

## Aspen Chapel - October 2017

Sunday 1st	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 2nd	Morning Meditation Morning Meditation meets every Monday excluding holidays.	<i>Aspen Chapel</i>	8:15am - 9:15am
Tuesday 3rd	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>	6:00pm - 7:15pm
Wednesday 4th	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
Thursday 5th	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
	Centering Prayer with Ritter 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.	<i>Aspen Chapel</i>	9:15am - 10:15am
Sunday 8th	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 9th	Morning Meditation Morning Meditation meets every Monday excluding holidays.	<i>Aspen Chapel</i>	8:15am - 9:15am
Tuesday 10th	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>	6:00pm - 7:15pm
Wednesday 11th	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
Thursday 12th	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
	Centering Prayer with Ritter 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.	<i>Aspen Chapel</i>	9:15am - 10:15am
Saturday 14th	<b>Walk for Aspen Seniors</b> - Walk for Aspen Chapel Senior Scholarships – family friendly – take a morning stroll down the Rio Grand and raise money for AHS seniors - <i>Rio Grande</i>		
Sunday 15th	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 16th	Morning Meditation Morning Meditation meets every Monday excluding holidays.	<i>Aspen Chapel</i>	8:15am - 9:15am

Tuesday 17th	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>	6:00pm - 7:15pm
Wednesday 18th	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
	Gallery Opening - 4 Rivers Biannual Gallery Opening - 4 Rivers Biannual	<i>Aspen Chapel</i>	5:00pm - 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 19th	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
	Centering Prayer with Ritter 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.	<i>Aspen Chapel</i>	9:15am - 10:15am
Saturday 21st	Mapping Consciousness with Francis Bennett Mapping Consciousness with Francis Bennett	<i>Aspen Chapel</i>	2:00pm - 5:00pm
Sunday 22nd	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
	Mapping Consciousness with Francis Bennett Mapping Consciousness with Francis Bennett	<i>Aspen Chapel</i>	12:00pm - 3:00pm
Monday 23rd	Morning Meditation Morning Meditation meets every Monday excluding holidays.	<i>Aspen Chapel</i>	8:15am - 9:15am
Tuesday 24th	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>	6:00pm - 7:15pm
Wednesday 25th	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
Thursday 26th	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
	Centering Prayer with Ritter 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.	<i>Aspen Chapel</i>	9:15am - 10:15am
Sunday 29th	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 30th	Morning Meditation Morning Meditation meets every Monday excluding holidays.	<i>Aspen Chapel</i>	8:15am - 9:15am

---

Tuesday 31st	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>	6:00pm - 7:15pm

---