

## Aspen Chapel - August 2018

Wednesday 1st	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 2nd	AMFS Chambers Concert AMFS Chambers Concert	<i>Aspen Chapel</i>	4:15pm - 5:15pm
Friday 3rd	AMFS Piano Recital AMFS Piano Recital	<i>Aspen Chapel</i>	2:00pm - 3:00pm
Sunday 5th	Bach Cantata Celebrating the Aspen Chapel's 25 season of the Bach Cantata	<i>Aspen Chapel</i>	9:30am - 10:30am
	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 6th	Morning Meditation Morning Meditation meets every Monday excluding holidays.	<i>Aspen Chapel</i>	8:15am - 9:15am
	Peace Train Gala Aspen Chapel's Annual Fundraising Event of the Year!	<i>Cooking School of Aspen</i>	6:00pm - 9:00pm
Tuesday 7th	Aspen Noise Aspen Noise, multi-generational singing group. Open to everyone!	<i>Aspen Chapel</i>	5:00pm - 6:00pm
	Yoga & Meditation Yoga	<i>Aspen Chapel</i>	5:30pm - 6:45pm
Wednesday 8th	Vipassana Meditation with Lisa Goddard Join Lisa every Wednesday for meditation followed by a Dharma talk. Suggested donation: \$15 or pay what you can.	<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 9th	AMFS Chambers Concert AMFS Chambers Concert	<i>Aspen Chapel</i>	4:15pm - 5:15pm
Friday 10th	AMFS Piano Recital AMFS Piano Recital	<i>Aspen Chapel</i>	2:00pm - 3:00pm
Saturday 11th	Robert Kennedy Save the Date!	<i>Aspen Chapel</i>	10:00am - 4:00pm
Sunday 12th	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 13th	Morning Meditation Morning Meditation meets every Monday excluding holidays.	<i>Aspen Chapel</i>	8:15am - 9:15am
Tuesday 14th	Aspen Noise Aspen Noise, multi-generational singing group. Open to everyone!	<i>Aspen Chapel</i>	5:00pm - 6:00pm
	Yoga & Meditation Yoga	<i>Aspen Chapel</i>	5:30pm - 6:45pm
	Ecstatic Dance With the help of music and movement, let the pressure and stress go, / and have some fun moving your body! / You do not need to be a dancer, merely have a yearning to move your body.	<i>Aspen Chapel</i>	7:30pm - 9:00pm
Wednesday 15th	Vipassana Meditation with Lisa Goddard Join Lisa every Wednesday for meditation followed by a Dharma talk. Suggested donation: \$15 or pay what you can.	<i>Aspen Chapel</i>	11:30am - 1:00pm
	Artist Talk - Contemporary Landscape 10 artists discuss their inspiration and processes.	<i>Aspen Chapel</i>	5:30pm - 6:30pm
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Thursday 16th	AMFS Chambers Concert AMFS Chambers Concert	<i>Aspen Chapel</i>	4:15pm - 5:15pm
Friday 17th	AMFS Piano Recital AMFS Piano Recital	<i>Aspen Chapel</i>	2:00pm - 3:00pm
Sunday 19th	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 20th	Morning Meditation Morning Meditation meets every Monday excluding holidays.	<i>Aspen Chapel</i>	8:15am - 9:15am
Tuesday 21st	Aspen Noise Aspen Noise, multi-generational singing group. Open to everyone!	<i>Aspen Chapel</i>	5:00pm - 6:00pm
	Yoga & Meditation Yoga	<i>Aspen Chapel</i>	5:30pm - 6:45pm
Wednesday 22nd	Vipassana Meditation with Lisa Goddard Join Lisa every Wednesday for meditation followed by a Dharma talk. Suggested donation: \$15 or pay what you can.	<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
	Michael Gregory Freeing the Mind Made Easy	<i>Aspen Chapel</i>	6:00pm - 9:00pm
Thursday 23rd	Embrace Your True Power Do you try to force and control things and people in your life? Do you end up feeling frustrated? Do you equate power with ego? In this workshop, intuitive energy healer and spiritual guide, Jane St. Croix Ireland, will teach you what true power is, how to release control and step into it. You'll experience how to connect with your body to access your inner wisdom and exercise your power to create goodness in your life and the lives of others.	<i>Aspen Chapel</i>	5:30pm - 7:30pm
Sunday 26th	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
	RELATIONAL MINDFULNESS: FINDING FREEDOM AND AUTHENTICITY IN HOW WE RELATE Relational Mindfulness helps us to bring presence, compassion, investigation, and clear-seeing, to how / we relate — whether we are at work, with family, in conflict, on a date, or engaging with world issues. We can erase the myth of separation. And we can / remember the intrinsic interconnection that is who we really are. This transformative practice is a means for remembering that the quality of every / relationship we will ever have stems from the quality of our relationship with ourselves.	<i>Aspen Chapel</i>	12:00pm - 5:00pm
Monday 27th	Morning Meditation Morning Meditation meets every Monday excluding holidays.	<i>Aspen Chapel</i>	8:15am - 9:15am
	Full Moon breathwork + binaural beats with Eliza Kane breathwork relaxes the nervous system / binaural beats balance the brain / the combo creates a next level experience	<i>Aspen Chapel</i>	7:30pm - 8:45pm
Tuesday 28th	Aspen Noise Aspen Noise, multi-generational singing group. Open to everyone!	<i>Aspen Chapel</i>	5:00pm - 6:00pm
	Yoga & Meditation Yoga	<i>Aspen Chapel</i>	5:30pm - 6:45pm
	Ecstatic Dance With the help of music and movement, let the pressure and stress go, / and have some fun moving your body! / You do not need to be a dancer, merely have a yearning to move your body.	<i>Aspen Chapel</i>	7:30pm - 9:00pm

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Wednesday 29th	Vipassana Meditation with Lisa Goddard <i>Aspen Chapel</i>	11:30am - 1:00pm
	Join Lisa every Wednesday for meditation followed by a Dharma talk. Suggested donation: \$15 or pay what you can.	
	Art Opening! Watercolors for Wilderness in support of the Wilderness Workshop	<i>Aspen Chapel</i> 5:00pm - 7:00pm
	Insights Meditation	<i>Aspen Chapel</i> 6:00pm - 7:00pm
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