ECKANKAR, Experience the Light and Sound of God

Jan/Feb/Mar 2019

A QUARTERLY NEWSLETTER BY THE SATSANG SOCIETY OF NEW JERSEY INC., A CHARTERED AFFILIATE OF ECKANKAR

Basic Beliefs of Eckankar

Harold Klemp, the spiritual leader of Eckankar, describes the basic beliefs of Eckankar as follows:

The teachings of ECK define the nature of Soul more carefully than do other current religions. Each person is Soul, a particle of God sent into the lower worlds (including earth) to gain spiritual experience. Purified by the spiritual exercises, he comes into contact with the Holy Spirit. His goal is spiritual freedom in this lifetime, after which he becomes a Co-worker with God, both here and in the next world. Karma and reincarnation are primary beliefs.

Key to the ECK teachings is the Mahanta, the Living ECK Master. He has the special ability to act as both Inner and Outer Master for ECK students. He is the prophet of Eckankar, given respect but not worship. He teaches the sacred name of God, HU, which lifts one spiritually into the Light and Sound of God, the ECK.

The ECK (the Holy Spirit) purifies one of karma (sin), making it possible for him to accept the full love of God in this lifetime. Then he gains wisdom, charity, and freedom.

Personal experience with the Light and Sound of God is the cornerstone of Eckankar. Of all the religions on earth today, Eckankar offers the most direct teachings on the Light and Sound of God. These twin pillars are missing in whole or in part from the rest. People who truly find these two aspects of God undergo a complete spiritual change. Life becomes fresh and new again, as it was in early childhood.

Programs for Spiritual Seekers

People the world over gather together to sing HU. Singing HU, regardless of spiritual path, age, background or religion is an opportunity for anyone and everyone. You may bring family members or friends along to share the universal gift of HU. Here's what happens at a Sound of Soul event. The group sings HU (pronounced hue) for about 20 minutes, sits quietly in contemplation for several minutes, and shares in spiritual discussion and light refreshments. Singing this ancient love song to God begins to open your heart to more love and your awareness to new viewpoints and attitudes.

The Sound of Soul Event in your area.

Central
Metuchen ECKANKAR Center
4th Sunday • 11:00 a.m. – 12:00 p.m.
January 27th – February 24th – March 24th

North
Montclair ECKANKAR Center
2nd Friday • 7:30 p.m.
January 11th – February 8th – March 8th

Southwest
Acu-Health Center
100 West Camden Avenue, Moorestown
2nd Sunday • 11:00 a.m.
February 10th

Welcome To Our New Center

The new Metuchen ECKANKAR Center is located at 323 Main Street in Metuchen, across the street from the Forum Theater. Parking in the rear of the building.

ECK Light and Sound Services

Members of all faiths are invited to participate in the ECK Light and Sound Service. This brings together three fundamental aspects of studying Eckankar: a reading from the ECK writings, singing and contemplating upon HU, the holy name of God, and a discussion of spiritual principles. Join others seeking to bring more insight into their lives at this special celebration of the Light and Sound of God.

Central Jersey

Metuchen ECKANKAR Center, 323 Main Street
Contact: Lucille McNeill, 908-279-7752 or lucille.mcneill@yahoo.com

Sunday, January 6, 2019
Every Thought, Word and Deed Purifies or Pollutes
Joyce Snyder

Sunday, February 3, 2019
Grateful Heart, Abundant Life
Steve Pitts

Sunday, March 3, 2019
Embracing the Gift When Life Changes
Nikki Conte-Huggins

Note: ECK Light and Sound Services are held on the **1st Sunday,** 11:00 a.m. of each month.

North Jersey

Montclair ECKANKAR Center, 11 Park Street
Contact: Scott Wilson, 201-702-5488 or Scottwilsonfilms2@gmail.com

Sunday, January 27, 2019
Experiencing Yourself in the Sacredness of Now
Suzanne Lagay

Sunday, February 24, 2019
Love in Expression – Giving Freedom
Nikki Conte-Huggins

Sunday, March 24, 2019
Why Me? Seeing Life's Problems as Spiritual Gifts
Peggy Pilch

Note: ECK Light and Sound Services are held on the 4th Sunday, 11:00 a.m. of each month.

Southeast Jersey

Howell Library, 318 Old Tavern Road, Howell
Contact: Brad Burke at 732-892-1232 or rocketmannj@hotmail.com

Saturday, January 19, 2019
Cancelled due to ECK Chela Day

Saturday, February 16, 2019
Learning the Language of Love
Carol Stein

Saturday, March 16, 2019
Creative Imagination – A Blessing from God
Charles Foley

Note: ECK Light and Sound Services are held on the **3rd Saturday,** 11:00 a.m. of each month.

Southwest Jersey

100 West Camden Avenue, Moorestown
Contact: Carol Stein, 609-424-3538 or carolstein@comcast.net

Sunday, January 13, 2019
The Mahanta, a Spiritual Guide for Our Times
Michael Stein

Sunday, March 10, 2019
Learning the Language of Love
Carol Stein

Note: ECK Light and Sound Services are held on the **2nd Sunday,** 11:00 a.m. of every other month.

2019 Rhode Island ECK Regional Seminar

REACH YOUR GOD-GIVEN POTENTIAL

Friday, March 1, 2019 – Sunday, March 3, 2019
Guest Speaker: Salli Thompson
Sheraton Providence Airport Hotel
1850 Post Road, Warwick, RI

For More Information: visit www.eckankar-ri.org/seminar
Or contact; Barbara Battey, 401-864-0414 or barbarabattey@cox.net

Spiritual Discussions

Metuchen ECKANKAR Center, 323 Main Street
2nd Sunday • 11:00 a.m. Workshops

January 13th – *Spiritual Wisdom on Health and Healing*
February 10th – *Spiritual Wisdom on Conquering Fear*
***March 3rd** – *Spiritual Wisdom on Life After Death*
*Note – This workshop will be held at 1:00 p.m. at the Metuchen Library.
March 10 – follow up discussion from March 3 workshop

Montclair ECKANKAR Center, 11 Park Street
1st Friday • 7:30 p.m.

January 4th – *The Spiritual Law of Creativity*
February 1st – *The Spiritual Law of Love*

Mount Laurel Community Center
100 Mount Laurel Road, Mount Laurel
3rd Friday • 11:00 a.m. – 12:00 p.m.

January 18th – *The Spiritual Law of Plenty*
February 15th – *The Spiritual Law of Polarity*
March 15th – *The Spiritual Law of Attitudes*

Workshop

Have You Had a Spiritual Experience?
March 2, 2019 • 2:00 – 3:30 p.m.
At the Montclair ECK Center

Please contact Sally Sutton for more information:
sasutton8@gmail.com or 973-736-1425

Book Discussions

The Road to Spiritual Freedom
2nd Saturday • 11:00 a.m.
Metuchen ECKANKAR Center, 323 Main Street
Contact: Ed Kelly, 908-244-4943 or
ebrassman@gmail.com

The Road to Spiritual Freedom
2nd Friday • 7:30 p.m.
Manchester - Contact: Ron Diedrich, 732-941-7198 or
rondishere@yahoo.com

5th Sunday Roundtables

Chelas and guests are warmly invited to attend one of the following small circle discussions led by an ECK Spiritual Aide.

Sunday, March 31, 2019 • 11:00 a.m.
Creating Your Own Golden Age

Montclair ECKANKAR Center, 11 Park Street
Facilitator – Nikki Conte-Huggins
Contact: Jennylind Lewis, 973-704-0269 or
j1lew20@gmail.com

Metuchen ECKANKAR Center, 323 Main Street
Facilitator – Joyce Snyder
Contact: Lucille McNeill, 908-279-7752 or
lucille.mcneill@yahoo.com

Mike and Carol Stein's Home, Chesterfield
Facilitator – Carol Stein
Contact: Carol Stein, 609-424-3538 or
carolstein@comcast.net

Potluck Luncheon

Sunday, March 31st • 12:30 p.m.

Please join us after the Roundtable for a delicious potluck and fellowship gathering at the home of Michael and Carol Stein in Chesterfield. The Roundtable ends at noon and the luncheon begins shortly afterwards.

Please RSVP: Carol Stein, 609-424-3538 or carolstein@comcast.net so we will have a count of how many people will be coming.

"Through the word HU, the Light and Sound can get through the shutters that surround Soul and open It up again so the life within can come out."

Sri Harold Klemp
What Is Spiritual Freedom?