

## ECKANKAR Activities Descriptions

**Book Discussion:** Join others in exploring an ECK book written by Harold Klemp, the spiritual leader of Eckankar, or by another ECK author. An ECK book discussion is a fun way to share insights and experiences and learn more about this direct, ancient path to God. The discussion lasts from one to one and a half hours.

**Community HU:** This experience of singing HU, a love song to God, in a quiet setting with like-minded Souls lasts a half hour. Singing HU can expand your awareness, help you experience divine love, and put you back in line with the Holy Spirit. All in the community are welcome to attend. Light refreshments follow.

**Open House:** All are welcome to visit the ECK Center where a knowledgeable host will give you a tour and answer your questions. Each Center has a variety of free literature and a free lending library of Eckankar videotaped talks by the Living ECK Master. You can watch or listen to talks during your visit, sing HU along with a taped group, or purchase books, tapes, and articles. Your visit to a Center will give you clear insights into the true nature of this individual path home to God.

**Roundtable:** A roundtable is a small group discussion on a spiritual topic led by a specially trained ECK Cleric. The topic is probed deeply to achieve insights into the subtle workings of Spirit. The Roundtable lasts one hour.

**Video Presentation:** Half-hour recorded talks by the Living ECK Master are followed by a discussion of the principles shared in the talks. These hour-long sessions offer surprising insights into life from a spiritual master in an environment where all comments and discussion are welcome.

**Worship Service:** The public is warmly invited to ECK Worship 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. Light refreshments are served after at fellowship.

**Youth and Family Program:** Youth from 5 to teens and their parents are invited to a light discussion of spiritual principles geared to the age range of the groups, with arts and crafts that explore the theme of the day.