



Insights

InterSpiritual Readings, Sharing and Meditation

Aspen Chapel
Wednesdays, 6 pm – 7 pm

Insights is an informal spiritual gathering of people who wish to explore and nurture their own journey of faith. People from all spiritual traditions are welcome. Gatherings will include:

- **Meditative music**
- **Guided meditation**
- **Interspiritual readings**
- **Moderated discussion on a spiritual subject**
- **Sharing reflections**
- **Silent meditation**

All are encouraged to join in the discussion or free to just listen.

Lexie Potamkin, author of the trilogy, *What is Spirit?*, *What is Peace?*, *What is Love?*, will be the first discussion leader. Readings from *What is Love?* will be discussed the first week. No advance reading is necessary. The books are available at the Aspen Chapel Book Nook for those who are interested.

The mission of the Aspen Chapel is to promote open and progressive theology, spiritual enrichment and peace through interfaith engagement.

Insights is free of charge – donations are graciously accepted, with proceeds used to advance this interspiritual gathering. For information about *Insights* or other Aspen Chapel services, events, and workshops please contact Marisa Post or Gregg Anderson at 970.925.7184, info@aspenchapel.org, or visit the web at www.aspenchapel.org.