



THE BLUE STAR SENTINEL

ECKANKAR, Religion of the Light and Sound of God

ASHLAND & MEDFORD
ECKANKAR PUBLIC NEWSLETTER
Jan. & Feb.
2012

January 2012

Jan. 8th - Sun.

Ashland Worsip Service
11:30 a.m. At: Pioneer Hall
(Across from Lithia Park)

Topic: "Using Spiritual Tools to Meet Life's Challenges"

Jan. 19th Thur.

Shariyat Book Discussion Chapter 3
7:30 p.m. At: Rand Roselli's Home
PH: 530-859-0786

Jan. 29th-Sun.

Medford Book Study 11:00 a.m.
Book: "Ask the Master" Book 1
At: 1025 Ellendale Apartment's Medford, OR.

February 2012

Feb. 12th- Sun.

Community HU Song
11:30 a.m. At: Pioneer Hall
(Across from Lithis Park)
(Refreshments after the HU Song)

Feb. 16th-Thur.

Shariyat Book Discussion Chapter 4
7:30 p.m. At: Rand Roselli's Home
PH: 530-859-0786

Feb. 26th- Sun

Medford Book Study 11:00 a.m.
Book: "Ask the Master" Book 1
At: 1025 Ellendale Apartment's Medford, OR.

A SPIRITUAL EXERCISE

The Golden Cup

Every evening at bedtime, visualize a golden cup to be filled with your dream experiences. The cup sits by your bed. When you awake in the morning, in contemplation or in your imagination, drink from the cup. You are drinking in the experiences, a conscious way of saying, I want to remember what I'm doing on the inner planes while my body is asleep.

The golden cup is Soul: it is you. As you put more attention on drinking from the cup, It takes on a life of its own. The more the ECK flows in and out of the cup, the more Soul shines of its own golden light. You, as Soul, become an even brighter vehicle for the Holy Spirit.

The experiences you have will lead to greater awareness of your life and its divine meaning.

Sri Harold Klemp, *Spiritual Exercises of ECK* pg. 23

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ECKANKAR *Non-Chela* Calendar January 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8 Ashland Worship Service 11:30 a.m.	9	10	11 Spiritual Discussion 7:00 p.m.	12	13	14
15	16	17 Satsang Discourse 7:30 p.m.	18	19 Shariyat Book Discussion 7:30 p.m.	20	21
22	23	24	25	26	27	28
29 Medford Book Study 11:00 a.m.	30	31				

- Sun - Jan. 8th - Ashland Worship Services 11:30 a.m. At: Pioneer Hall
(Across from Lithia Park)
Topic: "*Using Spiritual Tools to Meet Life's Challenges*"
- Wed-Jan. 11th - Spiritual Discussion 7:00 p.m. "*Is Life a Random Walk?*"
At: The Hidden Springs Community Center
(635 Lit Way In the small plaza near the Ashland Cinemas)
- Tues-Jan. 17th - Satsang Discourse, Fourth Series, Chapter 3, 7:30 p.m.
At: the *Roselli* Home 479 Russell Street # 202 Ashland, OR.
PH: 541-708-0584
- Thur-Jan. 19th - Shariyat Book Discussion, Chapter 3, 7:30 p.m.
At: the *Roselli* Home 479 Russell Street # 202 Ashland, OR.
PH: 541-708-0584
- Sun- Jan. 29th - Medford Book Study 11:00 a.m. Book:
"*Ask the Master*" Book 1
At: 1025 Ellendale Apartments Medford, OR.
PH: 541-772-0826

ECKANKAR Non-Chela Calendar February 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8 Community <i>HU Song</i> 7:00 p.m.	9 Ashland HU Chant 7:15 p.m.	10	11
12 Community <i>HU Song</i> 11:30	13	14	15	16 Shariyat Book Discussion 7:30 p.m.	17	18
19	20	21	22	23	24	25
26 Medford Book Study 11:00 a.m.	27	28	29			

- Wed - Feb. 8th - *Community HU Song*
 At: The Hidden Springs Community Center
 635 Lit Way
 (In the small plaza near the Ashland Cinemas)
- Thur - Feb. 9th - Ashland HU Chant 7:15 p.m.
 At: *Alea Kent's Home*
 610 Cambridge Street, Ashland, OR.
 PH: 541-552-0333
- Sun- Feb. 12th - *Community HU Song* 11:30 a.m. At: Pioneer Hall
 (Across from Lithia Park)
 (Refreshments will be served after the *HU Song*)
- Thur-Feb. 16th - Shariyat Book Discussion, Chapter 4, 7:30 p.m.
 At: the *Roselli's Home* 479 Russell Street # 202,
 Ashland, OR. PH: 541-708-0584
- Sun- Feb. 26th - Medford Book Study 11:00 a.m.
 Book: "*Ask the Master*" Book 1
 At: 1025 Ellendale Apartments Medford, OR.
 PH. 541-772-0826

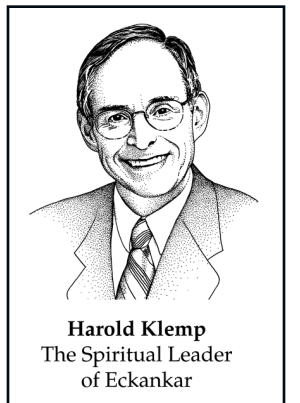


Oregon Satsang Society
P. O. Box 3436
Ashland, OR. 97520
Return Service Requested

What is Eckankar?

Eckankar teaches that there is an audible life current known as the ECK, or Holy Spirit, that connects each of us with the heart of God. We can experience the ECK as Light and Sound. Through Study and practice of the Spiritual Exercises of ECK, we learn to recognize the Light and Sound of God as it touches our lives and brings increased divine love.

The spiritual leader of Eckankar is the Mahanta, the Living ECK Master, Sri Harold Klemp. The Mahanta is the inner, or spiritual form of the Living ECK Master. The Mahanta gives inner guidance through dreams, Soul Travel, and Spiritual Exercises of ECK. Harold Klemp's inspiring talks and writings, and his practical approach to spirituality, help thousands of people worldwide find greater freedom, wisdom, and love. His teachings uplift and help people recognize their own experiences with the Light and Sound of God



Harold Klemp
The Spiritual Leader
of Eckankar

For more information about ECKANKAR, Religion of the Light and Sound of God, contact your local ECK group at 541-779-3019 or visit ECKANKAR's website at www.eckankar.org or call 1-800-LOVEGOD,

or write

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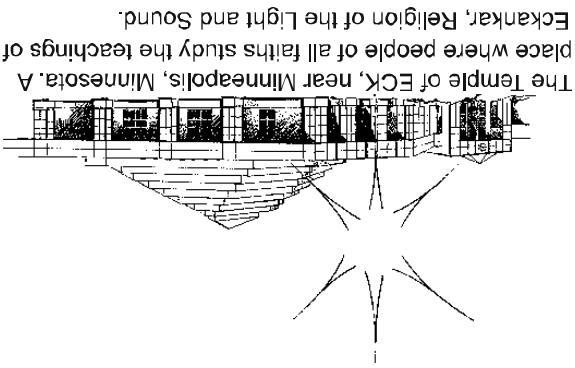
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The Temple of Eck, near Minneapolis, Minnesota. A place where people of all faiths study the teachings of Eckankar, Religion of the Light and Sound.