

Garden of the Heart **Sufi Circle – Winter 2010**

On-going Events

Dances of Universal Peace

1st, 3rd, and 5th Sundays, 7:00–9:00 PM

at HUUF (the Humboldt Unitarian Universalist Fellowship), on Jacoby Creek Road 0.7 miles east of Old Arcata Road – look on the right side of the road for a large dirt parking lot and several large buildings.

A \$5 donation is requested to cover the dance room rental.

Sufi Choir

1st, 3rd, and 5th Wednesdays, 5:30–6:30 PM

in the social hall of the Immanuel Lutheran Church in Eureka, on the corner of Chester and Harrison.

Call Aslan (443-8183) or Adrienne (442-5002) for more information.

No need to read music. All singers are welcome.

Please also see the Easter Performance (under Special Events).

Healing Circle

Every Wednesday, 8:00–9:00 PM

in Aslan's home at 2466 Russell St., Eureka.

If you have not attended the Healing Circle before, please contact Aslan (443-8183) or Munira (445-0668) for general information and directions.

Zikr

for January only, 7:30 PM Zikr will be on the third Monday (Jan. 18th)

for the following months, the schedule will return to the 1st Mondays, 7:30 PM at Latif and Pegeen's house, 1124 A Street, Arcata.

For information, please call: Latif at 822-6955, or Pegeen at 822-5466.

Mantric Dances and Long Dances

Will normally be on 3rd Mondays, 7:30 to 9 PM

First meeting will be on Jan. 4th, as Zikr is rescheduled for Jan. 18th.

at Kerima and Michael's house, 1144 Bayview Street, Arcata.

For information, please call: Kerima at 826-9326

Sufi Teachings

2nd and 4th Mondays, 7:30 PM

at Latif and Pegeen's house, 1124 A Street, Arcata.

Sufi Teachings consist of readings and practices from the tradition of Hazrat Inayat Khan, the man who brought Sufism to the West in the early 1900's.

For information, please call: Latif at 822-6955, or Pegeen at 822-5466.

Dance Leaders and Musicians

Adrienne – 442-5002

Alice – 826-0822

Ananda – 826-7575

Andy – 839-2263

Aslan – 443-8183

Kerima – 826-9326

Khabira (Noël) –

445-8557

Latif – 822-6955

Mary – 444-9517

Matina (Hayat) –

825-9121

Michael – 826-9326

Munira – 445-0668

Noori – 442-0797

Noor-un-nisa –

445-3305

Pegeen – 822-5466

Rahima – 826-0700

Special Events and Notices

ABWOON STUDY CIRCLE -The Aramaic Lord's Prayer. Thursdays beginning **February 4, 2010 and ending on Thursday April 1, 2010** (9 weeks), a few days before so many in the world focus on Jesus and his Easter. If you are would like more information please contact: Ananda Hazzard at ananda49@suddenlink.net or 826 7575. There will be a short list of suggested aids (books, CD, etc) for our study.

March 26-28, 2010 - Experiential Workshop in Universal Sufism at HSU
The Religious Studies Department at HSU has asked us to offer our weekend workshop in Universal Sufism again this semester. All members of the Sufi community are invited to attend any or all of the weekend without charge. We meet Friday evening March 26th from 7:30-9:00pm in Gist Hall 01 for a brief introduction and for Dances of Universal Peace. Saturday's class goes from 9:00am to 12:00, then from 1:00pm to 5:00pm and introduces the esoteric school, the 20-breath meditation practice, principles of healing on the spiritual plane, sung practices, exposure to the Sufi mystic poets and of course more Dances. Sunday morning we meet from 9:00am to 12:30pm and explore both the field of Ziraat and the realm of Universal Worship. Community members are especially invited to attend the Friday evening and Sunday morning sessions. Contact Michael Furniss or Aslan for further information.

April 4, 2010 - Easter Humboldt Sufi Choir Performance

Once again our Humboldt Sufi Choir has been asked to provide the program of worship for the Humboldt Unitarian Universalist Fellowship this coming Easter. We will perform for both the 9am and 11am services. Our program will focus on the season of the Coming of the Light, sharing sung spiritual practices, rounds and chants from many spiritual traditions. There will again be significant opportunity for participation by all those who attend. If you would like to sing with the choir, please contact Adrienne or Aslan.

Child Care at the Dances: At the moment, there is no separate room/space for the children. We ask that parents work out a system of supervision for them. If you would like us to rent an extra room for the children, please contact Ananda. Children are always welcome in the dances under the guidance of the people who brought them.

Ziraat (Spiritual Agriculture), for more information please call Michael Furniss at 826-9326, anytime of the year, or Noor-un-nisa at 445-3305 (during the months of about November to April).

Fee Assistance: As a part of our service to local Sufi community members, we offer fee assistance to help cover some of the cost of attending local or more-distant Sufi camps and events. If you feel that you could use and might qualify for assistance, then please let one of the dance leaders know. If you would like to contribute to this fund to help make this possible, please give your donation to one of the dance leaders and request that it be earmarked for the scholarship fund.

Visit our website www.GardenOfTheHeart.org for information on our Garden of the Heart Sufi Community, the Labor Day Pamplin Grove camp-out, for viewing our Event Calendar, viewing and downloading this quarterly flyer, and more.