

MADISON SUFIS



Special Event 2023

In-person Retreat
with Tasnim and Saadi

March 30 -April 2, 2023

(see pg. 6)

Now Available

only from Sulūk Press

Biography of Pir-o-Murshid Hazrat Inayat Khan

The highly anticipated reissue of the 1979 edition of the biography of Hazrat Inayat Khan. Dictated by Inayat Khan himself with archival material and anecdotes.

<https://sulukpress.com/books/biography-pir-o-murshid-hazrat-inayat-khan-inayatiyya-sufism>

Dances of Universal Peace

“When one bell is rung, by the sound of that one bell other bells will also vibrate. So it is with the dancing of the soul...it produces its reaction, and that again, will make other souls dance.”

~Hazrat Inayat Khan

In person and via Zoom, we come together.

1st Friday, November 4

7:00–9:00 p.m.

Gates of Heaven Synagogue
302 East Gorham Street

3rd Friday, November 18

7:00–9:00 p.m. **Long Dance Night**

Tai Chi Center
1304 S. Midvale Blvd

We ask that everyone in person be vaxed and boosted.

Please do a Covid self-test with a negative result on Friday.

This will help our community stay healthy. Masks are optional.

We look forward to being together again and may adapt Dances to generate a feeling of safety and ease.

jamila@madisonsufis.com

608-338-0709

November Activities

Ziraat Lodge

Wednesday, November 9 **In-person**
4:30 p.m. Note time change
Rachel's Studio

We are inviting people to come to my studio for ziraat .. another in-person lodge.. If it is possible we can stand in the yard for the beginning of the service. We will likely be inside for most of the service so please make sure you are not sick or may be exposed to someone who is sick. Thank you. Ziraat uses a metaphor of agriculture to develop the mind and experience deep ecology.

Noor Rachel, rachel.roang@gmail.com
 Gayatri, annaswegan@gmail.com

Universal Worship Service

Sunday, November 13 **via Hybrid**
10:00 a.m.

Gates of Heaven

Karima and other Cherags = Light Carriers will be offering the service. The theme will be:

*Gratitude for the Inner Light
 that is ever burning.*

We want everyone to be safe and comfortable so ask that you take a Covid test the morning of the service if you plan to attend in person. If it is positive please join us via zoom.

With gratitude we look forward to seeing you at the Gates of Heaven or on the zoom screen.

Karima, 608- 338-0709

Healing Service

Sunday, November 20 **via Zoom**

11:00 a.m. (Doors open at 10:45 a.m.)

You are invited to join Noor Rachel for the Healing Service, a sacred attunement to the Divine Spirit of Healing established over a century ago by Pir-o-Murshid Inayat Khan. We shall take this time together to offer healing, blessing, ease and solace to those in need through prayer and silence.

If you'd like to add someone's name to the healing list, be sure to ask for his or her permission prior to contacting Noor Rachel or Gayatri. You may also request a Zoom link to the service from either of the conductors.

Noor Rachel, rachel.roang@gmail.com
 Gayatri, annaswegan@gmail.com

Karima's Sunday Heart Gathering

Sunday, November 27 **via Zoom**

11:00 a.m. - 12:30 p.m.

We will have time for meditation, readings, music, practices to support our daily lives , and joining together in community to explore the Inner Life and readings from Hazrat Inayat Khan and others.

Please call Karima a week in advance if you are new to class.

Karima, 608- 338-0709

Sufi Songs and Teachings

Wednesday- November 30

7:00 p.m. - 8:30 p.m. **Hybrid**

This class for Mureeds continues on the 4th Wednesday. Class will be held in person at the home of Cynthia Alima. You are welcome to attend in person if you have taken a rapid Covid test on the day of class and the result are negative.

Please contact Jamila if you are interested in attending this class. She may have Covid tests available if you arrive 20 minutes before we start.

Info and a zoom link will be sent in advance of the class.

[Jamila Joy, jamila@madisonsufis.com](mailto:jamila@madisonsufis.com)

Hazrat Inayat Khan on giving thanks

Volume IX- The Unity of Religious Ideals

Part I: Prayer

Chapter VIII

The first aspect of prayer is giving thanks to God for all the numberless blessings that are bestowed upon us at every moment of the day and night, and of which we are mostly unconscious.

There are several kinds of prayer. One prayer is thanksgiving to God for His great goodness, for all that we receive in our life; asking God for His mercy and favor and forgiveness; asking God to grant our desires and wishes. This is the first lesson that man has to learn. The other kinds of prayer can only be used as man develops.

In thanking God for all that He has given us, we develop the very thankfulness which man usually forgets. If we could only reflect upon the many things in our life for which we should be thankful and appreciative! But we scarcely ever think about them, whereas we so often think about what we have not got and thus we keep ourselves continually unhappy when we might be thankful to have even a few pennies in our purse. Instead of that, we think we should have a few shillings! The consequence is that man forgets to develop thankfulness in his nature. He is ungrateful to everyone, and whatever is done for him he remains ungrateful.

It is the same with all the troubles and struggles that there are in the world. It is his neglect of all that is done for him that causes the spread of ingratitude. Having forgotten the prayer of thanking God, how can he thank man?

When Sadi was traveling to Persia, foot sore because he had to walk with bare feet in the hot sun, it was so painful that he was thinking there could be no one in the world as wretched and miserable as himself. But two minutes later he came across a person whose feet were both useless, so that he was crawling along the ground and only progressing with great difficulty. This caused a prayer to rise in Sadi's heart, and he became thankful he was not afflicted like that. He realized that though he had no shoes, at least his feet were healthy and sound.

It is when we are only aware of our own difficulties or unhappiness, and blind to the goodness, kindness, sympathy, service and help which our fellow men give to us, that we become discontented. There is so much to be seen in our lives to arouse the feeling of thankfulness in us.

Then there is the mystical meaning of thankfulness. The one who is always grudging is so much the more in need of prayer. If he prays he will prepare influences which will remove the miseries and wretchedness in his mind, for all this misery is created by his mind during the act of grumbling and while he nurses a grudge. The person who is thankful and contented, and appreciative of all that befalls him in life develops the sense of goodness. The more appreciative he is, the more thankful he becomes and the more he receives. Thankfulness and appreciation inevitably attract more of their like to themselves. All that we give is also given to us. But grumbling and grudging also attract their like. If the person to whom we give a reward or gift receives it grudgingly and grumblingly, will we give him more? Indeed, the fact that we do not give him more gives him still more to grumble about. But when a person is glad and thankful and appreciative of what is done for him, we at once feel that he is good. It gives us such a feeling of happiness to see him happy and appreciative and contented that it encourages us to do more, and it also encourages others to do good.

More from Hazrat Inayat Khan on giving thanks

Volume III The Art of Personality
Part III: Character Building
Chapter II

Gratefulness in the character is like fragrance in the flower. A person, however learned and qualified in his life's work, in whom gratefulness is absent, is devoid of that beauty of character which makes personality fragrant. If we answer every little deed of kindness with appreciation, we develop in our nature the spirit of gratefulness; and by learning this we rise to that state where we begin to realize God's goodness toward us, and for this we can never be grateful enough to His divine compassion.

The great Sufi poet Sadi teaches gratefulness as being the means of attracting that favor, forgiveness, and mercy of God upon ourselves in which is the salvation of our soul. There is much in life that we can be grateful for, in spite of all the difficulties and troubles of life. Sadi says, 'The sun and the moon and the rain and clouds, all are busy to prepare your food for you, and it is unfair indeed if you do not appreciate it in thanksgiving.'

God's goodness is something that one cannot learn to know at once; it takes time to understand it. But little actions of kindness which we receive from those around us we can know, and we can be thankful if we want to be. In this way man develops gratefulness in his nature, and expresses it in his thought, speech and action as an exquisite form of beauty. As long as one weighs and measures and says, 'What I have done for you' and 'What have you done for me', 'How kind I have been to you' and 'How good have you been to me', one wastes one's time disputing over something which is inexpressible in words; besides one closes by this that fountain of beauty which rises from the depth of one's heart. The first lesson that we can learn in the path of thankfulness is to forget absolutely what we do for another, and to remember only what the other person has done for us. Throughout the whole journey in the spiritual path the main thing to be accomplished is the forgetting of our false ego, so that in this way we may arrive some day at the realization of that Being whom we call God.

Excerpt from FANA-FI-GAIA Fifth Quarterly from the Ziraat Council

Dear Friends

What a beautiful vision to leave the earth's door as a friend, having experienced the rhythms and cycles of the seasons, and having become intimate with the web of life from which we are inseparable, and having lived a life fully with light and dark, sunshine and rain, joy and grief.

There is a human tendency to love the warm, sunny times and try to escape the cold and dark.
But life on earth contains both.

This newsletter is an invitation to befriend the decay of the season. As the Poet Rilke writes,

Lord, it is time. The summer was full and rich.

Lay your shadow on the sundials, and on the fields let loose the winds.

Let us all attune to the darker season, exploring its gifts and its mystery. For those of you in the Southern hemisphere, please join us even though all is blooming around you. The Mystery is timeless. Poetry may inspire us on this journey.

Excerpt from FANA-FI-GAIA (cont.)

Fading Leaf

*Every flower yearns towards fruit
Every morning wants to fade into evening.
There is nothing eternal on earth
Except change, except flight.*

*Even the loveliest summer wants
To feel autumn and fading.
Hold still, leaf, patiently
When the wind comes to bear you away.*

*Play your game and do not resist,
Let it happen to you.
Let the wind, which breaks you,
Blow you home.*

Hermann Hesse

Fall – the big Letting Go, giving in, dying.

Huge amounts of biomass (organic material) are taken care of by the destruenters (decomposers). Nothing in nature is ever wasted. Everything is perfectly recycled and prepared for nurturing the new life – when it's time comes.

As Beings of the Earth our bodies also follow that natural process once we die. Everything our earthly body is made of, perfectly fits into this cycle of nature.

Earth to Earth – Ashes to Ashes – Dust to Dust

Life, as we know it, ends here. Not so easy for us humans to agree to this part of the cycle. We miss our loved ones and grieve deeply. Our own transience and mortality may come into our awareness and be scary.

The first breath of the approach of death brings a chill to our hearts.

We protest our willingness to die, we refuse our content to this great and terrible image of darkness and despair.

We run to and fro and bewail the hour of our birth, since it has led us to this wall!

Ruth St. Denis, The Lamp

Possibly we don't agree so easily as we feel that we are multidimensional beings and that there is more to us than our earthly bodies. Wisdom teachings help us dive into the mystery of the threshold of life. Opening to a broader view on the journey of the soul, the poem from Ruth St. Denise continues,

But Behold! The hope and faith of all the ages has not failed.

For there upon the high horizon of the soul

Appears the lamp of eternity...."

Ruth St. Denis, The Lamp

. . . Alima, on behalf of the Ziraat Council

For the rest of this message and the newsletter go to:

<https://www.ruhaniat.org/index.php/ziraat-resources>



**SAVE THE DATE
TASNIM & SAADI RETREAT
MADISON, WI
HOLY WISDOM MONASTERY
MARCH 30 – APRIL 2, 2023
INFO:
BASIR@MADISONSUFIS.COM**



Donations

All donations to Madison Sufis are tax deductible. If you are able to make a donation, it will help in our work spreading the Message.

You may **pay online with credit card at**
<https://www.madisonsufis.com/donate>

Checks can be made out to:
Madison Sufis and mailed to:

**Madison Sufis
P.O. Box 46463
Madison, WI 53744-6463**

We have returned to in person Universal Worship and Dances so rent for the Gates of Heaven and the Tai Chi Center must be paid. Please help support our continued presence in these venues by making a donation either when you attend an event or when you make your annual donation.

Thank You,
Basir, Treasurer, Madison Sufis



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6 Day Light Savings ends Set clocks back	7	8	9 Ziraat 4:30 pm Rachel's Studio In person	10	11 Dances of Universal Peace Hybrid 7:00-8:30 pm	12
13 Universal Worship Gates of Heaven Hybrid 10:00 am	14	15	16	17	18	19
20 Healing Service via Zoom 11:00 am	21	22	23	24 Thanksgiving	25 Dances of Universal Peace Hybrid 7:00-8:30 pm	26
27 Sunday Heart Gathering via Zoom 11:00-1:00 pm	28	29	30 Sufi Songs and Teachings Hybrid 7:00-8:30 pm Hybrid			

Milwaukee Area Activities

Milwaukee Universal Worship Service

First Sunday, November 6
10:00 a.m.

*Gratitude for the seasons of nature and the
seasons of our lives.*

Call Sara for info at 414-299-0218.

Dances of Universal Peace **Waukesha/Delavan WI Circle**

An evening aligned with the theme of Change
will be offered as a

hybrid experience on **November 17th at 7pm.**

The Third Thursday Dances are held at

506 N. Washington in Waukesha

and include an extended circle from further afield.

Join us either on zoom, or in the sanctuary at UUU.

Questions can be directed to Prajna Patti Kies
pattiburncake@hotmail.com or 262 642-9289.

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