



Creative & Contemporary Mysticism

2017
Sept ~
Oct ~ Nov
~ Dec

Friday Night Gatherings: September 1 : Poetry ~ October 6 : Storytelling

November 3 : Dance! ~ December 1 : *Sohbet* (conversation) :: 7.30 pm

Qawwali Saturdays: September 23 ~ November 11 :: 10.30 am*

Zikr Gathering: September 15 ~ October 13 ~ November 17 ~ December 15 :: 7.30 pm

Informal Universal Worship (with song or zikr): September 30, 10:30 am ~ November 26, 3:30 pm

Friday Night Gatherings ... Something different every month, starts at 7:30 pm

September 1 A poetry night, led by Jeanne. Come and read/recite/sing poetry — yours or others' — or come to listen. You can talk about your work and process, invite remarks, or read without comment. The time available for each reader will depend on the number of readers; we expect each person will get 15-20 minutes.

October 6 Stories bring people together. We'll start with simple story games, and then take turns telling. Bring personal or family stories, folk tales, funny stories, about 10 minutes each. Or improvise, using a "story spine." At the end, a "Story Slam": everyone tells an instant 2-minute story on a topic drawn from a hat.

November 3 Shindig! We meet around 7:30 pm and say Hello and share some snacks (bring some). At 8:30 we stop talking, turn on music, and dance. Not "Sufi" dance, regular dance: different kinds of music, dance your heart out, take a break, get a drink, dance some more. Call us about bringing your favorite dance music or playlist.

December 1 Have you noticed how, sometimes, when there's warmth and attention, conversation becomes a beautiful flow? Sufis call that *sohbet*. For our last Friday Night Gathering of the year, let's meet and talk about what's on our minds. We'll allow a topic to develop and see if we can help each other shine in the conversation while participating fully ourselves. What moved you, changed you, helped you to grow during the year?

Friday Night Gatherings run about two hours-and-a-half ... suggested donation \$15.00 — or bring snacks

Qawwali Saturdays ... * Voice Practice 9:30 am — Qawwali 10:30 am — Potluck 1:30 pm

Qawwali is Sufi music from India and Pakistan, a 700-year-old tradition of mystical and devotional song. Our sessions are an opportunity to experience and sing qawwali but even if you just want to listen — come!

Qawwali sessions are preceded by Voice Practice for stabilizing the voice and opening lower and upper registers.

Suggested donation \$20.00, bring something to share for potluck. Email in advance if you want to come for Voice Practice.

Zikr: A Sufi Practice of Remembrance ... Please arrive at 7:30 pm, zikr starts at 8:00 pm

Zikr (dhikr), remembrance of the One, takes many forms around the world. It may be spoken or sung, done sitting quietly or with music and movement. We start with a meditation or sitting in silence, then move into musical zikr. After the zikr people are invited to leave quietly, holding the vibrations inside.

Zikr evenings run about two hours ... Suggested donation \$15.00. All zikr donations go to the homeless.

Informal Universal Worship Service ... Note: the September 30 worship is on a Saturday morning

Universal worship services are inclusive and exist for people of different faiths to come together and worship. Framed by the Sufi prayers of Inayat Khan, we read from books or commentaries of different faith streams.

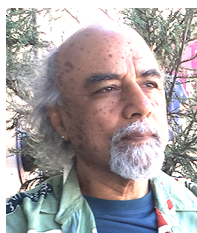
Universal Worship services run about an hour ... join us for tea afterward. Donations welcome, and go to the homeless.

Gatherings are held at 2922 Bayview Drive, Alameda, CA 94501

For more information call Jeanne (510-393-1852) or Kiran (510-393-6963) or email kiran@sufiway.org

Please call or email ahead if this is the first time you are coming

Kiran Rana has been engaged with Sufism for 40 years and is a guide in the Sufi Way. **Jeanne Rana** is a poet and sings in the choir of the Unitarian Church of Oakland. At the **Bay Dervish** center in Alameda they share approaches to the inner life, love, creativity and awakening



The Sufi Way is a mystical community that is guided by the ideals and teachings of the great mystic Sufi Inayat Khan, while drawing on the rich wisdom of many traditions. It is a contemporary spiritual path, open to all, emphasizing inclusivity, naturalness and real-life experience