



# Sufi Newsletter

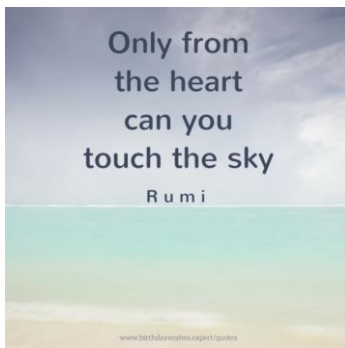
South African Newsletter 016  
March to May 2017

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**"The knowledge of self is  
the essential knowledge, it  
gives knowledge of  
humanity; in the  
understanding of the  
human being lies the  
understanding of nature  
which reveals the law of  
creation."**

*From The Bowl of Saki  
By Hazrat Inayat Khan*



## A note from the Editor

Greetings to you all. I was truly moved by Magda's talk delivered at Universal Worship at the Sufi Temple in Cape Town titled "Peace on Earth" so I am using her last few paragraphs to set the scene for the latest newsletter ..... thank you Magda!

"It's all about the vibrations of peace that reign in the Temple and its surrounds, and allowing these vibes to help us open ourselves to what lies within. No one can lead our inner lives for us. But the right space, time, and vibration can do so much to get us started. Usually once we start to find peace, once we start our inner journey, we cannot really stop. We may pause for a time, but our inner reality will always draw us back.

And finding fruitful peace within is such a wonderful experience. It can help us in the process of deepening and of increasing spiritual understanding. It may urge us to find help on the spiritual path. Such help is available in many places, including of course in the Sufi Message, if that is where you choose to look.

The mission of the Message of God (as Hazrat Inayat Khan called it) is: To bring to the consciousness of the world, that man can dive so deep within himself that he can touch the depths, where he is united with the whole of life, with all souls, and that he can derive from that source harmony, beauty, peace and power. (Sufi teachings volume 10: p123, Sufi Poetry)

And then there is the wider purpose: If we can find that peace within, so that it naturally radiates without, this is probably the best thing we can do to promote that great aim of Peace on Earth, and goodwill to all people."

Love and Light  
*Caroline*

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

## Sufi Events

There are several retreats around the world over the next few months that you may wish to know about and attend:

### Gauteng

Following article submitted by Janet Somers Vine:



#### National Sufi Retreat, 15 to 22 April 2017

The Gauteng Sufis look forward to welcoming you once again to the Bi Annual National Sufi Retreat held in South Africa.

This time, at the well-loved and familiar Good Shepherd Retreat in the Magaliesberg.

In Murshid's sojourn on earth the first 'Summer School' was a meeting of a sacred character which took place at the time when Pir-o-Murshid was taking a time of tranquility after all the months spent in spreading his ideas throughout the world.

The 3<sup>rd</sup> aim of Sufism states: ***"There is One Holy Book, the sacred manuscript of nature, the only scripture which can enlighten the reader"***.

The Good Shepherd Retreat Centre is to be found at Hartbeespoort. (Fondly known as 'Harties') An ideal get-away and easy to reach. Where the accommodation, in well maintained rondavels each with its own bathroom, is cosy, private and above all in a most peaceful and tranquil setting.

A retreat is a time of reflection and re-connection, sharing experiences; a time apart to re-establish our relationship with God and His Creation. Whilst Murshid encourages us to partake of our practices within our daily lives in whatever situation we find ourselves, there is no better place to re-charge one's batteries than in Nature.

May this time echo the words of Hazrat Inayat Khan: ***"The whole creation wakes up with the wakening of my heart"***



A quiet place to discover in one's exploratory wanderings in the natural surrounds of the Centre.

Photo: Lisa Borstlap

This was said by someone visiting the Mountain Sanctuary in the area: "If you can't relax here, you need medical attention".

<https://mountain-sanctuary.co.za>



"The Magaliesberg is almost 100 times older than Mount Everest and half the age of the earth, a unique treasure for us in this part of Africa." It is a microcosm of the magnificence of nature and the turbulent history of South Africa. Its natural beauty remains unscarred and is as breath-taking as it was from ancient times. (MAB 9 June 2015 – one of 631 biosphere reserves in 119 countries.)

Not forgetting, that the renowned Cradle of Humankind is to be found close by i.e. Maropeng – meaning 'the place where we once lived' – Setswane word.

Hartbeespoort Environment and Heritage Association, HEHA, has over the years done sterling work in making a survey of the heritage sites in the Hartbeespoort and adjacent areas, and have collected a wealth of information on more than a hundred selected sites. These include sites of geological, archaeological, historical and artistic interest.

In 1923 the Hartbeespoort Dam, situated in one of the valleys of the range, was completed. It became a popular holiday and weekend destination for the inhabitants of Johannesburg and Pretoria, and the villages of Hartbeespoort and Kosmos each with its own distinct character and ambience and offer many fun activities, cultural villages close by including an ox-wagon resort. Fishing, boating, birding, hiking, adventure trails. Accommodation to suit many preferences from modern western style hotels, lodges to bush lodges.

A high sense of stewardship is to be found amongst the many animal rehabilitation facilities, including, to name a few: The Elephant Sanctuary; Bush baby/ Monkey Sanctuary; Hartbeespoort Snake & Animal Park; Ann van Dyk Cheetah Centre; Glen Africa Animal rehabilitation which provides a perfect movie backdrop and has been used in popular South African productions like Mr Bones, Zulu on my Stoep, Jock of the Bushveld; not forgetting to mention international blockbusters starring the likes of Jackie Chan and Angelina Jolie.

Hartebeesthoek Radio Astronomy Observatory (HartRAO) The Observatory began as Deep Space Station 51, and was built in 1961 by the National Aeronautics and Space Administration (NASA) of the United States of America. And Pelindaba, the South African SAFARI-1 nuclear reactor which makes medical isotopes.

One is simply the poorer for not visiting this area of amazing geological and historical value and at the same time tuning into the essence of who we Africans are.

#### **REFERENCES:**

Magalies Meander Visitors Guide: <http://www.magaliesmeander.co.za/> [hartiesboatcompany.co.za](http://hartiesboatcompany.co.za)  
[www.tripadvisor.co.za/Hotel](http://www.tripadvisor.co.za/Hotel) <http://www.getaway.co.za>

Extracts from Article - courtesy of the Hartbeespoort Environment & Heritage Association

Email: [hoev.heha@worldonline.co.za](mailto:hoev.heha@worldonline.co.za)

World Wide Web: <http://www.hartrao.ac.za>  
<http://showme.co.za/hartbeespoort/files>  
<https://en.wikipedia.org/wiki/Magaliesberg>  
<http://magaliesbergbiosphere.org.za>

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## Sufi Events

### United States of America

Let My Heart Reflect Thy Light -- 35th Annual Spring Ozark Sufi Camp from 26 to 31 May 2017.

In the Beautiful Lake of the Ozarks State Park Osage Beach, Missouri.

Zikr ∞ Prayer ∞ Sufi Teachings and Classes ∞ Dances of Universal Peace ∞ Meditations ∞ Healing Temple ∞ Musicianship Classes ∞ Dance Leader Classes ∞ Dinner Talent Shows ∞ Kids Camp ∞ Young Adult / Teen Activities ∞ Tea Ceremony ∞ Ziraat ∞ Qi Gong ∞ Kirtan ∞ Kids Play ∞ Pre-Camp Friday Afternoon Retreat ∞

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River of Guidance - Celebrating the Federation of the Sufi Message commemorating Hazrat Inayat Khan's planting the seed of the Sufi Message in the West.

The 18th Annual Gathering of The Federation of The Sufi Message is to be held from 17 to 21 May 2017 at the Abode of the Message New Lebanon, New York and hosted by The Sufi Ruhaniat International.

### Canada

Walking the Park Canada Retreat is to be held at The Crossing at Ghost River from 21 to 24 August 2017.

This retreat is for all seekers on the path and is supported and funded by the Sufi Movement in Canada and is dedicated to the memory of our beloved brother and teacher, Murshid Hidayat Inayat-Khan. With our theme of Walking the Path we will be exploring, along with the many practices given to us by Hazrat Inayat Khan, the action or rhythm of walking – a technique used by Sufi dervishes for dissolving the attachments of the world and allowing one to lose oneself in God.

### Australia

Australia Retreat - Grace, Glory, Wisdom, Joy and Peace. The Autumn Retreat will be led by Murshid Nawab Pasnak and held in Victoria Australia from 5 to 11 May 2017.

### Holland



The International Sufi Movement Summer School - Silent Voice, I hear you!

To be held in Katwijk from 5 to 11 July 2017.

Join members of the Sufi family from all around the world as we listen together to the voice that comes from within.

Open to mureeds of all levels, and will be in English.

## News

### News from South Africa

There were four individuals received into Universal Worship since the last newsletter.

In this ceremony a candle is lit from the candle of the Spirit of Guidance which is on the altar and handed to the person being received by the Cherag who says: "I give you this Light of the Divine Message with which to illuminate your path."



Vincent Cook & Peter John le Roux (Cape Town)



Noel Zondi & Xolani Cele (Durban)

***The following extract from *The Teaching of Hazrat Inayat Khan, Volume 1 - The Way of Illumination:****

"The objects one should have in taking initiation are:

To realise the self within and without, to know and communicate with God, whom alone the world worships;

to kindle the fire of divine love, which alone has any value;

to be able to read nature's manuscript and to be able to see into the world unseen;

to learn how to control oneself;

to light the torch of the soul and to kindle the fire of the heart; and

to journey through this positive existence and arrive in this life at the goal at which every soul is bound in the end to arrive.

It is better to arrive in the light than to be only transported through the dark. "Who is blind here will be blind in the hereafter."

## News

### Cape Town



In line with the United Nations World Interfaith Harmony Week, The Cape Town Interfaith Initiative (CTII) hosted its annual public event 'Prayers for the City' on 5 February 2017 at the V&A Waterfront Amphitheatre which Waldo and Frances took part in.

It was an afternoon of spirituality, cultural celebration, artistic expression and prayers for the City of Cape Town for 2017.

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**Dances of Universal Peace** - Anja, Rukmini, and Harold will be hosting Dances of Universal Peace (led by Rukmini) on Sunday 19 March at 10.30am March at the Sufi Temple in Newlands.

Inspired by the Sufi ritual of Universal Worship, they will share dances and chants inspired by and honouring many of the world's faith traditions. Light refreshments will be served afterwards in the garden. A donation of R20-R50 is requested but not required. For more information please contact 021 424 4785 or email [gmler108@gmail.com](mailto:gmler108@gmail.com)

### Gauteng

The Sufis in Johannesburg are asking if there is anyone that has a second hand CD player/Music centre which is reliable and in working order for use at Universal Worship. If so please contact Janet [janetsv@global.co.za](mailto:janetsv@global.co.za).

They are willing to buy one at a reasonable cost, and would be more than delighted to accept a donation.

### News from Belgium

by Magda Alberts

"For many years **Richard Dillaerts**, originally from Belgium, was an active member first of the Gauteng Sufi group and then in Cape Town, where he lived at the Temple and did much to care for the Temple and surrounding property.

Eventually he had to return to Europe for family reasons, and lived in the south of France for about ten years in a rambling age-old house in a tiny village - a perfect environment for him as a person and as an artist. Here he participated actively in the small Sufi group which held an annual retreat close to where he lived.

Then for health reasons he had to move into a smaller apartment, still in the south of France. Finally his health indicated that he needed more care, and his children in Belgium persuaded him to return to his roots.

In November 2016 he made the move back to Belgium and is now settled in an apartment in a retirement home very close to where he grew up. All meals are delivered to the apartments and medical and other services are readily available. So Richard is re-connecting with his children, his old spot (much changed!) and his old friends. And he still has a soft spot for South Africa and sends his best wishes to all who remember him."

## Religious holidays and festivals during March, April and May include:

"We as Sufis have the great privilege of being able to respect and honour the special days of all religions, and in particular those days that are honoured by religious communities in our own surroundings. Some of these special days coming up in the next few months include:"

### **01 March - Ash Wednesday**

Ash Wednesday is the beginning of Lent for Western Christian churches and is a day of penitence.

In some traditions, services are held on Ash Wednesday when worshippers are marked on the forehead with a cross of ashes as a sign of penitence and mortality.

### **01 March – 13 April – Lent**

Lent is the period of 40 days which comes before Easter in the Christian calendar.

For Western Christian churches, Lent begins on Ash Wednesday, and is a season of reflection and preparation before the celebrations of Easter. By observing the 40 days of Lent, Christians replicate Jesus Christ's sacrifice and withdrawal into the desert for 40 days. Lent is marked by fasting, both from food and festivities.

### **01 – 20 March – The Nineteen Day Fast**

The last month in the Bahá'í calendar, Ala (meaning loftiness), is a time when Bahá'ís fast from sunrise to sunset and spend extra time in prayer.

This month immediately precedes the Bahá'í new year, and the period of fasting is viewed as a time of spiritual preparation for the new year's activities.

### **12 March – Purim**

Purim celebrates the events told in the Book of Esther in the Hebrew Bible.

The Jewish heroine Esther, wife of the king Ahasuerus, persuaded her husband to prevent a Persian nobleman, Haman, from massacring Jews in his kingdom. Purim is a time of praise and thanksgiving, and almsgiving is an important Purim tradition. The Book of Esther is read aloud in the synagogue and the congregation use rattles, cymbals and boos to drown out Haman's name whenever it appears.

### **13 March – Holi**

Holi is celebrated on the day after the full moon in the Hindu month of Phalguna (early March).

At Holi Hindus celebrate spring and certain events in Hindu mythology. It's also known as the 'Festival of Colours' due to the practice of throwing and applying coloured water and powder on friends and family. This ritual is said to be based on the story of Krishna and Radha. Krishna would ask his mother why Radha was fair while he was dark, and she advised him to apply colour to Radha's face to see how her complexion changed. At Holi images of Krishna and Radha are carried through the streets.

### **13 March – Hola Mohalla**

Hola Mohalla is a festival celebrated by Sikhs in the city of Anandpur Sahib in the Punjab, which is known as 'the holy City of Bliss'.

Hola Mohalla follows the Indian festival of Holi and celebrates Sikh martial skills with displays of horsemanship and mock battles. It was established by Guru Gobind Singh in 1701. The festivities are followed by music and poetry contests.

**14 March – Nanakshahi New Year**

The Nanakshahi (Punjabi: ਨਾਨਕਸ਼ਾਹੀ, nānakashāhī) calendar is a tropical solar calendar that was adopted by the Shiromani Gurdwara Prabhandak Committee to determine the dates for important Sikh events. It was designed by Pal Singh Purewal to replace the Saka calendar and has been in use since 1998. The epoch of this calendar is the birth of the first Sikh Guru, Nanak Dev in 1469. New Year's Day falls annually on what is March 14 in the Gregorian Western calendar.

The calendar is accepted in about 90% of the gurdwaras throughout the world.

**17 March - Saint Patrick's Day**

Saint Patrick's Day, or the Feast of Saint Patrick (Irish: Lá Fhéile Pádraig, "the Day of the Festival of Patrick"), is a cultural and religious celebration held on 17 March, the traditional death date of Saint Patrick (c. AD 385–461), the foremost patron saint of Ireland. Saint Patrick's Day was made an official Christian feast day in the early 17th century and is observed by the Catholic Church, the Anglican Communion (especially the Church of Ireland), the Eastern Orthodox Church, and the Lutheran Church.

**19 March – Saint Joseph's Day**

Saint Joseph's Day, the Feast of Saint Joseph is in Western Christianity the principal feast day of Saint Joseph, husband of the Blessed Virgin Mary. He is the foster-father of Jesus Christ. It has the rank of a solemnity in the Roman Catholic Church; Catholics who follow the Missal of 1962 celebrate it as a first class feast.

**20 March – Spring Equinox**

At Spring (Vernal) Equinox the days and nights are of equal length. The land begins to bloom and Pagans celebrate the rebirth of spring.

Spring Equinox is sometimes called Ostera (or Eostre) after the Anglo-Saxon goddess of fertility, whose symbols are the hare and the egg. To celebrate Spring Equinox some Pagans carry out particular rituals. A man and woman are chosen to act out the roles of Spring God and Goddess, playing out courtship rituals and symbolically planting seeds. Egg races, egg hunts, and egg painting are also traditional activities at this time of year.

**21 March – Noruz**

Historically, Noruz is the traditional Iranian new year holiday, and is celebrated by more than one religious group.

It marks the start of the Zoroastrian new year and is dedicated to fire. It was also adopted by the founder of the Bahá'í faith as the start of their new year. It coincides with the first day of spring

**25 March – Annunciation**

Annunciation celebrates the day when the angel Gabriel is said to have appeared to Mary to tell her she'd been chosen to be the mother of Jesus.

It's celebrated on 25 March, nine months before Christmas when Christians celebrate the birth of Christ.

**26 March – Khordad Sal**

Khordad Sal is celebrated by Zoroastrians and Parsis as the birthday of their founder, Zoroaster.

The date is symbolic as the actual date of Zoroaster's birth cannot be accurately identified. The festival is one of the most important in the Zoroastrian and Parsi calendar, when they gather in fire temples for prayer and celebrate with feasting.

**31 March – Hanuman Jayanti**

At Hanuman Jayanti, Hindus celebrate the birth of the god Hanuman. It falls in the month of Chaitra in the Hindu calendar (April).

Hanuman is an ardent devotee of Lord Rama, and is revered for his dedication to him. As he's believed to have been born at sunrise, celebrations in his honour begin early in the morning. Devotees visit the temple and apply sindoor (red powder) to their foreheads, as Hanuman's image is always coloured red. Hanuman is the symbol of strength and energy and he can assume any form, a power which he uses to conquer evil.



**04 April – Rama Navami**

At Rama Navami Hindus celebrate the birth of Lord Rama. It falls on the ninth day of Chaitra in the Hindu calendar (March/April).

Rama Navami is one of the most important Hindu festivals. Lord Rama is an incarnation of the god Vishnu and the hero of the epic Ramayana, which is recited in its entirety in the week leading up to Rama Navami, and on the day itself.

**09 April – Mahavir Jayanti**

Mahavir Jayanti is the most important religious holiday for Jains. It's celebrated in the Hindu month of Caitra (late March/early April).

Mahavir Jayanti celebrates the birth of Mahavira, a contemporary of the Buddha. Mahavira was last Tirthankara (great sage) and the most important prophet of the Jain faith. Mahavir Jayanti is marked with prayer and fasting.

**09 April – Palm Sunday**

Palm Sunday marks the beginning of Holy Week - the week leading up to Easter.

On Palm Sunday Christians remember Jesus's arrival in Jerusalem, when crowds cheered and laid palms at his feet before his arrest and crucifixion. In some churches large palms are carried in procession, while in others small crosses of palm leaf are handed out to the congregation, to symbolise the palm leaves which the people waved when Jesus arrived, and to remember the cross on which he died. The crosses are burned at the start of Lent the next year to provide the ash for Ash Wednesday.

**10 – 18 April – Passover (Pesach)**

At Passover, Jews remember the Israelites' liberation from slavery in Egypt. It's one of the most important festivals of the year. Passover lasts for eight days. Jewish people celebrate with special ceremonies, and observe specific customs which remember the escape from Egypt, as told in the Book of Exodus.

**13 April – Maundy Thursday**

Maundy Thursday is the Thursday before Easter, which Christians remember as the day of the Last Supper.

The Last Supper took place on the evening before Jesus's crucifixion. It's also the night when, according to Christian tradition, Jesus was betrayed by Judas in the Garden of Gethsemane.

**14 April – Good Friday**

Good Friday is the day in the calendar when Christians remember the crucifixion of Jesus Christ.

It's a solemn day of mourning when believers reflect on the meaning of Christ's suffering and death.

**14 April – Vaisakhi**

At Vaisakhi, Sikhs celebrate the founding of the Khalsa, the collective body of baptised Sikhs created in 1699.

The word Khalsa means 'pure'. To join the Khalsa, Sikhs must undergo the Amrit ceremony (initiation ceremony) sanctioned by Guru Gobind Singh. Baptised Sikhs resolve not to remove or cut any bodily hair, not to use tobacco, alcohol or other intoxicants, not to eat meat and not to commit adultery. At Vaisakhi, those ready to join the Khalsa are baptised.

**16 April – Easter Day**

Easter commemorates the resurrection of Jesus Christ and is the most important festival in the Christian calendar.

According to Christian tradition, Easter marks the day when Jesus's followers visited his tomb to find the stone sealing the entrance had been moved, and the tomb empty. Later that day Jesus was seen by some of his followers who concluded that God had raised Jesus from the dead.

**16 April – Easter Day (Orthodox Church)**

Easter is the most sacred time of year for the Orthodox Church, beginning with Great Lent seven weeks before Easter Day.

In some years Easter Day falls on the same day for Eastern and Western churches, but in most years Orthodox Easter falls later.

**21 April – 02 May – Festival of Ridván**

During the Festival of Ridván, Bahá'ís remember the 12 days that their founder, Bahá'u'lláh, spent in the Garden of Ridván.

During this period in 1863, Bahá'u'lláh publicly declared his mission as God's messenger for his age. The first (April 21), ninth (April 29) and 12th (May 2) days are celebrated as holy days when work is suspended.

**23 April – Lailat al Miraj**

Lailat al Miraj is when Muslims commemorate the Prophet Muhammad's nighttime journey from Mecca to the 'Farthest Mosque' in Jerusalem.

Muslims believe that during this journey the Prophet Muhammad ascended to heaven, was purified, and instructed by God that Muslims should pray five times daily. These events are described briefly in the Quran. Muslims celebrate by retelling the story to their children and reciting special nighttime prayers.

**01 May – Beltane**

For Pagans, Beltane is a fire festival which celebrates the arrival of summer and the fertility of the coming year.

Beltane means 'fires of Bel' – after the Celtic deity Belenus. Fires were lit to celebrate the return of life and the burning away of winter. These fires were thought to cleanse, purify and increase fertility. Cattle and even people were often passed between two fires to ensure good fortune and fertility. Beltane was also associated with courting rituals, for example maypole dancing, which symbolises the union of the god and the goddess.

**10 May – Vesak / Buddha Day**

Vesak or Buddha Day is the major festival of the year for Buddhists from the Theravada tradition.

Vesak celebrates the birth, enlightenment and death of the Buddha. It's called Vesak after the month in which it falls in the Indian calendar.

**11 May – Lailat al Bara'a**

Lailat al Bara'a - the Night of Forgiveness - takes place two weeks before the beginning of Ramadan.

On this night, Muslims pray and ask God for forgiveness for their sins either at the mosque or at home. They believe that on this night one's destiny is fixed for the year ahead. Visiting the graves of relatives and giving to charity is traditional at this time.

**24 May – Declaration of the Báb**

On this day Bahá'ís remember the day in 1844, when the Báb foretold the coming of a new messenger from God.

After the death of the Báb, his follower Bahá'u'lláh proclaimed himself to be this messenger and founded the Bahá'í faith. The Declaration of the Báb is one of the nine holy days in the Bahá'í calendar when work is suspended.

**25 May – Ascension Day**

Ascension celebrates the day when Jesus Christ is said to have ascended bodily into heaven, in the presence of the apostles.

The Ascension is believed to have occurred on the 40th day after Easter, and consequently falls on a Thursday. In recent times the Catholic Church has celebrated the Feast of the Ascension on the Sunday after Ascension Thursday.

**27 May – 25 June – Ramadan**

Ramadan is the ninth month in the Islamic calendar and is a time of fasting and spiritual renewal.

According to the Koran, the Prophet Muhammad received the first revelations of the Koran during Ramadan. Therefore Ramadan is considered the most sacred month of the Islamic calendar. Fasting during Ramadan was instituted early in Islamic history when the first Muslim community migrated from Mecca to Medina. Every day from sunrise to sunset, Muslims are required to refrain from consuming food and liquids, smoking, and engaging in sexual relations.

**30 May – 01 June – Shavuot**

Shavuot or the Festival of Weeks is a harvest festival when Jews give thanks for the first fruits of the year.

Shavuot also marks the time when Moses received the Torah on Mount Sinai. It's a time to give thanks for the Holy Book and to study its texts.

## Sufi Inner School

### From The Teaching of Hazrat Inayat Khan: Social Gathekas - Sufi Initiation

On the path of initiation two things are necessary: contemplation and living the life the Sufi ought to live. Both depend upon each other.

1. Contemplation helps to live the life of a Sufi, and the life of a Sufi helps contemplation. The question, especially in the West where life is so busy and where there is no end to responsibilities, is if contemplation (even only for ten minutes in the evening) is not too much when we are tired. The answer is that for that very reason, in the West contemplation is required more than in the East where everything, even the surroundings, is helpful to contemplation.

Besides, a beginning must be made on the path. But if contemplation does not develop in such a form that everything one does in life becomes a contemplation, then contemplation does not do a person any good. It would be like going to church once a week, forgetting all about religion the other days. A person who gives ten or twenty minutes to contemplation every evening and forgets it all day will not derive any benefit. We take our food at certain times every day, yet all the time, even when we are sleeping, the food nourishes our body.

It is not the Sufi's idea to retire in seclusion or to sit silent all day: the idea is that by contemplation one must be so inspired in study and in aspiration that progress is attained in every aspect of life. In that way one proves one's contemplation to be a force helping one to withstand all difficulties that come to one.

2. The life the Sufi ought to live may be explained in a few words. There are many things in the life of a Sufi, but the greatest is to have a tendency to friendship which is expressed in the form of tolerance and forgiveness, and in the form of service and trust. In whatever form he may express that central theme, the constant desire is to prove one's love to humanity and to be the friend of all.

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In Cape Town, the inner school meetings are held at the Sufi Temple on Wednesday evenings for mureeds or by invitation.

All meetings start at 19h30.

The programme is published monthly and a copy may be found at 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 make contact with:

Waldo on 083 555 5002 / [essen@bucknet.co.za](mailto:essen@bucknet.co.za)

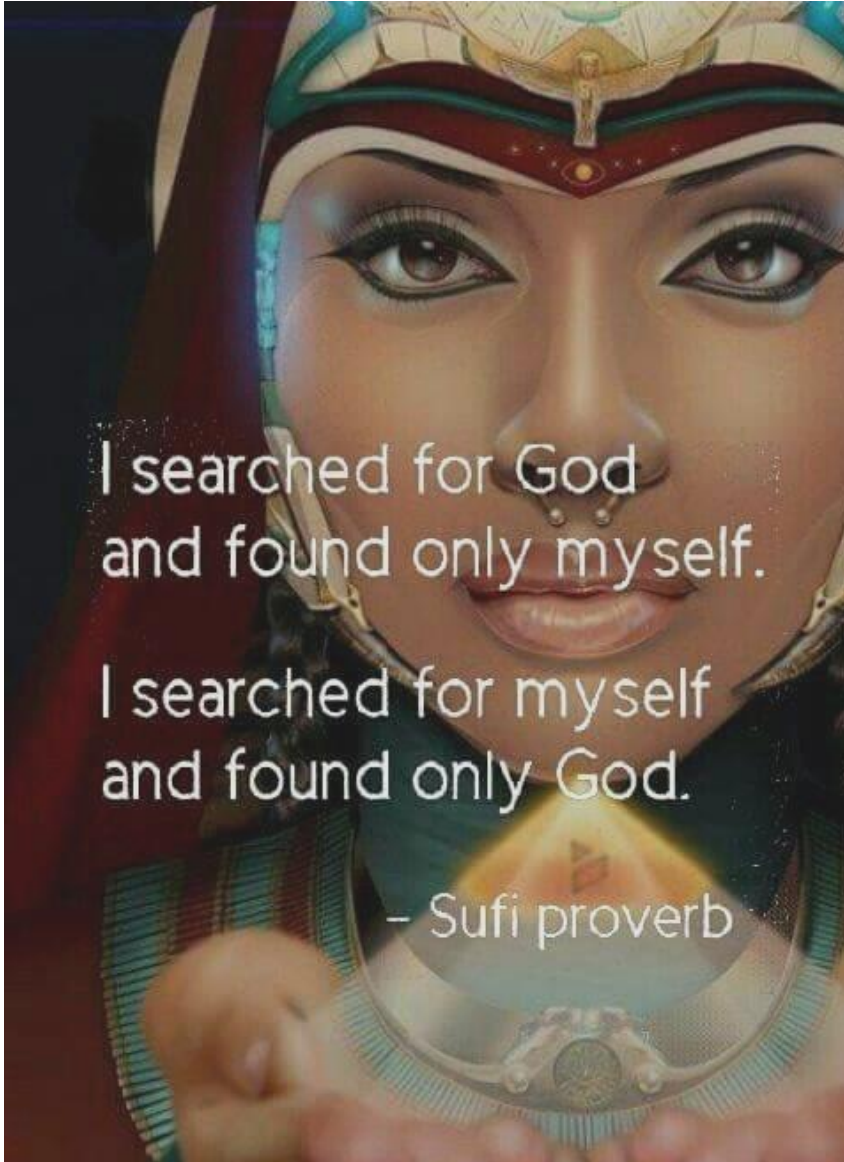
Magda on 082 449 8058 / [itsmagda@iafrica.com](mailto:itsmagda@iafrica.com)

Louis on 083 271 3797 / [info@therippleeffect.co.za](mailto:info@therippleeffect.co.za)

Frances on (021) 671 8807

Nisa on 082 200 6751

Universal Worship Dates  
for Cape Town  
10h30 to 11h30



March 2017

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April 2017

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May 2017

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**Contact**

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