

MADISON SUFIS



Special Event

**Madison Sufis
Annual Holiday Gathering**

Saturday, December 14

(pg. 6)

Watch

this space!

**FRAGRANCE-
FREE REQUEST:**

*Out of consideration for those
with allergies to chemicals
and fragrances, we request that
everyone refrain from
using fragrances and scented
products when attending our
activities or special events.*

"One of the reasons I am teaching

this music and dancing

is to increase Joy,

not awe towards another person,

but bliss in our own self.

This is finding God within, through experience."

- Murshid Samuel L. Lewis

Dances of Universal Peace

Friday, November 4

7:00–9:00 p.m.

**Gates of Heaven Synagogue
302 East Gorham Street**

Friday, November 18

7:00–9:00 p.m.

**Tai Chi Center
301 S. Bedford St. Suite 20**

Long Dance Night

Jamila, 608-338-0709

Grassroot Gathering

Friday, November 8

Raqib Ron's home

Activity and times are TBD. Please watch sufifriendsofmadison for an update. If you would like to be notified directly, please contact Rafiq.

Rafiq, tober@rocketmail.com.

Universal Worship Service

Sunday, November 10

10:00 a.m.

**Gates of Heaven Synagogue
302 East Gorham Street**

Come one come all ! THIS SERVICE will be a doorway to offer gratitude for being embodied, and what the body has to tell us during this THANKSGIVING time. Gratitude will restore the proper perspective and remind us that the body is a means for awakening the soul. Blessings, Karima

Karima, 608-215-3081

Special Ziraat Lodge and Potluck

Monday, November 11

6:00 p.m.

7:00 p.m. potluck

2709 Willard Ave

We are having a special Ziraat potluck on this date. 2nd annual harvest potluck to celebrate the end of the growing season. Potluck will be at 7:00 and anyone wanting to come to Ziraat can come. Gratitude for this year's harvest!!!

Rachel, 608-241-2776,
rachel.roang@gmail.com

Women with Wings Open Sing

Monday, November 11

7:30 p.m.

2709 Willard Ave

Open to all. Come to listen and to sing love.
For anyone coming to open sing you are welcome as well to come early for the potluck.

Rachel, 608-241-2776,
rachel.roang@gmail.com

Rahmat's Fall Class

Thursday, November 14

7:00-9:00 pm

Rahmat's house

We will continue to explore practices of presence through, Zikr, Wazifa, and silent meditation

Rahmat, 608-225-8584,
moore.madison@att.net

Healing Service

Sunday, November 17

11:00 a.m.

2709 Willard Ave

Healing Service is a beautiful practice where we pray for others who need healing. If you have any names you would like to add to the healing list contact Alima. Please ask permission of the person before adding them to the list.

Rachel, 608-241-2776,
rachel.roang@gmail.com

Sufi Songs and Teachings

Wednesday, November 20

7:00 p.m. - 8:30 p.m.

Cynthia Alima's home

Jamila Joy leads this class of singing, practices and materials from the Githa papers. This class is for Mureeds. Please call Jamila ahead of time to get information

Jamila Joy, 608-513-3950

Karima's Sunday Heart Gathering

Sunday, November 24

11:00 a.m. - 1:00 p.m.

Ann's home

Come join for Sufi practice, meditation, and sharing from heart to heart

Please call a week in advance if you are new.

Karima, 608-215-3081

Message and Practices from Devi Tide Head of the Sufi Healing Order of North America

Fragrant Gold 2019 Fall Equinox

*When the human heart becomes conscious of God, or becomes like the sea,
it extends it's waves to friend and foe.*

~ Pir-O-Murshid Inayat Khan

A Note from Devi:

Dear Friends far and wide,

We are coming to a place where we feel like we can make choices rather than just be tossed around by life. Perhaps you are wondering 'Will it make a difference if I plant a tree, or if I pray for a people or place in distress?' This way of thinking is a break through of consciousness. It is here that we can begin to make a difference.

PVK: Our objective is awakening and awakening triggers off illumination. When the soul is awakened, you become a different person. Throw the light of illumination upon your problems.

Let the light of your interest show you where to move. Let your conscience (that small awareness inside you that knows) show you where to focus. For you it might be a desire to teach singing to children, and you will choose songs of hope. Or you might get into the habit of praying for those you love every day. Or call a friend to say how much they mean to you.

Perhaps you have passionate feelings about something. In the way of transformation let those feelings be a motivating energy. Focus/concentrate/expect growth and change. We can have hope that the best possible future can blossom from the seeds of focus, concentration and prayer we sow. It is time to plant the seeds and nurture the seedlings with love and care.

Small steps, done regularly, make big effect.

May your life be blessed,
Devi

Practices for this Quarter:

Personal Practices:

First loosen the ties that bind you-

Here is a practice from Pir Zia:

Lift the head up with the back straight and release tension from the shoulders. Say "Praise be to Thee", lifting the weight of the world back and dropping it down off the shoulders. With that comes a sense of exaltation in the chest, the heart.

As the weight falls back and down, the heart rises forward and upward. The back is straight but without tension.

One feels as though the head is floating in the air and the spine hanging down directly like a marionette on strings.

Now let yourself be transformed-

From Pir Vilayat (a light practice):

Now imagine that you, the perfect, healthful you, is right before you, a light image in the color purple.

Let you, as you feel now, be sitting as you are, colored light blue.

As you sit, let the purple image slowly impose/merge itself on you, taking over the light blue one.

Discover in you the same power that moves the universe.

~ Pir Vilayat

For the World:

From the heads of the 6 activities of the Inayati Order worldwide
(The Message Council)

Inayati Order Climate Statement

For the mystic, nature is bread and wine, the soul's nourishment.... Every leaf of the tree is a page in the holy book that contains divine revelation.

– Hazrat Inayat Khan

One spirit animates all of creation, bringing forth the radiant splendor that is the web of life on Earth. Our lives are embedded in and sustained by this web. The very air we breathe embodies our interconnection and interdependence within Earth's living system.

As we awaken to the sacredness of creation, we discover that beneficence is our moral imperative.

The current ecological crisis caused by human activity is upending the natural world, and foments climate disruption at a scale that endangers the lives of millions of human beings and countless species and ecosystems world-wide, now and for future generations.

How can we renew and uphold our spiritual values, and live in accordance with them? How are we inspired to act at this time?

The sanctity of our Earthly home and our shared responsibility for its care compel us to adopt measures to immediately reduce harmful impacts. We call upon each of us, our extended communities, and those in spheres of power to:

- curtail use of fossil fuels, deforestation, use of hazardous chemicals, and all other practices that damage the web of life;
- make choices concerning consumption, diet, finance, agriculture, transport, housing and activism that focus on protecting and restoring the natural world.

Annual Potluck & Holiday Gathering

Saturday, December 15

5:30 p.m. on - Arrive

6:30 p.m. - Dinner

**Home of Jamila and Richard Wood
1965 W Ridge Rd.
Cottage Grove**

Come join our annual evening of great food and company, music and singing, fire and sauna. Bring your tasty dishes (no onion or garlic, please), NA drinks, instruments, voices, outdoor clothing if you want to be by the fire and sauna outfit if you want to get warm afterwards.
Welcome Yule!

Jamila - 608-513-3950

Donations

We ask that you consider making a donation to the Madison Sufis. \$30 per year is suggested as a donation to support the newsletter and the work of the Madison Sufis although any amount would be gratefully accepted.

Pay online with credit card at:

<https://www.madisonsufis.com/donate>

Or checks may be made out to: **Madison Sufis**

and mailed to us at: **P.O. Box 46463
Madison, WI 53744-6463**

Thank You,
Basir, Treasurer, Madison Sufis

Subscriptions

We are attempting to reduce expenses by encouraging anyone who can to subscribe to the e-mail version of the Madison Sufis newsletter. Thanks to everyone who has made this change. If you receive the paper newsletter, please consider changing to the e-mail version.

E-mail madisonsufis@yahoo.com to subscribe or to change your subscription.

On the web ...

Dances of Universal Peace:

www.dancesofuniversalpeace.org

Madison Sufis

www.madisonsufis.org

Sufi Ruhaniat International:

www.ruhaniat.org

the Inayati Order:

www.inayatiorder.org

International Sufi Movement:

www.sufimovement.org



November, 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Dances of Universal Peace Gates of Heaven 7:00-9:00 pm	2
3	4	5	6	7	8 Grassroots Activity - TBD Raqib Ron's home	9
10 Universal Service Gates of Heaven 10:00 am	11 Ziraat 6:00 p.m. Potluck 7:30 pm Women with Wings Open Sing 7:30 pm 2709 Willard Ave	12	12	14 Rahmat's Fall Class Rahmat's home 7:00-9:00 pm	15 Dances of Universal Peace Tia Chi Center 7:00-9:00 pm	16
17 Healing Service 11:00 am 2709 Willard Ave	18	19	20 Sufi Songs and Teachings Alima's home 7:00 - 9:00 pm	21	22	23
24 Sunday Heart Gathering Ann's Home 11:00-1:00 pm	25	26	27	28 Thanksgiving	29	30

Milwaukee Area Activities

Universal Worship

UW at the Tower in Milwaukee

10:00am Nov. 3

Time to Honor those who have gone before us: All Souls & Saints.

Bring poems stories, pictures... To share.

Call Sara Farishta if need be, 414-299-0218.

All Light.

Dances of Universal Peace in Southeastern Wisconsin

For information visit: <https://wisdup.org>

Madison Sufis
PO Box 46463
Madison, WI 53744-6463