



All events are at the ECKANKAR Spiritual Center of Portland, unless otherwise noted.

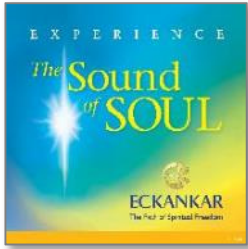
7904 SE Milwaukie Avenue, Portland, OR 97202 (503) 233-1595, [www.eckankar-oregon.org](http://www.eckankar-oregon.org), [www.eckankar.org](http://www.eckankar.org)

## EXPERIENCE HU—THE SOUND OF SOUL

Sunday, July 1, 11:00 am to 12:00 pm at the ECKANKAR Spiritual Center of Portland.

Friday, July 6, 1:30 to 1:50 pm, Oregon City, Meadows Court Yard - Library, 13637 Garden Meadow Drive.

Contact: Russell Henderson: [rhender@bctonline.com](mailto:rhender@bctonline.com)



**Sacred Sound, ancient mantra. HU is a universal love song to God. Meet Like-Hearted People at a Sound of Soul Event.**

Discover your inner guidance. Healing for body, mind, and spirit. A higher form of creativity.

Sound of Soul events offer the opportunity to chant *HU*, engage in spiritual conversation, and enjoy community.

Meet others of like heart who share a desire to explore their own connection with God or Divine Spirit. ECKANKAR offers events, including the Sound of Soul experience, around the world. - Harold Klemp, *The Sound of Soul*

During a Sound of Soul event, we introduce the HU, then sing it for about 20 minutes (pronounced like the word hue), followed by a quiet contemplative time of about 3 to 5 minutes. Then we engage in spiritual conversation and enjoy community.

For more information about HU-the Sound of Soul, see <https://eckankarblog.org/sound-of-soul/>.

## ECK SPIRITUAL DISCUSSION IN THE PARK - Topic: Solving Problems

Saturday, July 7, 4:00 - 5:15 pm, Kenilworth Park - meet on Holgate side, 3275 SE Holgate Blvd, Portland, Oregon

"If you want to change any outer condition, the change must first come from within yourself. ...somehow you have to look at life differently from the way you have in the past." From Harold Klemp, *Spiritual Wisdom on Solving Problems* p. 12.

Problems? Problems? Why do we have so many?

What causes them?

Can we avoid them? Come discuss and discover how to receive guidance to transform the way you see yourself and your life.

- Free and all are welcome. Sponsored by the ECKANKAR Spiritual Center of Portland.

## ECK LIGHT AND SOUND SERVICE

Sunday, July 8, 11:00 - 12:00 noon. Spiritual topic: "Gift of Love in Daily Life"



The public is warmly invited to ECK Light and Sound Services. Each service focuses on an aspect of Eckankar. They often feature a reading from the ECK works, singing HU, talks, music, and a group discussion of spiritual principles at work in your daily life.

The service lasts about an hour. Join others seeking to bring more insight and divine love into their lives at this special celebration of the Light and Sound of God.

## INTERESTED IN ADVANCED SPIRITUAL STUDY? A new "The Easy Way Discourses" Satsang Class is Starting

Saturday, July 14, in a private home in NE Portland, Saturday, 11:00 - 12:30 pm, *The Easy Way Discourses*,

Contact Arahata: Jocelyn Parrish, [jqparrish@gmail.com](mailto:jqparrish@gmail.com), 806-356-4877 for address and directions.

Spiritual training and experience come in many ways with ECKANKAR membership.

- You receive a year-long discourse series written by the spiritual leader of ECKANKAR for your personal study.
- You can also study with others in an ECK Satsang (spiritual study) class to share experiences, insights, and questions.

"The ECK discourses are written with a secret, internal rhythm that gradually unfolds your consciousness in a very precise and orderly manner.

*The Easy Way Discourses* are a portal for you to enter the secret worlds that exist beyond our cosmos, the higher regions so well known to the ECK travelers and the saints of old." —Sri Harold Klemp, the Mahanta, the Living ECK Master.

To become a member of ECKANKAR, you may sign up online at:

- [www.eckankar.org/Membership](http://www.eckankar.org/Membership) or call ECKANKAR membership services at (952) 380-2222.
- Or, talk to a member of the ECK clergy after an ECK Light and Sound Service, held at the ECKANKAR Spiritual Center of Portland on the 2nd Sunday of each month, from 11:00 am-12:00 pm.

## ECK SPIRITUAL DISCUSSION - Topic: Learning the Art of True Surrender

Sunday, July 15, 11:00 am - 12:00 pm at the ECKANKAR Spiritual Center of Portland

You are warmly invited to the new 3<sup>rd</sup> Sunday ECK Spiritual Discussion!

Each month we will explore a new topic with a spiritual focus on how the ECK (Holy Spirit) helps and guides us in life, in a wide-ranging, informal, and relaxed discussion.

- Free and all are welcome.

## DROP IN - ECKANKAR SPIRITUAL CENTER OF PORTLAND IS OPEN

Enjoy checking out Eckankar books and CDs from the Eckankar Library. Or select free information. Spend time by yourself to read or contemplate.

An Eckankar Host is always available to discuss any questions about ECKANKAR – the Path of Spiritual freedom. All are welcome.

Tuesday, July 3, 10:00 am to 1:00 pm; ECK video at noon: "The Breath of God", 2006 ECK Springtime Seminar

Thursday, July 5, 10:00 am to 1:00 pm; ECK video at noon: "Lessons and Blessings", 2006 ECK Worldwide Seminar

Tuesday, July 10, 10:00 am to 1:00 pm; ECK video at noon: "It's a Miracle", 2007 ECK Springtime Seminar

Thursday, July 12, 10:00 am to 1:00 pm; ECK video at noon: "Change Is Change", 2007 ECK Worldwide Seminar

Wednesday, July 18, 10:00 am – 12:00 pm.

Tuesday, July 31, 10:00 am to 1:00 pm; ECK video at noon: "The Tensions of Living" 2008 ECK Springtime Seminar



## ECKANKAR Spiritual Center of Portland Contacts

Local Director: Linda Hammond, 503-750-8667 / Oregon RESA: Diane Ehrler, 503-644-4992

Spiritual Services: Rita Maupin 503-351-6899 / Newsletter Editor: Roger Holden, 503-577-9014

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