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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, www.eckankar.org

EXPERIENCE HU—THE SOUND OF SOUL

NEW Sunday, March 10, 10:00 am to 11:00 am, Avamere at St. Helens, 2400 Gable Road, St. Helens, OR 97051. Contact Gail Thistle: 503-233-1595. **You are warmly invited to attend.**

NEW DAY Sunday, March 17, 11:00 am to 12:00 pm at the ECKANKAR Center of Portland. **You are warmly invited to attend.**

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.”

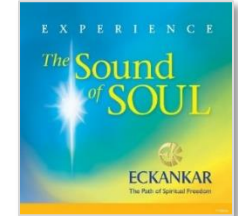
“Sound of Soul events offer the opportunity to chant HU, engage in spiritual conversation, and enjoy community.”

“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.”

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

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



ECK LIGHT AND SOUND SERVICE

Topic: “Learning to Trust in Our Service to God”

Sunday, March 10, 2019 - 11:00 am - 12:15 pm **You are warmly invited to ECK Light and Sound Services.**

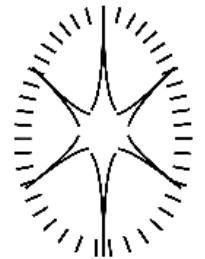
Discover more about yourself as Soul, an eternal, creative, spiritual being.

- Divine Spirit expresses Itself in the world as Light and Sound.
- Connect with the most sacred part of yourself, receive new insights, and magnify love in your life through the Light and Sound of God.
- Experience the sacred sound of HU, which can open your heart to divine love, healing, and inner guidance.
- Experience contemplative exercises to have your own experience of the spiritual Light and Sound.

“The Light and Sound of God together are the Voice of God. In scriptures we know It as the Word or Logos.

In other words, It is God speaking from beyond creation to Its creation.” —Harold Klemp, The Slow-Burning Love of God

Join others seeking to bring more insight and divine love into their lives at this special celebration of the Light and Sound of God.





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Interested in Advanced Spiritual Study? “*The Easy Way Discourses*” Satsang Classes are Open to Join.

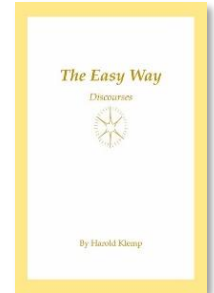
Two New “*The Easy Way Discourses*” Satsang classes are open to join. Contact: Russell Henderson, 503-632-6186

- * **March 23, 2019** 4th Sat. 12:00 pm-1:30 pm *The Easy Way Discourses, Ch. 2*, ECKANKAR Spiritual Center of Portland
- * **March 27, 2019** 4th Wed. 5:30 pm-7:00 pm *The Easy Way Discourses, Ch. 2*, Estacada Public Library

“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.



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. The first year is *The Easy Way Discourses*. See www.eckankar.org/Membership and www.eckankar.org/Membership/discourse.
- You can also study with others in an ECK Satsang (spiritual study) class to share experiences, insights, and questions.
- Each month you will read a discourse on another facet of the ECK teachings. Each lesson in the first year has a spiritual exercise for you to try.

ECKANKAR Spiritual Center of Portland Contacts: Oregon RESA: Diane Ehrler, 503-644-4992, Local Director: Linda Hammond, 503-750-866, and Newsletter Editor: 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.

ECKANKAR Center More Open Hours

Mar. 2: Noon - 4:00 pm

Mar. 8: Noon - 3:00 pm

Mar. 11: 11:00 am - 4:00 pm

Mar. 19: 10:00 am - 1:00 pm

Mar. 20: Noon - 3:00 pm

Mar. 26: 10:00 am - 1:00 pm