

December

2021

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

All times are Eastern.

| Event | Description |
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| <u>Advanced Healing</u> | <p>Saturday, December 4 at 1:00pm</p> <p>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.</p> |
| <u>Canandaigua Study Group</u> | <p>Tuesday, December 7 at 6:30pm</p> <p>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 <i>Subtle Worlds</i>. 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.</p> |
| <u>Dream Group</u> | <p>Wednesday, December 1 and Tuesday, December 21 at 6:30pm</p> <p>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.</p> |
| <u>Book Studies</u> | <p>Thursday, December 23 at 7:00pm</p> <p>In general, themes are related to the interface of spirituality and psychology. We began by reading and discussing by chapter, Thomas Moore's <i>Care of the Soul</i>, then Michael Meade's <i>Awakening the Soul</i> and James Hillman's <i>The Soul's Code</i>. Since then, the group decides on what to read/study and how to approach each book. The genres and themes for our exploration are widening, now including both fiction and non-fiction. Recent examples include a little known work, <i>Something Special</i>, by Iris Murdoch, a recently self-published autobiography by Dellenna Harper, <i>God's Teardrop</i>, with plans to read and discuss <i>The Red Tent</i>, <i>Afterwards</i>, <i>You're a Genius</i>, followed by other works by Black authors. You may join at any time. Though the early books we studied were interconnected, all that we read stands on their own. The discussions help one understand what has been covered earlier. Our explorations involve a deeper understanding of human nature, including the mystical/spiritual as well as psychological, and how to integrate this into our lives. We request that people read or at least scan the sections (or entire book) decided upon, but it is not a lecture and often the discussion itself alone is reason to attend if time is short for a careful reading. This offering is free of charge, though yearly donations are accepted.</p> |

| Event | Description |
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| <u>Open Heart Gathering</u> | <p>Twice monthly on the first and third Sunday at 11:00am</p> <p>Celebration - Reflection - Devotion</p> <p>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. 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.</p> |
| <u>Story Telling</u> | <p>Saturday, December 18 at 1:00pm</p> <p>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.</p> |
| <u>99 Names</u> | <p>Wednesday, December 8 at 6:30pm</p> <p>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.</p> |
| <u>Gathas</u> | <p>Tuesday, December 14 at 6:30pm</p> <p>•Toward the One•</p> <p>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.</p> |

| Event | Description |
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| <u>Sangathas</u> | <p>Tuesday, December 28 at 6:30pm</p> <p>•United with All•</p> <p>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.</p> |
| <u>The Mysticism of Sound and Music</u> | <p>Wednesday, December 22 at 4:00pm</p> <p>This class will be a study of the Sufi mystic Hazrat Inayat Khan's classic book, specifically the 1996 Shambhala edition. Spiritual practice will be included with discussion. No initiation into Sufism is required, and this class is suitable for all levels. There is a minimum of \$10 (US Dollars) per year for this class, or more if you can afford it and feel called to do so.</p> |
| <u>Practice Class</u> | <p>Fifth Tuesday of each month when it occurs. 6:30 - 7:30pm</p> <p>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 a 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.</p> |
| <u>Zikr & Sama</u> | <p>Fifth Wednesday and Friday of each month when it occurs. 7:30 - 8:30pm</p> <p><i>There is a polishing for everything that takes away rust. The polishing of the heart is zikr, the remembrance of the One Source of everything.</i></p> <p>Zikr is a practice of remembrance of a power greater than ourselves. By the repetition of sounds and names transmitted through the ages, whether recited, chanted, or sung, we can change our atmosphere and that of our surroundings.</p> <p>We invite you to explore this sacred practice with us. No charge.</p> |