

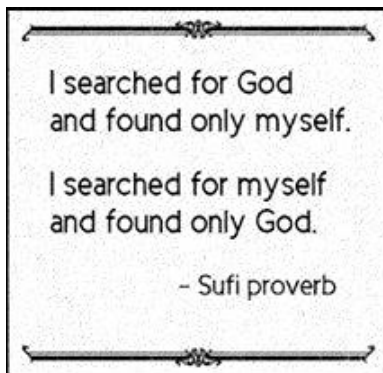


# Sufi Newsletter

South African Newsletter 007  
December 2014 to February 2015

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## A note from the Editor

Greetings to you all.

We attended a music concert recently and I was touched by this line:  
"I am not a religious man, but I do believe in love".

As we come to the close of another year, let us celebrate love, spread love and treat every moment, person and situation with loving kindness.

Love and Light  
*Caroline*

## An extract from The Sufi Message

*The Teaching of Hazrat Inayat Khan. Social Gathekas, Sufi Mysticism, III:  
Preparing the Heart for the Path of Love*

The Sufi considers devotion of the heart the best thing to cultivate for spiritual realization. It might seem quite different from what many think, but the ones who close their hearts to others, close their hearts to God.

Jesus Christ did not say, "God is the intellect." He said, "God is love." If, therefore, there is a piece of God that can be found anywhere, it is not in any church on the earth, nor in Heaven above; it is in the heart of each person.

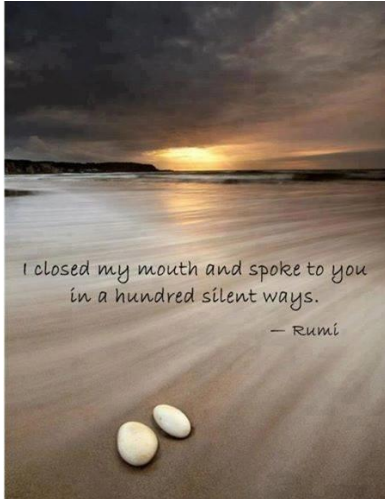
The best place where you are sure to find God is in the loving heart of a kind person.

Now whom should one love, how should one love? Whatever one loves -- whether duty, human beings, art, friends, an ideal, or one's fellow-creatures -- one has certainly opened that door through which to pass in order to reach that love which is God.

The beginning of love is an excuse; it leads to that ideal of love which is God alone.

The Sufi Volumes are available for purchase at the  
Sufi centres around the country.

## Save the Date!



A reminder that the Sufi Movement in South Africa is holding the 26<sup>th</sup> bi-annual South African Sufi Retreat:

- Date:** Saturday 25<sup>th</sup> April to Saturday 2<sup>nd</sup> May 2015
- Place:** Cape Town
- Theme:** "A Grain of Corn"
- Cost:** There is no charge for attending the retreat. Cost of meals and accommodation will be at supplied at a later date.
- R.S.V.P** Please let Magda or Waldo know if you intend to attend, this will greatly assist with the planning.
- Enquiries:** Magda at [itsmagda@iafrica.com](mailto:itsmagda@iafrica.com)  
Or  
Waldo at [essen@bucknet.co.za](mailto:essen@bucknet.co.za)

**"As soon as a disciple says:**

**"I Know", he loses ground. All great Teachers of Humanity have been great Pupils; learning from an innocent child, from situations, etc., he learns sympathy, harmony and beauty."**

*By Hazrat Inayat Khan*

**All mureeds of Hazrat Inayat Khan are welcome!**

***Retreats develop the ability to discern.***



"Rising above a religion does not mean giving up the religion, it means being fully benefited by it. Those who say that they have given up their religion are *not* above it; they alone are above it who have reached a full understanding of the Spirit of Religion."

## Sufi Inner School

**Programme for Wednesday evenings at the Sufi Temple in Cape Town.  
Unless otherwise indicated all meetings are for mureeds or by invitation:**

All meetings start at 19h30.




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**"As man rises above passion,  
so he begins to know what is  
love."**

*From The Bowl of Saki  
By Hazrat Inayat Khan*

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### December 2014

03 Dec	Confraternity & Teachings for mureeds
10 Dec	Healing & Zikr or other advanced meditation
17 Dec	Healing & Confraternity services
24 Dec	Healing & Confraternity services
31 Dec	Healing & Confraternity services

### January 2015

07 Jan	Confraternity & New Year blessing
14 Jan	Healing & Zikr or other advanced meditation
21 Jan	Confraternity & Message evening
28 Jan	Healing & advanced teachings

### February 2015

04 Feb	Confraternity & commemoration Hazrat Inayat Khan
11 Feb	Healing & Zikr or other advanced meditation
18 Feb	Confraternity & Message evening
25 Feb	Healing & advanced teachings

**This programme will be up on the notice board in the Sufi Temple.**

To find out more about the Sufi Inner School and if anyone is interested in attending these Sufi Order (=inner school) meetings please chat to either:

- Waldo on 083 555 5002 / [essen@bucknet.co.za](mailto:essen@bucknet.co.za)
- Louis on 083 271 3797 / [info@therippleeffect.co.za](mailto:info@therippleeffect.co.za)
- Magda on 082 449 8058 / [magdaalberts@gmail.com](mailto:magdaalberts@gmail.com)
- Frances on (021) 671-8807
- Nisa on 082 200 6751



## Events & news from Sufi centres

### Portugal:

*Waldo writes:*

Quite some years ago now Carlos Munawir Almeida returned to his native Portugal after having been a member of the South African Sufi Movement for many years in the Gauteng centre.

Once he settled down he immediately started to establish a Sufi Movement Centre in Lisbon and attracted several new members in a short time and started organizing some classes and some Universal Worship services which were initially held in the premises of the Templars in a suburb of Lisbon.

Fate stepped in and Munawir passed on to the higher spheres at an early age. Most thankfully his daughter, Elsa stepped into the breach and is now the Centre Leader in Lisbon. Munawir will go down in history as being the founder of the Sufi Message in Portugal.

The Templars had to give up their premises so for the last few years all the meetings and Universal Worship services have been held at Isabel's house in Lisbon, for which all concerned are extremely grateful and appreciative. There is always a smile and something delicious to eat apart from the spiritual food which is provided.

This year Frances, Petra Beate and Waldo gave several classes during which a new mureed was initiated. There was also a Universal Worship held entirely in the Portuguese language and a baby was received and a new cherag was ordained. It has become tradition to have the annual communal lunch after the service and this was enjoyed by the happy and warm hearted Sufi's.

We wish the group all possible happiness and blessings from above.



## Events & news from Sufi centres

### South Africa:

#### Durban

Frances and Waldo visited the Durban group from 20<sup>th</sup> to 22<sup>nd</sup> September and a well-attended Universal Worship was held. This was followed the next day by a meeting on the Message and some practices. Warm thanks go to Serena and the members of the group for their hospitality and friendship.

#### Gauteng

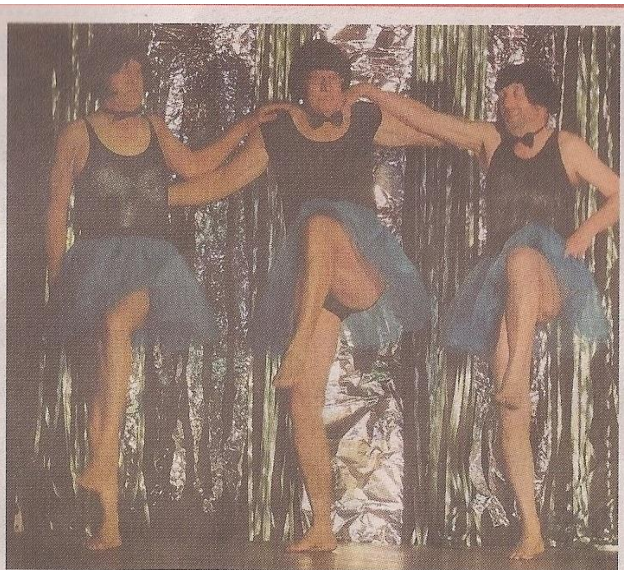
On the 28<sup>th</sup> of September a Sufi wedding was conducted at the Hornbill Lodge in the Magaliesberg, North of Pretoria for Dirk and Niela. Lots of Sufi interest was created at this happy event.

#### Cape Town

We sadly record the passing in late September of Aart Roukens de Lange, who with his wife Irma, came to Universal Worship services for decades. Aart knew the Sufis well as he lived at the Temple for 10 years during the eighties/nineties. He was very sympathetic to Sufism, and wished only to do well. He will be missed in the community. We reach out to Irma, who looked after Aart so wonderfully during his last years.

A funeral service was held at the Temple in Cape Town on 4th September for Rika Papas who was married in the Temple years ago. It was attended by over 200 people some of whom were standing and sitting everywhere. The service was appreciated by many.

During the Universal Worship of 28<sup>th</sup> September in Cape Town, two grandchildren of Fritz and Liesl Andreas were received into the Universal Worship.



'Ballerinas' stun audience

Johan Murray a very long-time Sufi who lives in Great Brak is pictured here as one of the ballerina's that delighted the crowd with their "All that Jazz" item during Petro Taute's third *Cabaret: 60 minutes around the world*, held at De Dekke in November.

Tickets were sold out, and this year the funds will be shared by Child Welfare Grootbrak and Sonskynvallei after care in Hartenbos!

## Cape Town

On Sunday 14<sup>th</sup> December Zoë Bulelwa Kotzé was received into the Universal Worship. As mentioned in the March newsletter, Zoë means Life. Bulelwa means Blessing from God.



**Lauren & Cobus with Zoë**

A Mother's Blessing for Her Child (Poota Mata)

O child, this is your mother's blessing, hope, and prayer,  
 May you never forget for even an instant the Lord God  
 and ever remember the Universal Lord.  
 May the True Guru be kind to you, and may you love the society of saints.  
 May the preservation of your honour by the Transcendent Lord  
 be your clothing, and may the singing of his praises be as food to you.  
 Drink the immortalizing Nectar that you may ever have long life,  
 and contemplation of the Lord give you infinite delight.  
 May joy and playful pleasure be yours, may your hopes be fulfilled,  
 and worries never trouble you.  
 Let your mind be the bumble bee, and the Lord's feet be the lotus flower.

- Sikh prayer

We're on the Web!  
 See us at: [www.sufimovement.co.za](http://www.sufimovement.co.za)

**Tip from the Editor** (Nourish your entire being)

**By Hazrat Inayat Khan:**

Food is the nourishment of the body;  
 thought is a refreshment to the mind;  
 love is the subsistence for the heart;  
 truth is the sustenance of the soul.

During the busyness of the festive season and year end activities, let us be still and let us nourish our entire beings and look forward to the blessing of God in our future.

**Hazrat Inayat Khans' Prayer for the New Year:**

O Thou Who abides in our hearts, most Merciful and Compassionate God, Lord of Heaven and earth, we forgive others their trespasses and ask Thy Forgiveness of our shortcomings.

We begin New Year with pure heart and clear conscience, with courage and hope.

Help us to fulfil the purpose of lives under Thy Divine Guidance.

Amen



Universal Worship Dates  
 for Cape Town  
 10h30 to 11h30

December 2014

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

January 2015

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

February 2015

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

**"All forms of worship or prayer must draw man closer to God."**

*From Bowl of Saki*

*By Hazrat Inayat Khan*

**Contact:**

If you would like to give some feedback or contribute to this newsletter please contact Caroline at [sufinews1@gmail.com](mailto:sufinews1@gmail.com)