

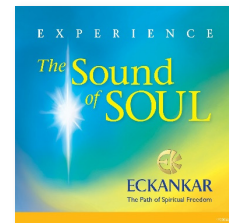


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>Experience HU - the Sound of Soul Discover your inner guidance, healing for body, mind, and spirit, and a higher form of creativity. Friday, Jan. 5, 1:30 to 1:50 pm in Oregon City Sunday, Jan. 7 from 11:00 am to 12:00 pm at the ECKANKAR Spiritual Center. See ☀☀☀ page 2.</p>		<p>ECK Light and Sound Service "Opening Your Heart To Love" Sunday, January 14, 2017, from 11:00 am-12:00 pm. See ☀ below.</p>		<p>ECKANKAR Spiritual Exploration Event "ECKANKAR-Ancient Wisdom for Today" Session 2— Past Lives, Heaven, and Soul's Destiny Sunday, January 28, 2017, from 11:00 am-12:00 pm. See page 2.</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> 	
		1	2	3	4	5	
			<p>ECK Center Open* 10:00 am to 1:00 pm ECK video at noon: "Teacher and Student", 2010 ECK Worldwide Seminar</p>		<p>ECK Center Open* 10:00 am to 1:00 pm ECK video at noon: "All In Good Time", 2011 ECK Springtime Seminar</p>	<p>Oregon City Experience HU - the Sound of Soul Discover your inner guidance, healing for body, mind, and spirit and a higher form of creativity. See ☀☀☀ see below and page 2.</p>	
7	8	9	10	11	12	13	
<p>Experience HU - the Sound of Soul Discover your inner guidance, healing for body, mind, and spirit and a higher form of creativity. 11:00 am – 12:00 pm. See ☀☀☀ see page 2</p>		<p>ECK Center Open* 10:00 am to 1:00 pm ECK video at noon: "A Clear Message", 2011 ECK Worldwide Seminar</p>		<p>ECK Center Open* 10:00 am to 1:00 pm ECK video at noon: "A Mission Renewed", 2012 ECK Springtime Seminar</p>			
14		16	17	18	19	20	
<p>ECK Light and Sound Service "Opening Your Heart To Love" 11:00 am – 12:00 pm., see ☀ below</p>		<p>ECK Center Open* 10:00 am to 1:00 pm ECK video at noon: "Love In Motion", 2012 ECK Worldwide Seminar</p>	<p>ECK Center Open 10:00 am to 2:00 pm</p>			<p>ECKANKAR Spiritual Discussion "ECK Wisdom on Health and Healing" 4:00 - 5:00 pm Gresham Public Library, Gresham OR. See below</p>	
21	22	23	24	25	26		
		<p>ECK Center Open* 10:00 am to 1:00 pm ECK video at noon: "Seeing Clearly", 2013 ECK Springtime Seminar</p>		<p>ECK Center Open* 10:00 am to 1:00 pm "Just Keep Trying", 2013 ECK Worldwide Seminar</p>			
28		30	31				
<p>ECKANKAR Spiritual Exploration Event "ECKANKAR-Ancient Wisdom for Today" Session 2— Past Lives, Heaven, and Soul's Destiny 11 am-12 pm. Contact Roger Holden, roger.holden@comcast.net 503-577-9014 See page 2.</p>							

JANUARY 2018 ECKANKAR EVENTS IN THE PORTLAND METRO AREA

OREGON CITY, January 5, 1:30 to 1:50 pm

Experience HU - the Sound of Soul, Discover! Your inner guidance. Healing for body, mind, and spirit. A higher form of creativity. See ☀☀☀ below. Meadows Court Yard - Library, 13637 Garden Meadow Drive. Russell Henderson ; rhender@bctonline.com.



☀ ECK LIGHT AND SOUND SERVICE – "Opening Your Heart To Love" January 14, 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.



Gresham, OR

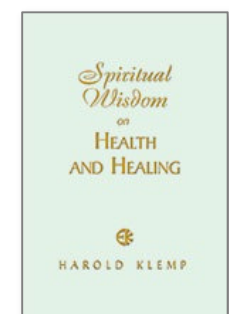
Jan. 20: Saturday, 4:00 - 5:00 pm, Public ECKANKAR Spiritual Discussion on "ECK Wisdom on Health and Healing."

Free and all faiths welcome. For more information: Margaret 971-219-1049.

- What are some spiritual laws 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.

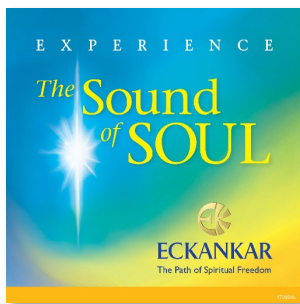
Gresham Public Library Community Room, 385 NW Miller Ave, Gresham, Oregon 97030





Experience HU—the Sound of Soul

Friday, January 5, 1:30 to 1:50 pm, Oregon City and Sunday, January 7, 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.
 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.
 - 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 Spiritual Exploration Event, Sunday, January 28

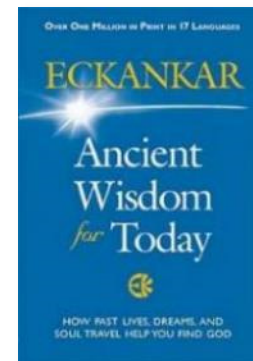
“ECKANKAR-Ancient Wisdom for Today,” Session 2— Past Lives, Heaven, and Soul’s Destiny

Session 2 will meet on Sunday, January 28, 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.

Or 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.

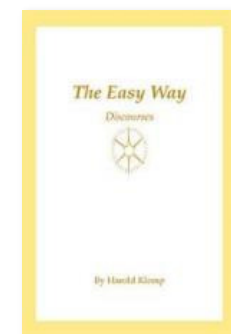
Spiritual training and experience come in many ways with ECKANKAR membership.

- 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 Ehrler, 503-644-4992 / Spiritual Services: Rita Maupin 503-351-6899 / Newsletter Editor and Local Outreach Team Leader: Roger Holden, 503-577-9014

The ECK Star is published by the Oregon Satsang Society, Inc., a chartered affiliate of ECKANKAR - The Path of Spiritual Freedom.

Temple of ECK in Chanhassen, Minnesota

