



YOU ARE INVITED TO ATTEND ANY OF THE FOLLOWING ECKANKAR ACTIVITIES IN ALABAMA. For more information about a particular event, you may write one of the Eckankar Satsangs shown on the outside cover page.

ECK Light and Sound Services

The ECK Light and Sound Service is made up of three spiritual parts. It begins with a short, uplifting reading from the works of Eckankar. The group next sings HU, a love song to God, and shares in an open discussion of some aspect of the ECK teachings.

Huntsville

Huntsville Eckankar Center 900 Wellman Avenue, NE #3 Also available online via Zoom (see p. 2 for link info)



Date: August 6

Time: 11:00 AM

The Heart of Love

"The most secret part of yourself is the heart of love. The greatest gift life can give you is a means to come into contact with this mysterious part, which is the secret to life itself." —Harold Klemp, *Spiritual Wisdom on Prayer, Meditation, and Contemplation,* p. 33

Eckankar Introductory Discussion and Book Room

Huntsville ECKANKAR Center

Open House:1:00 PM to 3:00 PMIntroductory Discussion:1:30 PM to 2:30 PMTea and Talk:2:30 PM to 3:00 PM

First Saturday—August 5

ECK Introductory Discussion

Huntsville Eckankar Center 900 Wellman Avenue, NE #3 1st Saturdays at 1:30 PM

Spiritual Wisdom on Prayer, Meditation, and Contemplation August 5

"Prayer. Meditation. Contemplation. What's at the heart of these spiritual practices? Each is a response to the call of Soul. Each represents an individual's desire to contact the source of all truth...."

—Harold Klemp, Spiritual Wisdom on Prayer, Meditation, and Contemplation, p. 1

ECK Soul Adventure Discussions

South Huntsville Public Library 7901-L Bailey Cove Road Huntsville, AL 35802

Karma and Reincarnation Date: Saturday, July 22 Time: 10:30 AM

The Power of Gratitude Date: Saturday, August 26 Time: 10:30 AM

HU—Your Key to Spiritual Living Date: Saturday, September 23 Time: 10:30 AM

Alabama's newsletter for Eckankar, The Path of Spiritual Freedom

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ECK Soul Adventure Discussions

Homewood Public Library Birmingham Area

Note: See eBook article at right. The eBooks below are excerpted from the print book *Past Lives, Dreams, and Soul Travel* by Harold Klemp.

You do not have to have the books to participate in the discussion of the topic.

Date: Sunday, July 16 Time: 2:30 PM *ECKANKAR—Key to Dreams* (continued) By Harold Klemp

Date: Sunday, August 20 Time: 2:30 PM *ECKANKAR—Key to Soul Travel* By Harold Klemp

Date: Sunday, September 17 Time: 2:30 PM *ECKANKAR—Key to Soul Travel* (continued) By Harold Klemp

The Sound of Soul Events

HU is a sacred sound and ancient mantra. It is an ancient name for God that has been sung for thousands of years in many lands for spiritual unfoldment.

You're invited to experience chanting HU, contemplative time, and spiritual conversation with others of like heart.

Experience some of the many benefits of HU:

- Inner peace and calm
- Divine love
- Expanded awareness
- Spiritual self-discovery and growth
- Healing of the heart

Auburn-Opelika, Birmingham, Huntsville

Location:	Online Zoom event—see information about
	getting the Zoom link from one of our
	Meetup sites (right column).
Dates:	2 nd Sundays:
	July 9, August 13, September 10
Time:	1:30 PM



ECKANKAR Books on Free eReaders

You can get many Eckankar books in electronic format for your Kindle or Nook. If you don't have the Kindle or Nook, the books look great on your computer or smart phone. Download one of the free apps – Amazon Kindle or Barnes and Noble Nook.

Over 50 titles are available.

A new series of eBooks is available for 99 cents each and the eReader is free:

- ECKANKAR—Key to Past Lives
- ECKANKAR—Key to Dreams
- ECKANKAR—Key to Soul Travel

To get the books from Amazon, go to amazon.com. Find the book, for instance *ECKANKAR—Key to Past Lives*. Download the Amazon Kindle eReader to your computer or smartphone. Purchase the book. Similarly for Barnes and Noble, go to barnesandnoble.com. Search for *ECKANKAR—Key to Past Lives*. Download the Nook eReader. Purchase the book for 99 cents. You only download the eReader once. It will read any of the eBooks.

Alabama ECK Meetup Groups

You may visit any of our Meetup groups for Eckankar in Alabama to obtain the Zoom links for online public events. The web addresses for the three groups are shown below:

<u>meetup.com/Auburn-Opelika-Spiritual-Experiences-Group</u> <u>meetup.com/Birmingham-Spiritual-Experiences-Group</u> <u>meetup.com/Huntsville-Spiritual-Experiences-Group</u>

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ECK Soul Adventure eBooklet Series

Looking for a burst of spiritual sunshine? For secrets of surviving and thriving in these times? Why not explore the ECK Soul Adventure eBooklet series on the Eckankar website (www.eckankar.org /ebooklets/)? Or, go to Eckankar.org and choose Engage and then eBooklets.

Each dynamic eBooklet in this series offers a quick tour of a key facet of spiritual living. Explore amazing stories, insights, questions and answers, and an inspiring spiritual exercise you can try today.

Here are the soul adventure topics among the ECK Soul Adventure eBooklet series waiting for you to explore:

- Karma and Reincarnation
- Divine Guidance
- Secrets of Divine Creativity
- HU—Your Key to Spiritual Living
- Finding Your Life's Purpose
- The Power of Gratitude
- Spiritual Stress Relief

Email and Mail Communications

If you are not receiving email communications from us and would like to receive event notices you may opt in to receive event notices at one of our Meetup groups (see page 2) or send an email request to

SingHU247@aol.com. You can also choose to receive the *Lightline* newsletter as email only to save printing costs, or receive paper and email. Donations to support the newsletter are always happily accepted!

You may also download current and previous issues of the *Lightline* newsletter from our web site at <u>www.eck-alabama.org</u>.

How to Take the Next Step

Are you looking for the next step in understanding what the ECK teachings have to offer you? Here's a list of suggestions for you to consider:

- Practice the Spiritual Exercises of ECK. (For example, Sing HU for 15-20 minutes each day)
- Attend an ECK Sound of Soul Event.
- Attend an ECK Light and Sound Service.
- Order books about the ECK teachings from an online or local bookstore, your local ECK Center, or at www.eckankar.org.
- Join an Eckankar book discussion class.
- Visit an Eckankar Satsang class (which studies discourses written by the Living ECK Master).
- Apply for membership in Eckankar.
- Study the ECK discourses that come with membership in the privacy of your home.
- Join an Eckankar Satsang class and study the ECK discourses with other members of Eckankar.

ECK Clergy Services

ECK members and the public are welcome to contact a qualified ECK cleric about the following services:

The Four ECK Celebrations of Life. These are the ECK Consecration Ceremony (for young children), the ECK Rite of Passage (for boys and girls of about age thirteen), the ECK Wedding Ceremony, and the ECK Memorial Service.

ESA Sessions. 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. The ESA session is conducted by an ECK Spiritual Aide, a specially appointed and trained ECK cleric.

There are no fees for the above services, but ECK clerics accept donations to Eckankar. For more information, please contact Eilert Bolstad at 256-585-4459. He will coordinate with the nearest available ECK cleric qualified to provide the requested services.

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For more information about ECKANKAR activities:

In Birmingham: Birmingham ECKANKAR Satsang Phone: 256-479-6409

In Huntsville: Huntsville ECKANKAR Satsang P.O. Box 4792 Huntsville, AL 35815 Phone: 256-534-1751

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