

Aspen Chapel - September 2017

Sunday 3rd	Sunday Service 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 4th	Morning Meditation Morning Meditation meets every Monday excluding holidays.	<i>Aspen Chapel</i>	8:15am - 9:15am
Tuesday 5th	Yoga with Linda Sandell Yoga with Linda Sandel	<i>Aspen Chapel</i>	5:30pm - 6:45pm
	Aspen Noise 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 6th	Vipassana (Insight) Meditation--The 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.	<i>Aspen Chapel</i>	11:30am - 1:00pm
	Insights Meditation 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
Saturday 9th	Dropping In: A Day of Qigong and Insight Meditation Dropping In: A Day of Qigong and Insight Meditation with Chloe Conger and Lisa Goddard	<i>Aspen Chapel</i>	10:00am - 4:30pm
Sunday 10th	Sunday Service 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 11th	NO Morning Meditation TODAY!! Morning Meditation meets every Monday excluding holidays.	<i>Aspen Chapel</i>	8:15am - 9:15am
Tuesday 12th	Aspen Noise Aspen Noise, multi-generational singing group. Open to everyone!	<i>Aspen Chapel</i>	5:30pm - 6:30pm
	Yoga Yoga	<i>Aspen Chapel</i>	5:30pm - 6:45pm
Wednesday 13th	Vipassana (Insight) Meditation--The 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.	<i>Aspen Chapel</i>	11:30am - 1:00pm
	Insights Meditation 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
Sunday 17th	Sunday Service 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 18th	Morning Meditation Morning Meditation meets every Monday excluding holidays.	<i>Aspen Chapel</i>	8:15am - 9:15am
Tuesday 19th	Aspen Noise Aspen Noise, multi-generational singing group. Open to everyone!	<i>Aspen Chapel</i>	5:30pm - 6:30pm
	Yoga Yoga	<i>Aspen Chapel</i>	5:30pm - 6:45pm

Wednesday 20th	Vipassana (Insight) Meditation--The 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.	<i>Aspen Chapel</i>	11:30am - 1:00pm
	Insights Meditation 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
Sunday 24th	Sunday Service 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 25th	Morning Meditation Morning Meditation meets every Monday excluding holidays.	<i>Aspen Chapel</i>	8:15am - 9:15am
Tuesday 26th	Aspen Noise Aspen Noise, multi-generational singing group. Open to everyone!	<i>Aspen Chapel</i>	5:30pm - 6:30pm
	Yoga Yoga	<i>Aspen Chapel</i>	5:30pm - 6:45pm
Wednesday 27th	Vipassana (Insight) Meditation--The 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.	<i>Aspen Chapel</i>	11:30am - 1:00pm
	Artist Talk: What's Your Color? David Floria interviews 3 of the artists in this exhibit.	<i>Aspen Chapel</i>	5:30pm - 7:00pm
	Insights Meditation 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 28th	Yoga with Ritter Ritter will focus on enhancing your personal spiritual practice using the tools of yoga (including asana, pranayama and meditation).	<i>Aspen Chapel</i>	8:15am - 9:15am