

Due to the outbreak of the COVID-19 virus, ECKANKAR has suspended all group ECK events worldwide until May 31, 2020. Of course, this includes our events in Oklahoma.

We will avoid gathering to do our part in reducing coronavirus contagion. We want to act responsibly in concern for everyone's safety and well-being.

Stay tuned, we will be planning phone, Skype, and Zoom book discussions and spiritual events soon.

The ECK teachings tell us every event is a learning experience for Soul. Please take any concerns to the Inner—to understand how those concerns have a deeper meaning for you and the world. Singing HU daily helps to clear and open our minds to the Holy Spirit's loving presence and guidance.

The above *Sound of Soul* quote holds a short spiritual exercise. It can provide personal guidance and also help us be Lights of God for others.

With love and gratitude in the Light and Sound of God,

Christie Kay

RESA, Texas & Oklahoma