

MADISON SUFIS



Special Events

**Big Love
in Times of Impermanence**

Tasnim and Saadi

April 2-5

(see page 6)

Mark Your Calendar

One Hundred Days of Love

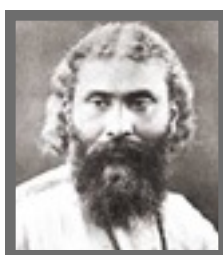
Bilal Hyde

June 4-7

(see page 5)

Pir Shabbda Khan

September 11-13



*February 5th is the 93rd anniversary
of Hazrat Inayat Khan's passing.*

Ziraat Lodge Ceremony

Wednesday, February 5
7:00 p.m.

Noor Rachel's studio

Ziraat is a ceremony that uses nature as a metaphor
for the cultivation of consciousness.

Rachel, 608-338-0709,
rachel.roang@gmail.com

Dances of Universal Peace

Friday, February 7

7:00 - 9:00 p.m.

Gates of Heaven Synagogue
302 East Gorham Street

Friday, February 21

7:00-9:00 p.m.

Tai Chi Center
301 S. Bedford St. Suite 219

Long Dance Night

Jamila, 608-338-0709

**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.*

Universal Worship Service

Sunday, February 9
10:00 a.m.

Gates of Heaven Synagogue
302 East Gorham Street

All are welcome to join in a celebration of Universal Worship with the service beginning at 10 AM and followed by a time for fellowship and refreshments. The theme of the service is "Where There Is Doubt, Faith; Where There Is Despair, Hope." Pir-o-Murshid's teachings on hope will be accompanied by inspirations from others who have held aloft the Light of Truth. Please bring your own body, heart and soul to join in our February festival of hope!

*** Kindly avoid the use of artificial fragrances so that we all may breathe freely. Thank you. ***

Rev.Murad, jodycurley@gmail.com .

Women with Wings Open Sing

Monday, February 10
7:30 p.m.

Noor Rachel's studio

Open to all. Come to listen and to sing love.

. "What science cannot declare, art can suggest; what art suggests silently, poetry speaks aloud; but what poetry fails to explain in words, music can express."
Hazrat Inayat Khan

Rachel, 608-338-0709,
rachel.roang@gmail.com

Grassroots Gathering

Friday, February 14

Gather- 5:30pm
Potluck - 6:00pm
Activity- 7:30pm

Raqib's home

Join the grassroots gathering for Valentine's evening together. Activity TBD. RSVP is requested

Rafiq, 608-338-0709

Healing Service

Sunday, February 16
11:00 a.m.

Noor Rachel's studio

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 Rachel. Please ask permission of the person before adding them to the list.

Rachel, 608-338-0709,
rachel.roang@gmail.com

Rahmat's Class

Thursdays, February 20
March 19
7:00-9:00 pm

Rahmat's home

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

Rahmat, 608-338-0709
madisonsufis@gmail.com

Sufi Songs and Teachings

Wednesday, February 26
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, February 23
11:00 a.m. - 1:00 p.m.

Karina's home

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

PLEASE NO FRAGRANCES OR PERFUMES

Call a week in advance if you are new.
Karima, 608-338-0709

Ziraat Winter Message

by Kainat Felicia Norton,

International Head of the Inayati Order Ziraat activity

***"O, Space ! Symbol of Divine Silence, we passively offer our homage to Thee."
(from Harrower Papers of the Ziraat Papers of Hazrat Inayat Khan).***

***"Wide space, the womb of my heart, conceive my thought, I pray, and give birth to my desire".
Hazrat Inayat Khan***

In Winter we enter into the depths of silence, peace, repose, patience and discover the ever glistening light deep within the dark womb of being. This is a time for spaciousness; there is naturally less focus on outer form and more on inner depth. The seed is buried deep within the dark depths of the earth and nurtured there. The state of the seed is the ether state; all the elements are together undifferentiated, in the state of unknowing, the midnight sun, faith beyond form.

In the Gathas papers, Murshid says that the ancient Greek mysteries were thought to be a course in agriculture. The journey of the soul can be likened to the seed put into the darkness of the earth and finding its way into the light and blossoming into its full potential. The Greek mysteries, called the Eleusinian mysteries, have a rich symbolic correspondence with Murshid's Ziraat teachings on how the soul " realizes for itself that Divine element."

Demeter, Greek goddess of agriculture, fertility and grain, is in retreat in winter and the earth rests. Demeter's daughter Persephone, abducted by Hades is now below the earth in the subterranean underworld. During winter in the first week in February, it is said, Demeter searches the underworld for her beloved daughter. She descends herself below the earth, carrying a torch, and shines a light into the depths of darkness, in an attempt to find her lost daughter. It is our soul's finding and reconnecting with its true essence, in the depths of darkness by shining a light. The Greek philosopher, Apuleius is quoted in Murshid's Gathas papers as saying: "I went to the boundary between life and death, I passed through the four elements, I stood on the threshold of Proserpina [Persephone], at the time of deepest midnight, I saw the sun shine in brightest splendor."

In the Ziraat teachings Murshid describes the journey of the soul : "as if an angel from the highest Heaven came down and descended to the lowest depths of the earth, and from there, feeling after and longing for the Paradise it has left, has worked its way through the lower creation and arrived at the form of the human being. Although in essence, even after touching the deepest depths of the earth, the soul is divine, in order to realize for itself that Divine Element it has a task waiting even after being human, and it is the manner in which that task is accomplished and the object gained which is called Ziraat...". There is a correlation between uncovering our Divine Essence after descending into the depths of the earth and of the seed breaking forth above the earth into the light and into grain and fruit after being buried in the dark black earth.

Winter is a time of dreams, of envisioning within unconscious depths, of retreat from the outer realm to the inner roots and ground of the earth, to nourish and restore from within. All creation comes first out of the yin, the dark depths. Early February marks Demeter's search in the underworld for her daughter with a lighted torch as well as the celebration of Candlemas, Feb. 2, the day when the being of Mary, the light bearer, is illuminated with light and candles, representing purification. In Celtic tradition, this same date is honored as the midpoint between the Winter Solstice and the Spring Equinox and is called Imbolc, meaning womb. It is at this time of year we may begin to feel the subtle stirring and quickening of new life in the womb of Being and we hear the slight trickling sound of underground waters again. Light shines in the darkness, the midnight sun rises and new life begins to stir beneath the earth hidden from view.

PRACTICE:

- 1) Find a quiet moment to sit and start to exhale with a sigh. After some breaths the sigh becomes softer and changes into a breeze. Allow the air to drain out the mind. Thoughts and feelings are dissolved in the air. While inhaling feel the air touching gently the inner walls of the nostrils, the eyes and the forehead and the brain are relaxing.
- 2) Become fully aware of the flow of the breath, its rhythm and after a while feel how the breath becomes slightly softer.
- 3) Be aware of the rhythm of the breath and feel the rhythm of the heart at the same time, witnessing the dance of spirit and matter inside your own body.
- 4) After a while try to feel the echo of the heart pulsing in your hands, around your shoulders and head and slowly the pulsing felt all around the body as a kind of pulsing layer or skin. Then inhale and exhale through the pulsing magnetic field and feel how it will gently extend and start to move like a wave.
- 5) You can feel the magnetic field surrounding you and the body inside like a mould, a matrix, a womb, a void.
- 6) After a while you still feel the form of the matrix, the womb but it feels as if the heart becomes the center which draws in and pours out the waves of energy, love and light. The heart is resonating within the whole universe, becoming wide and cosmic.
- 7) Give up any concentration, feel the easiness of breathing and stay a moment in peace and silence. The heart is a wide peaceful place, surrounded by silence. In this winter-state, the heart dreams and gives birth to a deep wish. It's a silent birth, no excitement, the breath doesn't change, it goes on smoothly. The mind has no objection, the heart is not irritated, the wish is in harmony with your values and feelings. The wish born in your silent heart is the dream of nature, the dream of the elements and also the God in which you believe wishes as you wish. Your wish could be considered as an extension of the Divine wish. There is no separation.

During the remaining weeks of this winter you may descend into your heart as Demeter does with her torch and look after your wish, with love, and cherish it without disturbing the peace. Don't put any tension, expectation or wanting on it. It dreams by itself, about its own becoming, abiding in peace, surrounded by a zone of deep dark silence. You have nothing to do, except not to forget about the wish. Keeping the wish in its peaceful state, the day will come when Demeter's light will be seen.

*Love and Warm Blessings,
Kainat Felicia Norton, Head of the International Ziraat*

To learn more about Ziraat visit:
<http://www.ziraat.org/>

[tps://www.ziraat.org/Winter.htm](https://www.ziraat.org/Winter.htm)



Quotes on Love Pir-o-Murshid Inayat Khan

The great teachers of humanity become streams of love.

It is therefore that the service of the great ones such as Jesus Christ, Buddha, Moses, Muhammad, or any others who came from time to time to serve humanity in a small or in a great way, has been a service of love and affection in order to raise humanity by their own example, their own ideas, their own love.

If God is to be found anywhere, it is in man's heart, which is love.

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 will 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,

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.

One Hundred Days of Love Retreat with Bilal Hyde Madison, WI

June 4-7, 2020

We wanted to give advance notice of Imam Bilal's retreat in Madison, starting Thursday night June 4 and continuing through Sunday June 7 1PM. Appointments will be available Monday June 8. Sun. and Mon. in a private home. Many more details coming soon!

Any questions, please contact Rahima at rahima.mccullough@gmail.com

Big Love in Times of Impermanence



with
Tasnim Hermila Fernandez
and
Saadi Neil Douglas-Klotz
April 2 – 5, 2020
Madison, Wisconsin

Meditation, chant, walking meditation, zikr, Sufi stories, Dances of Universal Peace

Life constantly asks us the same question: how do we connect the seen and unseen sides of life, its limited and unlimited expressions? From the moment we are born, *what* and *why* dominate our existence. While we may think of our lives in generalities, in big pictures, we live them in details. The unifying answer to all of the questions is love. Big love. Meaning not only romantic loves and friendships, but also how we deal honestly with teachers, students, family members, neighbors, acquaintances, enemies and, most importantly, ourselves. The Prophet Muhammad once said, “*the inner path is all about how we conduct ourselves in life*” (“the *din* is all *adab*”). This is why the larger questions of love feature so importantly in Sufi stories and poetry, as well as in the transmission of our lineage teachers.

Through teaching, poetry, stories, chant, meditation, zikr and Dances of Universal Peace, we will aim to go beyond the cultivated but tame stereotypes of love into its wild spaces and unanswered questions. These questions confront us every day in a world in which many things we thought certain—institutions, ways of relating to each other, even our environment—seem to be crumbling around us. In the words of the classical Sufi poets, we are living in a veritable “tavern of ruins.

Times/Dates: 7-9PM-Thurs.(4/2) ~ 10AM to 5PM-Fri. (4/3) ~ 10AM to 5PM-Sat. (4/4) ~ 9:30AM to Noon on Sun. (4/5)

Location: Lussier Family Center /3101 Lake Farm Rd./Madison, WI. **Map:** (<https://tinyurl.com/LussierCenterMap>)

Housing: Housing NOT included in cost of seminar. Recommended hotel is AmericInn Motel. Information and directions can be found at <http://americinn.com/Hotels/WI/MadisonSouth>. A shuttle will be available for attendees to go between the hotel and the seminar. Taxi fare from the airport to the hotel is approximately \$25; [Union Cab – 608-242-2000].

Registration Fees: Full Time - **3 days:** Entire weekend (\$295) includes lunch on Friday and Saturday.
Part Time - **2 days:** Fri & Sat. (\$225) ~ Sat. & Sun. (\$195) **1 day:** Fri. or Sat. (\$125) ~ Sun. (\$100)

Thursday evening 7:00-9:00 PM Aramaic Lord's Prayer Cycle: (Included with registrations above) or Thurs only (\$25)

Scholarships available. No one will be turned away for lack of funds.

For more information: Call Basir at (608) 338-0709 or E-mail: basir@madisonsufis.com

To register online with credit card go to <https://www.madisonsufis.com/special-events>

If you Register online with a Credit Card or Paypal Account, your email receipt is registration confirmation for the event.

----- To register for Saadi & Tasnim April 2-5, 2020 seminar by mail, fill in form below, and mail with check or credit card info -----

Registration for seminar with Saadi & Tasnim 4/2 – 4/5/2020 ~ Make check payable to: **Madison Sufis**

Mail to: Madison Sufis – P.O. Box 46463 – Madison, WI 53744-6463

Name: _____

Address: _____

City/ST/Zip: _____

Phone: _____

E-mail: _____

<input type="checkbox"/> Weekend:\$295	<input type="checkbox"/> Fri & Sat:\$225	<input type="checkbox"/> Sat&Sun:\$195	<input type="checkbox"/> 1 day Fri or Sat: \$125	<input type="checkbox"/> 1 day Sun: \$100	<input type="checkbox"/> Thurs only: \$25
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February , 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3	4	5 <i>Ups of Hazrat Inayat Khan</i> Ziraat Noor Rachel's Studio 6:00 pm	6	7 Dances of Universal Peace Gates of Heaven 7:00-9:00 pm	8
9 Universal Worship Service Gates of Heaven 10:00 am	10 Women with Wings Open Sing Noor Rachel's Studio 7:30 pm	11	12	13	14  <u>Valentine's Day</u> Grassroots Gather 5:30 pm Potluck 6:00 pm Activity 7:30 pm Raqib's home RSVP	15
16 Healing Service Noor Rachel's Studio 11:00 am	17	18	19	20 Rahmat's Class Rahmat's home 7:00-9:00 pm	21 Dances of Universal Peace Tia Chi Center 7:00-9:00 pm	22
23 Sunday Heart Gathering Karima's Home 11:00-1:00 pm	24	25	26 Sufi Songs and Teachings Alima's home 7:00 - 9:00 pm	27	28	29

Milwaukee Area Activities

Universal Worship

UW at my Tower

February 2nd, 10:00

Live Love, Wear Red, Brave the Winter

Call Sara from front door to enter: #146 or 414-299-0219

Dances of Universal Peace in Waukesha

UUU Congregation

506 N. Washington Ave.

7:00 pm - 9:00 pm

Direct questions to: Patti Kies, 262-642-9289 or pattiburncake@hotmail.com

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