

December

2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1 Canandaigua Study Group 6:30 - 7:30pm	2 Dream Group 6:30 - 7:45pm	3	4	5 Advanced Healing 1:00 - 2:30pm
6 Open Heart Gathering 11:00am	7	8 Gathas 6:30 - 7:30pm	9 99 Names 6:30 - 8:00pm	10	11	12
13	14	15 Dream Group 6:30 - 7:45pm	16 Being a Healing Presence 6:30 - 8:00pm	17 Book Studies 7:00 - 8:30pm	18	19 Story Telling 1:00 - 3:30pm
20 Open Heart Gathering (Chanting and Zikr) 11:00am	21	22 Sangathas 6:30 - 7:30pm	23	24 Christmas Eve	25 Christmas Day	26 Boxing Day
27	28	29	30	31 New Year's Eve	1 New Year's Day	2

All times are Eastern.

Event	Description
<u>Advanced Healing</u>	Tuesday, December 5 at 1:00pm This had been an experiential/lecture class devoted to Sufi concepts of spiritual healing open to anyone for three years, then closed due to the closeness and sharing of experiences and is now a peer lead group, primarily but not strictly Sufi in nature. No charge.
<u>Canandaigua Study Group</u>	Tuesday, December 1 at 6:30pm Now meeting at our home in Pittsford NY (an Eastern suburb of Rochester). We usually study Sufi material, but have been expanding and exploring related areas. Right now, we are reading and discussing David Spangler's book Subtle Worlds. Henry leads this particular discussion and adds spiritual practices. When done in a few months (we are going a chapter at a time), we will decide as a group what to do next. We usually do an evening of zikr/chanting before starting a new series. There is a minimum of \$10 (USD) per year for this class, or more if you can afford it and feel called to do so.
<u>Dream Group</u>	Wednesday, December 2 and Tuesday, December 15 at 6:30pm Psycho-spiritual approach to dreams, synchronicities, visions and related experiences. Included is training and experience in how to look at and interpret these experiences, and how you would help another do so. The Tuesday and Wednesday classes are similar. In fact, most people attend both classes. There is a minimum of \$10 (USD) per year for each class, or more if you can afford it and feel called to do so.
<u>Being a Healing Presence</u>	Wednesday, December 16 at 6:30pm Empathy, unconditional positive regard, and genuineness are the foundation for healthy, healing interactions. Spiritual development of the breath, witnessing, developing a strong "container", use of vibration, entrainment, and other practices further deepen our interactions to create and maintain a healing atmosphere whether we focus on dyads, groups, or ourselves. Even though attempts are made to "manualize" these qualities as "techniques", their real power manifests when they become a natural part of our being, expressed in each person's unique manner. Must be registered to participate.

Event	Description
<u>Book Studies</u>	Thursday, December 17 at 7:00pm This is related to the interface of spirituality and psychology. We began by reading and discussing chapter by chapter, Thomas Moore's Care of the Soul. If you join at any time. Though these works are interconnected, they also stand on their own, and the discussions will help one understand what has been covered earlier. We plan on reading Michael Meade's Awakening the Soul, followed by James Hillman's The Soul's Code and then deciding where to go next. What we cover involves a deeper understanding of human nature, including mystical/spiritual and well as psychological, and how to integrate this understanding into our lives. I ask that people read or at least scan the chapter we decide we will cover, but it is not a lecture; it is a real and in-depth discussion. No charge.
<u>Open Heart Gathering</u>	Twice monthly on the first and third Sunday at 11:00am Celebration - Reflection - Devotion A celebratory gathering which is semi-structured and very participatory. You will receive a reminder a week or so before each gathering, and then a Zoom invitation a day or two before. The third Sunday meetings will be followed by 30-45 minutes of zikr/chanting. Each month, we cover a "Quality" which we announce by e-mail before the gathering so you can bring thoughts, poems, music, etc. to share on that quality. The gathering itself has no specific end time, but expect it to be about 60-75 minutes. People really love to share and be together. Those times are separate from the zikr. No charge.
<u>Story Telling</u>	Saturday, December 19 at 1:00pm If you are local, you can come for a light lunch and snacks at noon. Bring any stories, poems, music, etc. - original or otherwise - to share. We have some guided and/or improvisational music and/or drum circle, chanting/other music. We have some percussion instruments too; please bring other instruments if you like. We can play recorded music if technology permits! No charge.
<u>99 Names</u>	Wednesday, December 9 at 6:30pm Intensive study of the 99 names from various sources and our own experiences. Three of us co-teach. We prepare an outline and send it out the Sunday or so before the class with the zoom invitation. We began with the "7 leading names." We have met for close to two years now, but you can join. It helps to have some familiarity with the concept of the 99 names. The one requirement is that you commit to attend monthly except for extraordinary circumstances. People share experiences and this commitment increases the sense of community and trust needed in sharing. The meetings are recorded for use by the participants only (e.g., for review or if you miss a class). There is a minimum of \$10 (USD) per year for this class, or more if you can afford it and feel called to do so. We periodically offer a half or one day retreat on the 99 names or something associated with them (e.g., a retreat on Sufi zikr) which asks for a donation if possible.

Event	Description
<u>Gathas</u>	Tuesday, December 8 at 6:30pm •Toward the One• Intensive reading and discussion with associated practices related to the content of the particular class. This class is recorded for the use of participants. There is a minimum of \$10 (USD) per year for this class, or more if you can afford it and feel called to do so.
<u>Sangathas</u>	Tuesday, December 22 at 6:30pm •United with All• Like the Gatha class, but the content is Inayat Khan's Sangathas - a more advanced set of teachings. This class is also recorded for the use of participants. There is a minimum of \$10 (USD) per year for this class, or more if you can afford it and feel called to do so.
<u>Practice Class</u>	Fifth Tuesday of each month when it occurs. 6:30 - 7:30pm For those who attend the Gatha and Sangatha classes. We do spiritual practice as a group for the hour with time to share experiences. The practices are not necessarily related to the Gatha or Sangatha content. This is chance to engage in spiritual practice together. There is a minimum of \$10 (USD) per year for this class, or more if you can afford it and feel called to do so.