



Sunday	Mon	Tuesday	Wednesday	Thursday	Friday	Sat
<p>Experience HU - the Sound of Soul Sacred Sound, ancient mantra. HU is a universal love song to God. Sundays, Dec 3 and Dec 17 from 11:00 am to 12:00 pm. See below.</p> <p>ECK Light and Sound Service "Finding Divine Love in Everyday Actions" Sunday, December 10, 2017, from 11:00 am-12:00 pm. See below.</p> <p>ECKANKAR Three-Session Spiritual Exploration Event "ECKANKAR-Ancient Wisdom for Today" Session 1—Dreams, Soul Travel, and the Wonder of You Sunday, December 24, 2017, from 11:00 am-12:00 pm. See page 2.</p> <p>ECKANKAR Roundtable Discussion: "How Do I Walk the Path of Spiritual Freedom?" Sunday, December 31, 2017, 11:00 am-12:00 pm</p>			<p>All events are at the ECKANKAR Spiritual Center of Portland, unless otherwise noted. 7904 SE Milwaukie Avenue, Portland, OR 97202 (503) 233-1595, eckankar-oregon.org, eckankar.org</p> <p>At noon on the weekdays identified*, a video of Sri Harold Klemp, the spiritual leader of Eckankar, speaking about a spiritual topic will be shown. Bring a lunch, join in, and enjoy!</p>			
3		5	6	7	8	9
10	11	12	13	14	15	16
17		19	20	21	22	23
24			27	28	29	30
31						

DECEMBER 2017 ECKANKAR EVENTS IN THE PORTLAND METRO AREA

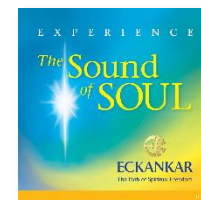
ECK LIGHT AND SOUND SERVICE – "Finding Divine Love in Everyday Actions" December 10, 2017, 11:00 - 12:00 noon

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.



OREGON CITY 1:30 to 1:50 pm at Meadows Court Yard Library, 13637 Garden Meadow Drive. See below.

Dec 1: Experience HU - the Sound of Soul - Sacred Sound, ancient mantra. HU is a universal love song to God. Contact Jim Jackson, 503-539-1652.

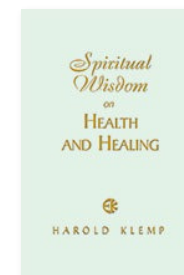


ESTACADA, OR

Dec 15: Friday, 4:00 - 5:00 pm, Public ECKANKAR Spiritual Discussion on ECK Wisdom on Health and Healing. Free and all faiths welcome.

- What are some keys to good Health? - How does attitude connect with healing? - How does healing happen?

Receive a complimentary copy of the book *ECK Wisdom on Health and Healing* while supplies last. Estacada Public Library Community Room, 825 NW Wade St. Estacada, Oregon 97023



Experience HU—the Sound of Soul

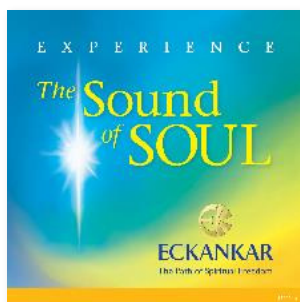
Sundays, Dec 3 and Dec 17, 11:00 am to 12:00 pm at the ECKANKAR Spiritual Center of Portland

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

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.
- Sri 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/>.





ECKANKAR Three-Session Spiritual Exploration Event starting Sunday, December 24

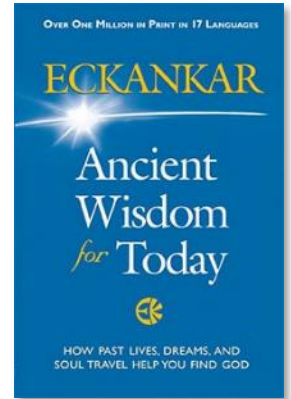
You are warmly invited to participate in the Eckankar three-session spiritual exploration event.

“ECKANKAR-Ancient Wisdom for Today”, Session 1—Dreams, Soul Travel, and the Wonder of You

Session 1 will meet on Sunday, December 24, 2017, from 11:00 am-12:00 pm,

- Free books will be provided to all attendees at the ECKANKAR Spiritual Center of Portland.
- Or download the free book at <https://www.eckankar.org/FreeBook/index.html>
ECKANKAR Spiritual Center of Portland, 7904 SE Milwaukie Ave., Portland, OR.

For further information, contact Roger Holden, roger.holden@comcast.net, 503-577-9014.



Interested in Advanced Spiritual Study? A new *The Easy Way Discourses* satsang class is starting soon!

To study *The Easy Way Discourses*, Eckankar membership is required. When you become a member of Eckankar, you receive a discourse series for your personal study. You study one lesson a month, sharing them with your family if you like.

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

- 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.

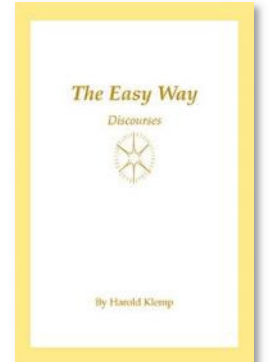
Spiritual training and experience come in many ways with ECKANKAR membership.

- 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 sign up for the class, contact Mukendi Kim: mukendi@ymail.com
- Or contact Rita Maupin: zeenaeck@yahoo.com



ECKANKAR 30-Minute Public Access TV Videos of Sri Harold Klemp speaking weekly on various topics

We’re delighted to announce expanded viewing times to watch and hear Sri Harold Klemp, the spiritual leader of ECKANKAR, share his wisdom and divine love on local cable stations. We invite you to tune in to your local Public Access TV station listed below.

BROADCAST AREA	Monday	Tuesday	Wed	Thursday	Friday	Saturday	Sunday
CH 22 and CH 33 MetroEastCM: Gresham	—	—	—	—	—	—	6:00 pm
CH 23 WFMC: Damascus, Milwaukie, Wilsonville and the Unincorporated regions of Clackamas County	3:00 pm	11:30 pm	4:30 pm, 7:30 pm	5:30 pm, 11:30 pm	9:00 am	10:00 am, 6:00 pm	11:30 pm
CH 23 WFMC: Oregon City	—	11:30 pm	4:30 pm	5:30 pm, 11:30 pm	9:00 am	10:00 am, 6:00 pm	11:30 pm
Ch 23 TVCTV: Banks, Beaverton, Cornelius, Durham, Forest Grove, Gaston, Hillsboro, King City, Lake Oswego, North Plains, Rivergrove, Tigard, Tualatin, Washington County and West Linn	3:30 pm	—	—	8:30 am	7:30 pm	5:30 am	—
Ch 23 PCM: Portland and East Multnomah county	8:00 pm	—	—	—	7:00 pm	—	—

ECKANKAR Spiritual Center of Portland Contacts

Local Director: Linda Hammond, 503-750-8667 / Oregon RESA: Diane Ehrlar, 503-644-4992 / Spiritual Services: Rita Maupin 503-351-6899 / Newsletter Editor and Local Outreach Team Leader: Roger Holden, 503-577-9014

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Temple of ECK in Chanhassen, Minnesota

