



Sound from the Heart

ECKANKAR, Religion of the Light and Sound of God

January/February 2012

A bi-monthly newsletter published by the Satsang Society of New Jersey Inc., A Chartered Affiliate of ECKANKAR

What is ECKANKAR?

“What is Eckankar? The simplest explanation is just to say that it means to become a Co-worker with God. This is the whole purpose of Soul’s existence in the lower worlds: to get all the experience It can through its day-to-day problems.

I say Soul, but I’m talking about people. I’m talking about you, and me. We go through the problems of our every day lives and often we wonder, what do these problems mean? Is this a senseless life? Is this a senseless existence? Or is there some meaning to it? If we look at life from the viewpoint of a divine being, there is a purpose to this existence. We want to get enough experiences to someday gain the compassion, the patience, and all the other qualities needed to become a co-worker with God.”

The Drumbeat of Time
Harold Klemp

Day of ECK

You are warmly invited to a **Day of ECK Seminar** on Sunday, **March 25, 2012** from **10:00 a.m. – 5:00 p.m.** at the **Woodbridge Hilton, 20 Wood Avenue South, Iselin, NJ 08830**. Our guest speaker, Frances Blackwell from Florida, will speak on the theme topic: **The Call of Soul – To Know Yourself as a Divine Spark of God**, as well as lead a special morning workshop, **How to Have More Love In Your Life – Counting Your Blessings**. Fran is a writer, poet and lover of God who has traveled the world as a speaker and workshop facilitator.

At 1:00, the main program will begin with a variety of talks, panels, music and poetry.

A Youth Program will run concurrent with the afternoon session. Filled with adventure, fun, crafts, discussions and love, this program offers a rich and varied experience for youth 5-12 and 13-17. Young adults, 18-25 are also welcome to join this group.

The seminar is free to guests (non-members). Please plan to join us for this opportunity to gain spiritual insights and share the company of other spiritual seekers.

Community HU Song

We welcome you to join us and invite your family, friends and neighbors on **Friday, Jan 27 & Feb 24 at 7:30 p.m. at the Metuchen Meeting Room** for the Community HU Song. The Community HU Song is an occasion for every Soul, regardless of their spiritual path, to share in the gift of HU. There will be light refreshments and an opportunity to socialize at the conclusion.



ECK Public Events

Central Jersey - The Metuchen Meeting Room, 17 Oak Ave, Metuchen

(adjacent to St Luke’s Church, off Route 27) Audrey Duncanson 732-246-3497 **All talks begin at 7:30 p.m.**

Jan 13	Talk	<i>The Power and Grace of Unconditional Love</i>	Elyce Bavos
Jan 20	Talk	<i>Love in Expression: Giving Others Freedom</i>	Judy Pohera
Jan 27		Community HU	
Feb 10	Talk	<i>Our Spiritual Wake-up Calls</i>	Spook Handy
Feb 17	Panel	<i>God’s Everyday Blessings</i>	Marlene Bartley, Lucille McNeill, Charity Nwagwu
Feb 24		Community HU	

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If the weather is questionable, please contact the person listed for cancellations.

The ECK Worship Service: Members of all faiths are invited to participate in the ECK Worship Service. This brings together three fundamental aspects of studying ECKANKAR--a reading from the ECK writings, singing and contemplating upon HU, the holy name of God, and a discussion of spiritual principles. Join others seeking to bring more insight into their lives at this special celebration of the Light and Sound of God.

Central Jersey The Metuchen Meeting Room , 17 Oak Ave, Metuchen, Audrey Duncanson 732-246-3497			
Jan 6	7:30 p.m.	<i>How Love Teaches Us</i>	Peggy Pilch
Feb 3	7:30 p.m.	<i>Living Life as a Spiritual Exercise</i>	Joyce Snyder
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North Jersey Community House , 25 Cook Ave, Madison, Sally Sutton 973-736-1425			
Jan 22	11:00 a.m.	<i>How to Listen to the Voice of God</i>	Suzanne Lagay
Feb 26	11:00 a.m.	<i>Heaven is a State of Consciousness</i>	Nikki Huggins
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Southern NJ Sunrise Assisted Living , 46 W Jimmie Leeds Rd, Galloway, Ingrid Hickman 609-399-9278			
Jan 22	10:30 a.m.	<i>How Can I Feel Closer to God?</i>	Ingrid Hickman
Feb 26	10:30 a.m.	<i>Living Life as a Spiritual Exercise</i>	Joyce Snyder
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Moorestown Acu-Health Center , 100 W Camden Ave, Moorestown, Paula Anderson 609-261-0019			
Jan 8	11:00 a.m.	<i>Dreams: A Key for a Happier, more Spiritual Life</i>	
Feb 12	11:00 a.m.	<i>Love is a Graceful Thing</i>	
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Monmouth County Howell Library , 318 Old Tavern Rd, Howell, Brad Burke 732-892-1232			
Jan 21	11:00 a.m.	<i>Giving, The Secret to Receiving</i>	Mike Stein
Feb 18	11:00 a.m.	<i>How Spirit Comes Into Our Lives</i>	Elyce Bavos
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