

# WHAT IS HU? Explore the Sound of Soul

## NEW YORK ECK REGIONAL SEMINAR ACTIVITIES APRIL 27-29, 2018

Friday Evening College Terrace Restaurant GPS: Sojourner Way, New Paltz (FYI: On the corner of Sojourner Way & Southside Loop)		
PREPARE THE HEART		
Time	Type of Activities	Description
5:30— 7:00	<ul style="list-style-type: none"> <li>◆Catered Meal</li> <li>◆Community</li> <li>◆Creative Arts</li> </ul> <p style="text-align: center; margin-top: 10px;">Dinner Hosts: Robin Wildes &amp; Zem Audu</p>	<p>Start your seminar weekend with a Sound of Soul event where you can sing the HU song, share your spiritual stories within a community of like-minded souls, enjoy a meal, be inspired by creative arts, and meet our featured guest speaker.</p>
7:00— 8:00	<ul style="list-style-type: none"> <li>◆Sound of Soul Event</li> </ul> <p style="text-align: center; margin-top: 10px;">Guest Speaker, Aubrey Forbes</p>	
8:00— 9:00	<ul style="list-style-type: none"> <li>◆Spiritual Stories</li> <li>◆Creative Arts</li> </ul>	

**Please see Saturday and Sunday below.**

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<b>Saturday Morning through Afternoon at SUNY New Paltz</b>			
<b>FILL THE HEART</b>			
<b>Student Union Building (SUB)</b>			
Set GPS: 61 S. Manheim Blvd. (Enter through triangular glass building.)			
Time	Location	Type of Activity	Title
10:00— 10:30	SUB Main Hall	HU Chant	<b><i>HU Chant</i></b> Linda Morelli
10:45 – 12:00	SUB Main Hall	Workshop	<b><i>Attunement: Be One with the HU</i></b> Aubrey Forbes, Renate Siegel, and Melody Boyd
10:45 – 12:00	SUB Room 100	Workshop	<b><i>Germinate New Spiritual Life</i></b> Nikki Huggins, Benny Callaghan, and Kwame Amin
10:45 – 12:00	SUB Room 418	Introductory Talk	<b><i>Eckankar 101: What is the Path of Spiritual Freedom?</i></b> Larry Siegel, Chris Dobrowolski, Cheryl Butler
12:00— 2:00	<b>Lunch:</b> Food Court; Hasbrouck Dining Hall; Town; See Hospitality Table		
12:45-1:45 <i>(Meeting with lunch provided)</i>	SUB Room 418	Special Meeting for Young Adult ECKists, Ages 18-40	<b><i>Alignment of HU in a New Golden Age</i></b> Benny Callaghan
2:00— 2:15	SUB Main Hall	HU Chant	<b><i>HU Chant</i></b> Paul Morelli
2:30— 3:30	SUB Main Hall	Roundtables	<b>Please see titles below. *</b> ECK Spiritual Aides facilitating
2:30— 3:30	SUB Room 100	Workshop	<b><i>HU—A Carrier of Love</i></b> Mabeth DeLuca, Rodney Jones, and Phillip Noel
2:30— 3:30	Meet at Main Hall Lobby	Contemplation Walk	<b><i>Living on Holy Ground</i></b> Aubrey Forbes and Osi Audu
3:45— 4:45	SUB Main Hall	Roundtables	<b>Please see titles below. *</b> ECK Spiritual Aides facilitating
3:45— 4:45	SUB Room 100	Workshop	<b><i>HU—A Carrier of Love</i></b> Mark Lopatosky, Angela Kinamore, and Janice Gassam
3:45— 4:45	Meet at Main Hall Lobby	Contemplation Walk	<b><i>Living on Holy Ground</i></b> Barbara Devine and Penny Panoulis
5:00— 7:00	<b>Dinner:</b> Food Court; Hasbrouck Dining Hall; Town; See Hospitality Table		

<b>*Roundtable Topics</b>			
<ul style="list-style-type: none"> <li>◆ <i>Enter the Rhythm of Life</i></li> <li>◆ <i>Loosening the Grip of Fear</i></li> </ul>	<ul style="list-style-type: none"> <li>◆ <i>Let Spirit Take Charge</i></li> <li>◆ <i>Intuition—More Than a Gut Feeling?</i></li> </ul>	<ul style="list-style-type: none"> <li>◆ <i>Putting More Heart into Life</i></li> <li>◆ <i>Love and Let God Love You</i></li> </ul>	<ul style="list-style-type: none"> <li>◆ <i>Leaving the Past in the Past</i></li> <li>◆ <i>Being the HU</i></li> </ul>

**ECKANKAR—The Path of Spiritual Freedom**  
**2018 New York ECK Regional Seminar: April 27—29**

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<b>Saturday Evening at SUNY New Paltz</b>			
<b>FILL THE HEART</b>			
<b>Studley Theater</b>			
Set GPS: 54 Plattekill Ave. (Theater is across the street from this address.)			
Time	Location	Type of Activity	Titles
7:00— 9:00	Studley Theater Auditorium	HU Chant  Talks  Creative Arts	<b>-HU Chant</b> Aubrey Forbes <b>-HU, the Word of Change</b> Linda & Paul Morelli <b>-The Pure Act of Love</b> Arlene Forbes & Marie Noel <b>-The Confidence of Soul</b> Cheryl Butler <b>-What is HU?</b> Aubrey Forbes

<b>Sunday Morning at Three New Paltz Locations</b>			
<b>SHARE THE HEART</b>			
Time	Location	Type of Activity	Title
9:00— 10:00	Rail Trail behind Deyo Hall  6 Broadhead Ave., New Paltz	Contemplation Hike	<b><i>Walking with Spiritual Grace</i></b> Eugenia Nascimento & Koffi Afko
9:00— 10:00	Cafeteria Coffee House 58 Main St. New Paltz  (4/10 of a mile from Deyo Hall; a three minute drive)	Spiritual Discussion	<b><i>Connecting Diamonds</i></b> Nike Audu & Jim Modera
10:30— 12:00	Deyo Hall 6 Broadhead Ave., New Paltz	Workshop	<b><i>Being a Conduit for Divine Love</i></b> Aubrey Forbes & Arlene Forbes