

Aspen Chapel - June 2017

Thursday 1st	Pepper Gomes Memorial Service led by The Rev'd Nicholas Vesey	<i>Aspen Chapel</i>	2:00pm - 3:00pm
Sunday 4th	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 5th	Morning Meditation Morning Meditation meets every Monday excluding holidays.	<i>Aspen Chapel</i>	8:15am - 9:15am
Tuesday 6th	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 7th	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
	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 11th	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 12th	Morning Meditation Morning Meditation meets every Monday excluding holidays.	<i>Aspen Chapel</i>	8:15am - 9:15am
Tuesday 13th	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 14th	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

Thursday 15th	Kriya Yoga with Ritter	<i>Aspen Chapel</i>	8:15am - 9:15am
	Ritter will focus on enhancing your personal spiritual practice using the tools of yoga (including asana, pranayama and meditation). The teaching is based on the Yoga Sutras of Patanjali and his own experience practicing yoga for over 40 years. No experience with yoga or meditation is necessary. Only simple, basic yoga postures will be covered. No yoga mats or special clothing required!		
	Centering Prayer with Ritter	<i>Aspen Chapel</i>	9:15am - 10:15am
	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. Ritter will lead two twenty minute Centering Prayer "sessions" after first giving some guidance for those unfamiliar with the practice. There will be a five minute break between each "session".		
Sunday 18th	Sunday Service	<i>Aspen Chapel</i>	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 19th	Morning Meditation	<i>Aspen Chapel</i>	8:15am - 9:15am
Morning Meditation meets every Monday excluding holidays.			
Tuesday 20th	Aspen Noise	<i>Aspen Chapel</i>	5:30pm - 6:30pm
	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.		
	Yoga with Linda Sandell	<i>Aspen Chapel</i>	5:30pm - 6:45pm
	Yoga with Linda Sandel		
Wednesday 21st	Vipassana (Insight) Meditation--The Insight Experience with Lisa Goddard	<i>Aspen Chapel</i>	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.		
	Developing Consciousness Course	<i>Senior Center in Aspen</i>	1:00pm - 2:00pm
	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.		
	Insights Meditation	<i>Aspen Chapel</i>	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.		
Thursday 22nd	Kriya Yoga with Ritter	<i>Aspen Chapel</i>	8:15am - 9:15am
	Ritter will focus on enhancing your personal spiritual practice using the tools of yoga (including asana, pranayama and meditation). The teaching is based on the Yoga Sutras of Patanjali and his own experience practicing yoga for over 40 years. No experience with yoga or meditation is necessary. Only simple, basic yoga postures will be covered. No yoga mats or special clothing required!		
	Centering Prayer with Ritter	<i>Aspen Chapel</i>	9:15am - 10:15am
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Sunday 25th	Sunday Service	<i>Aspen Chapel</i>	9:30am - 10:30am
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Monday 26th	Morning Meditation	<i>Aspen Chapel</i>	8:15am - 9:15am
Morning Meditation meets every Monday excluding holidays.			
Tuesday 27th	Aspen Noise	<i>Aspen Chapel</i>	5:30pm - 6:30pm
	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.		
	Yoga with Linda Sandell	<i>Aspen Chapel</i>	5:30pm - 6:45pm
	Yoga with Linda Sandel		

Wednesday 28th	Vipassana (Insight) Meditation--The Insight Experience with Lisa Goddard	<i>Aspen Chapel</i>	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.		
	Developing Consciousness Course	<i>Senior Center in Aspen</i>	1:00pm - 2:00pm
	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.		
Thursday 29th	Artist Talk - Contemporary Landscapes	<i>Aspen Chapel</i>	5:30pm - 7:00pm
	3 Artists talk about their work in the Aspen Chapel Gallery Show "Contemporary Landscapes". Discussion lead by David Floria		
	Insights Meditation	<i>Aspen Chapel</i>	6:00pm - 7:00pm
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	Kriya Yoga with Ritter	<i>Aspen Chapel</i>	8:15am - 9:15am
	Ritter will focus on enhancing your personal spiritual practice using the tools of yoga (including asana, pranayama and meditation). The teaching is based on the Yoga Sutras of Patanjali and his own experience practicing yoga for over 40 years. No experience with yoga or meditation is necessary. Only simple, basic yoga postures will be covered. No yoga mats or special clothing required!		
	Centering Prayer with Ritter	<i>Aspen Chapel</i>	9:15am - 10:15am
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	AMFS Chamber Concert (FREE)	<i>Aspen Chapel</i>	4:15pm - 5:15pm
	AMFS FREE Chamber Concert		