



ECKANKAR The Path of Spiritual Freedom

December 2017 Lower Mainland Calendar of Public Eckankar Events

Spiritual Discussions/Meetup

Surrey

Sunday, December 10th, 1:00 – 2:00 pm
(every 2nd Sunday)

Discussion Topic:

“Dreams and Your Spiritual Journey”

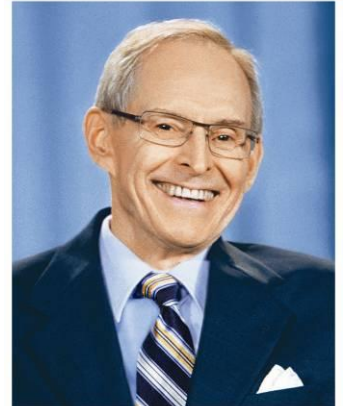
Fleetwood Community Centre,
Room 3 (Lounge)
15996 84th Avenue, Surrey

Greater Vancouver

Spiritual Experiences Meetup

For more information visit us at:

<http://www.meetup.com/GreaterVancouverSpiritualExperiences/>



Harold Klemp
The Spiritual Leader
of Eckankar



Have you had a spiritual experience? Meet other people who have had one too. Haven't had a spiritual experience, but would like to? Join our sessions of spiritual discussions to find out how.

Just about everyone has a story to share or a question to ask about spiritual experiences. Perhaps it is an insight that you found through your personal study of life and spirituality. Whatever your background, come to share your stories, experiences, and insights in a warm, friendly environment. Our goal is to listen, validate, and share universal tools that can enhance anyone's spirituality. We are here to help each person find their own relationship with the Divine.

Community HU Songs

Surrey

Friday, December 1st
7:30 – 8:00 pm
(every 1st Friday)

Fleetwood Community Centre
Room 3 (the lounge),
15996 84th Avenue



North Vancouver

Friday, December 1st
8:00 – 8:30 pm
(every 1st Friday)

Harry Jerome Community Recreation Centre
Mahon Room,
123 East 23rd Street
(south side of Upper Levels Highway, ½ block east of Lonsdale—lots of free parking)

Burnaby

Tuesday, December 5th
7:30 – 8:00 pm
(every 1st Tuesday)

Bonsor Recreation Complex
Conference Room,
2nd Floor
6550 Bonsor, Burnaby
(near Metrotown)

Abbotsford

Saturday, December 16th
10:15 am
(every 3rd Saturday)

Clearbrook Library
32320 George Ferguson Way, Abbotsford



You are warmly invited to join us in sharing the experience of singing HU together as a community. To hear a five minute HU Song sung by thousands, please visit www.hearhu.org.

“HU, this ancient name for God, is a love song to God. You can sing it. And in singing it or holding it in your mind during times of need, it becomes a prayer. It becomes a prayer of the highest sort.”

—Harold Klemp, *Love—The Keystone of Life*, p.105

ECK Light and Sound Services

The public is warmly invited to attend 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 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.

Greater Vancouver Area

**December 17th,
10:30 am**

(every 3rd Sunday)

“How Does God Talk to You?”

Vancouver Public Library
Alma VanDusen Room

350 West Georgia Street, Vancouver

(Parking: off Hamilton Street in Library
Parkade or area around the Library Square.)

Next month's ECK Light and Sound
Service, *This is Love*,
date to be announced.



Fraser Valley Area

Cancelled for December!

1:00 pm

(every 4th Sunday)

***Quality Hotel &
Conference Centre***
36035 N. Parallel Road,
Abbotsford

The next ECK Light and Sound
Service will be on January 28th, 2018

New! North Vancouver
(this is a new ECK Light and Sound
Service!)

January 28th, 2018
(every 4th Sunday)

“Theme TBA”

Location and time TBA

The next ECK Light and Sound Service
date and theme to be announced.



Be sure to join us after the service for fellowship, tea and goodies!

A Spiritual Exercise to Try

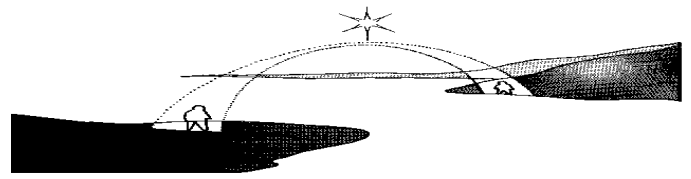
HU is an ancient name for God. When you sing HU, you open your heart to the Light and Sound of God.

Here is a simple spiritual exercise to try. First, close your eyes and look gently to a point between your eyebrows. Then, softly sing HU (pronounced like the word “hue”). Now sit quietly for a few minutes. Watch and listen for the presence of God. It may come as a light or a sound, or in some other way.

Made of the Light of God—

A Sacred Meeting Brings a Confirmation of God's Love

By Allyson Farriss,
The ECKANKAR Journal, 2010, pp.39,40



Many years ago, before I became a member of Eckankar, I was teaching a jewelry-making class and struck up a conversation with one of my students. We found we had a lot in common. Over the course of the class, we became friends.

One day, we began to talk about meditation. My friend seemed very interested in the topic.

“Do you meditate?” she asked.

I told her I did.

“I meditate too,” she replied.

After a moment, she asked, “Do you ever sing HU?”

I’d never heard of singing HU before and asked her what she meant.

“HU is an ancient love song to God,” she said. “Do you have any problems with your life?”

“Yes, I do,” I replied. “I’ve always had a problem with low self-esteem.”

“Well, you can say a prayer,” she said. “You can ask for God’s help in healing your low self-esteem, and then sing HU.”

That night, I decided to try singing HU. I closed my eyes and asked God to help me find a way to heal my low self-esteem. Then I repeatedly sang the word *HU*.

Suddenly, I saw a ball of Blue Light in my mind’s eye. Then, inwardly, a man with glasses appeared.

“Did you call me?” he asked.

Surprised, I replied, “I don’t know. Did I?” I was a little confused and didn’t know what to make of this experience.

“Well, yes,” he said. “You sang HU”

“I guess I did call you them,” I said.

“Is there a problem I can help you with?” he asked.

I told him about my difficulty with low self-esteem and asked him if there was something he could suggest.

In response, he showed me my spiritual body. It was made of beautiful Light.

“All people are the Light of God,” he said. “You are the Light of God, and God loves you.”

“I’m the Light of God, and God loves me?” I repeated as I pondered his words.

“Yes,” he answered.

After a few moments, he asked, “Will there be anything else?”

“No, I guess that’s it,” I said.

“Well, then,” he continued, “may the blessings be!”

“May the blessings be to you too. Thank you!”

Then he was gone.

His words rang inside me. I was made of the Light of God, and God loves me! I had actually seen my Light-filled spiritual body. After that experience, my problem with self-esteem began to fade. Soon, it was only a distant memory.

Years later, I discovered the teachings of Eckankar and immediately recognized Sri Harold Klemp, the Mahanta, the Living ECK Master of our times. He was the man with glasses who came to me in a ball of Blue Light all those years ago. He had come to help me with the problem of low self-esteem long before I consciously knew of the ECK Masters.

I was reminded again of what he had said to me that night: “All people are the Light of God.”

What a wonderful confirmation of God’s love!

ECK Clergy Services

The four ECK celebrations of life are: the **ECK Consecration Ceremony** for young children, celebrating new life and a new phase in Soul’s journey home to God; the **ECK Rite of Passage** for boys and girls of about age thirteen, celebrating their personal commitment to the ECK teachings; the **ECK Wedding Ceremony**; and the **ECK Memorial Service**.

An ECK Spiritual Aide session, though not counseling, can help you find your own answers in challenging situations through the personal guidance of Divine Spirit. Please call 1-800-708-9060 to find an ECK cleric or ECK Spiritual Aide near you.

To receive this calendar via email or regular post mail, please email ecknewsletter@gmail.com and ask to be put on the list.

For online viewing of this calendar and other Eckankar events in BC, please visit www.eckankar-bc.ca.

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

Published by ECKANKAR CANADA in BC (Greater Vancouver)
PO Box 54656, Highgate Post Office, 7155 Kingsway, Burnaby, BC, V5E 4J6, 1-800-708-9060

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