Aspen Chapel - October 2017

Sunday 1st	Sunday Service	Aspen Chapel	9:30am - 10:30am		
	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.				
Monday 2nd	Morning Meditation Morning Mediation meets every Monday excluding	Aspen Chapel holidays.	8:15am - 9:15am		
Tuesday 3rd	Aspen Noise Aspen Noise, multi-generational singing group. Op	Aspen Chapel	5:30pm - 6:30pm		
	Yoga Yoga	Aspen Chapel	5:30pm - 6:45pm		
Wednesday 4th	Vipassana (Insight) MeditationThe Insight Experience with Lisa Goddard Aspen Chapel 11:30am - 1:00pm 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.				
	Insights Meditation	Aspen Chapel	6:00pm - 7:00pm		
	Insights is a relaxed gathering of people each Wed prior experience is needed to participate.	nesday at 6:00 pm for meditation, Inter Spiritual readings	and discussion. No		
Thursday 5th	Yoga with Ritter Ritter will focus on enhancing your personal spiritua	Aspen Chapel al practice using the tools of yoga (including asana, prana	8:15am - 9:15am yama and meditation).		
	Centering Prayer with Ritter Centering Prayer is a "method" of contemplative pro- Benedict's Monastery in Old Snowmass.	Aspen Chapel ayer popularized by Thomas Keating, a Trappist monk wi	9:15am - 10:15am no resides at St.		
Sunday 8th	Sunday Service	Aspen Chapel	9:30am - 10:30am		
-	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.				
Monday 9th	Morning Meditation Morning Mediation meets every Monday excluding	Aspen Chapel holidays.	8:15am - 9:15am		
Tuesday 10th	Aspen Noise Aspen Noise, multi-generational singing group. Op	Aspen Chapel en to everyone!	5:30pm - 6:30pm		
	Yoga Yoga	Aspen Chapel	5:30pm - 6:45pm		
Wednesday 11th	Vipassana (Insight) MeditationThe Insight Experience with Lisa Goddard	Aspen Chapel	11:30am - 1:00pm		
	has been practiced in Asia for more than 2,600 year	tation, known as Vipassana in the Buddhist tradition, is a ars. Beginning with focusing attention on the breath, the p mind's conditioning and thereby to live more fully in the p	practice concentrates		
	Insights Meditation	Aspen Chapel	6:00pm - 7:00pm		
	Insights is a relaxed gathering of people each Wed prior experience is needed to participate.	nesday at 6:00 pm for meditation, Inter Spiritual readings	and discussion. No		
Thursday 12th	Yoga with Ritter	Aspen Chapel	8:15am - 9:15am		
		al practice using the tools of yoga (including asana, prana			
	Centering Prayer with Ritter Centering Prayer is a "method" of contemplative pr Benedict's Monastery in Old Snowmass.	Aspen Chapel ayer popularized by Thomas Keating, a Trappist monk wl	9:15am - 10:15am no resides at St.		
Saturday 14th	Walk for Aspen Seniors - 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	Aspen Chapel	9:30am - 10:30am		
		local and visitors alike, to attend its Sunday morning servestive theology, spiritual enrichment, and peace through into 0-925-7184 or info@aspenchapel.org.			
Monday 16th	Morning Meditation Morning Mediation meets every Monday excluding	Aspen Chapel holidays.	8:15am - 9:15am		

Tuesday 17th	Aspen Noise Aspen Noise, multi-generational singing group. Ope	Aspen Chapel en to everyone!	5:30pm - 6:30pm		
	Yoga Yoga	Aspen Chapel	5:30pm - 6:45pm		
Wednesday 18th	has been practiced in Asia for more than 2,600 yea	Aspen Chapel ation, known as Vipassana in the Buddhist tradition, is irs. Beginning with focusing attention on the breath, th mind's conditioning and thereby to live more fully in th	e practice concentrates		
	Gallery Opening - 4 Rivers Biannual Gallery Opening - 4 Rivers Biannual	Aspen Chapel	5:00pm - 7:00pm		
	Insights Meditation Aspen Chapel 6:00pm - 7:00pm 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. No				
Thursday 19th	Yoga with Ritter Ritter will focus on enhancing your personal spiritua	Aspen Chapel I practice using the tools of yoga (including asana, pra	8:15am - 9:15am		
			9:15am - 10:15am		
	Centering Prayer with Ritter Centering Prayer is a "method" of contemplative pra Benedict's Monastery in Old Snowmass.	Aspen Chapel ayer popularized by Thomas Keating, a Trappist monk			
Saturday 21st	Mapping Consciousness with Francis Bennett Mapping Consciousness with Francis Bennett	Aspen Chapel	2:00pm - 5:00pm		
Sunday 22nd	Sunday Service Aspen Chapel 9:30am 10:30am 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. 9:30am 10:30am				
	Mapping Consciousness with Francis Bennett Mapping Consciousness with Francis Bennett	Aspen Chapel	12:00pm - 3:00pm		
Monday 23rd	Morning Meditation Morning Mediation meets every Monday excluding h	Aspen Chapel nolidays.	8:15am - 9:15am		
Tuesday 24th	Aspen Noise Aspen Noise, multi-generational singing group. Ope	Aspen Chapel en to everyone!	5:30pm - 6:30pm		
	Yoga _{Yoga}	Aspen Chapel	5:30pm - 6:45pm		
Wednesday 25th	Vipassana (Insight) MeditationThe Insight Experience with Lisa Goddard	Aspen Chapel	11:30am - 1:00pm		
	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.				
	Insights Meditation	Aspen Chapel	6:00pm - 7:00pm		
	Insights is a relaxed gathering of people each Wedr prior experience is needed to participate.	nesday at 6:00 pm for meditation, Inter Spiritual readir	ngs and discussion. No		
Thursday 26th	Yoga with Ritter Ritter will focus on enhancing your personal spiritua	Aspen Chapel I practice using the tools of yoga (including asana, pra	8:15am - 9:15am anayama and meditation).		
	Centering Prayer with Ritter Centering Prayer is a "method" of contemplative pra Benedict's Monastery in Old Snowmass.	Aspen Chapel ayer popularized by Thomas Keating, a Trappist monk	9:15am - 10:15am who resides at St.		
Sunday 29th	Sunday Service	Aspen Chapel	9:30am - 10:30am		
Sunday 29th					
Sunday 29th	Every Sunday Aspen Chapel welcomes all people, I follows. Aspen Chapel promotes open and progress are welcome. For more information, please call 970	sive theology, spiritual enrichment, and peace through			

Tuesday 31st	Aspen Noise	Aspen Chapel	5:30pm - 6:30pm	
	Aspen Noise, multi-generational singing group. Open to everyone!			
	Yoga	Aspen Chapel	5:30pm - 6:45pm	
	Yoga			