

## **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.

**The Sound of Soul Event:** All are invited to participate in singing HU, a love song to God, in a warm and relaxed environment. The event is led by a trained Eckankar volunteer and 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. 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. The session lasts one hour and offers surprising insights into life from a spiritual master in an environment where all comments and discussion are welcome.

**ECK Light and Sound Service:** All are warmly invited to attend the service led by an Eckankar Cleric. The service lasts about an hour and may include a variety of activities including a talk by the Cleric, creative arts, small group discussion, panel discussion, and large group discussion. Service may be followed by fellowship with light refreshments. Join others seeking to bring more insight and divine love into their lives at this special celebration of the Light and Sound of God.

**Youth and Family Program:** Youth from 4 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.