

Eckankar in Salem
(serving Marion, Polk, and Yamhill counties)
1st Quarter 2018

John and Kay Marikos, Local Directors 503-362-2695

- **ECK Skillshops** on the third Sunday of the Month from 11 a.m. until noon at the IKE Box Coffee Shop on the southwest corner of Cottage and Chemeketa Streets (299 Cottage St. NE) in Salem next to the YMCA on the second floor in the Key Idea Room near the restrooms (When you enter the IKE Box Café from Chemeketa Street, there are a few stairs and then you are in a hallway. To your left is the coffee counter. Go right, instead, until the end of the hallway, then turn right and go until you come to stairs. At the top, take a few steps forward, then turn right, going past the restrooms to the Key Idea Room)
 - January 21 “Using Your Abilities as Soul: Becoming a Spiritual Traveler”
 - February 18 “Using Your Abilities as Soul: Finding Spirituality in Relationships”
 - December 17 “Using Your Abilities as Soul: How to Really Help People”

- **ECK Satsang (Advanced Study) Classes** for members of Eckankar who have these discourses—contact Kay Marikos at 503-362-2695 to join one of these classes or another. If you wish to become a member of Eckankar, you may contact John or Kay or go to Eckankar.org for more information. When you become a member, that’s where the spiritual growth and unfoldment really begins.
 - The Dream 2 Discourses
 - The Master 1 Discourses Newberg
 - The Master 1 Discourses Salem
 - The Easy Way—This is a class where the first discourse is discussed and is an excellent way to begin your study of the ECK teachings, once you join Eckankar. The Easy Way discourses have been updated with new information and improvements. So, current ECKists who have received the updated discourse may enjoy attending this class again.

The opinions expressed in this publication are those of the writers and not necessarily those of ECKANKAR or the Mahanta, the Living ECK Master, Sri Harold Klemp.

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