

## Aspen Chapel - July 2017

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|---------------|--|-------------------------------|------------------|
| Sunday 2nd    | <b>Sunday Service</b><br>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. All are welcome. For more information, please call 970-925-7184 or info@aspenchapel.org.   | <i>Aspen Chapel</i>           | 9:30am - 10:30am |
| Monday 3rd    | <b>Morning Meditation</b><br>Morning Meditation meets every Monday excluding holidays.   | <i>Aspen Chapel</i>           | 8:15am - 9:15am  |
| Tuesday 4th   | <b>Aspen Noise</b><br>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. | <i>Aspen Chapel</i>           | 5:30pm - 6:30pm  |
|               | <b>Yoga with Linda Sandell</b><br>Yoga with Linda Sandel   | <i>Aspen Chapel</i>           | 5:30pm - 6:45pm  |
| Wednesday 5th | <b>Vipassana (Insight) Meditation--The Insight Experience with Lisa Goddard</b><br>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.                          | <i>Aspen Chapel</i>           | 11:30am - 1:00pm |
|               | <b>Developing Consciousness Course</b><br>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.   | <i>Senior Center in Aspen</i> | 1:00pm - 2:00pm  |
|               | <b>Insights Meditation</b><br>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.   | <i>Aspen Chapel</i>           | 6:00pm - 7:00pm  |
|               |  |                               |                  |
| Thursday 6th  | <b>AMFS Chamber Concert (FREE)</b><br>AMFS FREE Chamber Concert  | <i>Aspen Chapel</i>           | 4:15pm - 5:15pm  |
| Friday 7th    | <b>AMFS Piano Recital (FREE)</b><br>AMFS FREE Piano Recital  | <i>Aspen Chapel</i>           | 2:00pm - 3:00pm  |
| Saturday 8th  | <b>"Integrative Zen Practice" with Tae Won Snim</b><br>"Integrative Zen Practice" with Tae Won Snim  | <i>Aspen Chapel</i>           | 10:00am - 4:00pm |
| Sunday 9th    | <b>Sermon with Monks &amp; Lexie Potamkin</b><br>reception follows. Aspen Chapel promotes open and progressive theology, spiritual enrichment, and peace through interfaith engagement. All are welcome. For more information, please call 970-925-7184 or info@aspenchapel.org.   | <i>Aspen Chapel</i>           | 9:30am - 10:30am |
| Monday 10th   | <b>Morning Meditation with Monks</b><br>Morning Meditation with Monks  | <i>Aspen Chapel</i>           | 8:15am - 9:15am  |
| Tuesday 11th  | <b>Lama Chopa Offering Ceremony</b><br>Lama Chopa Offering Ceremony  | <i>Aspen Chapel</i>           | 8:15am - 9:15am  |
|               | <b>Aspen Noise</b><br>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. | <i>Aspen Chapel</i>           | 5:30pm - 6:30pm  |
|               | <b>Yoga with Linda Sandell</b><br>Yoga with Linda Sandel   | <i>Aspen Chapel</i>           | 5:30pm - 6:45pm  |

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| Wednesday 12th | <b>Vipassana (Insight) Meditation--The Insight Experience with Lisa Goddard</b><br>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.                          | <i>Aspen Chapel</i>           | 11:30am - 1:00pm |
|                | <b>Developing Consciousness Course</b><br>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.   | <i>Senior Center in Aspen</i> | 1:00pm - 2:00pm  |
|                | <b>Insights Meditation</b><br>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.   | <i>Aspen Chapel</i>           | 6:00pm - 7:00pm  |
| Thursday 13th  | <b>AMFS Chamber Concert (FREE)</b><br>AMFS FREE Chamber Concert  | <i>Aspen Chapel</i>           | 4:15pm - 5:15pm  |
| Friday 14th    | <b>AMFS Piano Recital (FREE)</b><br>AMFS FREE Piano Recital  | <i>Aspen Chapel</i>           | 2:00pm - 3:00pm  |
| Sunday 16th    | <b>Sunday Service</b><br>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. All are welcome. For more information, please call 970-925-7184 or info@aspenchapel.org.   | <i>Aspen Chapel</i>           | 9:30am - 10:30am |
|                | <b>A Transcendental Meditation Workshop</b><br>Sponsored by Aspen BrainLab and Aspen Center for Living Peace   | <i>Aspen Chapel</i>           | 12:00pm - 1:30pm |
| Monday 17th    | <b>Morning Meditation</b><br>Morning Meditation meets every Monday excluding holidays.   | <i>Aspen Chapel</i>           | 8:15am - 9:15am  |
| Tuesday 18th   | <b>Yoga with Linda Sandell</b><br>Yoga with Linda Sandel   | <i>Aspen Chapel</i>           | 5:30pm - 6:45pm  |
|                | <b>Aspen Noise</b><br>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. | <i>Aspen Chapel</i>           | 6:00pm - 7:15pm  |
| Wednesday 19th | <b>Vipassana (Insight) Meditation--The Insight Experience with Lisa Goddard</b><br>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.                          | <i>Aspen Chapel</i>           | 11:30am - 1:00pm |
|                | <b>"Summer Light" Opens at the Chapel Gallery</b><br>This is a new show opening at the Chapel Gallery. The opening starts at 5:00pm. Refreshments will be served. Free Event   | <i>Aspen Chapel</i>           | 5:00pm - 7:00pm  |
|                | <b>Insights Meditation</b><br>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.   | <i>Aspen Chapel</i>           | 6:00pm - 7:00pm  |
| Thursday 20th  | <b>Kriya Yoga with Ritter</b><br>Ritter will focus on enhancing your personal spiritual practice using the tools of yoga (including asana, pranayama and meditation). The teaching is based on the Yoga Sutras of Patanjali and his own experience practicing yoga for over 40 years. No experience with yoga or meditation is necessary. Only simple, basic yoga postures will be covered. No yoga mats or clothing required!   | <i>Aspen Chapel</i>           | 8:15am - 9:15am  |
|                | <b>Centering Prayer with Ritter</b><br>Centering Prayer is a "method" of contemplative prayer popularized by Thomas Keating, a Trappist monk who resides at St. Benedict's Monastery in Old Snowmass. Ritter will lead two twenty minute Centering Prayer "sessions" after first giving some guidance for those unfamiliar with the practice. There will be a five minute break between each "session".  | <i>Aspen Chapel</i>           | 9:15am - 10:15am |
|                | <b>AMFS Chamber Concert (FREE)</b><br>AMFS FREE Chamber Concert  | <i>Aspen Chapel</i>           | 4:15pm - 5:15pm  |
| Friday 21st    | <b>AMFS Piano Recital (FREE)</b><br>AMFS FREE Piano Recital  | <i>Aspen Chapel</i>           | 2:00pm - 3:00pm  |
| Saturday 22nd  | <b>Val Britt-Kahlberg Memorial</b><br>Val Britt-Kahlberg Memorial  | <i>Aspen Chapel</i>           | 4:00pm - 5:00pm  |

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|----------------|--|---------------------|------------------|
| Sunday 23rd    | <b>Sunday Service</b><br>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. All are welcome. For more information, please call 970-925-7184 or info@aspenchapel.org.   | <i>Aspen Chapel</i> | 9:30am - 10:30am |
| Monday 24th    | <b>Morning Meditation</b><br>Morning Meditation meets every Monday excluding holidays.   | <i>Aspen Chapel</i> | 8:15am - 9:15am  |
| Tuesday 25th   | <b>Yoga with Linda Sandell</b><br>Yoga with Linda Sandel   | <i>Aspen Chapel</i> | 5:30pm - 6:45pm  |
|                | <b>Aspen Noise</b><br>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. | <i>Aspen Chapel</i> | 6:00pm - 7:15pm  |
| Wednesday 26th | <b>Vipassana (Insight) Meditation--The Insight Experience with Lisa Goddard</b><br>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.                          | <i>Aspen Chapel</i> | 11:30am - 1:00pm |
|                | <b>Insights Meditation</b><br>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.   | <i>Aspen Chapel</i> | 6:00pm - 7:00pm  |
| Thursday 27th  | <b>AMFS Chamber Concert (FREE)</b><br>AMFS FREE Chamber Concert  | <i>Aspen Chapel</i> | 4:15pm - 5:15pm  |
|                | <b>Kriya Yoga: The Ancient Science of Meditation</b><br>with Yogacharya Srinidhi Baba & Swami Purnatmananda / Kriya Yoga is an ancient method of living and meditation that cultivates body, mind, intellect and awareness of soul. Kriya Yoga teaches that any action kri, is done by ya, the indwelling soul. It is a universal spiritual discipline that permeates the deepest levels of consciousness and changes our lives.   | <i>Aspen Chapel</i> | 7:00pm - 8:30pm  |
| Friday 28th    | <b>AMFS Piano Recital (FREE)</b><br>AMFS FREE Piano Recital  | <i>Aspen Chapel</i> | 2:00pm - 3:00pm  |
| Sunday 30th    | <b>Sunday Service</b><br>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. All are welcome. For more information, please call 970-925-7184 or info@aspenchapel.org.   | <i>Aspen Chapel</i> | 9:30am - 10:30am |
| Monday 31st    | <b>Morning Meditation</b><br>Morning Meditation meets every Monday excluding holidays.   | <i>Aspen Chapel</i> | 8:15am - 9:15am  |