



ECKANKAR

The Path of Spiritual Freedom

Serving the Northern California Coast

***Eureka/Arcata ECKANKAR Newsletter***

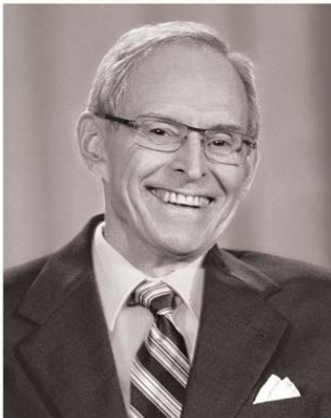
Public Edition



January/February 2019

“Practicing the five virtues of ECK—discrimination, tolerance and forgiveness, contentment, detachment, and humility—is a way to develop the spiritual intelligence of Soul. These virtues protect you from the snares of maya or illusion.”

—Harold Klemp  
*ECK Essentials*  
p. 32



Harold Klemp  
The Spiritual Leader  
of Eckankar

**Experience the sacred sound of HU—  
We invite you to join us at a Sound of Soul Event**

“HU is an ancient name for God. It is also a love song to God. All that we do with the word HU is to sing it with reverence. It represents the love of God for Soul, and we are Soul. HU represents the enormous love that the Creator has for Its creation.”

—Harold Klemp, *HU, the Most Beautiful Prayer*, p. 7

Regardless of your background or religion, we invite you to join us in trying this simple, 20-minute spiritual exercise. It has helped people of many different faiths experience the presence of God. Fellowship and light refreshments will follow. Please see the Local ECKANKAR Calendar on page 3 for dates, times, and locations.

**Free Subscription**

To receive a free subscription to this newsletter please email [eureka.arcata.eck@gmail.com](mailto:eureka.arcata.eck@gmail.com), or call (707) 798-1868 and leave your name and address, or write to

Eureka/Arcata ECKANKAR Newsletter  
PO Box 5583, Eureka, CA 95502.

Please specify whether you would like a mailed paper copy or an emailed copy. Note that any information you provide is kept confidential and is used only to notify you about local ECK events.

You may also read or download the latest issue at [www.eck-ca.org](http://www.eck-ca.org). Go to Eckankar in Your Community, then to Northern California.

## An Invitation

Eckankar teaches spiritual techniques to help you:

- Discover the Mahanta, the Living ECK Master, a spiritual guide for our times.
- Gain insights into the nature of life.
- Strengthen your direct, personal link with God.
- Bring more spiritual awareness to all aspects of your life.



## Join a Book Discussion

Join others in exploring an ECK book. An ECK book discussion is a fun way to share insights and experiences and learn more about Eckankar.

We are currently discussing *Those Wonderful ECK Masters* by Harold Klemp. You are welcome to attend all or some sessions, as you wish, whether you have the book or not.

This book discussion will be held at a residence in Eureka on the third Tuesday of each month, at 11:00 a.m. Please call Clare at (805) 450-8235 for directions.

## For more information

For more information on Eckankar—The Path of Spiritual Freedom, visit Eckankar’s Web site at [www.Eckankar.org](http://www.Eckankar.org), call 1800-LOVE GOD, or write:

ECKANKAR  
Att: Information  
PO Box 2000  
Chanhassen, MN 55317-2000.

For regional information, including events and activities throughout California, visit the California ECK Web site at [www.eck-ca.org](http://www.eck-ca.org).

For local information you may email [eureka.arcata.eck@gmail.com](mailto:eureka.arcata.eck@gmail.com), call (707) 798-1868, or write to:  
ECK Information Contact  
PO Box 5583  
Eureka, CA 95502.

## LOVE, AND LET GOD LOVE YOU

“Each of us is Soul, and we are here to learn lessons. One of the great lessons is to learn to love yourself. Until you can do that, you cannot learn to love someone else.

“And until you can learn to love yourself and others, you cannot truly love God.

“Loving ourselves is hard for many of us because we know ourselves so well. But it’s a necessary step, and we have to do the best we can.”

—Harold Klemp, *The Awakened Heart*, p. 52

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## Local ECKANKAR Calendar

Event	Topic	Date and time	Location
The Sound of Soul	Experience the sacred sound of HU	Saturday, January 5 4:00 p.m.	Center for Spiritual Living
Book discussion	<i>Those Wonderful ECK Masters</i>	Tuesday, January 15 11:00 a.m.	Clare's Residence
The Sound of Soul	Experience the sacred sound of HU	Friday, January 18 7:00 p.m.	Clare's Residence
The Sound of Soul	Experience the sacred sound of HU	Saturday, February 2 4:00 p.m.	Center for Spiritual Living
The Sound of Soul	Experience the sacred sound of HU	Friday, February 8 7:00 p.m.	Clare's Residence
Book discussion	<i>Those Wonderful ECK Masters</i>	Tuesday, February 19 11:00 a.m.	Clare's Residence
<p>Locations:     Center for Spiritual Living, 239 Buhne Street, Eureka.                              Clare's Residence (Eureka), please call for directions, (805) 450-8235.</p>			



The Temple of ECK, near Minneapolis, Minnesota

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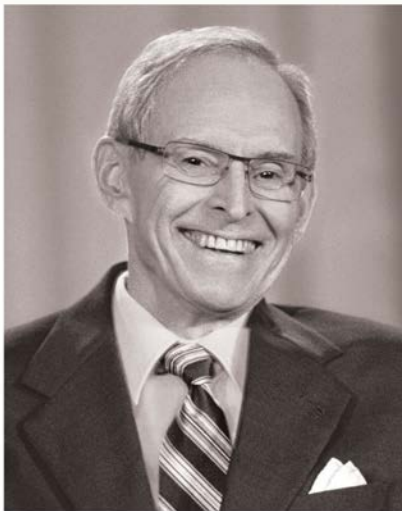
PO Box 5583

Eureka, CA 95502

Sing **HU** to Open Your 

*ECKANKAR—The Path of Spiritual Freedom*

*Local information: (707)798-1868*



Harold Klemp  
The Spiritual Leader  
of Eckankar

### **The Sound of Soul Events are open to the public.**

Experience the sacred sound of HU. These events are generally held on the first Saturday of each month, January 5 and February 2, at 4:00 p.m. at the Center for Spiritual Living, 239 Buhne Street, in Eureka.

#### **On the Internet**

Visit Eckankar's Web site at [www.Eckankar.org](http://www.Eckankar.org)  
or California's ECK Web site at [www.eck-ca.org](http://www.eck-ca.org).  
Or try these additional sites: [www.TheSoundofSoul.org](http://www.TheSoundofSoul.org)  
and [www.spiritualexperience.org](http://www.spiritualexperience.org).

### **ECK Video on Cable TV**

A 30-minute video of Harold Klemp can be seen on cable channel 12 on Fridays, generally at 8:00 p.m. These inspiring talks give practical ways to live a spiritual life.