

ECKANKAR Center of San Carlos
Schedule of Events – March 2020



All events are **FREE** and open to the public. People of all faiths and beliefs are welcome.
Unless otherwise noted, all events are held at the ECKANKAR Center of San Carlos.

ECK Light & Sound Service: *The Blessings of Gratitude*

2nd Sunday, March 8, 11:00 am - Noon

Divine Spirit expresses Itself in the world as Light and Sound. Experience these twin aspects of God's love and discover ways to meet life's challenges with new insights. The service features talks, music, a spiritual exercise to explore your own direct connection with the Divine, group discussion, and fellowship.

Sound of Soul

Friday, March 13, 7:30 pm

HU is a sacred sound and ancient name for God that has been sung for thousands of years in many lands for spiritual unfoldment. HU can uplift people of any religion, culture, or walk of life. You're invited to experience chanting HU, followed by contemplative time, and spiritual conversation with others of like heart.

Spiritual Exploration Discussion: *Accepting the Blessings of Life*

Wednesday, March 18, 7:30 pm

Drop in and explore a spiritual topic with other participants in a lively discussion. Feel free to ask questions, share experiences, or just listen.

Explore Membership in Eckankar

If you're interested in exploring the many benefits of advanced spiritual study as your next step on the road home to God, please visit the [Membership](#) page of the official Eckankar website.