

Lift me Up to the Light of Change; Ya Muqaddim ~ Ozark Sufi Camp ~ Fall 2025

Description of Activities

Poetry in Our Path - A Pre-Camp Mini Retreat with Chanda Shannon Gorres

We dance, pray and hear the illuminations of our friends Rumi, Rabia, Hafez, and Mirabai courting and attaining sight of the Friend. What poetry shines in our personal paths? The only path forward is toward Godde.

\$5-35 Suggested donation for **Chanda**. Please contribute as you are able; all are welcome regardless of the amount of contribution.

Zikr Hall; Friday 3:00pm to 5:00pm

Children's Camp with Joann Mcmillan and Friends – Children's camp: This is our future (it's happening now)! Don't miss this opportunity to stop by and join in with these amazing activities and our amazing children. See below for specific activities. **KidsCamp, Friday 8pm-10pm, Saturday, Sunday & Monday** meet in Zikr hall at 9:15 for one children's dance, then Kid's camp until noon. **Afternoon sessions Saturday and Sunday 3-6pm. Evening session Saturday 8-10pm, Evening session Sunday** meet at Kids camp 7:15 for parade to Zikr Hall and 7:30 PLAY in Zikr Hall and back to KidsCamp until 10pm. **Monday** meet in Zikr Hall at 9:15 for one children's Dance and then to KidsCamp, 10am Children's Universal Worship and KidsCamp ends at noon on Monday for packing up.

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Early Morning Activities

6:15 am (and other times, later in the day)

Prayers with Murshida Rahimah Sweeney - the traditional five times prayers of Islam. They are open to all, whether you would like to experience them or are a regular practitioner. We are doing the travel version, which combines the daytime prayers and evening prayers. There will be plenty of explanation. The afternoon prayers are done in silence. If you would like to experience the words of the prayers, you may want to join the Pre-dawn prayers or Evening Prayers. **Pre-dawn Prayer (Fajr) and Zikr, 6:15 am; Daytime Prayers, Dhuhr and Asr, 5:45 pm; Evening Prayers, Maghreb and Isha, after the evening program. Prayer/Tearoom, (inside Zikr Hall); Friday evening-Monday evening.**

7:00 am

Daybreak Circle (morning practice) with Forrest Pierce - What a blessing to greet another day, together. We'll take refuge in the Rabbil Falaq—the Caretaker of daybreak—with prayer, breath, poetry, meditation and music from the teaching of Sufi Inayat Khan and Sufi Ahmed Murad Chisti, and their teachers.

Zikr Hall; daily 7:00am.

Qi Gong Sufi Style with Habiba Dollard - The practice of working with breath and movement to balance and align energy, enhanced by the prayers of Hazrat Inayat Khan. All levels of ability are welcome.

Shuffleboard court (weather permitting, otherwise Basement of Zikr Hall); daily 7:00am.

Morning Meditation/Walk in Nature's Beauty with Chanda Shannon Gorres (Sat) & Shira Bartelette (Mon) - Ya Muqaddim is step by step, making a pilgrimage to the inner sphere. Join Chanda Saturday in sensory awakening to unity consciousness, and join Ziraat guide Shira in a silent, meditative walk on Monday. In nature's heart we find inner guidance. **Saturday and Monday; Meet at Trail to Lake (look for gold ribbons) 7:00am.**

Traditional Purification Ceremony at the Lake with Hamza Roessler and Shira Bartelette - The sweat lodges at camp take this sacred ancient Native American practice and combine it with heartfelt songs and prayers. We invite all to wear a swimsuit, bring a towel and an open heart, and come sing and pray with us. **Next to the Lake; 7:00am - Sunday morning starts with a women's sweat, after two rounds the sweat will be open to all (plus a Friday night sweat after the evening program).**

Morning Sessions 9:15am – 11:45 am

All Camp Class with Dance Leaders, Seekers and Teachers - We all come together to begin the day with the Dances of Universal Peace for children and send the children off to kid's camp, followed by more dances, practices and/or teachings, as we are lifted up to the light of change; Ya Muqaddim. **Zikr Hall; 9:15am for children's Dances, 9:30am – 10:30am Dances and Practices of Universal Peace (Saturday and Monday).**

~ Morning Session 9:15am-11:45am continued on next page.....

All Camp Class continues: Love Love Love with Murshid Allaudin, Murshida Rahimah, and Sheika Yasmin – Offering wisdom gems from the living stream of the Chisti lineage. **Zikr Hall; 10:30 – 11:45 am (Daily).**

Service of Universal Peace with Rev. Hassan Raven Wolf, Rev. Nurunisa Hinds & Friends - a less formal version of the traditional Universal Worship, which was created by Hazrat Pir-o-Murshid Inayat Khan (over 100 years ago) to promote a deeper understanding and appreciation of the diverse religious traditions of the world, both externally in the beauty of their distinctions and differences, and internally in the transformative and healing power of their inner Unity in the One Source.

Zikr Hall; Sunday – 9:30am – 10:30am (following the 9:15 Children's Dance)

Children's Universal Worship with Joann McMillan – Kids Camp; Monday 10:00am.

Afternoon Sessions 1:05 – 5:45

Lunch Break Sessions 1:05pm - 2:00pm

The time for Healing is Now! DHO Healing Service with Shafaiyet Sarfaraz Knight, Rev Hassan Raven Wolf, Rev Nurunisa and other DHO Healing Conductors – The healing ritual was given to us by Hazrat Inayat Khan. It allows us to give of ourselves to help heal the world, our fellow mureeds, family, and friends without expecting any reward other than the joy of giving. Each day, one of our healing conductors will lead in the healing ritual, prefaced by readings, practices, and inspiration to attune our group vibration concentrating on peace, unity, and being channels of Divine healing energy. **Basement of Zikr Hall; Daily 1:05pm – 2:00pm.**

First Timer's Class with Murshida Rahimah Sweeney & NurAna Wilansky – If this is your first time at Ozark Sufi Camp, or at any Sufi event whatsoever, this class is for you. Let's meet each other, talk about the history and meaning of this gathering and these practices, and address any questions you may have. **Blue Pop-up tent by Cabin one 1:05pm – 2:00pm.**

Afternoon Session One: 2:15pm – 3:15pm

The Secret of Happiness with Pir Emerita Nuria Sabato - The secret of happiness is hidden under the veil of spiritual knowledge. And spiritual knowledge is nothing but this ! Join us to learn more! Each classes session will conclude with a Singing Wazifah offered by Khalifa Gemma Erickson. **Basement of Zikr Hall; Daily 2:15pm – 3:15pm.**

The Way of Tea with Buraq Olson - A session of traditional Japanese tea: "In this moment, we share tea. We share space and honor Presence. Within, Without - here we are. We leave our barriers at the door." Guests may enter quietly at any time during this ongoing, informal tea ceremony. **Prayer/Tea Room (inside Zikr Hall) – Daily 2:15pm – 3:15pm**

Sharing Presence with Marty Kraft - "Out beyond wrong doing and right doing there is a field I'll meet you there" Rumi "...the soul exists and it is made entirely out of attentiveness." Mary Oliver
How to enter presence and maintain it in the group. Presence becomes the guidance for the class. How do we find and maintain presence in the non-camp world. **Pop-up by the pump house; Daily 2:15pm – 3:15pm.**

Writing Class with Ayesha Graham-Henning, Aziza Riely and Zaynab Lezlie Ward - In the style of Natalie Goldberg and our mentor Elaine Sutton, please join us for spontaneous creative writing sessions using prompts from poetry and our lives. We can provide pens and paper if needed. **Outside Dining Hall; 2:15pm – 3:15pm.**

Afternoon Session Two: 3:30pm – 4:30pm

The Sufi Path of Friendship with Forrest Pierce - The Sufi path of friendship: being and becoming friends with each other, ourselves, and the Divine. "If a person has learnt the manner of friendship, they need not learn anything more; they know everything," says our friend Inayat Khan. Friendship is "the greatest religion," according to Murshid, and its practice is our own progress. We'll tell stories wild and serene, sing songs of love, and hear the words of dervishes—living and passed—who made friends with each other and with God. Maybe we can do the same. **Red Pop-up by Pump house; Daily 3:30pm – 4:30 pm.**

Exploring the Radiance Sutras with Zaynab Lezlie Ward - Sufi Sam studied this text (Vijnagna Bhairava/Zen Flesh Zen Bones) with his Zen teacher Nyogen Senzaki. Zaynab has studied this text for more than a decade with Lorin Roche, modern translator/author of the Radiance Sutras. Join her in discovering how this ancient text can inspire us today. **Blue pop-up by cabin one; Saturday and Sunday 3:30pm – 4:30pm.**

Another Class on Love with Murshid Allaudin Ottinger - Tapping into Love through the exploration of Sufi Readings, practice and Zikr. **Zikr Hall; Sunday 3:30pm – 4:30pm.**

~ Afternoon Session Two: 3:30pm - 4:30pm Continued on next page....

Dance Leading Practice & Workshop Circle with NurAna Wilansky (Hakam guitar) – To experience dance leading in a safe and supportive circle with musicians, please come with an idea of a dance you'd like to get experience with leading. Dance leaders will receive loving feedback and suggestions. All are welcome to come and dance with us. We will also discuss some best practices in dance leading and see what Murshid SAM had to say about leading dances. Those who are ready to lead in the big group, may have the opportunity to lead a dance on Monday morning and then process how it went as part of the Monday Dance leading class. **Zikr Hall & Basement of Zikr Hall; Saturday and Monday 3:30pm – 4:30pm (Sat in Zikr Hall, Mon in Basement of Zikr Hall).**

Oneness Yoga with Chanda Shannon Gorres - Pranayama (breathwork) 15 min, Asana (poses) 30 min, Nidra (guided relaxation in savasana) 15 min. All-levels with options for more difficult or easier poses. Sivananda vedanta lineage mission: serve, love, give, purify, meditate, & realize peace. **Basement of Zikr Hall; Saturday 3:30pm – 4:30pm.**

Experience Soulwork with Aziza Riely - Soulwork is both an ancient and modern practice. Through a mutually supportive process, it opens pathways for the three primary levels of consciousness – divine, human, and instinctive — to help us realize, manifest and share our inner lives, facilitating the integration of being. **Healing Temple; Sunday 3:30pm – 4:30pm.**

Afternoon Session Three: 4:45pm – 5:45pm

Light upon Light, Light into Light with Firdousi Wyrick - A deep exploration of the Dua al Noor. We will relate it to Awakening the light body. **Amphitheater; Daily 4:45pm – 5:45pm.**

Sufi Choir with Sheikha Hakima Greentree - Let's join our hearts & voices in spirit-filled song! Singing songs both familiar & new, learning some harmonies, breathing together, sharing the sweetness of our musical prayer. No experience needed. If you can talk you can sing, you need only an open heart. **Outside Dining Hall; Daily 4:45pm – 5:45pm.**

Drum Class with Daniel Kennedy - This class will explore many aspects of the art of hand drumming, featuring new techniques, using drum syllables, and learning the art of improvisation. Traditional Middle Eastern rhythms will provide the opportunity to practice embellishments, and the group will also explore polyrhythms, call-and-response, and end with a group jam. Bring your favorite drum, but if you can't, there will be a limited number of hand drums available for use during the camp. **Red Popup by pump house; Sat & Mon – 4:45pm - 5:45pm.**

Death Café with NurAna Naomi & Sydney Buszta - At a Death Cafe people, often strangers, gather to eat, drink and discuss death. Our objective is *'to increase awareness of death with a view to helping people make the most of their (finite) lives'*. A Death Cafe is a group directed discussion of death with no other agenda, objectives or themes. It is a discussion group rather than a grief support or counselling session. **Red Popup by pump house; Sunday 4:45pm - 5:45pm.**

Exploring the Turn with Habiba Dollard - An introduction of the Elemental and Planetary Turns of Murshid Samuel Lewis, as well as the more traditional dervish whirling, practices which deepen the experience of full body prayer, and align body, heart, and soul. **Zikr Hall; Saturday, 4:45pm – 5:45pm.**

Embodied Movement Practice – flowing with the light of change with Razia Laura DiJulius - Life flows through us. Sometimes, we restrict this flow without knowing how or why. Letting the light of change find its rhythm through us is a skill and a practice. With intention, we can connect with inner guidance and let the rhythm and pulse of perfect divine timing move through us, letting go into the present moment. I invite you to join me in sacred ceremonial space as we move to the rhythm of live drumming. I will guide you through a freeform movement journey to explore the theme of *Ya Muqaddim - Preparing the Way for Power to Flow through your Life* (Saadi's translation). **Zikr Hall; Sunday 4:45pm-5:45pm.**

Gathekas Class with Rev. Nurunisa Hinds – Peace, forgiveness, changing and growing in and toward the Light will be explored to find the paths to these that work for each of us. Some songs and Gathekas which are the basic teachings of Hazrat Inayat Khan, will be used to illuminate this wisdom. We will share our unique experiences to enbrighten the learning as we feel led to do. **Zikr Hall; Monday 4:45pm – 5:45pm.**

Before dinner brief activities (please still make the announcements before dinner: 5:45pm)

Gayatri Mantra with Sheika Hakima Greentree – We chant and dance the GAYATRI MANTRA to the setting Sun. GAYATRI MANTRA is an ancient Vedic chant in gratitude to the Sun; the source of life. **Shuffleboard Court; Friday thru Monday 5:45pm - 5:50pm [when the dinner conch blows, 5 minutes, call & response]**

Prayers with Murshida Rahimah Sweeney – see description at 6:15am - **Daytime Prayers, Dhuhr and Asr, 5:45 pm; Prayer/Tearoom, (inside Zikr Hall); Friday evening-Monday evening.**

Dinner Activity

Dinner with Dinner Theater (“Rumi Café”) - Saturday & Sunday, weather permitting

Rumi Cafe organized by Carolyn Nouri Qalbi Mathews - On two evenings, we bring our supper to the amphitheater (weather permitting) to watch all sorts of performances by our fellow campers - musical instruments, singing, poetry, comedy skits & humor. Please see Carolyn Nouri Qalbi if you want to perform and add your name and type of contribution to the Sign-up sheets available in the dining hall. **Amphitheater during dinner; Saturday & Sunday 6:15pm – 7:15pm (hard stop on Sunday for Kidscamp Parade & Play)**

Evening Activities

7:30pm – 8:00pm (special programs leading into DUP & Zikr)

Shabbat with NurAna Wilansky, Hakam Liechty & Children’s Camp - Through Sufi eyes, Judaism is a religion of universal peace, service and compassion, and Sabbath is the concrete symbol of gratitude for the life we have been given. This universal message of love and peace has been hard to hear lately, as so many Jewish voices have been co-opted by Israeli political nationalism. We invite all to come together for an abbreviated Sabbath ritual in which we celebrate with the children in the spirit of true Jewish love and devotion to the One. **Zikr hall; Friday 7:30pm.**

Children’s Parade and Play with Joann McMillan - This camp the play’s theme is: THE CIRCLES OF LIFE: ALL beings SEEN and UNSEEN. **Zikr hall; Sunday 7:30pm. (Parade from Kid’s Camp to Zikr Hall before play).**

8:00pm - 10:00pm

Zikr and Dances of Universal Peace sessions led by Allaudin Ottinger, Firdousi Wyrick and Farhad Forrest Pierce and many other Beloveds, with support from our magnificent musicians’ circle - During these evening gatherings, we experience the deepest and most powerful practices of our time together, as we move, breathe, and sing together united in the One. **Zikr Hall; Every Night 8:00pm – 10:00pm**

Following the Evening Program - 10:00pm

Traditional Purification Ceremony at the Lake with Hamza Roessler and Shira Bartelette - The sweat lodges at camp take this sacred ancient Native American practice and combine it with heartfelt songs and prayers. We invite all to wear a swimsuit, bring a towel and an open heart, and come sing and pray with us. **Next to the Lake, Friday night following the evening program & prayers.** (Note, there is a Sunday morning session that begins with a women’s sweat at 7am, followed by co-ed sweats.)

Prayers with Murshida Rahimah Sweeney – see description at 6:15am - **Evening Prayers, Maghreb and Isha, after the evening program. Prayer/Tearoom, (inside Zikr Hall); Friday evening-Monday evening.**