



# Zenith



THE TUCSON CENTER FOR THE MESSAGE

November 2011

*"What sense is there, O moth, in burning yourself in trying to kiss the light?  
—My joy in it is greater than my sacrifice." Hazrat Inayat Khan*

Dear Friends;

This month the Suluk class will be in my home on Sunday November 20<sup>th</sup> at 10:00. Bring snacks to share if you like.

At our Annual Meeting a practice was shared for our Center to do for this year. It is included on page two of this newsletter. As always, you should check with your guide about using it.

In an effort to continue coordinating with our neighbors in New Mexico, leaders in Arizona and New Mexico had a conference call on October 29th. It was fun to hear about what is going on with Jehanara Tremayne, a friend and coordinator in Truth of Consequences, New Mexico. She will be having a retreat in January. I have not been out to visit her yet, but it is just five hours from Tucson. Check out the information below.

Blessings to all, Amira 887-5916

### Three Day Sufi Alchemical Retreat

with Jehanara Tremayne  
Truth or Consequences, NM, January 6, 7, 8, 2012

\$75 for full retreat  
12 person limit, advance registration required

Retreat is an alchemical practice of the Sufi Order International. It involves an active turning away (tawab) from the acculturated life, and an intentional turning towards the ground of being from which all life springs. On retreat we retune ourselves through rich practices that allow us to touch into the part of our own being that is knowing. Here we may ask meaningful questions that can bring guidance forward and increase the harmony in our worldly lives.

Retreat hotel with hot springs can be booked for \$55.00 per night:  
<http://www.pelican-spa.com>  
More info: [wendy@gaiatreehouse.com](mailto:wendy@gaiatreehouse.com)

Dear Friends,

Our Universal Worship and Healing Services will be Friday November 18 at 10 AM at my home. Our theme will be gratitude and everyone will be invited to contribute. You may bring music, poetry or something spontaneous to share. If you would like to put someone's name on our healing list, please ask their permission first.

For more information, or if this is your first time, call me at 795-9250. Also mark your calendar for our services on December 2 at 10 AM.

Love, Rafia

Also note: At our recent mureeds' meeting, there was a request that the Universal Worship and Healing Service be held when those who work could attend. So I am tentatively planning this for Friday, January 6 at 5 PM.

### Tucson Center for the Message Center

Dues are \$60 per person per year, and are used to:

support the newsletter; aide people to buy food for feeding the homeless at Primavera; pay for expenses to bring presenters to town; contribute to the National Center and more!

Send checks payable to Sufi Order to Amira:

5491 N. Whitethorn Pl. Tucson, AZ 85704

From Ishwara

## TEAHOUSE FOR THE SOUL MEETING

Sunday, November 6, 10:00am to noon

Ishwara's house 4737 E. Cecelia Street just east of Swan,  
between Broadway and 22<sup>nd</sup> Street

Phone 325-1854

Please bring snacks to share.

Rafia lead us in meditation and exploration of the Prayer for the Universel in September. We learned about the history of the idea and the actual project that emerged. Mehr Bakhsh and Ruknuddin shared the information they learned in Suresnes from the caretaker of the property and showed pictures of the structure. Rafia led an extended meditation calling forth all the religions that would celebrate in this ideal structure, which is our own selves. Several participants recalled their experiences of Universal Worship which included leaders from different religions, and how meaningful that experience was.

In November we will return to Salat and our focus on the female beings. Then in December, we will honor the Virgin of Guadalupe and explore the soul's journey as depicted in the Tarot. When she is available, at future meetings Johara will lead us in toning with the crystal bowls.

### Rumi Urs in December!

I will again lead an evening devoted to Rumi on Saturday, December 17 at my house. Johara will bring her crystal bowls, Caroline from the Dances of Universal Peace will bring her guitar for dances, and you will bring wonder, favorite Rumi poems, and light snacks to share. Please come!



her guitar for  
will bring  
Rumi poems,  
to share. Please

*Please note: Annual Meeting notes were completed by me, and are an attachment to the Newsletter. If you want to know more about the direction Tucson Center for the Message is going this year, take a look at them!*

## Dances of Universal Peace in Tucson

Second Saturday - November 12 — 7 to 9 pm  
Yoga Oasis

Call Tara Noor (Teresa) at 275-2855 or email  
teresa@sierrita.org for more info.

## Suluk Meeting

Sunday November 20, 10:00am to 12:30pm

Amira's house

5491 N. Whitethorn Place

887-5916

Please bring snacks to share.

In November we will continue with the focus on  
breath until we finish these teachings.

Thank you for your feedback which is helping  
these sessions work so well.

## Annual Center Practice

### Fazl - Hu

**FAZL** - is commonly taught as "blessings." It means; exceeding, excelling, a gift, a present, grace, bounty. Hazrat Inayat Khan described Fazl as "the word of Illumination".

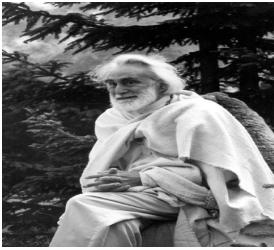
**HU** - a Sanskrit word, described by some as the breath of God; the most sacred of all sounds; The Supreme Being has been called by various names in different languages, but to the mystics as Hu.

### **Directions:**

Intone in your heart until reverberating.  
Repeat as needed.

*Note: Please check with your guide before doing this practice. It may take time to reveal itself to you. You may want to contemplate blessings in your life, ask for them to come to you, or send them to another. When the atmosphere is created, one becomes as a gong themselves.*

**Be sure to check attachments for other  
items of interest this month!**



# November 2011

Sunday	Monday	Tuesday	Wednesday	Thurs-	Friday	Saturday
		1	2	3	4	5
6 Teahouse for the Soul Ishwara 325-1854	7	8	9	10	11	12 Dances of Universal Peace Yoga Oasis 7-9PM Tara Noor 275-2855
13	14	15	16	17	18 Universal Worship and Healing Service Rafia 795-9250	19
20 Suluk Meeting Amira 887-5916	21	22	23	24	25 Primavera Meal Aisha 742-5182	26
27	28	29	30			



## Can You Help? Primavera Meal

The "Friends of Primavera" will be serving a meal to the homeless men of Primavera Shelter on the 4th Friday of the month— November 25, 2011. This is an opportunity to share our message of compassion and friendship with a few of the many who are in need. If anyone would like to participate or make a donation to support the meal/program, please contact me.

Always in love and light, Aisha 742-5182

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TUCSON AZ 85712



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Sufi books, music & gifts:  
[omegapub.org](http://omegapub.org)

## **Tucson Center for the Message**

**Regional Representative  
and Center Leader:**

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**Center Representative,  
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Healing Conductor**  
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520-795-9250  
[marian99@q.com](mailto:marian99@q.com)

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[jemilarose88@gmail.com](mailto:jemilarose88@gmail.com)

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[lindaqrichards@earthlink.net](mailto:lindaqrichards@earthlink.net)

### **Kinship Concentration**

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[kathyrawls@Comcast.net](mailto:kathyrawls@Comcast.net)

### **Representative in Training**

Ishwara Thomas 520-325-1854  
[ishwara.thomas@gmail.com](mailto:ishwara.thomas@gmail.com)

### **Tucson Center Coordinator**

Qayyima Schmidt 520-721-5016  
[k8schmidt@aol.com](mailto:k8schmidt@aol.com)

### **Database**

Noor Jehan Rex  
[CAppl@aol.com](mailto:CAppl@aol.com)

**NEW! Tucson Center for the  
Message website [http://  
www.sufiorder.weebly.com](http://www.sufiorder.weebly.com)**

### **AFFILIATED SUFI ACTIVITIES: TUCSON**

Dances of Universal Peace Tara  
Noor (Teresa) Newberry  
275-2855 [teresa@sierrita.org](mailto:teresa@sierrita.org)  
Second Saturday 7-9 PM  
Yoga Oasis

### **SURPRISE, AZ**

Universal Worship,  
Meditation  
TaHa Julia Leakey  
623-075-2022  
[julialeakey@yahoo.com](mailto:julialeakey@yahoo.com)

### **PRESCOTT**

Zikr, Workshops, Healing  
Prayer and Universal Worship  
Yaqin Sandleben  
928-445-6505  
[yaqinlance@gmail.com](mailto:yaqinlance@gmail.com)

Dances of Universal Peace  
Third Saturdays at the Smoki  
Museum  
[http://  
www.prescottcircle.org/](http://www.prescottcircle.org/)

### **SEDONA**

Dances of Universal Peace  
Sedona Community Center  
Shakura Cathryn  
928-634-1696 or  
[shakura@commspeed.net](mailto:shakura@commspeed.net)

[http://sites.google.com/  
site/dupnaz/](http://sites.google.com/site/dupnaz/)

### **COTTONWOOD**

Old Town Center for the Arts  
Shakura Cathryn 928-  
634-1696 or sha-  
kura@commspeed.net

[http://sites.google.com/site/  
dupnaz/](http://sites.google.com/site/dupnaz/)

### **PHOENIX METRO AREA**

[www.phoenixdances.org](http://www.phoenixdances.org)  
Dances of Universal Peace

First, second, third and last  
Saturdays. Locations listed on  
website. Or contact: Shivdam  
Adam Burke 602-224-0052  
[shivdam@phoenixdances.org](mailto:shivdam@phoenixdances.org)

First Saturdays:  
'Desert Wisdom' chant and  
movement. Contact: Jivani  
Joyce Carlson  
480-250-1888  
[painter4hire@cox.net](mailto:painter4hire@cox.net)

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in address, phone or email,  
please contact Sirriya  
Eve Hady,  
[gatheringgems@gmail.com](mailto:gatheringgems@gmail.com)  
520-444-9189