



## Welcome to the *ECKANKAR* in Maryland and D.C. *ECK Events Pages*

The events listed below are sponsored by *ECKANKAR – The Path of Spiritual Freedom*. *ECKANKAR* events help you discover how to open your heart and how to connect with Spirit. They are open to the public and free of charge. We welcome you to join us! Online events are hosted via Zoom.us and the link is provided below.



### Maryland In-Person Event

Spiritual Video and Discussion

In-person viewing of Harold Klemp video

followed by discussion

Sunday, March 19, 2023

11:00 am – 12:00 pm

Maryland ECKANKAR Center  
1738 Elton Rd., Suite 104  
Silver Spring, MD 20903

#### Description:

Join us for a 30 minute video from Harold Klemp's talk entitled, "You are a Cup for the Living Water." Always uplifting and insightful, his talks can help you unravel some of the perplexing mysteries of life and help you understand yourself as Soul, an infinite, spiritual being.

This showing will be followed by an in-person group discussion -- a time to share your own experiences and gain insights into life's many challenges.

Since contracting COVID-19 may still be possible, please take the health steps that are best for you. It is appreciated that by attending you are taking responsibility for your own health.

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### Maryland In-Person Event

ECKANKAR, Ancient Wisdom for Today  
ECK In-person Book Discussion

Sunday, March 26, 2023  
11:00 am – 12:00pm

Location:  
Maryland ECKANKAR Center  
1738 Elton Rd, suite 104  
Silver Spring, MD 20903

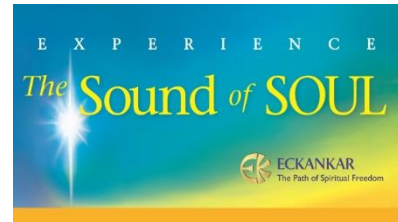
#### Description:

You are invited to participate in-person in this interactive book discussion that can assist you in gaining a new perspective on how you see life. The timeless wisdom of ECKANKAR will help you understand yourself as Soul, an infinite, spiritual being. Simple spiritual exercises will be demonstrated to help you connect with the Light and Sound of God.

All attendees will receive a free copy of Harold Klemp's book, *ECKANKAR, Ancient Wisdom for Today*.

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## Maryland In-Person and Online Event

### Sound of Soul Event

Sunday, March 26, 2023

11:30am – 12:30pm

#### In Person:

Ruscombe Mansion

Hill House Conference Room

4803 Yellowwood Ave., Baltimore, MD, 21209

#### On-line:

<https://us02web.zoom.us/j/83465999371?pwd=eHBWOWduTG04enU3UzgxYlITZlhBdz09>

Meeting ID: 834 6599 9371

Passcode: 782084

One tap mobile: 301 715 8592

A divine sound courses through all life – through every blade of grass, every galaxy, every atom of our bodies. HU is an ancient, sacred name for God – a carrier of love between Soul and God. When sung or chanted with an open heart, it opens the lines of communication to the most sacred part of yourself.

Singing HU can help to smooth out some of the daily ruffles in our lives and expand our awareness and enjoyment of life. It can help open our hearts to experience a greater amount of God's love.

You are invited to join us in this simple spiritual exercise. We will spend twenty minutes singing the word HU, followed by five minutes of quiet contemplation. Afterward, there will be time for discussion and sharing.

Ruscombe Mansion COVID guidelines require masks in hallways and public areas but masks are optional in meeting rooms. Since contracting COVID-19 may still be possible, please take the health steps that are best for you. It is appreciated that by attending you are taking responsibility for your own health.



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