



# Zenith



THE TUCSON CENTER FOR THE MESSAGE

October 2012

*"There is a light within every soul; it only needs the clouds that overshadow it to be broken, for it to beam forth. Hazrat Inayat Khan*

Dear Friends;

We are fortunate to have such a thriving center. The Equinox celebration was hosted so beautifully by Mehr Bakhsh and Ruknuddin in their peaceful and nurturing home. We danced and enjoyed the gift of friendship as we wished Jemila Rose well in her move up the road to Phoenix. A butterfly flitted in the air while Rashida led a ceremony with the Medicine Wheel. We focused individually and collectively to tune toward balancing ourselves and the planet while sitting in the warm evening air of our first day of fall. As darkness descended birds fluffed their feathers in the dirt. Was this their way of "grounding" with the earth?

In our larger (national) community, plans are being made for Murshid's Urs in February 2012. You may want to save the dates February 1-5th on your calendar. Possible plans include International musicians celebrations led by Leaders from other Sufi Orders, as well as Pir Zia (Meditations/Zikr etc.).

United with all,  
Amira



Dear Friends;

Universal Worship and Healing Service  
Friday, October 5 at 10 AM at Rafia's home.

Call 795-9250 for more information or to  
put a name on our healing list.

Love, Rafia

## SULUK TUCSON MEETING

Sunday, October 21 10:00am to 12:00pm

Ishwara's house  
4737 E. Cecelia Street

325-1854  
Please bring snacks to share.

*Our next meeting will be the third Sunday in  
October at my house. We are close to the  
conclusion of breath practices. Sometime after  
the new year we will turn to the next  
concentration.*

*There will NOT be a meeting of Suluk Tucson  
in November.*

From Ishwara

### Teahouse for the Soul

Sunday, October 7 10:00am to Noon only

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

Phone 325-1854

*There will be a planning meeting of our local leaders directly after Teahouse this month, so we will not be sharing snacks and conversation after our meeting this time.*

Our Teahouse concentration on the female masters, saints, and prophets continued in September. Angela gave a wonderfully well researched introduction to Mariam, Moses' sister, giving us an opportunity to meditate on this remarkable woman. Rafia shared a personal meditation of Mary which came to her on a recent retreat. The experience called forth a retreat space in all of us as we sang Rafia's Mary song. We concluded with an extended and more personal honoring of Rafia's Golden Heart Award by reading aloud all the comments people had sent to Amira to be included in the honoring ceremony.

On October 7 Rashida and Ishwara will share their experience of the *Wisdom from the Origins: The Mayan Calendar and Other Prophecies on the Future of Humanity* conference they attended in September. This was an extraordinary event on many levels. Those who attended the Fall Equinox gathering got a taste of its power and impact on our consciousness.

In November Angela will lead a Healing Service and share the history and deeper meanings of this ceremony. And we will have opportunity for talk afterward again.

### Dances of Universal Peace

Saturday, October 13, 7-9 pm Yoga Oasis  
Campbell Avenue

For more info: Tara Noor (Teresa) Newberry  
275-2855 [teresa@sierrita.org](mailto:teresa@sierrita.org)

### 2012 Center Practice

The Second Naqshbandi Principle

Coming from Khwaja Khan, the Masters of Wisdom of Central Asia whose transmission is carried within our Naqshbandi silsila.

**Nazar bar qadam –**

*Nazar* means glance, eyes or gaze.

*Bar* means on

*Qadam* means feet.

Literally, keep the gaze on your feet; watch your step. The deeper orientation is to align one's heart, mind and spirit consciously toward the direction of one's yearning, the Beloved.

Keep your soul where your foot is and your foot where your soul is.



### Quotes

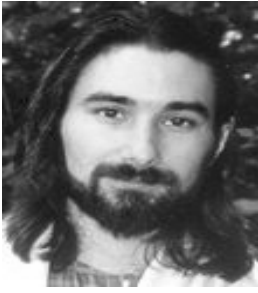
**Pir Vilayat Inayat Khan**

**"In dream consciousness...we can only make things happen by wishing them because we are not only the observer of what we experience but also the creator. In our creativity we prolong the magic action of the Creator of All in the overflow of His imagination, which is all that reality is, or ever will be."**

**"In an advanced stage one grasps God without clues. One learns to grasp God as He is in himself rather than the knowledge gleaned of Him. Why seek for the known when you can know the knower."**

**"It is the power of unconditional love that gives us the resolve to uphold a person's pride while acquiescing to their flaws and follies. The great paradox is by loving one's ideal of God espied in a person one helps that person to honor his/her real self. Therefore it is love that makes God a reality."**

**"Let our distress not overshadow our faith in a better world, and our joy in contributing to it each in our way."**



# October 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5 Universal Worship and Healing Service 10:00 am Rafia 795-9250	6
7 Teahouse for the Soul 10–Noon Ishwara 325-1854	8	9	10	11	2	13 Dances of Universal Peace Yoga Oasis 7-9pm Tara Noor 275-2855
14	15	26	17	18	19	20
21 Suluk in Tucson 10-Noon Ishwara 325-1854	22	23	24	25	26	27
28	29	30	31			

SUFI ORDER  
SIRRIYA EVE HADY  
3496 N PASEO DE SAN AGUSTIN  
TUCSON AZ 85712



**SUFI ORDER**  
**INTERNATIONAL** North  
American Secretariat:  
P.O. Box 480  
New Lebanon, NY 12125  
518-794-7834  
[secretariat@sufiorder.org](mailto:secretariat@sufiorder.org)  
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[omegapub.org](http://omegapub.org)

## **Tucson Center for the Message**

**Regional Representative  
and Center Leader:**

Amira Kardish 520-887-5916  
[Kardish1@comcast.net](mailto:Kardish1@comcast.net)

**Center Representative,  
Universal Worship and  
Healing Conductor**  
Rev. Rafia Wilcox  
520-795-9250  
[marian99@q.com](mailto:marian99@q.com)

### **Tucson Center Coordinator**

Jemila Rose Meigs  
520-325-9133  
[jemilarose88@gmail.com](mailto:jemilarose88@gmail.com)

### **Guide**

Rashida Richards 520-742-1348  
[lindaqrichards@earthlink.net](mailto:lindaqrichards@earthlink.net)

### **Kinship Concentration**

Aisha Rawls 520-742-5182  
[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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please contact Sirriya  
Eve Hady,  
[gatheringgems@gmail.com](mailto:gatheringgems@gmail.com)  
520-444-9189