



Sponsored by ECKANKAR
The Path of Spiritual Freedom

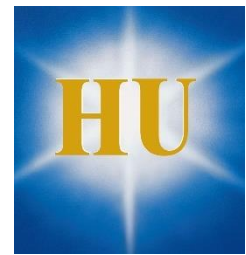
Online Zoom/Phone and In-Person Events for ECK Members in Illinois and Iowa
September through December, 2023

OUTER Chela HU Chants on Zoom Twice Monthly
“The HU Song is Soul’s food. Seekers unknowingly hunt for it.”
—Adventures in Spiritual Leadership, p. 20

Wednesdays @ 7 pm: Sept 13 * Oct 11 * Nov 8 * Dec 6

Saturdays @ 11 am: Sept 16 * Oct 14 * Nov 11 * Dec 9

Click Link to Join Meeting Directly
<https://us02web.zoom.us/j/82223830591?pwd=bSt0aXJ1QVVRTdWtMQ1Rzbk55dk5KUT09>
Zoom App Meeting ID: 822 2383 0591 **Passcode:** 497182
Dial in: +1 312 626 6799 **Meeting ID:** 822 2383 0591 **Passcode:** 497182



Living Word Discussions for all ECK Chelas in IL & IA
 Need to be current member of Eckankar.
 Please bring your issue of *The Mystic World*. Arahata: Ami Bourne-Nisson
Sunday, Oct. 29, 6:00–7:30 pm
 Discuss *The Mystic World*, September 2023

CLICK LINK To Join Meeting Directly
<https://us06web.zoom.us/j/86891581839?pwd=ZG5QQmttSGpiWitjQXBXeHF1cSswZz09>
Zoom App Meeting ID: 868 9158 1839 **Passcode:** 155547
Dial in +1 312 626 6799 (Chicago) **Meeting ID:** 868 9158 1839 **Passcode:** 155547

Living Word Discussion for all ECK High Initiates in IL & IA
 Need to be current ECK High Initiate.
 Please bring your issue of *The Golden Leaf*. Arahata: Flow Van Koten
RSVP to floravk@yahoo.com or 760-989-6661 for Zoom/phone details
Friday, Oct. 27, 7:00–8:30 pm
 Discuss *The Golden Leaf*, September 2023



Monthly Satsang Intensives on the First Friday

True contemplation of the ECK works: Reflection * Sharing * Spiritual Exercises * Journaling

**First Friday
of the month
7:00–8:30 pm**

CLICK LINK To Join Meeting Directly

<https://us02web.zoom.us/j/89221962620?pwd=ZUJ6amVOazB0N29OMTZqbVIOZE5XZz09>

Zoom App Meeting ID: 892 2196 2620 **Passcode:** 584609

Dial in: +1 312 626 6799 US (Chicago) **Meeting ID:** 892 2196 2620 **Passcode:** 584609

Sept 1 “True Necessary Kind”

“The guiding rule that will stand you well throughout life is this ECK saying: Is it true? Is it necessary? Is it kind?”

“Unless the answer is yes for all three, then you would do well to reconsider your intended action.”

—*Youth Ask a Modern Prophet about Life, Love, and God*, p. 17

“There will be something in your day to inspire you to remember this principle.”—Sri Harold Klemp, *ECK Essentials*, p. 7



Oct 6 “Richard Maybury’s Two Laws”

“Do all you have agreed to do’ and ‘Do not encroach on other persons or their property.’”

—*Our Spiritual Wake-Up Calls*, Mahanta Transcripts, Book 15, p. 201

“Look for the highest truth in these two laws. They are a key to spiritual freedom.”

—Sri Harold Klemp, *ECK Essentials*, p. 8

Nov 3 “Your Golden Contract”

“This is the golden contract: that every encounter, without exception, is there to move Soul along spiritually on Its way back home to God. That’s every encounter, every event, without exception.”

—*The Master’s Talks in A Year of Creativity—2009-10*, p. 9

“Think about an encounter in your day. How did it help you grow spiritually?”

—Sri Harold Klemp, *ECK Essentials*, p. 8

Dec 1 “God in Expression”

“As we go about our day, ideas come through on how to solve problems, how to make our work easier, or how to make things better for someone else.

“These ideas come from the creative imagination which, to state it as simply as possible, is God in expression, manifesting Its creation in this world through our actions. This is God speaking through us.

“The creative imagination is the element that makes us godlike.”

—Adapted from *Unlocking Your Sacred Puzzle Box*, Mahanta Transcripts, Book 6. p. 185

“Let God speak through you, and make one thing easier for someone else today.”

—Sri Harold Klemp, *ECK Essentials*, p. 9

These classes stay open. Attend one, any or all!

Zoom Chela Book Discussions

NEW! *Wisdom of the Heart*, Book 4 meets **2nd Thursdays** at 10:30 am. **Chapter 1** in Nov.

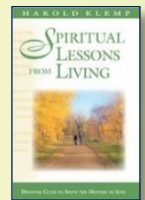
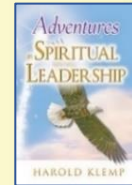
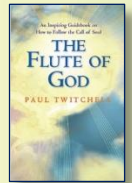
ECK Arahata: Janet Erio, jerio.tuple@gmail.com Call or text 815-274-9028

NEW! *The Flute of God* meets **2nd Mondays** at 7 pm. **Chapter 1** in Sept.

ECK Arahata: Mark Lawson, marklawson9@comcast.net 815-543-6842

Adventures in Spiritual Leadership meets **2nd Sundays** at 1:00 pm. **Chapter 8** in Sept.

ECK Arahata: Bill Hughes, grcues@hotmail.com 217-737-2426



In-person Chela Book Discussions

Antioch, IL *Adventures in Spiritual Leadership*

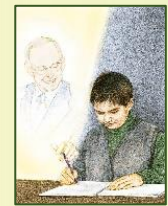
Final Class Wednesday, Sept. 13 @ 7 pm Chapters 11 & 12

ECK Arahata: Connie Imler, connieimler@comcast.net 847-910-0213

Pekin, IL *Spiritual Lessons from Living*

Meets 2nd Wednesdays at 10 am through June 2024.

ECK Arahata: Doug Lopez, lovenhu1996@yahoo.com 309-349-0350



Zoom HI Book Discussion

Riding for the ECK Brand meets **4th Sundays** at 3:00 pm. **Chapter 9** in Sept.

ECK Arahata: Susie Stern, SusieHUs@aol.com Call or text 201-602-5737

In Person and on Zoom ECK Writer's Circle Hybrid

Meets 4th Thursday at 10:30 am

ECK Arahata: Janet Erio, jerio.tuple@gmail.com Call or text 815-274-9028

BEAUTIFY DAY—A NEW ECK TRADITION

You're invited
to
celebrate
during
September.

Spring and autumn are traditional seasons to
refresh, renew, and rededicate
ourselves to our goals of
Self-Realization and God-Realization.
These are also key times for revitalizing the sacred
ground around us.

—Beautiful Day Announcement



Contemplate the *Beautiful Day Announcement* at Eckankar.org in the **Members Area** under **Chela News**

Celebrate Founder's Day September 17th

“Founder's Day, an ECK tradition, honors Paul Twitchell establishing the modern-day teachings of ECKANKAR. Celebrated on **September 17**, it is a time of gratitude and thanksgiving for the ongoing renewal of the ECK teachings.

“As you go through your day, consciously look for at least three things you have never expressed gratitude for. Pause and give whatever it is, or whoever it is, your full attention and appreciation.

“In so doing, you are accepting more of God's love.”

—*The Mystic World*, September 2021, p. 2



Current ECK Satsang Classes in Illinois and Iowa as of Aug 2023 on Zoom /phone

Requirements to join an ECK Satsang Class:

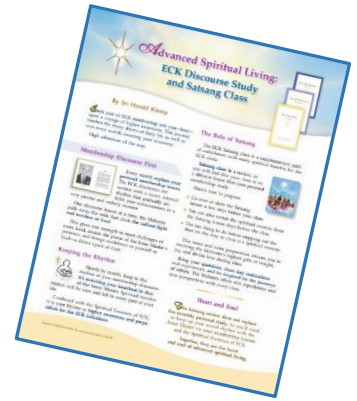
- Current member of Eckankar
- Have a personal copy of the discourse series
- Resident of Illinois or Iowa
- Only attend one discourse class at a time

Please note all classes shown are on Zoom.

If you want to join a class, feel free to contact the listed Arahata below.

Satsang Classes are generally closed to new members after the third meeting.

If you would like a Satsang Class on a discourse that is not listed,
please contact Illinois Spiritual Services Director,
Flow Van Koten, at 760-989-6661 or floravk@yahoo.com



Please continue to study your own personal discourse series in the order you receive them.
The ECK Satsang class you join is a review.

NEW IN AUG

The Dream 2 Discourses August/2023 – July/2024 2nd Sunday @ 1:00 pm
Arahata Ami Bourne-Nissan 952-215-6032 or amiabn@yahoo.com

NEW IN SEPTEMBER

The Dream 1 Discourses Sept/2023 – Aug/2024 3rd Sunday @ 7:00 pm
Arahata Rhonda Ings 301-641-1057 or rhondasingshu@yahoo.com

CURRENT ONGOING SATSANG CLASSES

The Easy Way Discourses February/2023 – January/2024 3rd Wednesday @ 6:30 pm
Arahata Stephanie Browne 773-590-2174 or starsong50@al.com

The Dream 2 Discourses November/2022 – October/2023 4th Sunday @ 6:00 pm
Arahata John De Capp 309-373-5093 or johndecapp@mchsi.com

Letters of Light & Sound 1 March/2023 – February/2024 3rd Tuesday @ 7:00 pm
Arahata Bobby Moore 815-403-3670 or bmoore210@gmail.com

Letters of Light & Sound 2 May/2023 – April/2024, 3rd Sunday @ 10:00 am
Arahata Debbie Bryk-Serva 630-336-1771 or dbserve@comcast.net

The Precepts of ECKANKAR January/2023 – December/2023, 2nd Sunday @ 3:00 pm
Arahata Susan Stern TEXT or call: 201-602-5737

The ECK Satsang Discourses, First Series May/2023– April/2024, 3rd Sunday @ 1:00 pm
Arahata Joe Kuhn 630-957-7446 or joemkuhn@gmail.com

The Master 2 Discourses January/2023 – December/2023, 4th Sun @ 11:00 am
Arahata Lamar Bush TEXT: 805-331-1616

ENJOY THIS GIFT WITH THE CHELAS OF IL & IA

INNER Chela HU Chants Every Monday

Sing HU inwardly every Monday.

Select a time.

Begin with a quote from the Master.

Focus on the Mahanta's vision.



CONTEMPLATION SEEDS

Sept 4: "Once you made a commitment to the path of ECK, the Mahanta was already there by you."

—Sri Harold Klemp, *Adventures in Spiritual Leadership*, p. 256

Sept 11: "Love does drive Soul on. It urges doing whatever it takes to reach God Consciousness."

—Sri Harold Klemp, *Adventures in Spiritual Leadership*, p. 250

Sept 18: "Do all things with love for ECK and the Mahanta, and you will shine for God."

—Sri Harold Klemp, *Adventures in Spiritual Leadership*, p. 244

Sept 25: "You are a Coworker with the Mahanta, the living ECK Master in your locality. Your job is to rouse the sleeping."—Sri Harold Klemp, *Adventures in Spiritual Leadership*, p. 242



Oct 2: "Soul's perspective is one of profound, all-encompassing trust in the Mahanta."

—Sri Harold Klemp, *Adventures in Spiritual Leadership*, p. 240

Oct 9: "The Master works with each Soul, giving It all the opportunities and experiences most beneficial to enter God Consciousness."—Sri Harold Klemp, *Adventures in Spiritual Leadership*, p. 239

Oct 16: "In contemplation, then, simply hold the Master's face gently in mind."

—Sri Harold Klemp, *Adventures in Spiritual Leadership*, p. 238

Oct 23: "What remains for one whom the Mahanta the Living Eck Master has accepted for the high path of ECK is to live life gladly, in service to God and mankind."

—Sri Harold Klemp, *Adventures in Spiritual Leadership*, p. 234

Oct 30: "His view was simple, very ECK-like: Do not try to force things. Everything happens for a reason."

—Sri Harold Klemp, *Adventures in Spiritual Leadership*, p. 235

INNER Chela HU Chants Every Monday

Sing HU inwardly every Monday.

Select a time.

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CONTEMPLATION SEEDS

Nov 6: “Your benefactor the Mahanta, the living ECK Master is your on-call confidant, your spiritual counsel.”

—Sri Harold Klemp, *Adventures in Spiritual Leadership*, p. 218

Nov 13: “No matter what comes, there is always a way to be in harmony with the ECK. Look for the spiritual accord within yourself. You will be a light to the world.”

—Sri Harold Klemp, *Adventures in Spiritual Leadership*, p. 214

Nov 20: “The Spiritual Exercises of ECK will be your solace. They are the springboard to love divine, to a love that excels all other things.”

—Sri Harold Klemp, *Adventures in Spiritual Leadership*, p. 212

Nov 27: “This lifetime is a unique opportunity, which in the end will be seen as worth every penny of your current agitations.” —Sri Harold Klemp, *Adventures in Spiritual Leadership*, p. 213



Dec 4: “Well, each heart has a different tone. Here, in our HU Songs, sometimes we sing It high, sometimes low, but always with love.”

—Sri Harold Klemp, *Adventures in Spiritual Leadership*, p. 208

Dec 11: “Life’s punch lines leave us laughing, or crying. But we’re always left changed in some way.”

—Sri Harold Klemp, *Adventures in Spiritual Leadership*, p. 207

Dec 18: “See with the eyes of the Mahanta, and inwardly acknowledge each person you meet as an ECK chela. This exercise will open your heart and your Spiritual Eye in a new way.”

—Sri Harold Klemp, *Adventures in Spiritual Leadership*, p. 203

Dec 25: “Polish up a story from your own life that would help someone understand an ECK principle in an enjoyable way. Write it up, or practice telling it verbally. You may get a nudge—or maybe even an invitation—to share it soon.” —Sri Harold Klemp, *Adventures in Spiritual Leadership*, p. 128

The 2023 ECKANKAR Soul Adventure Seminar—

The Power of Grace: A Secret to Spiritual Living

You are invited to attend

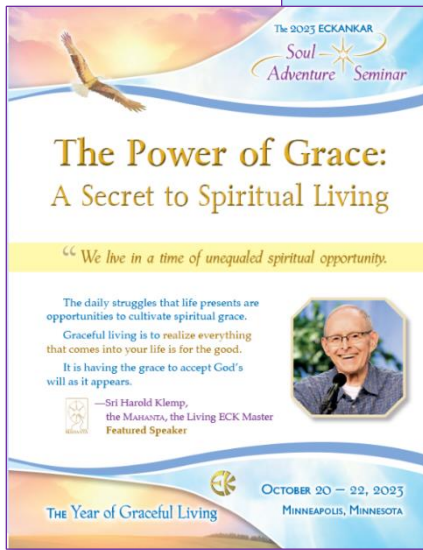
this in-person seminar being held

October 20–22, 2023, in Minneapolis, MN.

Preview the program and register at

www.ECKseminars.org

Come and explore this divine secret to
spiritual living!



Save the Date!

Illinois Iowa Chela Day

Sunday, Dec. 10, 2023, 1–4 pm

The Year of Graceful Living

“As Souls unfold, their way of interacting with others becomes more graceful. There is an honest attempt to see the Mahanta in every Soul, because then a graceful life is found to be the natural life. Grace is a balm that makes things run better.”

—Sri Harold Klemp, *ECK Essentials*, p. 46

More details coming soon!

RESA Updates Listen to Sri Harold’s talk from the 2023 Eckankar Soul Adventure Seminar

HU Song **Heart Opening Group Sharing** **Spiritual Exercise**

Small Group Spiritual Discussions **Creative Arts**

Illinois Donations

Online:

eck-illinois.org/members
or

Mail check to

Illinois Satsang Society,
P.O. Box 353,
Westmont, Illinois 60559

**Donations are
welcome
to help support
ECKANKAR**

in

Illinois & Iowa.

Thank you!

Iowa Donations

Online:

eck-iowa.org/members
or

Mail check to

Iowa Satsang Society,
P.O. Box 182,
Manchester, Iowa 52057