All events are FREE. We welcome people of all faiths and cultures!

### Visit our **ECK Booths**



# **TheosoFEST** 2023

1926 N. Main St Wheaton, IL Sat. Sept 9 10am-5pm

# **Trinity Health &** Freedom Expo

18451 Convention Center Dr

Tinley Park, IL Sat. & Sun. Oct 14 & 15

10am-6pm

### Attend our workshop

Spiritual **Healing:** Love and Self-Responsibility

# **Iowa City** Metaphysical Expo

Johnson County Fairgrounds, Bldg C & Montgomery Hall

Iowa City, IA Sat. Oct 28. 10am-6pm

Attend our workshop

Spiritual **Stress Relief: Fifteen Minutes That Can Change Your Life** 

### ECK Light and Sound Services (In Person)—Mokena, IL

Spiritual Insights for Health and Healing Sunday, Sept. 10, 11am-12:15pm

Spiritual Keys to Joy and Happiness Sunday, Nov. 12, 11am-12:15pm **Mokena Community Park District** 

The Oaks Recreation & Fitness Center 10847 W La Porte Rd, Mokena, IL, 2nd Fl, Walnut Rms A & B Fellowship will follow the service.

Enjoy uplifting stories, creative arts & small group discussions – share or just listen. Experience the HU chant in a contemplative spiritual exercise.

For more info eck-illinois.org Go to Public Events Or call 630-427-5950

### **Divine Kinship: Animals as Carriers of Divine Love**

Explore spiritual insights & bonds of love with pets & animals in your life.



FREE WORKSHOP Saturday, Sept, 16, 3-4pm

Indian Prairie Public Library, 2nd Fl Mtg Rm, 401 Plainfield Rd Darien, IL

For more info go to www.eck-illinois.org or call 630-427-5950

### Open Spiritual Discussions on Zoom (video or phone)

Have You Heard the Call of Soul?

4th Wed. each month, 7-8pm

9/27, "A Guide to the Most Secret Part of Yourself" 10/25, "Soul Travel with the Spiritual Exercises of ECK" 11/29, "What is Spiritual Freedom?" &

"How to Find Spiritual Freedom in This Lifetime"

To receive the link: Go to www.eck-illinois.org Go to public events & RSVP. For a free copy of book email eckinfo@eck-illinois.org or call 630-427-5950

ECK Light and Sound Service on Zoom (video or phone) Karma: Soul's Lesson Plan for Learning to Live a Life of Love Sunday, December 3, 11am-12:15pm



Enjoy uplifting stories & creative arts. Small group discussions – share or just listen. Experience the HU chant in a contemplative spiritual exercise.

To receive the link: Go to www.eck-illinois.org Go to Public Events & RSVP.

**Discover** • Expanded Awareness • Healing of the Heart

Divine Love • Inner Peace & Calm

**Experience the HU Chant plus Spiritual Conversation** 

at a Sound of Soul event in Alton, IL 1st Thurs. each month, 12-1pm

**September 7** • October 5 • November 2 River Bend Yoga, 100 West 3rd St., Alton, IL

For more info go to www.eck-illinois.org or call 630-427-5950

#### ECK Light and Sound Service (In Person)—Moline, IL

The Awakened Soul is a Natural Survivor, on Sunday, September 3, 11am-12pm Letting Go of Fear, on Sunday, November 5, 11am-12pm

• Enjoy uplifting stories, creative arts • Experience the HU chant in a contemplative spiritual exercise

Quad Cities Eckankar Center, 523 16th Street, Moline IL More info: 309-430-5200