

# The Salem Sound Current

**ECKANKAR**  
Religion of the Light and Sound

## Public ECKANKAR Events for Friends and Families

“Spiritual exercises are the way to become more aware of this life. Spiritual exercises, contemplation, and prayer of the right kind are all the same. Basically, it’s opening your heart to God or the Holy Spirit and listening.

“Correct prayer is listening to God. If a person is going to err in prayer, it’s through too much telling or talking to God. There’s nothing wrong with telling or asking; there’s nothing wrong with talking to God. But after you’ve asked your question, listen. Be quiet and listen.

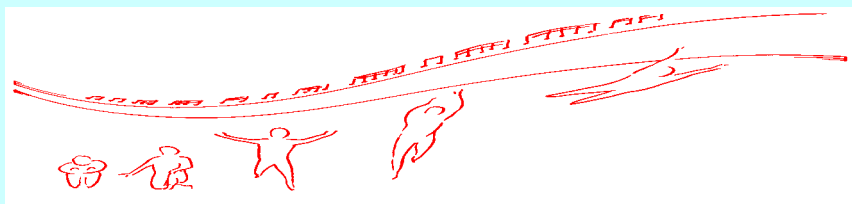
“Listening is true prayer, prayer of the highest order.” From “Our Spiritual Wake-Up Calls,” by Harold Klemp. This book can be ordered from your local bookstore or at <http://www.eckankar.org/Books/Index.html>.

### New First Year Class Starting

Experience the miracle of spiritual growth with ECKANKAR Membership and The Easy Way Discourse Class. Reading the ECK books is a nice start, but if you really want to get serious about your spiritual path nothing is as effective and rewarding as becoming a member of ECKANKAR, getting the discourses, and discussing them in an ECK Satsang Class. A new Easy Way Satsang Class is meeting the 4th Sunday of the month at 1 p.m. Call Ed Bloom at 503-304-2988 to sign up. Call Kay at 503-362-2695 for information about joining any other ECK class you might like to attend.

### Tell Your Friends, Family Members and Acquaintances

A new Spiritual Discussion series has begun. Based on the Spiritual Wisdom series books by Harold Klemp, this month’s discussion is titled Spiritual Wisdom on Conquering Fear. First time attendees will receive a free copy of the book of the same title. Join us on Friday, February 19, 2010 at 5:30—7:00 p.m. for this 1 1/2 hour discussion, held at Chemeketa Community College Building 28 Room 101 (parking permits will be available). Additional discussions are scheduled for 3/19 on Relationships, and 4/16 on Have You Had a Spiritual Experience? At the same time and location. Contact Marilyn Van Grunsven 503-538-7774 for more information.



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For those who wish to take the next step on their spiritual journey with ECKANKAR, membership provides you with a series of discourses (written lessons) that you can discuss by joining a local Satsang class. For more information/to join a class, please call Kay Marikos at 503-362-2695.

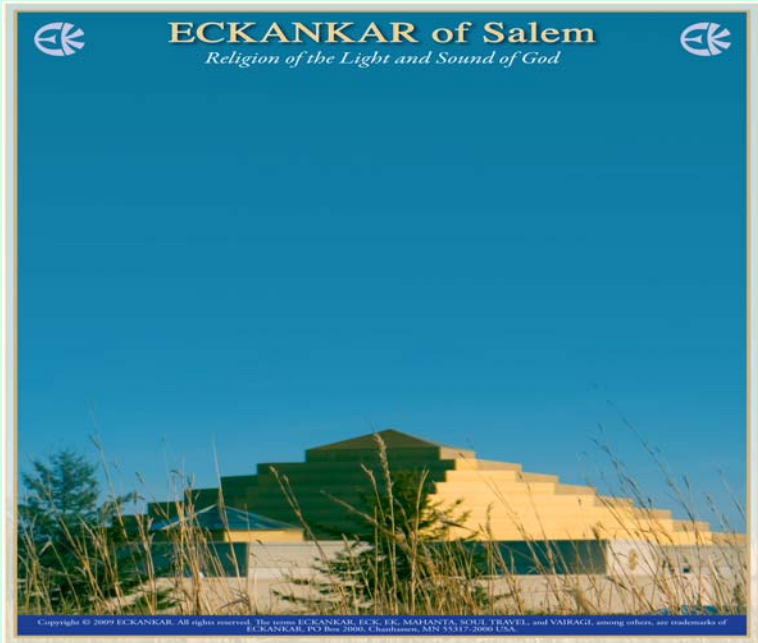
To have this newsletter sent to your email address, please call 503-362-2695.



**Harold Klemp**  
The Spiritual Leader  
of Eckankar



Visit ECKANKAR's Web site  
at [www.eckankar.org](http://www.eckankar.org).



**Public ECKANKAR Events for You, Your Friends and Families**

You're cordially invited to attend ECK Worship Services in Salem. ECK Worship Services give you a small taste of the ECK Satsang Class experience, one of the most stabilizing, educational, uplifting and enjoyable activities ECKists have the good fortune to attend. Someone reads aloud a brief passage about a spiritual topic. Then those attending sing HU, a love song to God, for a few minutes and follow that with a contemplation of the reading and topic. An open discussion of the topic and how it applies to one's daily life follows. Those who attend often discover how the spiritual guidance of the Mahanta, The Living ECK Master is at work and available more and more in their lives.

ECK WORSHIP Services in Salem take place at Chemeketa Community College, Building 28, Room 101— a little north and east of Building 2 and 16 (take the sidewalk between Building 16 and the other small buildings and walk back to Building 28), on the third Sunday of the month, from 11 a.m. until noon. This month, on **February 21st**, the topic will be **“Achieving an Attitude of Gratitude.”**





## ECKClergyService

ECK members and the public are welcome to contact a member of the ECK clergy about the following services.

The four ECK celebrations of life are: The ECK Consecration Ceremony for young children, celebrating new life and a new phase in Soul's journey home to God; the ECK Rite of Passage for boys and girls of about age thirteen, celebrating their personal commitment to the ECK teachings; the ECK Wedding Ceremony; and the ECK Memorial Service.

The ECK Spiritual Aide session, though not counseling, can help you find your own answers in challenging situations through the personal guidance of Divine Spirit. The ESA session is conducted by an ECK Spiritual Aide, who is an ECK cleric specially appointed and trained to offer this assistance.

There are no fees for the above services, but ECK clerics accept donations to ECKANKAR. For more information, please contact:

- Ed Bloom 503-304-2988
- John Marikos, Initiator, ESA 503-362-2695
- Kay Marikos, Initiator, ESA 503-362-2695
- Anne Roberts, Initiator, ESA 503-554-9700
- David Van Grunsven, Initiator 503-538-7774
- Marilynn Van Grunsven, Initiator 503-538-7774
- Roland Reeb, Oregon RESA  
(Regional ECK Spiritual Aide),  
Initiator, ESA 503-259-8765

For more information about ECKANKAR:  
<http://www.eckankar.org>. or call 1-800-Love-God

For more information about ECKANKAR activities  
in Oregon: [www.eckankar-oregon.org](http://www.eckankar-oregon.org)

For information about local activities call: Marilyn or Dave Van Grunsven. Local Directors of Marion, Polk and Yamhill counties at 503-538-7774.

If you are interested in helping others learn about ECKANKAR, please contact Ellie Bloom at 503-304-2988.

If you wish to make a donation, please contact Alan Gibson at 503-689-8910.

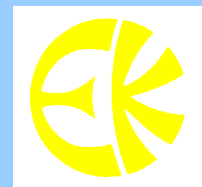
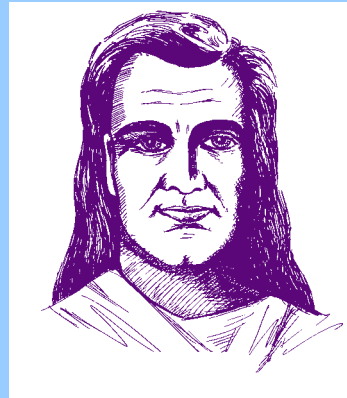
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The opinions expressed in this publication are those of the writers and not necessarily those of ECKANKAR or the Mahanta, the Living ECK Master, Sri Harold Klemp.

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