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| Dear Friends,We are moving into the last month of 2020. We are likely to face more challenges this month of how we are spending our time with family and friends given the cold weather and short days. In this newsletter, we want to highlight some changes to our regular offerings and urge you to save the date for a limited-space on-line retreat with Devi Tide in March 2021. We have also included a short article by two of our community members and poems. May you all be well.Light and love,SaburaOn behalf of the Eugene Sufi Council, <https://www.eugenesufi.org/about-us.html>Website: <https://www.eugenesufi.org/>

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| December 2020 Online Events: |
| 3 | Spiritual Conversations, 7:30PM via Zoom (Thursday) |
| 4, 11, 18, & 25 | Selu’s Garden Healing Service, 9:00AM (Fridays) |
| 6, 13, 20, & 27 | Sunday Healing Service, 7:00PM via Zoom (Sundays) |
| 7, 14, 21, & 28 | Monday Sufi Healing Service, 10:00a via Zoom (Mondays) |
| 11 | Interfaith Prayer Service, 6:45PM Online (11th of each month) |
| 13 | Mevlevi Order of America-Sema Ceremony in honor of Mevlana Jelalledin Rumi’s Urs |
| 17 | Sufi Cup of Tea, 7:30PM via Zoom (Thursday) |
| **SATURDAY** - 26 | Sufi Practices and Zikr, 7:30PM via Zoom (4th Friday) |

**SAVE THE DATE FOR 2021:**MAR 12-13, 2021 – **DEVI TIDE-ONLINE RETREAT: Healing the Past, Present, and Future** – Devi Tide, Head of the Sufi Healing Order, will be leading an online retreat focused on healing in the current moment to move forward into the future with grace and power while releasing the past. Participation will be limited to a maximum number of 35 individuals from the Eugene Sufi Community and our West Coast neighbors. Please let the registrar know of your interest as soon as possible to have your spot held. (Registrar: Sabura, email via eugenesufi@gmail.com)**THIS MONTH:** DEC 13th – **SEMA CEREMONY** – The Mevlevi Order of America (MOA) is hosting an on-line Sema Ceremony in honor of Mevlana Jelalledin Rumi’s Urs, via Zoom, on Sunday, December 13th, starting at 1:00 PM Pacific time. More information of that event will go out to the Eugene Sufi Community soon.DEC 17th – **SUFI CUP OF TEA** – For December, we are replacing the second Spiritual Conversations with a different open community format. Sabura, Wali, and Isa welcome you to join in a community dialogue to provide a space for sharing and supporting each other. In this time of pandemic, many of us are experiencing a range of difficulties and concerns. Sometimes a chat with like-minded individuals can lift us. Bring a cup of tea – maybe a poem – and reduce the isolation of physical distance by spending time with other community members. DEC 26th - **4th FRIDAY ZIKR EVENING** – Please note that the 4th Friday Zikr Evening is rescheduled to **Saturday, December 26**, rather than conflicting with the Christmas holiday. Please join Husammed-din. More information will be sent out via email closer to the day. |
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| In Honor of Rumi – The Guest HouseTranslated by Coleman Barks | The Winter of ListeningBy David Whyte |
| This being human is a guest house.Every morning a new arrival.A joy, a depression, a meanness,some momentary awareness comesas an unexpected visitor.Welcome and entertain them all!Even if they are a crowd of sorrows,who violently sweep your houseempty of its furniture,still, treat each guest honorably.He may be clearing you outfor some new delight.The dark thought, the shame, the malice.meet them at the door laughing and invite them in.Be grateful for whatever comes.because each has been sentas a guide from beyond. | All this petty worrywhile the great cloakof the sky grows darkand intenseround every living thing.What is preciousinside us does notcare to be knownby the mindin ways that diminishits presence.………All those years listening to thosewho had nothing to say. | all those yearsforgettinghow everythinghas its own voiceto makeitself heard.All those yearsforgettinghow easilyyou can belongto everythingsimply by listening.And the slow difficultyof rememberinghow everythingis born from an oppositeand miraculous otherness. |

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| HealingBy Hanifa Lorenz and Sabura AllenHealing has been described and explained throughout Sufi teachings. We thought we might briefly share our personal perspective of the healing services and rituals that we have experienced during the last eight months as we have moved through the time of pandemic, political and social upheaval, and concern about the future of our planet.Not surprisingly, the desire to heal ourselves and our environment is in the forefront of our collective consciousness at this time. This is evident in the number of online healing services and retreats being offered by various teachers. As individuals, this desire to heal is linked to the concepts of healing created by each of our minds that are unique and different, and which ultimately may conflict with each other. We offer that the word “Healing” could be translated into the word “Wholeness” – a harmony of the whole being which brings us to an experience of our true nature and its natural unity as an extension reflected to us in the nature of the Divine Perfection. Divine Perfection is constantly formulating itself through a world of opposites – positive and negative, feminine and masculine, illness and health. The natural world in its multiplicity may operate with ease creating an atmosphere of Peace and Harmony held within wholeness as a loving embrace.However, the mind is often veiled from the Divine Perfection. Rather, the mind is living in a world of images – past, present and future – so layered that it no longer holds meanings connected to the root of beingness. This experience of denseness may be released by a Forgetfulness allowing a healing and a waking up to a “new world.” This new world is a wholeness and may be experienced as many things, both exciting and disturbing. Wholeness allows us to move through Life without reacting from our earlier denseness. Wholeness allows us to become stable and confident with an ability to view ourselves, and “others,” moving towards the Divine Perfection – our birthright and life’s purpose.We naturally gravitate to qualities that prepare us for this experience of wholeness. Life draws to itself what it needs to balance and heal. The different Sufi paths appearing as many branches help us to experience and prepare us for this journey into wholeness. The Sufi lineage is vast with many opportunities that eventually lead us to the root of Being.During this time of social distancing, we have found that attending online healing services has assisted us in being focused on healing/wholeness and more able to allow the denseness to fall away. Maybe you might also find support through these services in this transformational time we are all currently in. Our local Eugene Sufi Community has three weekly offerings that you might find relevant to Life as it is NOW. Each of them provide a unique flavor that may speak to something within.Sunday Healing Services, 7PM on Sundays via ZoomMonday Healing Services, 10AM on Mondays via ZoomSelu’s Garden Healing Service, 9AM on Fridays via Zoom |