

## Aspen Chapel - November 2017

Wednesday 1st	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 2nd	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 5th	<b>Collect food for Lift Up at City Market</b> - Join other students and families from Aspen Chapel and Aspen Jewish Congregation at City Market in Aspen to help collect food for Lift Up - <i>City Market in Aspen</i>		
	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 Mediation meets every Monday excluding holidays.	<i>Aspen Chapel</i>	8:15am - 9:15am
Tuesday 7th	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>	5:30pm - 6:45pm
Wednesday 8th	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 9th	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 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
	Thanksgiving Joint Service with the Aspen Jewish Congregation Attend our Thanksgiving Joint Service with the Aspen Jewish Congregation for community and music – 9:30 a.m. at Aspen Chapel	<i>Aspen Chapel</i>	9:30am - 10:30am
Monday 13th	Morning Meditation Morning Mediation 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>	5:30pm - 6:30pm
	Yoga Yoga	<i>Aspen Chapel</i>	5:30pm - 6:45pm

Wednesday 15th	<b>Vipassana (Insight) Meditation--The Insight Experience with Lisa Goddard</b> 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
	<b>Insights Meditation</b> 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 16th	<b>Yoga with Ritter</b> 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
	<b>Centering Prayer with Ritter</b> 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 18th	<b>Holiday Unhooking</b> A morning workshop on family as a practice during the holidays with Lisa Goddard	<i>Aspen Chapel</i>	9:00am - 1:00pm
Sunday 19th	<b>Sunday Service</b> 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	<b>Morning Meditation</b> Morning Meditation meets every Monday excluding holidays.	<i>Aspen Chapel</i>	8:15am - 9:15am
Tuesday 21st	<b>Aspen Noise</b> Aspen Noise, multi-generational singing group. Open to everyone!	<i>Aspen Chapel</i>	5:30pm - 6:30pm
	<b>Yoga</b> Yoga	<i>Aspen Chapel</i>	5:30pm - 6:45pm
Wednesday 22nd	<b>Vipassana (Insight) Meditation--The Insight Experience with Lisa Goddard</b> 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
	<b>Insights Meditation</b> 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 26th	<b>Sunday Service</b> 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 27th	<b>Morning Meditation</b> Morning Meditation meets every Monday excluding holidays.	<i>Aspen Chapel</i>	8:15am - 9:15am
Tuesday 28th	<b>First Day of Tuesday School!</b> First day of Tuesday School! Open to all students kindergarten through 8th grade! Every Tuesday after school until spring break. Join us for a journey of self discovery through creative projects, storytelling, discussions, games and more!	<i>Aspen Chapel</i>	3:30pm - 5:00pm
	<b>Aspen Noise</b> Aspen Noise, multi-generational singing group. Open to everyone!	<i>Aspen Chapel</i>	5:30pm - 6:30pm
	<b>Yoga</b> Yoga	<i>Aspen Chapel</i>	5:30pm - 6:45pm

Wednesday 29th	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
	"Small Wonders" Opens at the Chapel Gallery This is our annual Gift Giving Show. All works are no larger than 12"x12" and priced at or below \$200.00. The opening starts at 5:00pm. Refreshments will be served	<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 30th	Yoga with Ritter Yoga with Ritter	<i>Aspen Chapel</i>	8:15am - 9:15am
	Centering Prayer Meditation Centering Prayer Meditation	<i>Aspen Chapel</i>	9:15am - 10:15am