

## Aspen Chapel - December 2017

Sunday 3rd	<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 4th	<b>Morning Meditation</b> Morning Mediation meets every Monday excluding holidays.	<i>Aspen Chapel</i>	8:15am - 9:15am
Tuesday 5th	<b>Tuesday School</b> Tuesday School	<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 6th	<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
Saturday 9th	<b>Shamanic Journeying</b> Shamanism is the belief that everything in life has a unique energy. It is a way of life, a knowing that all beings on earth are connected, and that the world is a reflection of our own selves.	<i>Aspen Chapel</i>	10:00am - 2:00pm
Sunday 10th	<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 11th	<b>Morning Meditation</b> Morning Mediation meets every Monday excluding holidays.	<i>Aspen Chapel</i>	8:15am - 9:15am
Tuesday 12th	<b>Tuesday School</b> Tuesday School	<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 13th	<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 14th	<b>Yoga with Ritter</b> Yoga with Ritter	<i>Aspen Chapel</i>	8:15am - 9:15am
	<b>Centering Prayer Meditation</b> Centering Prayer Meditation	<i>Aspen Chapel</i>	9:15am - 10:15am
	<b>ACW Community Yoga</b> Aspen Center for We'll Being is hosting a Community Yoga Class. Suggested donation \$10 (all proceeds benefit Lead with Love)	<i>Aspen Chapel</i>	5:30pm - 6:45pm
Friday 15th	<b>Breath work with Eliza Kane</b> Breath work with Eliza Kane	<i>Aspen Chapel</i>	9:00am - 10:00am

Sunday 17th	Lessons and Carols Lessons and Carols	<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 18th	Morning Meditation Morning Meditation meets every Monday excluding holidays.	<i>Aspen Chapel</i>	8:15am - 9:15am
Tuesday 19th	Tuesday School Tuesday School	<i>Aspen Chapel</i>	3:30pm - 5:00pm
	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 20th	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 21st	ACW Community Yoga Aspen Center for We'll Being is hosting a Community Yoga Class. Suggested donation \$10 (all proceeds benefit Lead with Love)	<i>Aspen Chapel</i>	5:30pm - 6:45pm
Friday 22nd	Breath work with Eliza Kane Breath work with Eliza Kane	<i>Aspen Chapel</i>	9:00am - 10:00am
Sunday 24th	Christmas Eve Service Christmas Eve	<i>Aspen Chapel</i>	4:30pm - 5:30pm
	Christmas Eve Service Christmas Eve Service	<i>Aspen Chapel</i>	6:30pm - 7:30pm
	Christmas Eve Service Christmas Eve Service	<i>Aspen Chapel</i>	8:30pm - 9:30pm
Tuesday 26th	<b>No Tuesday School - No Tuesday School - <i>Aspen Chapel</i></b>		
	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 27th	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 28th	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
	ACW Community Yoga Aspen Center for We'll Being is hosting a Community Yoga Class. Suggested donation \$10 (all proceeds benefit Lead with Love)	<i>Aspen Chapel</i>	5:30pm - 6:45pm
Friday 29th	Breath work with Eliza Kane Breath work with Eliza Kane	<i>Aspen Chapel</i>	9:00am - 10:00am

Sunday 31st

Sunday Service

*Aspen Chapel*

9:30am - 10:30am

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