Aspen Chapel - May 2017

Monday 1st	Morning Meditation Morning Mediation meets every Monday excludi	Aspen Chapel ng holidays.	8:15am - 9:15am		
Tuesday 2nd	Aspen Noise Aspen Chapel 5:30pm - 6:30pm Aspen Noise is a multi-generational singing group, grades K-12 and beyond. The program is designed for the young and the young at heart. The group will meet weekly to join in community, share fellowship, and celebrate the joy of music. Explore music through singing, dancing and instruction, in an atmosphere that is free from judgement. All ages and abilities are welcome!! For more information please contact Barbara Lynn Bloemsma at 970-948-7777 or babalynn7@yahoo.com.				
	Yoga with Linda Sandell Yoga with Linda Sandel	Aspen Chapel	5:30pm - 6:45pm		
Wednesday 3rd	Vipassana (Insight) MeditationThe Aspen Chapel 11:30am - 1:00pm Insight Experience with Lisa Goddard Meets in the Aspen Chapel Gallery / / Insight Meditation, known as Vipassana in the Buddhist tradition, is a simple technique which has been practiced in Asia for more than 2,600 years. Beginning with focusing attention on the breath, the practice concentrates and calms the mind. It allows us to see through the mind's conditioning and thereby to live more fully in the present moment.				
	Insights Meditation	Aspen Chapel	6:00pm - 7:00pm		
	Insights is a relaxed gathering of people each W prior experience is needed to participate.	ednesday at 6:00 pm for meditation, Inter S	piritual readings and discussion. No		
Sunday 7th	Sunday Service	Aspen Chapel	9:30am - 10:30am		
	Every Sunday Aspen Chapel welcomes all people, local and visitors alike, to attend its Sunday morning service. A lovely reception follows. Aspen Chapel promotes open and progressive theology, spiritual enrichment, and peace through interfaith engagement. Al are welcome. For more information, please call 970-925-7184 or info@aspenchapel.org.				
Monday 8th	Morning Meditation	Aspen Chapel	8:15am - 9:15am		
	Morning Mediation meets every Monday excludi	ng holidays.			
Tuesday 9th	Aspen Noise Aspen Noise is a multi-generational singing grou at heart. The group will meet weekly to join in co				
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	Yoga with Linda Sandell Yoga with Linda Sandel	Aspen Chapel	5:30pm - 6:45pm		
Wednesday 10th	Vipassana (Insight) MeditationThe Insight Experience with Lisa Goddard Meets in the Aspen Chapel Gallery / / Insight M has been practiced in Asia for more than 2,600 and calms the mind. It allows us to see through	editation, known as Vipassana in the Buddh years. Beginning with focusing attention on	the breath, the practice concentrates		
	Insights Meditation	Aspen Chapel	6:00pm - 7:00pm		
	Insights is a relaxed gathering of people each Wednesday at 6:00 pm for meditation, Inter Spiritual readings and discussion. No prior experience is needed to participate.				
Sunday 14th	Sunday Service	Aspen Chapel	9:30am - 10:30am		
	Every Sunday Aspen Chapel welcomes all people, local and visitors alike, to attend its Sunday morning service. A lovely reception follows. Aspen Chapel promotes open and progressive theology, spiritual enrichment, and peace through interfaith engagement. Al are welcome. For more information, please call 970-925-7184 or info@aspenchapel.org.				
Monday 15th	Morning Meditation	Aspen Chapel	8:15am - 9:15am		
	Morning Mediation meets every Monday excluding holidays.				
Tuesday 16th	Aspen Noise	Aspen Chapel	5:30pm - 6:30pm		
	Aspen Noise is a multi-generational singing group, grades K-12 and beyond. The program is designed for the young and the young at heart. The group will meet weekly to join in community, share fellowship, and celebrate the joy of music. Explore music through singing, dancing and instruction, in an atmosphere that is free from judgement. All ages and abilities are welcome!! For more information please contact Barbara Lynn Bloemsma at 970-948-7777 or babalynn7@yahoo.com.				
	Yoga with Linda Sandell Yoga with Linda Sandel	Aspen Chapel	5:30pm - 6:45pm		

Wednesday 17th	Vipassana (Insight) MeditationThe Insight Experience with Lisa Goddard Meets in the Aspen Chapel Gallery / / Insight Med	Aspen Chapel	11:30am - 1:00pm		
	Meets in the Aspen Chapel Gallery / / Insight Meditation, known as Vipassana in the Buddhist tradition, is a simple technique whic has been practiced in Asia for more than 2,600 years. Beginning with focusing attention on the breath, the practice concentrates and calms the mind. It allows us to see through the mind's conditioning and thereby to live more fully in the present moment.				
	Vietnam: Then and Now by Don Stuber	Aspen Chapel	5:00pm - 7:00pm		
	Join us for this special event in the Chapel Gallery	. Artist talk by Don Stuber at 6:00pm			
	Insights Meditation	Aspen Chapel	6:00pm - 7:00pm		
	Insights is a relaxed gathering of people each Wednesday at 6:00 pm for meditation, Inter Spiritual readings and discussion. No prior experience is needed to participate.				
Saturday 20th	Sarah Williams Volf Memorial Service Memorial for Sarah Volf	Aspen Chapel	12:00pm - 1:00pm		
Sunday 21st	Sunday Service	Aspen Chapel	9:30am - 10:30am		
	Every Sunday Aspen Chapel welcomes all people, local and visitors alike, to attend its Sunday morning service. A lovely reception follows. Aspen Chapel promotes open and progressive theology, spiritual enrichment, and peace through interfaith engagement. A are welcome. For more information, please call 970-925-7184 or info@aspenchapel.org.				
Monday 22nd	Morning Meditation	Aspen Chapel	8:15am - 9:15am		
	Morning Mediation meets every Monday excluding holidays.				
Tuesday 23rd	Aspen Noise	Aspen Chapel	5:30pm - 6:30pm		
	Aspen Noise is a multi-generational singing group, grades K-12 and beyond. The program is designed for the young and the young at heart. The group will meet weekly to join in community, share fellowship, and celebrate the joy of music. Explore music through singing, dancing and instruction, in an atmosphere that is free from judgement. All ages and abilities are welcome!! For more information please contact Barbara Lynn Bloemsma at 970-948-7777 or babalynn7@yahoo.com.				
	Yoga with Linda Sandell	Aspen Chapel	5:30pm - 6:45pm		
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Wednesday 24th	Vipassana (Insight) MeditationThe Insight Experience with Lisa Goddard	Aspen Chapel	11:30am - 1:00pm		
	Meets in the Aspen Chapel Gallery / / Insight Meditation, known as Vipassana in the Buddhist tradition, is a simple technique which has been practiced in Asia for more than 2,600 years. Beginning with focusing attention on the breath, the practice concentrates and calms the mind. It allows us to see through the mind's conditioning and thereby to live more fully in the present moment.				
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	and calms the mind. It allows us to see through the Developing Consciousness Course The course is based on his book "Developing Con	e mind's conditioning and thereby to live more fully in the Senior Center in Aspen sciousness: A Roadmap to the Journey of Enlightenment al perspective that draws on modern consciousness-rai	e practice concentrates e present moment. 1:00pm - 2:00pm nt." The course aims to		
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Wednesday 31st	Vipassana (Insight) MeditationThe Insight Experience with Lisa Goddard	Aspen Chapel	11:30am - 1:00pm		
	Meets in the Aspen Chapel Gallery / / Insight Meditation, known as Vipassana in the Buddhist tradition, is a simple technique which has been practiced in Asia for more than 2,600 years. Beginning with focusing attention on the breath, the practice concentrates and calms the mind. It allows us to see through the mind's conditioning and thereby to live more fully in the present moment.				
	Developing Consciousness Course	Senior Center in Aspen	1:00pm - 2:00pm		
	The course is based on his book "Developing Consciousness: A Roadmap to the Journey of Enlightenment." The course aims to provide an introduction to spirituality from a mystical perspective that draws on modern consciousness-raising techniques, as well as the wisdom of Christian mystics and spiritual leaders from all traditions.				
	"Contemporary Landscapes" Opens at the Chapel Gallery	Aspen Chapel	5:00pm - 7:00pm		
	This is a new show opening at the Chapel Gallery. The opening starts at 5:00pm. Refreshments will be served. Free Event				
	Insights Meditation	Aspen Chapel	6:00pm - 7:00pm		
	Insights is a relaxed gathering of people each Wednesday at 6:00 pm for meditation, Inter Spiritual readings and discussion. No prior experience is needed to participate.				