANGER or keep PEACE. No prizes for guessing the choice is choiceless!

Anger has its consequences: Agitation...Loss of peace...Failure of health... Exhaustion...Ruin. The angry man thus dies continuously causing losses all around. The lesson to learn is, don't regret and repent. Instead practice restraint. Stay AWARE, not ANGRY!!!

**'Temper takes you to trouble and pride keeps you there'. – Swami Chinmayananda**

– **Swami Tejomayananda**

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### Upcoming Events -

- Annual Fundraiser Banquet – 12/4 @ 7:30 pm – Registration required for the event and Zoom
- **Monthly Bhajan** [Virtual]: **12/11 @ 6 pm** hosted by Sunitha Nair & family – Available on YouTube
- **Gita Chanting Competition - 12/11 @ 1 – 5 pm** – Over Zoom - Registration required to participate
- **Gita Jayanthi Celebration** – Chanting of 18 chapters @ Badri Shrine & Zoom: **12/18 @ 8:30 am** – Telecast on YouTube
- **New Year Puja** @ Badri Shrine – 1/1/2022 @ 6 pm

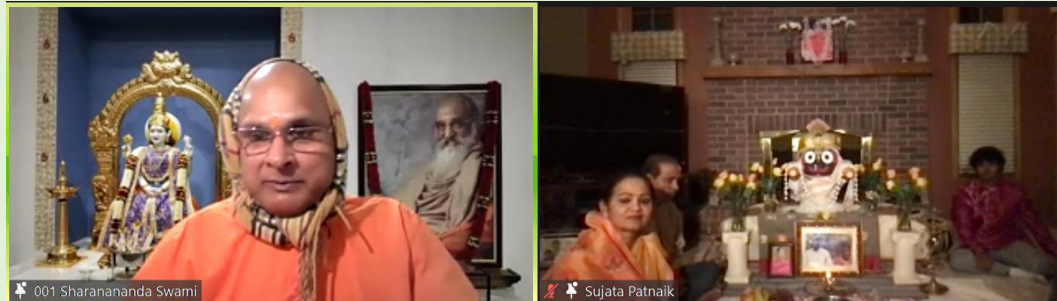
[Chinmaya Mission Chicago YouTube Channel](#) [Subscribe]

### Highlights from Previous Month

The month of November had the major event Deepavali celebrated world over and we also at Badri had our share of celebrations. The higher significance of Deepavali being the removal of darkness (ignorance) with light (knowledge) is being shared across all communities and gaining acceptance by all. Our regular monthly events also continued with an enthusiastic participation from children and adults equally as the tasks are for HIM. We did not have the usual Monthly Vedic Group chanting at Badri shrine as the schedule coincided with the Thanksgiving long weekend.

#### **3. Bhajan Sandhya**

The monthly Bhajan Sandhya, normally held on the 2<sup>nd</sup> Saturday of the month was this time held on the 3<sup>rd</sup> Saturday at Sujatha & Gyana Patnaik's home on 20<sup>th</sup> November at 6 pm. Continuing the tradition of this event, all the stotrams were chanted by Bala Vihar children and for the Bhajans, we had a variety of singers including the host family. The vibrant evening ended with the chanting of Nirvana Shatakam followed by a few minutes of silence and Aarthi.



#### **4. Rangoli Showcase**

As a part of the Deepavali celebrations, a Rangoli showcase was organized at Badri on 13<sup>th</sup> December at 1 pm. We had a great involvement with around 9 groups actively participating and showcasing their creative talents and design elements. The full roundup of the afternoon Rangoli session can be watched as a part of the Deepavali program which is available on Chicago Chinmaya Mission YouTube channel.







### 3. Deepavali Celebration

<https://www.youtube.com/watch?v=g6j3IZ71ZiE>

This year as per our tradition, we celebrated Deepavali with a Lakshmi Puja followed by our Swamiji's address and an array of cultural programs. Lakshmi Ashtothara was chanted as a part of the Puja and a melodious bhajan was also sung. The entire program was live telecast on the Chicago Chinmaya Mission YouTube channel and a recording of the same is available. Dinner was also served for the in-person participants at Badri and the evening ended with fireworks for children on Badri lawns.



## Badri Programs

<https://mychinmaya.org/virtual-satsanga-and-e-study-groups/>

- **Swaranjali** (For Balavihar Children)
- **Stuti Vandana** (For Balavihar Children)
- **Geeta Chanting** (For Everyone)
- **Vedic Chanting** (For Everyone)
- **Sri Rudram Chanting** (For Everyone)
- **Sanskrit language** classes (For Everyone)
- **Adult Study Groups** (Registration required)
- **Vishnu Sahasranamam** (For Everyone)
- **ACT/ SAT Classes** (Registration required)

## In HIS Loving Memory –

### Bitter experiences can purify:

One day over lunch, **Gurudev** said, “This gourd may be bitter, but it will cleanse your system. Don’t reject it. Learn to relish its bitter taste. Certain experiences in life may also be bitter. Learn to accept them with grace. They will cleanse and purify the mind. Just as the bitter gourd will not turn your insides bitter, don’t allow bitter experiences in life to poison the serenity and beauty of your mind.” – *As narrated by Smt Bharati Sukhtankar*

## Updates from around the world -

- **Valmiki Ramayana** – June 5, 2021– Mar 22, 2022 [Virtual] – Swami Ramakrishnananda
  - Discourse and Analysis of Ramayana in three parts with the fragrance of Kamban and Kalidasan
- **Swadhyaya Series of Self Learning** – Online learning with access to materials for a lifetime
- **Vedic Suktas (Part II)** – A detailed study of Vedic Suktas from Rigveda – 12/12 – 12/18 – Online camp – Registration required
- **Hindu Spiritual Care** – Intro to Spiritual Care – Course to train Spiritual Care providers – Registration required – Starting on 1/22/2022 – Online classes

## Swami Sharananandaji’s Weekly Program Schedule

Program Name	Details
<b>Saddarshanam</b>	Sunday/ 8:30 – 9:15 am
<b>Bhagavad Gita – Chapter-wise Summary</b>	Sunday / 9:30 – 10:00 am
<b>Viveka Choodamani</b>	Tuesday/ 7 –8 pm
<b>Mandukya Upanishad</b>	Wed/ 7 – 8:15 pm
<b>Drik Drishya Viveka</b>	Saturday/ 8 – 9 am



## **Chinmaya Mission Chicago**

Badri ♦ Yamunotri ♦ Gangotri

*Graciously invites you with family to the*

**Annual Fundraising Event**

### **Unto Him**

*Presided by*

**Swami Ishwarananda**

*(Chinmaya Mission Los Angeles)*

**Swami Sharanananda**

*(Chinmaya Mission Chicago)*

**Saturday, December 4, 2021 ♦ 7:30 PM**

**Zoom Event – Registration required**

**\$50 per family**

[Click here to register](#)

Zoom link will be sent following registration



## Certificate in Hindu Chaplaincy – from CVV



**CHINMAYA**  
VISHWAVIDYAPEETH  
DEEMED TO BE UNIVERSITY

# Hindu Chaplaincy

## Certificate Programme

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of its kind  
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**For details**  
[www.cvv.ac.in](http://www.cvv.ac.in)  
[chaplaincy@cvv.ac.in](mailto:chaplaincy@cvv.ac.in)

**Starts  
January 2022**



**CHINMAYA MISSION CHICAGO**  
A School of Vedantic Studies  
BADRI • YAMUNOTRI • GANGOTRI

**Online Monthly Devi Satsang with**

**Swami Sharananandaji**

*Bhagavan Adi Shankaracharya's*

***Sadhana Panchakam***

**Third Thursday of every month 10-11am on Zoom**

Register at <https://bit.ly/2ZwTo4x> or email Vidya - [pvidya@hotmail.com](mailto:pvidya@hotmail.com)

More info: <http://mychinmaya.org>



For contributions contact: **Badri Publicity Team** at [cmc.publicity20@gmail.com](mailto:cmc.publicity20@gmail.com) | 630.923.2534