

Aspen Chapel - May 2017

Monday 1st	Morning Meditation Morning Meditation meets every Monday excluding holidays.	<i>Aspen Chapel</i>	8:15am - 9:15am
Tuesday 2nd	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>	5:30pm - 6:30pm
	Yoga with Linda Sandell Yoga with Linda Sandel	<i>Aspen Chapel</i>	5:30pm - 6:45pm
Wednesday 3rd	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 7th	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 8th	Morning Meditation Morning Meditation meets every Monday excluding holidays.	<i>Aspen Chapel</i>	8:15am - 9:15am
Tuesday 9th	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>	5:30pm - 6:30pm
	Yoga with Linda Sandell Yoga with Linda Sandel	<i>Aspen Chapel</i>	5:30pm - 6:45pm
Wednesday 10th	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 14th	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 15th	Morning Meditation Morning Meditation meets every Monday excluding holidays.	<i>Aspen Chapel</i>	8:15am - 9:15am
Tuesday 16th	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>	5:30pm - 6:30pm
	Yoga with Linda Sandell Yoga with Linda Sandel	<i>Aspen Chapel</i>	5:30pm - 6:45pm

Wednesday 17th	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
	Vietnam: Then and Now by Don Stuber Join us for this special event in the Chapel Gallery. Artist talk by Don Stuber at 6:00pm	<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
Saturday 20th	Sarah Williams Volf Memorial Service Memorial for Sarah Volf	<i>Aspen Chapel</i>	12:00pm - 1:00pm
Sunday 21st	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 22nd	Morning Meditation Morning Meditation meets every Monday excluding holidays.	<i>Aspen Chapel</i>	8:15am - 9:15am
Tuesday 23rd	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>	5:30pm - 6:30pm
	Yoga with Linda Sandell Yoga with Linda Sandel	<i>Aspen Chapel</i>	5:30pm - 6:45pm
Wednesday 24th	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
	Developing Consciousness Course The course is based on his book "Developing Consciousness: A Roadmap to the Journey of Enlightenment." The course aims to provide an introduction to spirituality from a mystical perspective that draws on modern consciousness-raising techniques, as well as the wisdom of Christian mystics and spiritual leaders from all traditions.	<i>Senior Center in Aspen</i>	1:00pm - 2:00pm
	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 28th	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
Tuesday 30th	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>	5:30pm - 6:30pm
	Yoga with Linda Sandell Yoga with Linda Sandel	<i>Aspen Chapel</i>	5:30pm - 6:45pm

Wednesday 31st	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
	Developing Consciousness Course The course is based on his book "Developing Consciousness: A Roadmap to the Journey of Enlightenment." The course aims to provide an introduction to spirituality from a mystical perspective that draws on modern consciousness-raising techniques, as well as the wisdom of Christian mystics and spiritual leaders from all traditions.	<i>Senior Center in Aspen</i>	1:00pm - 2:00pm
	"Contemporary Landscapes" Opens at the Chapel Gallery This is a new show opening at the Chapel Gallery. The opening starts at 5:00pm. Refreshments will be served. Free Event	<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
