

# THE DANCES OF UNIVERSAL PEACE North American Journal



#### North American Journal OF THE DANCES OF UNIVERSAL PEACE Issue No. 3, Winter 2004/2005

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The North American Region is affiliated with the International Network for the Dances of Universal Peace.

# FROM THE EDITOR'S DESK

Dear Fellow Dancers:

"Toward the One" was the chosen theme for this, our third issue of the North American Journal. It is expressed lovingly in SierraLynne's beautiful cover design including the titles of many of the dances we all love so much.

"Toward the One" became a challenge in the production of this issue of the Journal. A new editor had to withdraw for pressing personal reasons a few weeks into the fledgling efforts of collecting and shaping contents. Fortunately for all of us, Laura Jensen came forward, ready to apply her layout skills. The Editorial Board contributed much more than just helping in the selection of material. Three, four, or more reiterations were necessary to come up with the one final piece. Honing the best possible version of a contribution is a challenging job when done face to face. Working almost exclusively by email was very time-consuming, however, we managed, and you are holding the result in your hands.

More dances Toward the One are being created. We are bringing you five new ones in this issue. Three articles are getting us acquainted with the processes of archiving, recording, and publishing these jewels for us here in the now and for those who follow us in the caravan.

Another aspect of "Toward the One" is explored in the excerpts from Saadi Neil Douglas-Klotz' "Genesis Meditations" – the conventional connotation for 'toward' as a forward movement takes on another

dimension when leading us back to our beginnings.

Again, we would like to encourage you to participate in the creation of the next Journal by letting us know about your favorite subjects and events, in pictures and in words, in art and in poetry. With email, digital cameras, and scanners, it has become so much easier to send us your impressions when they happen. Sky (skyness@gobrainstorm.net), the Journal Coordinator, is our collection point. We can all share your joy in the next issue. Who will put that issue together? If you have ever considered experiencing the thrill of creating a publication like this, please talk to us, volunteer, be brave and give it a try!

My most heartfelt thanks go to all whose contributions fill this Journal and to those who helped in the process of making these pages

come alive! We are all One again.

Namaste! Peter Slonek

Our cover art was created by SierraLynne White, who is Secretary of the NA BOD, and has been an 'amateur' artist most of her life. She enjoys working with oils, acrylics, pastels, watercolor, pencil, pen, and charcoal. She would rather take on design and art projects and play with form, line and color than do almost anything else (except Dance and sing!) Her new CD album "Remember" (see page 18) has one of her paintings on the cover. More recently she is learning graphic arts in the digital domain. The NAJ cover is one of her first designs accomplished with Adobe Illustrator and Photoshop CS, and with generous tutorial support from her brother. SierraLynne is a certified dance leader mentored by Malika Merrill Endres. She is also a Cheraga interfaith minister and a Marriage, Family, Child Counselor in Concord, CA.

# FROM THE NORTH AMERICAN BOARD OF DIRECTORS

Mansur Richard Conviser

#### Renewal

This is a pivotal time for the North American (NA) Region of PeaceWorks. After several years of sustained effort to prepare the way, in October we became a (California) non-profit corporation, making the Region organizationally separate from (while still a part of) the International Network for the Dances of Universal Peace (IN). We have submitted an application for tax-exempt status; once that has been awarded, circles and/or groups of circles (such as Clusters) in North America will be able to form Chapters that will allow them to share in the benefits of NA's non-profit corporate status such as lower postage rates and tax-free bank accounts. Farrunnissa Lila Rosa has been shepherding the process for Chapter formation. The NA Region is also becoming organizationally and financially separate from the International Publications Committee (Pubs).

These separations were requested by the IN organization more than five years ago. As a result of these changes, what was the Coordinating Council for the North American Region has become its Board of Directors (BOD). We are grateful to be nearing the finish line!

Steps toward autonomy for the Region are manifesting themselves in several other ways as well. About two years ago, the Council received sufficiently detailed statements of its finances to form a clear picture of the Region's fiscal trajectory. The information was sobering. Although

we still had substantial resources from the two decades during which NA, IN, and Pubs were a single entity, those resources were being drained quickly.

We also discovered that we were spending about 80% of NA's annual budget on administration, and even at that, the Region was running in the red. The Council contemplated these issues and decided that it should both reduce the weekly hours of NA's Regional Administrator and move NA out of the offices that it had long shared with IN and Pubs and into a home office.

#### New Regional Administrator

In the spring of 2004, we advertised for a Regional Administrator and received nine outstanding applications. From this trove of riches, the Council selected Rabiya Lila Forest for the position (Rabiya is profiled in an article in this issue), and in September, she began working on the transition with Martha Bracken, who had filled the position for both North America and IN for more than ten years. We are grateful to Martha for her years of faithful service (she chose not to apply for the position) and for the graciousness with which she has provided Rabiva with information and assistance to facilitate the transformation.

With the selection of Rabiya, we have moved the PeaceWorks North America office to Silver City, New Mexico. And preliminary results for 2004 show that we have already begun to operate within our budget.

#### Website Under Construction

Most of these changes, with the exception of the Region's new mailing address and phone number, will have little direct effect upon you. Another change that will be more visible is the updating of our website, which will have a new look and be easier to navigate. The new website will make it easier for those administering our various databases—membership, circles, events, and Mentor Teachers Guild-to coordinate the information they handle. And it will ultimately allow you to make changes in your own information right on the website, whether a change of address or, if you lead a circle, its meeting time and location. Our thanks go to many of you and to the ONEness Project for financial support for this project.

#### Thanks to the Board

I would like to offer a special thanks to the dedicated members of NA's Board of Directors who have overseen these changes. Carol Hanson had hoped to retire from the Board once its incorporation had been completed, but she has stepped in to replace a Treasurer who had to take personal leave. SierraLynne White also wanted to retire but has stayed on while we continue to seek a new Secretary. Both of them were instrumental in the process of selecting our new Regional Administrator. Another long-term Board member, Peter Slonek, has been overseeing the modernization of the website and has continued to provide guidance

for the North American Journal. And our newest member, Jim Grant, has assumed the duties of Regional Networker for North America.

We would welcome your energies!

#### **Evolution of Clusters**

The Board held its annual face-to-face meeting this year in August at the Wilderness Camp. (We also meet monthly by telephone and do a lot of e-mailing in between.) One thing we discussed there was the evolution of our (sub-) regions into Clusters, as directed at a well-attended organizational meeting in Santa Fe early in 2002 and implemented since.

Some of the old NA regions, especially in the South and Northeast, had become almost unmanageably large. In many cases, Regional Networkers and Area Connectors have continued in their roles within the new configuration. But in some Clusters, no one has yet stepped up to take these roles.

It may be that the growth of the Internet has reduced the need for this intermediate level of organization; the Region can now communicate directly with most members via e-mail. But in some parts of the country, there really are networks of circles that share information and cooperate in creating events. We

would like to provide the resources of the NA Region to help strengthen these naturally forming groups of circles wherever they may occur.

From personal experience, I can attest to the enormous benefit that I have gained from the Mid-Atlantic Dance Camps that met twice a year for more than a decade outside of Charlottesville, Virginia. These camps routinely drew together dancers and leaders from Pennsylvania and Indiana to North and South Carolina, often attracting attendees (and guest leaders) from even farther away. It was at those camps that I first joined a regular circle of musicians supporting the dances, and it was there that I found the mentor who fostered my growth as a dance

#### **Outreach Activities**

At the Region's August Board meeting, one topic discussed was outreach activities. During most years in the recent past, the Region has made money available for the NA regional networkers to spend on such things as websites, newsletters, and events. While we were dealing with our financial issues, we had to cut back on these outreach activities. But they are a critical part—some might say, the critical part—of our function since they help to spread the dances

Photo by Dale Blindheim

and to strengthen leadership and musicianship.

We were fortunate that the ONEness Project approached us at the August meeting to open a discussion regarding how we might collaborate to strengthen the dances in North America. One idea we agreed upon was joining together for outreach activities; ONEness has a long history of providing caravans, scholarships, and materials to support the dance network. Activities like these may help to promote the growth of Clusters.

Iim Grant has been contacting Cluster Coordinators and Area Connectors to solicit their views on how we might work collaboratively to provide training scholarships and other growth opportunities to dance leaders and musicians. We look forward to puzzling out together with them, and with you, how to use the resources of ONEness and the NA Region to help spread and strengthen the dances and the message of peace that they carry. After all, this is your Network. We appreciate your support for it and the opportunity for service through its Board.

If you are so inclined, please join with us!

PeaceWorks, a non-profit public benefit corporation, was founded in 1982 to offer the Dances of Universal Peace to the global community, continuing this legacy of Samuel L. Lewis. For membership information, see elsewhere in this issue. For information regarding the Dances, events, or our publications, contact the Regional Networker or administrative office at the address above.

The circle of hearts logo is a service mark registered to PeaceWorks, Inc. Its use is limited to official business and members who are supervised dance leaders.

Contact the administrative office for a copy of the full logo policy statement.

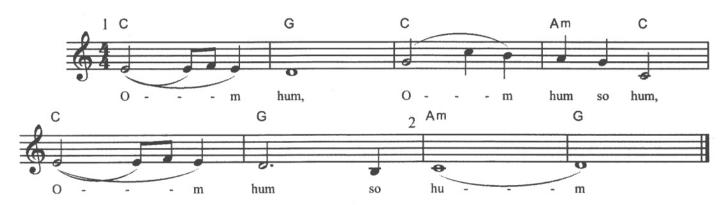
Opinions expressed in this publication are those of the individual writers and not of the International Network for the Dances of Universal Peace, the International Council, the PeaceWorks, Inc.

Board of Directors, or of the Mentor Teachers Guild for the Dances of Universal Peace.

# Om Hum So Hum



Words: Traditional Sanskrit Mantra Music and Movements: Bernie Heideman



- 1. Begin the dance with hands in fists at heart, as if grabbing a coat or shirt to remove it, or shedding anything that obstructs our growth and is ready to be released. On "Om," sidestep to the right with a slight bow, opening the arms to the side and fully opening the hands; then close with the right foot and straighten upright, bringing the hands back to the heart and back into fists. Repeat the same movements on "hum," "Om," "hum so hum," "Om," and "hum so," sidestepping and closing a total of six times.
- 2. Stop and raise hands and arms to the heavens ("hu"), head leaning back slightly, and then ("m") bring hands to the heart with palms open.

This is a mantra for consciousness formation, balancing the male and female polarities and allowing them to move together.

This dance is included in the CD "Songs, Prayers, and Chants" by Bernie Heideman and friends. To order the CD, contact heideman@wic.net; the CD (with 12 dances) is \$12, printed instructions are \$3, and postage is \$1.50.

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# ARCHIVING AND PU

### **ARCHIVING** THE DANCES **NOT AN EASY TASK**

Radha Tereska Buko

Archivist: a person in charge of

Archives: a place in which documents are preserved; also the documents preserved.

With such a simple dictionary definition, one would like to think that the task of archiving might be a fairly straightforward affair. Perhaps this is true for simple written documents. Yet in the several years that I have held the post of "archivist of the Dances of Universal Peace" I have found the task far from straightforward and simple.

Most documents headed for their respective archives are complete and finished. That is, barring typos, those documents will not change. The Dances are a living folk tradition. How often have you danced the same Dance exactly the same way twice?

There are numerous elements to consider. During the time I have been "archiving" the 101 Foundation Dances, I have encountered many interesting twists.

Dance notation. Musical originators come with varying degrees of musical knowledge. Musicologists may differ on how to notate a melody. Sometimes it doesn't matter, and other times it may. Rhythm, key signature, time signature, and mode (minor/major) can alter the way a melody is interpreted. After years of our delighting in Allah, Ya Jamil in waltz tempo (the way it was published), it was discovered that the originator now prefers to sing it in 4/4 time. Similarly, Zuleikha's original melody used in our Hazrat Bibi Mariam Dance is different than the way it has been recorded and danced.

directions. Movement professional dance schools, a specific graphic language has been created to describe and copyright precise movements (Google Labanotation for more information). Although the Dances of Universal Peace do not require such exacting notating, it still is important to describe movements clearly and with the least degree of ambiguity. While researching the Universal Worship Dance, I discovered the hereto unknown originators. They were in my very own 101 dance test circle, and their recollection of the movements for the phrase 'Toward the One' differed from the one in common usage. Some movements are mudras, which tend to call for more consciousness of body, such as the movements associated with the three jewels in Buddhist practice or the finger positions depicting Tara. Other movements have a more relaxed description—"move past your partner to the next"implying just to get there.

Originators vary in the degree of detail they give. The less detail there is archived, the greater chance that variations will multiply throughout the network. Even when a Dance is recorded precisely, fine points are often missed in common practice. In Radhe Bolo Partner Dance, the directions say to continue traveling on the turn and to walk to one's second partner before turning. These details are

Music and movement notation are the most concrete parts of archiving Dances of Universal Peace. Recording a brief paragraph describing attunement to the sacred phrase is, in my experience, the most difficult. Translations of mantric languages are limiting. In spite of cautionary statements to the contrary, a translation may be remembered as an equals equation: "Om Mani Padme Hum means Hail to the Jewel in the Lotus." I have vet to meet a native practitioner of Buddhism who translates it so simply. My personal archive of this

mantra fills its own three ring binder.

Twenty years ago, the first official Dance archivist kept the Dances alive by embodying them (with a few hard copy notes tucked away). I could phone her and hear a living version of the Dance I was reconfirming. At this year's Niagara Falls Retreat, I invited Alan Willes to share his attunement to Native ways. He does this exquisitely by having taken the position of songkeeper and by being under the tutelage of several Native elders for more than a dozen years. We are now also in the electronic age. It is possible to videotape originators doing and describing their Dances and to archive these short clips. I ponder these two methods and look towards a blending of the old and

### **PUBLISHING DANCES IN** THE NORTH **AMERICAN** REGION

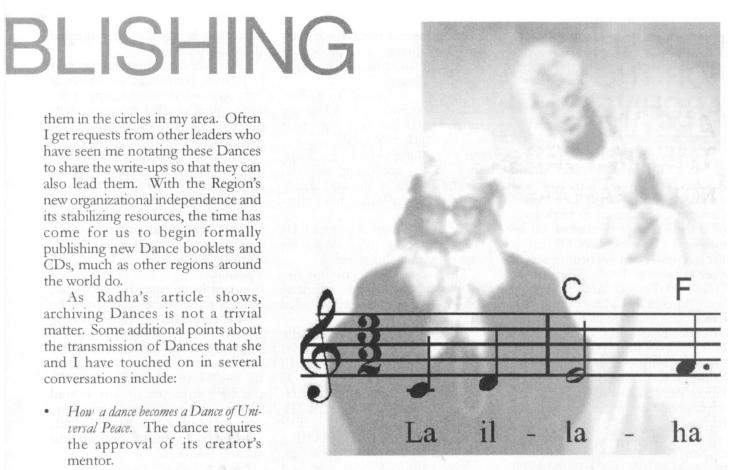
Mansur Richard Conviser

As you cannot help but see, the North American Region has begun publishing Dances of Universal Peace in its Journal—the two Dances by Shabda in last year's issue and the five new Dances in this one. These previously unpublished Dances have been introduced at camps and retreats across North America, and there are several hundred more such Dances—a testament to both the magnetism of the form and the wealth of talent in our Dance network. I have personally notated many such Dances (in consultation with those who led them, usually but not always their originators) to help me remember them so that I can lead

them in the circles in my area. Often I get requests from other leaders who have seen me notating these Dances to share the write-ups so that they can also lead them. With the Region's new organizational independence and its stabilizing resources, the time has come for us to begin formally publishing new Dance booklets and CDs, much as other regions around the world do.

As Radha's article shows, archiving Dances is not a trivial matter. Some additional points about the transmission of Dances that she and I have touched on in several conversations include:

- How a dance becomes a Dance of Universal Peace. The dance requires the approval of its creator's mentor.
- Whether one should have danced a Dance before leading it. Nearly everyone thinks so. But the CDs and booklets through which the network has previously documented Dances allow anyone with the requisite musical skills to lead them even without having experienced them. Perhaps the videotapes and DVDs that Radha hints at, showing the creators of Dances teaching and leading them, could help to transmit them in more authentic form.
- How lengthy attunements to the Dances should be. The creators of Dances vary widely in the degree of detail they give and, perhaps, are prepared to give.
- Whether the spiritual phrases used in Dances are consistent with the ways they are used in the spiritual movements from which they are drawn. Leaders also vary in the depth of their understanding of the spiritual phrases invoked in their Dances.



The proper archiving of Dances in written form calls for skills in notating melodies, rhythms, and chords; describing Dance movements unambiguously; providing attunements; authenticating the use of sacred phrases; and producing clear written records of all of these things that can be submitted to the mentors of Dance originators for approval. The equipment and skills to produce CDs of Dances are already available in North America through the ONEness Project, as the accompanying article from Michael Sheehan and Lee Amin Compton indicates.

At the Wilderness Camp in August 2004, I had an opportunity to talk with Amin and with Munir Peter Reynolds, the ONEness Project's Executive Director, about an initiative in which ONEness and the North American Region would cooperate to produce new Dance booklets and CDs. (Producing DVDs and streaming videos remains to be explored.) Our discussions

engendered enthusiasm on all sides. At the Sufi Ruhaniat International's Jamiat Khas in November, I was able to speak about the prospect of North American publications with Kabira Kirby, head of the international Publications Committee, and she was also supportive of the idea. So all that remains is for us to act!

If you would like to help shape this enterprise, please come forward to volunteer—whether by identifying Dances (especially your own) that you would like to see published, contributing skills in any of the areas discussed above that will be necessary to turn this vision into a reality, providing financial support, or anything else that comes to mind. Please contact me at DUPMansur@ verizon.net so that we can explore your role in this venture. And for everyone else, please stay tuned. hope that there will soon be some fresh materials to broaden and deepen your love of the Dances of Universal Peace and the transformation they bring about in us.

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### RECORDING FOR THE **ARCHIVES**

Michael Sheehan

As a ONEness Project Music Archivist, I have the joy and privilege, along with Lee Amin Compton, of listening to recordings of a wide variety of dances led by many great dance leaders. ONEness Project has been recording dance events since 1996. When the ONEness Project Archive Office began operations in June of 2002, we had accumulated hundreds of hours of dance tapes and CDs from Lava Hot Springs Retreats, Wilderness Dance Camps, Montana Family Camps, Whidbey Island March House Retreats, Dance Caravans, and other dance events from Hawaii to Russia.

Our initial work was to sort and catalog this mountain of source material, then listen to each recording, copy it to an archive CD and enter in into our database. We enter both facts and evaluations. Each dance entry in our database includes the date, location, title, source, leader, and musicians who

played on the recording. Each entry is also evaluated for recording quality, insturmental quality, vocal

quality, and energy.

We copy each dance to its own track on an archive CD because our source material is recorded as whole sessions, which makes it difficult and time-consuming to find a particular dance on the recording; also our archive CDs are of the best quality and much longer-lasting than other

We also back-up all archive CDs to large computer hard drives for instant retrieval and playback.

This work of archiving the dances is ongoing as new ONEnesssponsored dance events are recorded

and brought to our office

In addition to preserving the Dances of Universal Peace for posterity, we are bringing the best of our recordings out now for all to enjoy by producing top-quality fulllength CDs like COME BACK MY FRIEND and BEST OF WILDERNESS DANCE CAMP.

Recording entire dance sessions, we have captured some rare and wonderful attunements to the dances as well as discourses by senior mentors, teachers and leaders. One collection of these precious gems is found on the CD KEEPER OF THE HEART, Talks From Wilderness Dance Camp, by Murshid Wali Ali Meyer.

Another use for our resources is to provide recordings to leaders at our events who request a copy of the dances they have led, to use for selfevaluation and honing their

leadership skills.

While data entry and information processing is a major part of archiving, we appreciate the opportunity in this work to hear recordings of the many fine musicians who grace our retreats and dance camps, and to hear new dances as they are introduced into the

It is our hope that, in the future, recordings from this archive may be used for new dance leader training books and CDs. If any of you in the network have ideas for the use of this archive please feel free to contact us. We would love to hear from you! We can be contacted at our e-mail address, archive@oneness.whidbey .com, or by phone, 1-360-321-2001. Salaams! Lee Amin Compton and Michael Sheehan.

#### Turning

by Munira Judith Avinger

Turning, I gaze at my left hand as the world whirls around me.

I am turning like the wanderers and I remember that when I lived in the house of stars, there were no walls.

We were not pressed by history.

The future did not come rushing to swallow the moment.

We were not other than that which shone from the vast and empty room we lived in.



#### The Love Poem

by Adrianna Heideman

I have had it backwards:
Thinking it was your love I sought.
Thinking my sorrow is
You not loving me enough.
Ah... it was me not loving you,
In all your forms,
In all your brokenness and glory.
"Not that! I won't love that,"
I said.

When I don't love you it hurts me.
I will never be filled by your love.
I am constantly filled and emptied
And filled again by mine.



Photo by Dale Blindheim

## Toward the One

Tammy Snyder

Sometimes when I dance, usually after the first few songs, there comes an elusive moment when it seems as if the temple roof lifts off. There's the soar of instruments under our voices, the luminous and steady gaze of fellow dancers. (How each of us has had to practice withstanding, and finally surrendering to, such extended eye contact – remember how hard it was your first few dances?) All of this together—the music, the dance, the sense of the sacred—can be euphoric. It can be enlightening. It can be softening. And it can be immensely fun.

Words are sorry symbols for trying to describe the ineffable. The word God, for me, is a very generic term—something that can describe the hidden but recognizable forces of nature talked about in the Tao, as well as the personification of deity in the Abrahamic religions. No matter who is talking, or how they are talking about The Great Mystery, they are in essence referring to the same immense and amazing Creator/Creation that we all know, are in touch with, and love. And that is why these dances are so significant. By embracing all wisdom traditions, they provide the opportunity to continue to stretch our level of acceptance, to continue to look beyond and through the veils of separation—particularly among the many branches of faith.

They continue to lead us "Toward the One."

This is not just an intellectual acceptance of all wisdom and spiritual traditions, but a lush and full-bodied experience, one that speaks to us on the physical, emotional and subconscious levels. At some point in the dance, there is the sense that I AM actually ONE with the other dancers, the music, the ideals behind the words I'm singing. That's when the roof lifts off and I become one with everything and everyone around me! It is a brief moment of euphoria that is the deepest experiential education on my/our true nature that I have experienced (so far!).

Tammy Snyder has been a DUP dancer in Denver for the last 8 years.

Saadi Neil Douglas-Klotz continues to bring us new insights into our beginnings in oneness, most recently in

#### THE GENESIS MEDITATIONS,

A Shared Practice of Peace for Christians, Jews, and Muslims

With Saadi's gracious permission we reprint several selections from this book.1

#### THE WAY AHEAD IS THE BEGINNING

(From Chapter Four)

According to our original stories, looking ahead was looking to the beginning. Our ideal future was not something that we haven't seen before but the divine image that was present within us at the beginning of time. It is this image that activates our (to us) still-hidden potential. In this context, I believe that prayer and meditation are better focused on "Thy will be done" than on asking for or concentrating on a specific ideal vision of the future. On a personal level, we might better ask, "What compassionate act can I do in the present moment to fulfill my divine image?" than ask for more auspicious conditions of our personal salvation or realization.

We can see the same principle operating when we pray for peace. Do we imagine peace to be the absence of war or some specific desired settlement? In the context of a living cosmos, it would be better to imagine peace as the full potential of creation that the Holy One envisioned at the beginning of time on the seventh day. Any-

thing was possible.

Likewise, it will be difficult to change a religious focus from a heaven that is coming to a heaven that was, is, and will be present at our sacred beginnings, where our original divine image resides and by which we will be measured in the end. Last, of course, there are a great number of people for whom neither endings nor beginnings matter very much and who are mainly concerned with themselves. Rumi well described the range of human approaches to life in the twelfth century:

Some people look at the beginning and some look at the end. Those who look at the end are great and mighty for their gaze is

toward the world beyond.

Those who look at the beginning are more fortunate. They say, "Why should we look at the end? If wheat is sown at the beginning, barley won't grow at the end."

There are other people still more fortunate who look toward neither the beginning nor the end, but whose minds are absorbed

in Allah in the moment.

And there are yet other people who are absorbed in surface appearances, looking neither at the beginning nor the end. Being extremely forgetful, these people only sow misfortune for themselves and others. <sup>2</sup>

#### THE CARAVAN OF CREATION

(From Chapter Five)

FIRST PRINCIPLES
Genesis 1.1b: bara' elohim
"...God created ..." (King James Version)

One and many, single and diverse, including all, excluding none, the Unity of Existence, the Holy One and Many, is acting, creating, shaping, from a center where there is yet no periphery, from an inside where there is yet no outside,

from something and nothing, from a space-time where "thing" and "no-thing" do not exist, where "yes" and "no" exist only in the vibration of the Holy One's name.

HEAVEN AND EARTH Genesis 1.1c: 'et ha-shemayim we'et ha'aretz "the heaven and earth" (King James Version)

'et ha-shemayim:
The "heaven" in us
vibrates through creation,

rising like a volatile mixture of fire and water.

The shem of the Holy One vibrates name, light, and atmosphere constantly telling us, even when we deny it, that nothing is ever separate.

This shemayim extends from a center that could be anywhere to a border that may be everywhere.

It is part of what is created and at the same time part of what is doing the creating. How do we make sense of this?

me'et ha'aretz:
The "earth" in us offers a unique gift to the rest of the cosmos, descending like fixed fire toward a definite end and purpose.
We came for a reason: there is no other like us.
This uniqueness reminds us of the preciousness of what we are, the opportunity of what we can be.

Community. Individuality. Wave. Particle. Heaven. Earth. The first outpouring of sacred reality expresses itself in these ways, in a beginningness full of mystery present then, now, and in the future.

<sup>1</sup> Douglas-Klotz, Neil. The Genesis Meditations. Wheaton, IL: Quest Books 2003, Available from Peaceworks Publications and from www.abwoon.com

<sup>2</sup> Saadi's rendition from the talks of Rumi, based on Arberry (1961), p. 116.

#### Meditation by (Kathryn) Sky

"Go into the stillness," they said,
and so I sit, prepared.

"Coming up next!" the tv blares from the next room.
I drag my seducible curiosity away;
"Stillness," I murmur.

A shattering, a small "uh-oh" from the kitchen;
I calm my hyperventilating mind;
"Stillness, stillness."

A screech of tires and laughter from the street.

I tackle my inner cop and wrench it back; "Stillness, dammit, where's the freaking stillness?"

This is not, I observe quietly, very Buddha-like behavior.

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#### Logo Pins for New and Renewing Members - and FOR SALE!

New and renewing members who send in their dues before 9/30/05 will receive a free PeaceWorks DUP Logo Pin. Those of you who renewed or signed up early after October 1, 2004 did not get a pin with your confirmation because the pins had not arrived yet. A Logo Pin will be sent to you in a separate mailing. Anyone who would like extra pins can order them from the NANDUP office at a price of \$5.00 each. Send your order with a check to Rabiya at the address below.



#### YES - I want to order extra DUP Logo Pins!

Rabiya, please send me \_\_\_\_\_ pins @ \$5.00 each.

My check for \$\_\_\_\_\_ is enclosed!

Cut and mail to: Peaceworks-DUP NA, P.O.Box 931, Silver City, NM 88062

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# Alternative Dance

(Kathryn) Sky

In the past, the model for Dance camps, especially longer ones, has been to have them at a retreat center somewhere, like the Lama Foundation, and to include a week's worth of lodging and meals in the price of the camp. This worked very well for years, but with inflation, that model has made the cost of these camps fairly high, taking them out of the range of many Dancers.

Bernie Heideman (Hotchkiss, CO) and I have been experimenting with other models for Dance camps that are less expensive to fund; we now have three models that have been successful. semi-annual camps for 6 years now; Bernie, Susan Sheely, and I have developed procedures that allow the camp generally to flow smoothly, and we have built a working relationship with Park staff that allows for tweaking and adjusting our schedule to accommodate their requirements.

The camp runs from Thursday evening until Monday morning. We cater Saturday evening's dinner, and the rest of the evening meals are potlucks. People bring their camping gear, including ice chests and food, and prepare their own breakfasts and lunches, along with contributing dishes to the potlucks. We

the Durango DUP and the Western Slope DUP scholarship funds, after tithing to Peaceworks, of course.

With this model, we are able to keep registration costs very low: the weekend is on a sliding scale, \$75 to \$115, as one can afford. We also provide scholarships for a few people who find even that much money to be a difficult expenditure.

Besides being inexpensive, the camps have other draws which bring people back again and again, some of them driving 14 hours a trip (or more!) to get there. The scenery is breathtaking, dancing in the cave feels like coming home, and the camp creates a strong sense of community: we need people to drive shuttle vehicles, rake the cave floor and light candles, provide potluck dishes, greet and help the new people find their way, play with the kids, lead a Dance, a song, a walk, drum or play didgeridoo, etc. so it is possible for everyone to find a place to contribute as part of the family, without assigned karma yoga tasks.

Morris and Bernie Skydrummer Wuestefeld tried the same model this summer with a small weekend Dance camp in Capitol Reef National Park in central Utah. The Park service personnel were a bit suspicious and uncooperative at first, but when Joy and Skydrummer explained in detail what happens at these retreats and shared promotional material with them, they came around. We have all found that keeping Park Service personnel in the loop (and inviting them to come Dance with us!) helps a lot to alleviate any fears they may have about the conduct of our group and the nature of our gatherings.



#### **National Parks**

It may seem a bit unusual to have a Dance camp in a National Park, but it works. We gather in the Needles District of Canyonlands, south of Moab UT, twice a year, using their three group camping sites, or one or two of the group sites and BLM camping areas just outside the Park, depending on what is available within the Park. We have been doing these

dance (in a split top cave) in the mornings and evenings, leaving the afternoons free for visiting with friends or exploring the Park.

We pay everyone's camping fees, the cost of a special use permit for each event, and the cost of the catered meal, and we reimburse shuttle drivers for their gas. We also pay a few staff people and let others come to the camp for free. Profit goes to

# Camps

#### Private Land

Bernie and I were fortunate to be offered the opportunity to lead a Dance camp on private undeveloped land between Durango and Mancos, CO, this summer. For a week we camped in a large Alpine meadow, dancing in a new tent purchased by the ONEness Project for just these kinds of events, doing yoga and kirtan in the mornings, sharing potluck dinners, having communal meals and two catered dinners, watching beautiful sunsets, and being away from the noise and complications of civilization (with ice runs available whenever needed). Because it was private land, we had everyone sign liability waivers. We borrowed a large (500 gallon, maybe?) water tank on a trailer to supply drinking and wash water. We had to rent portapotties, which turned out to be more luxurious than some restrooms I've been in! The portapotties, the catered meals and the honorarium to the guest Dance leaders were our major expenses, so we were again able to keep the registration fee quite low.

People brought solar showers, bicycles, and hiking boots, and spent the time between the morning and evening Dance sessions unwinding and relaxing. Because we didn't have to shuttle people between the camp site and the Dance site, it was less



hoto by Jenr

stressful for the staff than Canyonlands. Some people came for the whole week, others for a few days here and there, and some locals came for only a few evening Dance sessions. Some of them had never experienced a camp dance session before and were blown away by it. There is a good chance we will be able to offer the same camp again next year.

#### Mexico

Bernie and Adrianna Heideman have been sponsoring Dance camps on the east coast of Mexico (the Yucatan, below Cancun) for four years now, with their popularity growing each year. (In 2005, there will be two week-long camps rather than one, February 5 - 12, and 16 - 23.) The Dance sessions are held on the beach beneath a canopy, and people rent rooms in local hotels,

which range from cheap to midrange American prices. People do their own cooking, but many meals end up being communal. Although air fare and the cost of lodging and food must be added into the equation, the cost of the retreat itself is reasonable and gives people the opportunity to experience not just Dancing next to the Caribbean, but doing it in a foreign country.

These venues didn't come looking for us; we brainstormed and explored-possibilities and geography before any of them actually fell into place. Susan Sheely, the late Tom Braveheart, and others hunted down the Canyonlands site for us, after hearing rumors of "a cave you could Dance in." Friends in Mancos found the land for us to Dance on there after Bernie announced we were looking for such a spot. Bernie and Adrianna had an idea to do a camp in the Yucatan and took several trips there to scout the area and make contacts, who eventually led them to the site they use now. It takes a willingness to keep putting the idea out there and having conversations about what you're looking for: eventually someone with the right information and connections will show up. The rest is bliss, at a reasonable price.

We greatly thank the ONEness Project for providing a tent that can be shipped around the country for rustic Dance camps.

For more information on the use of that tent, contact Peter Munir Reynolds at peter@onenessproject.com or Diana Anthony Aven at diana@onenessproject.com.

For more information on the camps mentioned here, contact Bernie Heideman at heideman@wic.net, Joy Morris and Bernie Skydrummer at jmorris@himodi.net, Susan Sheely at sss@frontier.net, or me at skyness@gobrainstorm.net.

## Grace Ram Nam

Words: Traditional Music and Movements: Grace Marie C F G C C Sri Ram, Jai Ram, Sri Ram, Jai Ram, C C F G C C G 0 0 Sri Ram Jai Ram. Om Ram. Ram, Jai Cı C C Jai Jai Ram. Jai Ram, Om Jai Ram, Om Sri Ram Jai Ram Jai Sri Ram Jai Ram Jai

Form one, two, or three circles. Select partner within your own circle. Take hands in circle facing center.

- 1. Sri Ram Beginning on the right foot, take 4 steps in, stepping in on 'Sri', raising hands slowly.
- 2. Jai Ram Beginning on right foot, take 4 steps back, stepping out on 'Jai', lowering hands slowly. Repeat 1 and 2.
- \*3. Sri Ram Turn to face your partner and take hands in front of you at waist level, and make a half turn clockwise to progress.
- 4. Jai Ram With hands in prayer mudra position at heart level, bow to your partner from the waist. Repeat 3 and 4. Your next partner will be behind you.
- \*5. Om Sri Ram Jai Ram Jai Jai Ram On all four repetitions of this phrase, the circle walks to the right, taking one step for each word, beginning on the right foot with the word 'Sri'. As you are walking this mantra, embody the walk of Mahatma Ghandi. If there are two circles, the inner circle moves to the right and the outer circle, to the left. If there are three, the first and third move right and the second, left. If you are moving left, begin walking with the left foot on 'Sri'.

\*If there are two or more circles, at some point the leader can have the inner circle rest and the outside circle(s) continue. Begin the inner and second circles at the places marked above with an asterisk (\*). At his or her discretion, the leader may want to make a call for the inner circle(s) to pause once again for the appropriate length(s) of time so that all circles finish the dance singing and moving in unison.

This dance was created with the thought of Mahatma Gandhi walking across India with this mantra on his breath. The dance begins with traditional Hindu-style movements forward and backward like the waves of the ocean. In the second part, we are meeting people along our journey, our partners, and giving them a traditional gesture of respect. The last phase is the walk of Ghandi, very Mercury and Mars. Nothing would deter him from sharing his message of non-violence. May we continue to share this message.

The mantra is one for all people: "God, who is both truth and power, personal and impersonal, victory to Thee."

You can find this dance on the CD Kunda by Grace Marie, available for \$15 through PeaceWorks Publications or from Grace Marie, 230 Park Street, Ft. Collins, CO 80521, grace@ezlink.com

### 2005 NORTH AMERICAN EVENTS DANCES OF UNIVERSAL PEACE

### March 4-6: The Grove Studio, Prescott, Arizona

"Spirit and Nature" workshop with Narayan Eric Waldman. Narayan is an inspiring, energetic leader, founder of the ONEness Project and member of both the Mentor Teachers Guild of the DUP and the Sufi Ruhaniat International.

Contact: registrar@prescottdances.org

#### March 18-25: Maui, Hawaii

22nd ANNUAL SPRING RENEWAL SUFI CAMP - "The Journey of the Heart and Dance" with Allaudin Ottinger, Jamilla Nur/Carla Hannaford and Leilah Be. Dances of Universal Peace, Sufi Practices, Leadership Training, Children's Camp, Sweatlodge, Yoga, Gourmet Vegetarian Food, Ocean and Waterfall Swims, Healing Temple, Meditation, and more. Contact: Christine Coffman, P.O. Box 791743, Paia, HI. 96779 (808) 573-6443, lovemamachris@hotmail.com

#### April 14-17: Ocala, Florida

"Rhythms of the Heart" - Florida Spring Dance & Sufi Retreat with Allaudin Ottinger (Kansas City) & Lila Flood (Hawaii), Sufi Teachers & Master Musicians. Ocala, Florida. \$250 includes tuition, 7 meals, 3 nights accommodations. Dancing, music lessons, joy, connection, transformation. Contact: Diana Anahita Kanoy (352) 546-1345, kanoy@att.net

#### April 14-17: Boise, Idaho

"All Wisdom's Children: Meditations with the Great Mystics of Judaism, Christianity and Islam" - Saadi Neil Douglas-Klotz. Sitting and walking meditation, body prayer and Dances connecting these three traditions. Contact: Azimat Lane Schulz, 1220 N 21st St, Boise ID 83702, (208) 387-0670, azimat@earthlink.net

#### April 17-24: Sao Paulo, Brazil

"Com Amor e Fe Na Luz Da Danca". Year two of a five year Dances of Universal Peace training, with a few

Vermont Institute for Joy and Movement Co-directors: Radha Tereska Buko & Alima Jeanne Ross

10th Vermont Dance Deepening
August 11-15
Sky Meadow Retreat Center
Northeastern Vermont

19th Niagara Falls Dance Reunion, October 21-23 Loretto Spiritual Life Center Niagara Falls, Canada

Visit our website for details www.vijam.org

spaces open for international guests to come and dance and catch the flavor of the Dances in Brazil. Centro Paulos, Sao Paulo. Anahata Iradah with Prema Dasara, Atum O'Kane & Devi de Jardin. Contact Anahata Iradah, anahatadup@verizon.net, Tel. (808) 876-1960

#### April 22-24: St. Paul, Minnesota

"TUNING OF THE HEART" with Allaudin Ottinger. "If there can be a definition of spirituality, it is the tuning of the heart." (H.I.K.) Dances of Universal Peace, Sufi teachings, music, poetry, silence, Zikr Saturday night. Contact Samia for registration or questions: DUP@gammdesign.com, 651-774-3871

#### June 2-5: Rochester, New York

Dance Camp with Shahabuddin David Less. Original dances of Murshid SAM, Astrological and Element walks, Zikr. For info contact Wadud at (585)248-0427, hecca@frontiernet.net, Inayat at (315)946-9854, jrleff\_dc@yahoo.com.

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#### June 10-12: Prescott, Arizona

Shabda Kahn, Sesshin, Dances of Universal Peace and meditation. Registrar: Carolynn Bryan, 2375 Mendiburo Way, Prescott, AZ 86305, (928) 717-2017, carolynnbryan@hotmail.com. Organizer: Lance Sandleben, (928) 445-6506.

July 11-17: Charles Town, West Virginia (near Washington DC)

2nd ANNUAL CREATIVE ARTS FOR PEACE CAMP. Radha Tereska Buko, Jeanne Ayesha Lauenborg & numerous others! Intergenerational peace village dance, explore, create, drum, sing, play! Family, child & teen programs, dance leadership training. Visit PeaceDance.org/events.htm or contact Kathryn Ashera, (703) 573-1236, SpiralRose@aol.com

#### July 15-17: Hamilton, Montana

"Rays of Love" workshop with Murshida Rabia Ana Perez-Chisti focused on teachings of the mystics from different spiritual traditions. Discover the mystical background for the Dances of Universal Peace through spiritual practice, chanting and movement. Common Ground Center (406-363-2008), Hamilton, Montana. Contact: Suzanna Ulma (AZ) (928) 771-2408, sumac@northlink.com

#### August 11-15: Sky Meadow Retreat Center, Northeastern Vermont

"10th Vermont Dance Deepening" Co-directors: Radha Tereska Buko & Alima Jeanne Ross. Visit their website for details: www.vijam.org

### August 22-28: Camp Wapiti, near Tooele, Utah

"Wilderness Dance Camp" with special guest spiritual elder Saadi Neil Douglas-Klotz and numerous others. Contact Diana Anthony-Aven at Diana@onenessproject.com or visit the website, www.onenessproject.com

#### October 21 - 23: Niagara Falls, Canada

"19th Niagara Falls Dance Reunion," Loretto Spiritual Life Center, Niagara Falls, Canada. Co-directors: Radha Tereska Buko & Alima Jeanne Ross. Visit their website for details: www.vijam.org

## Cottage at Beauty Lake



#### PRIVATE RETREAT HERMITAGE IN FLORIDA

Lakeside retreat cottage in natural woods for individual meditation, prayer, inspiration, communion with nature, swimming & paddling.
15 acres all your own: deepen in your spiritual practices in a sacred space of Love, Harmony & Beauty. Stone labyrinth, gazebo, nature trails, fireplace, canoe & kayak. 20 miles north of Silver Springs, Florida, near the Ocala National Forest.

#### Comments from Dance Leaders who Stayed on Site:

"Heaven on Earth, Shaddai's Abode, where beauty reigns & Mother Earth is honored." Sabira Christina

"The Dancing Peacock Pavilion is a place where the sacred manuscript of nature, combined with kindness and welcoming, set the tone for an atmosphere conducive to life-changing experiences."

Allaudin Ottinger

"Let's have the Leader Training here." Radha Buko

"Beautiful moments breathing with the trees. We love this sanctuary of peace." Amida Harvey

Prices & Information: Anahita Diana Kanoy (352) 546-1345 kanoy@att.net

# Va Salam Wilderness Retreat Dance Camp

Saadi Neil Douglas-Klotz - Spiritual Elder and Special Guest Darvesha - Spiritual Director

Narayan Eric Waldman, Munir Peter Reynolds, Bernie Heideman,
Fiba Sylvia Murillo (Colombia) - Dance Leader Staff; Zareen Connie Delaney - Drummer
Patsy Saphira - Eestatic Dance; Ayat Loretta Kindschi - Camp Manager
Saddiq Doug Sparks - Children's Program; Guy Benintendi - Counsellor of the Heart

August 22-28, 2005 Camp Wapiti, Salt Lake, Utah

#### Ya Salam

"Center in the heart. Count to four with each breath in and breath out feeling the breath in the heart. Use this opportunity to bring the feeling of your whole inner self into the circle of sacred space within you. Breathe YA SALAM to each feeling, thought or sensation that arises. Then, or at another time, do the same for every person in your outer life. Upon completion, include everyone who has ever helped you—teachers, healers, friends, family—and finally, all beings."

The Sufi Book of Life, Neil Dougnas Note:

Embodied spiritual practice opens the door to a profound, direct experience of the natural world and intimations of its connection with the carrier cosmos, reawaking in our lives a sense of boundless creative potential and deep peace.

This retreat will share meditation, body prayer, Dances of Universal Peace and other spiritual practices from many traditions, with an emphasis on native middle eastern spirituality and the teachings and translations of Saadi, Neil Douglas-Klotz, our special guest and spiritual elder.

Skills classes (drumming, guitar, dance leader feedback) and ziraat will be offered.

Saadi co-founded the International Network for the Dances of Universal Peace in 1982. He is the author of Prayers of the Cosmos, Desert Wisdom, The Hidden Gospel, The Genesis Meditations and The Sufi Book of Life: 99 Pathways of the Heart for the Modern Dervish. For information see www.abwoon.com.

Registration: PeaceWorks members \$385 (postmarked by 7/1/05); Non-members \$410 Children's registration \$180 (free under 3).

Limited space - to be certain, register early. Make checks payable to ONEness Project.

Registrar: Diana Anthony, PO Box 7025, Bozeman, MT 59771, 406-587-5246, diana@onenessproject.com.

Register on-line at www.onenessproject.com

# CDs

#### New CD by SUFI ARTIST



Remember
Softening the
Way
Mother Trilogy
Magnificence
Sri Ram
Mystery
23rd Psalm
House of Prayer

Devotional songs and chants to remember our Divine
Oneness and to honor the sacred interconnection of all
that is. These meditative soundscapes are created to uplift
your soul and bring you peace. Following the body-prayer
movements suggested in the insert, while singing and
chanting these songs, makes this album a deep prayer of
remembrance.
\$18.00 includes shipping.

Order Yours from SierraLynne at 925-685-2409; pathwork@comcast.net



Best Of Wilderness Dance Camp Vol. I (1999 – 2003)

Experience these ecstatic and sublime full-length live recordings led by Wilderness regulars and guests Wali Ali, Shabda Khan, Timothy Dobson, and Arienne and Wim van der Zwan. Superlative musicianship, excellent recording quality. Includes: Those Who Love, Gayatri Mantra, House Of Prayer, B'reshith, Eloah El, Welcome To The Prophet, Return Again, Shambala, Ya Jamil, Ruh Allah and Return To Love.

ONEness Project 78 minute Compact Disc

\$15.00

#### Presence

by (Kathryn) Sky

I can remember so little
of the world's turnings what makes a car go,
how the numbers add up,
why politeness matters,
who was in love with whom now I remember only
the golden light
of a fall evening,
the caress of a friend,
the smell of lavender,
and chocolate,
the presence of God.

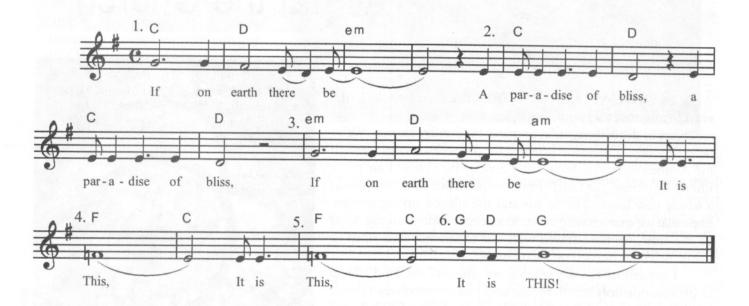
#### "eyes" by Claire Barry

Shakespeare wrote
"the eyes are the windows of the soul"
the throat, a musician's bow
in his hand a begging bowl
his house a blanket full of holes
his heart: an ocean, a sun
where analogies, where thoughts lose form
humble, forgetful, he attracts derision
beyond illusion, beyond religion
what ecstasy this dervish hides
an inner being where God resides
drink deeply from his eyes
drink deeply from his eyes
where saints' and martyrs' tears
are jewels in stained glass lights
Christ's passion flows
through every bit of soul
was that a dervish in the road?
a door opens, a breath of fresh air—
do you feel it? do you see it?
Allah
everywhere.

© Sayyeda Claire Costello Barry 1998

## It Is THIS!

Words: Firdausi (9th century Persian poet) Music and Movements: Munir Peter Reynolds



Identify a partner and then turn back into the circle.

- 1. Take hands in the circle and move to the right.
- 2. Face a partner and turn clockwise to progress (one-half turn or one and a half turns), with palms held outward from the sides of the head.
- 3. Take hands in the circle again and move to the right.
- 4. All face center and take four steps into the circle, bringing arms up.
- 5. Let go of hands and all take four steps back out of the circle, lowering arms and sweeping them out to gesture to the circle.
- 6. Release hands and spin individually in place for one turn.

The words of Firdausi remind us that there is nowhere to go to find happiness other than our present situation, if we are able to see it rightly. If we don't find it here, we won't find it!

WINTER 2004/2005

### Chanting and Dancing

### Upstairs at the Church

Marcia Heeter

"ABWOON," the chant from the small circle gathered in the rosetta room, rings down the stairway and into the sanctuary as the congregation prepares for Sunday service. We've been chanting Abwoon and listening for deeper meanings through the Aramaic words of Jesus every Sunday for almost four years. Phrase by phrase, the Lord's Prayer entered our consciousness at a whole new level. The words and the silence among us gave hope that we were coming closer to a deeper understanding. Most of the time, we have stayed with our experience and taken as many weeks as needed on each phrase.

I remember the day when someone read out loud, "Help us breathe one holy breath feeling only you – this creates a shrine inside in wholeness" (one of Saadi's translations of "Hallowed be thy name"). Something in me loosened. So much of what I was aware of inside had to do with my own efforts to get something done, or my efforts to know enough in order to be useful and of value in the world. I was also aware of the part of me that carried disappointment over my expectations of others, but mostly of myself. Through these words, the gentle truth of what

that carried disappointment over my expectations of others, but mostly of myself. Through these words, the gentle truth of what was needed was unfolding. Only the breath in me and among those in our little circle was needed. Only the breath. The longing for wholeness was already there. I tell myself, "Stay with this knowing, don't rush past it, few words are needed. Let the shrine appear!"

It all began after I had introduced an existing spiritual growth group at Lake Street Church to the Aramaic Lord's Prayer. After going over some ideas about Middle Eastern ways of perceiving, we danced through the prayer in six short meetings. A few people wanted to slow down and go over again what just happened. So we put together another group for that purpose. We became the *Abwoon Group*, and we turned our attention to chanting and reading and reflecting on <u>Prayers of the Cosmos</u>. Dancing would come later, when everyone was ready.

This past year as we focused on the Beatitudes, we have been singing the phrases in Aramaic and, yes, dancing some of them too. Dancing the phrases feels so natural now that group members feel at home with chanting and singing. We are no longer contained only in the upstairs room since we have shared the *Abwoon* chant with the whole congregation during several Sunday church services.

In January 2005, the church is sponsoring an afternoon of teaching and dancing the Beatitudes. Dance leaders and regular dancers from the area are planning to be there along with our group and the people from the church who have never danced but have heard the sound of *Abwoon* come down the stairway and into the sanctuary... and perhaps into their hearts.

\*\*Lahlam almin\*\*
\*\*Lake Street Church is located in Evanston, Illinois\*\*

Photo by Peter Slonek

eet Church is tocated in Evansion, Timois

## Send Us the Peace

Words: Hazrat Inyat Kahn Music and Movements: David Dalley



Choose partners and note line of direction for progressing in the circle:

- 1. "Send us the peace of thy divine spirit": Take hands in circle, take two steps in and two steps out, starting each time with the right foot.
- 2. "And unite us all in thy perfect being": Turn to partner, take hands in front (right palm down, left palm up), and make a half turn together, clockwise.
- 3. "Send us the peace ...": Again take hands in circle, and take two steps in and two steps out.
- 4. "And unite us ...": Still holding hands, the whole circle moves to the right.
- 5. "Hu, hu, hu Allah": Turn individually in a clockwise direction.
- 6. "La illa ha el il Allah": Facing center of circle, take hands; step right and close with left foot, making a crescent movement through the heart with the head, then bow to center of circle (on Allah). This is like a zikr movement.
- 7. "La illa ha il Allah": Repeat movements, stepping to the right and bowing.

The text in the first part of the dance is from the ending of a prayer by Hazrat Inayat Khan called the Khatum ("seal") that is often recited at the end of dance gatherings. Hu is the divine presence or the divine breath. La illa ha (el) il Allah: two forms of the phrase from the Sufi Zikr (remembrance) ceremony, often translated as "there is no God [or 'nothing'] except God."

# Dancing With the Mysteries of My Childhood

Something very exciting from my distant past came dancing and singing back into my life during my first experience with the Dances of Universal Peace at the age of sixty: There were Allah's ninety-nine names and the mantras of the Tibetan monks, there was Heya Heya, Kyrie Eleison, and Ubi Caritas. As I was chanting the familiar phrases, I immediately felt enveloped again by the mysteries and longings that were part of my life during the many hours of reading and dreaming about far away lands and peoples as a young boy growing up in Austria.

One series of books in particular had a huge influence on not only me but also millions of other boys and girls in the German-speaking world: Karl May's eighty-plus volumes of the adventures of Kara Ben Nemsi and Old Shatterhand. Half of the stories were about Kara Ben Nemsi traveling through the Balkans, Northern Africa, the Middle East, and the high mountain ranges of what is now known as Pakistan, Afghanistan, and Kurdistan. The other half of the adventures took place on the North American continent among the many tribes of the Native Americans. Old Shatterhand's faithful companion was Winnetou, the noble Indian chief, whereas Kara Ben Nemsi was guided, protected, and accompanied by Hadji Halef Omar, a devout Muslim servant of noble lineage.

Both protagonists had the same characteristics - they stood for the good in the world and defended it wherever they went, they adhered to the Christian principle of love thy neighbor and thy enemy, and they never killed, not even the worst of their adversaries. Multiple murderers would be punished by a shot into the kneecap. Of course the protagonists were brave, had all the best possible skills of outdoorsmen, respected nature and the

ways of the native peoples.

Karl May never left his home in Germany, but he described in great authentic detail the scenery, tribes, local customs, and religions of the places he wrote about. There was great emphasis on the different religions, and thus I learned in minute detail about Islam, the muezzins, the daily prayers. This is where I was taken on a pilgrimage to Mecca and Medina: Kara Ben Nemsi, who was Caucasian, was dressed up like a Bedouin and smuggled into the holy places. Too, this is where I learned about the Native Americans' deep connection to nature, their rituals, and their dances and chants.

When I first traveled in the United States I recognized instantly the deserts in the Southwest, the Joshua trees, the Sierra Nevada. In the same way now, many years later, I was reunited instantly with the prayers and melodies of Allaha-il-Allah-hu, Mohammedar-Rassoulelah, Bismillah er Rahman er Rachim and the solemnly pounding dance steps of the Native American prayers as a homecoming to the dreams and longings of my youth - to be

united with all, to understand, honor, and love all my relations.

These books also inspired me to tune in to the short wave bands of my parents' radio to listen to entrancing Middle Eastern music and the melodious singsong of the newscasts and prayers in Arabic - much to the distress of my mother, who could not understand my sudden interest in such things un-Christian. During a zikr, with my hands grasping humanity, with my spirit connected to the One, my body moving with the old rhythms, these old and sad familiar chords ring in my ears; the names of Allah dance ahead of me to the beat of the drums; the rhythmic, repetitive steps and movements take my being back to those precious hours of reading and experiencing the unknown and mystical, feeling safe, watched over, and happy. I return to my youthful being, full of hopes and dreams and ideals.

When my sleeping bag is spread over the desert sands of Southern Utah, when I dance barefoot on the cool, sandy floor of the giant cave, when I am sleeping next to a gurgling brook in between the snow-covered mountains, and dancing on the grass wet with morning dew, I am traveling with the teachers of my youth, I am where they have been, and I remember their lessons of tolerance and love. Winnetou will guide me through the realms of the Great Manitou, and Hadji Halef Omar is going to take me to the Mosque where I can hear the teachings of Allah's great messenger, Muhammad, and join in the prayers as I feel the coolness of the tiles on my forehead as I prostrate myself, overwhelmed by the greatness of God.

The simple words and melodies of the Dances in the Christian tradition energize another tie to my past: six years of intense bombardment with Catholic dogma in a boarding school induced me to join the resident church

choir, where I could lose myself in the sacred music and phrases rather than having to comply only with the ritualistic motions of the mass. Dancing the Kyrie Eleison or floating through the rounds of Ubi Caritas, looking into my partner's eyes and proclaiming eternal life while dancing the Prayer of St. Francis, I recover the essence of faith I absorbed while fighting dogma and blind belief.

Often I am taken by surprise when I realize how deeply these early experiences have rooted in my soul. At other times, these stories are part of the Oneness and therefore quite natural parts of me. Outside and inside, past and present, deep and on the surface – they are always there, the spirits of those who brought me all the way to here. Be they real, be they fiction. I am eternally grateful to them for having appeared in my life and having stayed long enough to guide me to the Dances.

# MISS RUTH



#### Sculpture by Beth Kalina

Beth has been sculpting with clay for fifteen years. Two years ago, she fell in love with stone carving. Last year during a bout with the flu, she spent some time researching the life of Ruth St. Denis. Beth writes, "As I looked through pictures of her, I was inspired to sculpt her. She inhabited her body so beautifully and brought Spirit through her physical form through dance, costume, and writing. I was deeply touched when I discovered in a conversation with my mother that my first dance teacher's mentor was a student of Miss Ruth.

"Love of the human form in motion is what draws me to sculpt. As a dancer, I am constantly inspired by the union of Spirit with Body. In my sculpture, I try to capture a moment of time and emotion, a movement, a simple gesture; something, which touches us both as human and Spirit.

"My teacher, Saba Al Dhaher, gives me constant support and knowledge of technique and proportion, along with the constant teachings of how we humans connect with stone."

The sculpture pictured here is a 14" x 16" basrelief on marble. It was inspired by a black and white picture of Ruth St. Denis wearing an Indian Sari. Her hands gesture through the fabric towards the earth and the sky, her head is tilted, and her foot is pressing the floor as if she is whirling like a dervish.

You can contact Beth Kalina for more information on this or other sculptures at 206-932-2433. A website with pictures of all of Beth's sculptures is currently under construction.

# Ganesha Sharanam

Words and Music: Traditional Sanskrit Bhupali Raga Movements: Malika Merrill Endres

Key of C, Open



This Dance takes the form of an ABAC structure, where movements 1 & 2 are A; 3 & 4 are B; and 5 & 6 are C. Part A alternates with the other two parts, just as in the early Om Nama Shivaya Dance. This Dance may also be enjoyed without partners, alternating A and B parts only, especially for children.

- "Ganesha Sharanam": In a circle, walk four steps in toward center. Begin with right foot on "Ga," left on "esha," right on "Shar," left on "nam." Hands are placed at the heart, palms facing away from the body; slowly the arms are extended forward into the center (reaching a full extension by the end of the phrase). The movement is as though clearing one's path of "obstacles," physical, mental, or emotional.
- 2. "Sharanam Ganesha": Walk four steps, backing out. Begin with right foot on "Shar," left on "nam," right on "ne," left on "sha." The arms are slowly lowered and brought back alongside the body, fanning out a bit away from the body (palms face down and back), in a gesture of sweeping the path clean.

#### Repeat 1 and 2.

- "Ganesha Sharanam": With joined hands, circle moves to the left; walk four steps, beginning with the
  right foot crossing gracefully over left (R-L-R-L); the body naturally turns slightly to the left as one
  joyfully walks, feeling the blessing of a clear path, an opening of the way.
- 4. "Sharanam Ganesha": Relesae hands, spin left (stepping R-L-R-L) with arms raised (at heart level or above), palms facing upward in an offering of gratitude to the One who destroys or removes that which obstructs and keeps us from attaining our heart's purpose.

#### Repeat 3 and 4.

Repeat 1 and 2, two times.

- "Ganesha Sharanam": Partners face one another; extend right hand to partner. Walk this partner in two steps (R-L), passing right shoulders ("Ganesha"). Take left hands with second partner; walk past this partner in two steps (R-L), passing left shoulders ("Sharanam").
- 6. "Sharanam Ganesha": Spin right (stepping R-L-R-L), arms raised at heart level or above ("Sharanam Ganesha").

#### Repeat 5 and 6.

This complets the full Dance cycle; it may end here or after another repetition of A and B parts.

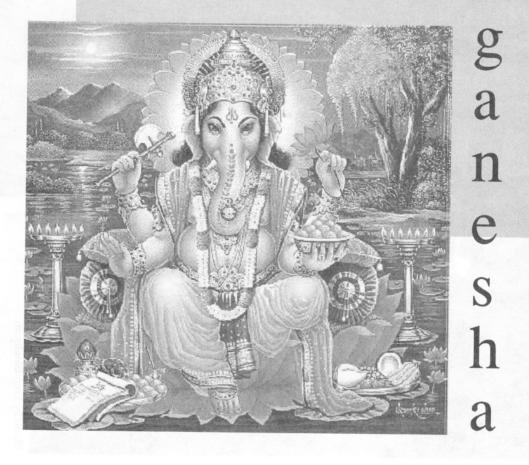
Jai Sri Ganesha! (Hail to Lord Ganesha, the Remover of Obstacles, the Bestower of Blessing!)

Ganesha is one of the names for the Hindu Deity Ganapati. He is the son of Parvati, consort to Lord Shiva, and he is known as the "Remover of Obstacles." One of the many stories of this beloved being is that if obstacles cannot be gotten rid of by other means, Ganesha will help by willingly placing them in his belly, which indeed is quite a large receptacle! As a member of the great pantheon of Hindu deities, he is considered "first among the great" and presides over the vast assembly of gods and goddesses, each a personal representation of the one immanent God. He is a much-loved being who brings joy and blessings. "Sharanam" means to take refuge in or to ask for protection of; thus "Ganesha Sharanam" translates generally as "I take refuge in Ganesha," or "I

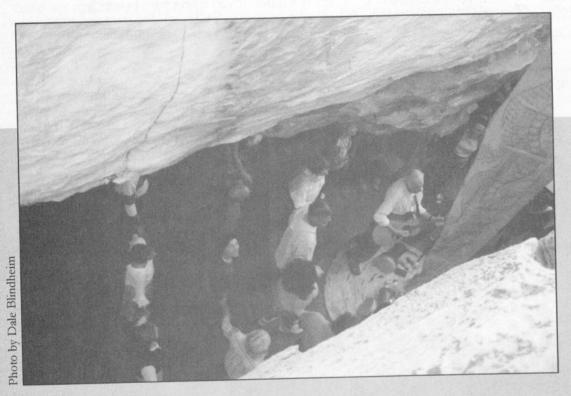
Ganesha is represented as an elephant-headed man. According to Alain Danielou (in The Gods of India, Inner Traditions, 1964), the human part of Ganesha represents the human being or "divinity qualified," and the elephant part of him symbolizes God or "the Absolute Immensity." He goes on to say that Ganesha expresses a basic concept of the Hindu religion, namely, the unity of the manifest (the small being) and the unmanifest (the "Great Being").

Ganesha is worshipped also as the "Opener of the Way" and the "Bestower of Blessing" (and, by some accounts, the "Dispeller of Sorrow"). Before beginning any undertaking, be it a journey, a celebration, building a house, writing a book, reciting prayer slokas, or chanting, one invokes the power and blessing of Ganesha to clear the way and be protected. His image adorns entrances of homes and sanctuaries throughout India.

This Dance is included in the new collection, *All My Relations*, compiled by Kathryn Ashera Sprowls and available through PeaceWorks Publications.



# S FROM LAST YEAR'S RETREATS



CANYONLANDS

W-LDERNESS CAM



Photo by Dale Blindheim





God's Name is Everywhere



Photos by Dale Blindheim

Shabda's Oasis Retreat Reading, Pennsylvania October 2004







hotos by Muraq'abba



(Kathryn) Sky and the Editorial Board

Rabiya Lila Forest chose this position out of both economic necessity and a love for the Dances and the Dance community. "It's a perfect place to serve my needs and the needs of the North American Regional Network at the same time," she said. She sees the job as more than a "desk job," and her experience with community will serve her well in fostering communication and creating harmony, "meeting needs as they come." She finds the job well matched with her mission in life: Building spiritual community. Rabiya says, "For many people the Dances are their spiritual community ... anything I can do to further that fulfills me and is aligned with my highest values and purpose."

The role of the Regional Administrator is an evolving one. In addition to the usual office services (like handling membership renewals, keeping the member database current, coordinating mailings, and answering questions about the Dance Network and events), Rabiya said the most important aspects of her new role are to support and enhance details of the organization so that it's easy for people to get what they need from the Regional Office, to organize the Office and its procedures, and to be an advocate for the Dances. She hopes to be a source for information that can't be found elsewhere and an ambassador "willing to spread

# Regional Administrator for the NADUP

the good news about the Dances by being a personal resource for people who want to know more." Rabiya wants to provide support and encouragement to Dance leaders and circles on a personal level. She already has plans to come to the Wilderness Camp in 2005 to meet a broader range of Dance leaders and dancers as well as the North American Region's Board of Directors, which will again have its annual face-to-face meeting there.

Rabiya has a long history with the Dances and Sufism. She remembers first dancing at the Strawberry Canyon recreation center on the UC Berkeley campus in the mid 1970's. She was introduced to Sufism even earlier than that! She had been searching for a spiritual path when she attended a summer solstice event at the San Francisco Unitarian Church, which presented the Sufi Choir as part of the program. She recalls, "When I heard them and that incredibly beautiful music, tears were streaming down my cheeks, and I knew I had found my spiritual familv." After that, she attended Wali Ali's classes at the Mentorgarten in San Francisco, became a member of the Sufi Choir under Allaudin Matthieu, and attended regular dance meetings in Fairfax. It was there she

became a certified dance leader with Saadi (Neil Douglas-Klotz) as her first mentor in the early 1980's. In addition, Rabiya is both a Sheikha in the Sufi Ruhaniat International and a Unitarian Universalist minister.

Rabiya now lives in Silver City, New Mexico, and is the resident spiritual director of the Southwest Sufi Community (SSC). She leads Dances in Silver City with two other leaders. She also started a new dance circle in Las Cruces, NM. She now has a mentor relationship with Darvesha Victoria MacDonald, who

also lives near Silver City.

You can call or email Rabiya with questions or concerns; if she cannot answer them, she will put you in touch with a person who can. Office hours are Wednesdays and Thursdays, 8:30 a.m. to noon and 1:00 to 5:00 p.m. (MST), but you can call or email any time. If it is urgent, say so, and Rabiya will arrange to get back with you quickly. She is in residence at the SSC from Saturday afternoon to Tuesday afternoon each week. You can reach her at 505-534-9761 or at NAOffice@dances ofuniversalpeace.org

The PW-DUPNA Board of Directors is proud to have Rabiya on staff and looks forward to a great collaboration in the coming years.

#### Evening Dance

by Munira Judith Avinger

The rays of evening sun made a dervish robe, flaring out just so from a focal point of light.

Whirling smoothly just so you couldn't see the movement, but always toward the left

in order to receive that holy gleam of sunlight and bring it shining down on us who walk upon the earth. at twilight.

# FOR OUR MANY VOLUNT

This network, which supports the Dances of Universal Peace in North America, is mostly staffed by volunteers, who give however they can to nurture and support the Dances that we love. Many thanks to you all, may you be blessed.

#### PW-DUPNA BOARD OF DIRECTORS

Richard Mansur Conviser (MD), Carol Hanson (ID), SierraLynne White (CA), Peter Slonek (IL), Jim Grant (CO)

#### ADVISORY COUNCIL

Mentor Teacher Guild (MTG): Darvesha Victoria MacDonald (NM), Malika Merrill Endres (CA), Anahata Irada (HI) Chapter Coordinator: Farrunnissa Lila Rosa (NC)

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North Pacific Region Cluster Coordinators: Devi Dejardin (OR), Michael Hagmeier (OR)

Area Connectors: Jerry Rounsley (AK), Shemmaho Jephi Sioux (Eastern BC), Phil Notermann (Seattle and Whidbey), QuanYin Lynne Williams (Spokane WA), Safiya Crane (Olympia WA), Azimat Lane Schulz (ID), Khalila Cindy Zaraycki (Eugene OR), Theresa

Jensen (southern OR)

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Area Connectors: Patti Stratton (Big Island), Timory Koch (Kauai), John Sausedo (Oahu), Kachina Palencia (Maui)

Rocky Mountain Region Cluster Coordinator: Jim Grant Area Connectors: Hamida Suset (AB), Wahid Michael Shiloh (AZ), Grace Marie (CO), Gonnie Siebel (MT), Darvesha Victoria MacDonald (NM), Jimmy Aalen (UT), Lucinda Willes (WY) South Region Cluster Coordinator: Diana Kanoy (FL), Janice Jemila Felisko (FL)

Area Connectors: Kabir Kitz (AR), Diana Kanoy (FL), Ellen Johnson (GA), Amina Horton-Deane (LA), Nirtana Terilee Thompson (TX)

Midwest Region Cluster Coordinators: Donna Schiller, Cheryl

Area Connectors: Donna Schiller (IL), Sue Spurgeon (MI), Tom Holmes (MI), John HakimBushnell (MN), Carl Karasti (MN), Carolyn Horvath and Tom Leonhardt (OH), Jane Smirniotopoulos (OH), Basir Ken McCullough (WI), Judith Kubish (WI), Sura Gail Tala (IN), Carol Giesecke (MO), Allaudin Ottinger (KS), Ella

Peregrine (KY)

East Region Cluster Coordinator: Lucy Zarifah Oliver Area Connectors: Fred Habib Maycock (ONT), Munira Judith Avinger (Ottawa, Quebec), Charles Demorest and Mylene Poitras-Demorest (CT), Jeanne Ayesha Lauenborg (DE, NJ, PA), Kathryn Ashera Sprowls (DC, MD, VA), Elaine Beatrice McGillicuddy (ME, NH), Patty Wells (MD), Mike Malik Rosenblum (MA), Farid Gruber (Albany, NY), Barbara Bhima Simpson (NYC & Long Island), Wendy AeoleaBurwell (Rochester), Diane Olden (Ithaca), Cheryl Brigid Botts (Ithaca), Joanne Alima Wolf (Birmingham),

Lucy Zarifah Oliver (NC), Julie Purcell (NC), Yasmin Germaine Haut (PA), Joann Calabrese (PA), Amina Linda McMakin (SC), Melody Safia Lubich (VA), Jeanne Alima Ross (VT), Nicholino Leonardo Lizza (RI), Sky Bear Daniel Flesko (WV)

#### MEMBERSHIP COMMITTEE

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#### NA WEBSITE COMMITTEE

Todd Eisenbud (NJ), Dustin Brunson (CO), Mike Malik Rosenblum, David Holbert, Bill Meacham (TX)

#### NA WEBSITE AND DATABASE SUPPORT John Reed, Glenn Harvey (ID), Mike Malik Rosenblum HOLIDAY CARD COMMITTEE

Designer: Kabira Kirby (OR)

Preparers: Mary Ann Mariam Weidner and her circle (KY), Rebecca Nada Davis and the Boise circle (ID), Violetta Reiser (San Francisco), Jeanne Gutterman and the Las Vegas circle (NV), Donna Schiller and her circle (IL), Nicholas Leonardo Lizza and his circle (RI), Tajali Theresa Tolan and her circle (WI), Farrunnissa Lila Rosa and her circle (NC), Martha Bracken and the Seattle circle (WA), Wendy Aeolea Burwell and the Rochester circle (NY), Jim Grant and the Fort Collins circle (CO), Jo Thornton Curtz and the Olympia circle (WA), Kabira Kirby and the Portland circle (OR), (Kathryn) Sky and the Durango circle (CO)

#### OTHER VOLUNTEERS

Kathryn Greeson (CO), for assistance with the incorporation process; Yarri Rafiqa Nuri Soteros (CO), for serving as a member of the NACC; Carol Nur Allah Orban (MN) for serving as a member of the NACC; Grace Marie (CO) for spearheading the organization of the 2006 Pan American gathering; Guy Benintendi (CO) for assistance with publicity information

#### What are you Committed to?

by Adrianna Heideman

What are you committed to? To the food on your plate, Or to your sense of fullness? To another's wants, Or to the honesty of being where you are? To getting things done, Or to being present with what is? To working on everything that is wrong with the world and yourself, Or to resting in the perfectness of imperfection? Are you committed, as I have been, to waiting for a better time, a better self, a better world? Or are you willing to love the rough diamond of this Now?

### VGOING DANCE CIRCLES All circle listings are subject to change.

Fort Collins - Masonic Temple Building - 225 West Oak St - Every Thursday - 7:30pm - http://www.riverrock.org/peace
Grand Junction - Church of Religious Science - 3rd Thurs - 7:30pm
Greeley - St John's United Church of Christ - 3815 W. 20th St - 4th Tues - 7:30pm
Hotchkiss/Paonia - Memorial Hall or Blue Sage - Once a month - 7:30pm
Leadville - St. George Episcopal Church - 4th & Pine - 3rd or 4th Sun - 6:30pm
Montrose - Lion's Park Clubhouse - 7th & Nevada - Once a month - 7:30pm
Ward - Union Congregational Church - Occasional Dates
CONNECTICUT
Ledvard - Dragon's Egg - 401 Shewville Rd - 2nd Sun - 5:00pm Calgary - Spiritual Directions - Old Grace Hospital - 1402 8th Avenue NW - Suite 150 - 3rd Mon - 7:00pm Edmonton - Riverdale Community Half - 9231 100th Ave - 2nd & 4th Mon -Edmonton - Hiverdale Community Hall - 9231 100th Ave - 2nd & 4th Mon - 7:30pm
Denman Island - Denman Elementary School - One or Two Sundays per month - 4:00pm
Nelson - Open Gate Centre - 711 10th St - 3rd Fri - 7:30pm
Parksville - Vancouver Island - Errington Hall - Errington Rd - Twice a Month Victoria - Quaker Meeting House - 1831 Fern St - 1st Tues - 7:30pm
Winlaw - Thread's Guild - One Friday a Month Kingston - St. James' Anglican Church - Barrie St south of Union - 2nd Fri (3rd Fri in Apr 04) - 7:00pm
Ottawa - First Unitarian Church - 4th Tues - 7:30pm
Ottawa - Bells Corner United Church - 3rd Sat - 7:00pm
Pembroke - Marguerite Center - 2nd Sun - 7:00pm
Toronto - Bloor Street United Church - 300 Bloor St W - 1st Fri - 7:30pm - www.dancesofuniversalpeace.toronto.on.ca
Toronto - Unitarian Church - 79 Hiawatha Rd - 3rd Sat - 1:30pm
Toronto - Metropolitan Community Church - 115 Simpson Ave - 1st Tues - 7:30pm
Montreal - 3433 Aylmer - 2nd Tuesday - 7:30pm
West Brome - 129 Wells Rd - 1st Sat - time varies
ALASKA
Juneau - Seventh Heaven Yoga Studio - 2nd & 4th Sat - 7:00pm Ledyard - Dragon's Egg - 401 Shewville Rd - 2nd Sun - 5:00pm
Manchester - Unitarian Universalist Society East - 153 West Vernon St - 2nd
Sun - 1:00pm
New London - All Souls UU Congregation - 60 Huntington St (near Garde
Theatre) - One Friday a Month - 7:30pm FLORIDA Cape Canaveral - Ocean Woods Clubhouse - 306 Ocean Woods Blvd - 2nd Sun Cape Canaveral - Ocean Woods Clubhouse - 306 Ocean Woods Blvd - 2nd Sun - 3:00pm
Gainesville - United Church of Gainesville - Fellowship Hall - 624 NW 5th Ave - 1st & 3rd Fri - 8:00pm - www.a-rest.com/DUP.htm
High Springs (near Gainesville) - Wellness Spa - 340 NW 1st Ave - TBA - 7:00pm
Lake Worth - 410 N A St - 3rd Sat - 7:30pm - www.a-rest.com/DUP.htm
Miami (Coral Gables) - Religious Society of Friends - 1185 Sunset Drive - 1st & 3rd
Tues - 7:30pm - www.a-rest.com/DUP.htm
Ocala/Marion County - Dancing Peacock Paradise - CR 315 - Ft. McCoy - 4th Sat - 3:00pm - www.a-rest.com/DUP.htm
Ormond Beach - Unitarian Universalist Society - 98 N Halifax - Once a Month - 3:00pm - http://www.rest.com/DUP.htm
Sarasota - Rising Tide International - Swift & Grafton - 3rd Saturday - 8:00pm - http://www.risingtideinternational.org/
Tallahassee - Unitarian Universalist Church - 2810 N Meridian - 1st Sat - 7:30pm
GEORGIA Seventh Heaven Yoga Studio - 2nd & 4th Sat - 7:00pm Juneau - Seve ARKANSAS Deer - Heartsong Shrine - Next to Ozark National Forest - 1st Sat - 7:30pm Fayetteville - St. Paul's Epicopal Church - New Parish Hall - 224 N East St -2nd & 4th Fri - 7:30pm ARIZONA
Cornville - The Earthship - Last Saturday - 7:00pm
Gilbert - The Omega School - 18208 S. 154th St - 3rd Sun - 7:00pm - www.wpo.net/sufijohn/
Phoenix - Southwest Institute of Healing Arts - 1100 East Apache Blvd (near Rural) - 2nd & Last Sat - 7:30pm - www.wpo.net/sufijohn/
Prescott - The Grove - 119 Grove St' - 3rd Sat - 7:00pm - www.PrescottDances.org
Snowflake - Horizon House - 2nd Sun - 2:00pm
Tempe - Bodyworks Studio - 1801 S Jen Tily Lane - Ste B-8 - 3rd Sat - 7:30pm - www.wpo.net/sufijohn/
Tucson - Tucson Center for Creative Dance - 3131 N Cherry Ave - 3rd Sat - 7:00pm **GEORGIA** Atlanta (Decatur) - Friends Meeting House - 701 W. Howard Ave - Every Wed - 7:30pm Augusta - Unitarian Universalist Church - 3501 Walton Way Ext. - 1st Sat - 7:00pm Augusta HAWAIII HAWAIII
Big Island - Kona - Paleaku Gardens - Last Friday
Big Island - Puna - - Occasional Dates
Big Island - Volcano - Cooper Center - Last Sunday - 7:30pm
Big Island - Volcano - Cooper Center - Last Sunday - 7:30pm
Big Island - Volcano - Cooper Center - Last Sunday - 7:30pm
Kauai - Kilauea - Varying sites around the Island - Near fullmoon - http://www.timory.com
Maui - Kihei - Kihei Community Center - Lipoa St. and Piilani Hwy - 1st Fri - 7:15pm
Maui - Makawao (zikr) - Makawao Union Church Hall. - 1445 Baldwin Ave - 2nd & 4th
Sat - 7:30pm Tucson - Tucson Center for Creative Dance - 3131 N Cherry Ave - 3rd Sat - 7:00 CALIFORNIA

Berkeley - Durant House - 2330 Durant Ave - 3rd Fri - 7:30pm
Carmel Valley - Community Church - Carmel Valley Rd - 2nd Sat - 7:00pm
Chico - Subud Hall - 574 E. 12th Street" - 4th Sat - 6:00pm
Encinitas - "Well Within - 555 2nd St" - 2nd Sat - 7:30pm
Eureka - Unitarian Universalist Fellowship - 3471 Jacoby Creek - 1st, 3rd & 5th
Sun - 7:00pm
Fairfax (zikr) - Semahane Room - 781 Bolinas Ave - 1st, 3rd & 5th Wed
(Sep-Jul) - 8:00pm
Fresno - First Congregational Church - 2131 N VanNess - 1st Fri - 7:00pm
Laguna Beach - Neighborhood Congregational Church - 340 St. Ann's Drive Every other month - www.lagunadances.com
Los Angeles (Redondo Beach) - Harmony Yoga - 901 North PCH - 3rd
Sat - 7:00pm - http://www.togatherissacred.com/dances.html
Los Angeles (Santa Monica) - Forbes Hall - 1721 Arizona Ave - 2nd Fri and
4th Sat - 8:00pm - http://www.churchofall.us
Los Osos - Sea Pines Resort - One Saturday a Month - 7:15pm
Marin (San Rafael) - Turtle Island Yoga Center - 526 3rd Street (across from
United Market) - 1st Fri - 7:30pm - http://www.goocities.com/
peacedance2003/ Honolulu - Niu Valley Intermed Sch - Halemaumau St - 1st Sat - 7:30pm Oahu IOWA Varies - 2nd Saturday (Sep-May) - 7:00pm - http:// Peacedances.50megs.com/home.html Iowa City IDAHO Boise - 1520 N 12th St (at Eastman) - 2nd & 4th Fri (Sep-Jun) - 7:30pm Pocatello - Whole Health Cooperative - 303 N 12th St - Call - 7:00pm Salmon - Episcopal Hall - 103 Andrews - Occasional Dates Salmon - E ILLINOIS

ILLINO Marin (San Rafael) - Turtle Island Yoga Center - 526 3rd Street (across from United Market) - 1st Fri - 7:30pm - http://www.geocities.com/peacedance2003/
Nevada City - Nevada County Library - 980 Helling Way - Some Sundays - 6:00pm Palo Alto - Unitarian Universalist Church - 505 E Charleston (near Middlefield) - 2nd & 4th Sat - 7:30pm
Pleasant Hill - ReUnion Center - 140 Mayhew Way - 2nd Sat - 7:00pm - Potter Valley - Middle Mtn Home of Arts and Science - 11051 Mid-Mountain Rd - 3rd Sun - 10:30am
Sacramento - Christ Unity Church - 9249 Folsom Blvd - 3rd Thurs (odd months) - 7:00pm - http://www.sacramentodancesofuniversalpeace.org
Sacramento - Sierra 2 Community Center - 2791 24th St - Curtis Hall - 2nd Fri - 7:30pm - http://www.sacramentodancesofuniversalpeace.org
San Francisco - Mentorgarten - 410 Precita (near Cesar Chavez & Harrison) - 1st Mon - 7:30pm
San Jose - 1st Unitarian Universalist Church - 160 N. 3rd St - 1st Fri - 8:00pm
San Jose - Quaker Meeting House - 1051 Morse Street (off The Alameda) - 1st Sun (Oct-Jun) - 7:30pm
Santa Cruz - Louden Nelson Community Center - 301 Center St - 3rd Sat - 7:00pm - http://www.sufievents.com
Santa Cruz - The Garden - 3070 Prather Lane - Every Sunday - 7:00pm - www.SuffEvents.com
Santa Rosa - Monroe Dance Hall - 1400 W College - 1st & 3rd Mon - 8:00pm - Sebastopol - Sebastopol Community Center Youth Annex - 425 Morris St - 2nd MASSACHUSETTS
Acton - Everyday Yoga Studio - 3 Kingman Rd - 4th Sat - 8:00pm - http://dance acton.tripod.com/
Amherst - Varies - Occasional - 7:15pm
Arlington - Theosophical Society - 21 Maple - 2nd Saturday (Oct-Mar) - 8:00pm
Cambridge - Cambridge Friends Meeting House - 5 Longfellow Park - 1st & 3rd Fri
(Sep-Jun 4) - 7:30pm
Cambridge (Deepening of the Dance) - SOMA - 4 Upton St - 4th Thurs - 7:30pm
Cambridge (Zikr) - SOMA - 4 Upton St - 2nd Thurs - 7:30pm
MARYLAND Cambridge (Z MARYLAND MARYLÄND

Baltimore - Govans Presbyterian Church - 5824 York Rd (next to the Senator Theater) - 3rd Wed - 7:30pm - http://www.peacedance.org

Friendsville - Wihinape Natural Foods - 132 Walnut St - 2nd Tues - 7:30pm
Glenwood (Cooksville) - Howard County Library - Glenwood Branch - 2350 Rt. 97 - 4th
Sun (Sep-May) - 4:00pm - http://www.peacedance.org

Marriotsville - Bon Secours Retreat Center - 1525 Marriotsville Rd - 1st Fri - 7:30pmhttp://www.bonsecours.org/bssc/specprgs.htm

Oella - Westchester Center - 2414 Westchester Ave - 2nd Sun - 4:30pm - http://
www.peacedance.org

Oella (Familly Circle) - Westchester Center - 2412 Westchester Ave - 2nd Sun - 3:00pm
- http://www.peacedance.org

Washington Grove (near Gaithersburg) - McCathran Hall - Chestnut and Center St - 3rd
Sun - 5:00pm - http://www.peacedance.org Sebastopol - Sebastopol Community Center Youth Annex - 425 Morris St - 2nd & 4th Sun - 11:00am - http://www.sufisonoma.org Boulder - Community United Church of Christ - 2650 Table Mesa - Fri - 7:15pm Boulder (Dancing Deeply) - Star House - 3464 Sunshine Canyon Dr - 2nd & 4th Sat - 7:15pm Crestone - Once a Month Denver - Once a Month
Denver - Temple Events Center - 1595 Pearl St - Every Wed - 7:15pm
Durango - Mason Center - 12th St. off E. 3rd Ave - 2nd & 4th Sat 7:00pm - www.frontier.net/~sss/
Estes Park - St. Bartholomew's Episcopal Church - 880 MacGregor Ave - 1st
Sat - 7:30pm MAINE Portland - Portland Yoga Studio - 616 Congress St - 2nd or 3rd Sat - 7:00pm - www.portlandyoga.com

#### Listings and contact information is available online at dancesofuniversalpeace.org

MICHIGAN
Ann Arbor - Ann Arbor Friends Center - 1420 Hill St. - 1st Fri - 7:00pm
Ann Arbor - Ann Arbor Friends Center - 1420 Hill St. - 1st Fri - 7:00pm
Ganges/Fennville - Lakeshore Interfaith/Mother's Trust - 122nd St - 3rd Sun - 3:00pm
Micland - Unitarian Universalist Fellowship - 6220 N Jefferson - 2nd Sat - 7:00pm
Port Huron - St. Paul's Episcopal Church - 3201 Gratiot - Port Huron - Quarterly - 7:00pm Port Huron - St. Paul's Episcopal St. 1815.

MINNESOTA
Duluth - Friends Meeting House - 1802 E. 1st St - 1st Sat - 7:00pm - http://
peacedances.50megs.com/home.html

St. Paul - Friends Meeting House - 1725 Grand Ave - 1st - 2nd & 3rd Sun - 7:00pm - http://peacedances.50megs.com/home.html Columbia - Unity Church - 1600 W Broadway - 2nd & 4th Fri - 7:00pm Kansas City - Body and Soul - 59th and Holmes - Every Thurs - 7:30pm St. Louis - Taproots School for the Arts - 4021 lowa Ave - 2nd Sat - 7:30pm Bozeman - Unity Church - 1919 Fairway Drive (Westridge Center) - 2nd & 4th Sun - 7:00pm Hamilton - Common Ground Center - 258 Roosevelt Lane - 2nd & 4th Sat - 7:30pm NORTH CAROLINA NORTH CANCLINA
Asheville - Jubilee Center - 46 Wall St. - 2nd Sun - 7:00pm
Boone - Blue Mountain Center for the Healing Arts - 368 Clint Norris Rd - 3rd Fri - 7:30pm
Chapel Hill - Unity Center of Peace - 8800 Seawell School Road - 3rd Sat - 7:30pm
Franklin - Unity Church of Franklin - 80 Heritage Hollow Dr - Last Thurs - 6:30pm - http://
franklindances.homestead.com
Greenville - East Carolina University Mendenhall Auditorium 244 - One Sunday a Quarter -Hendersonville (Flat Rock) - Blue Ridge Comm. College 180 W. Campus Dr - Occasional Dates - 7:00pm
Raleigh - Raleigh Friends Meeting 625 Tower St - 2nd Sat - 7:30pm

NEW JERSEY Freehold - Freehold Yoga Center - 3 West Main Street (above Dunkin Donuts) - Ocassional Dates - http://hometown.aol.com/dancingpeace786 Albuquerque - Wellspring Yoga Center - San Mateo between Montgomery & McLeod - 2nd Fri - 7:00pm
Santa Fe - Unitarian Church - 107 W Barcelona (at Galisteo) - 1st & 3rd Sun (Sep-May) - 5:00pm
Silver City - The White Church - 609 Arizona - 2nd Sat - 7:00pm Las Vegas - Religious Science Church of Las Vegas - 5317 Smoke Ranch Rd - 4th Fri - 7:00pm - http://raincloudpub.com/dupsn/
Pahrump - Haven Selah Retreat Center - 1680 N Blagg - 4th Saturday - every other month - varies - http://home.earthlink.net/~allisondan/dupsn/

NEW YORK Albany - Unitarian Universalist Society - 405 Washington Ave - 2nd or 3rd Sat (Sep-Jun) - 7:30pm

Binghamton - Unitarian Universalist Congregation - 183 Riverside Dr (next to Lourdes Hospital) - One Sunday a Month - 4:00pm

Buffalo - Unity Church - 1243 Delaware - 1st Thurs - 7:00pm

Ithaca - Foundation of Light - Turkey Hill Rd. - 1st Sat (Sep-May) - 7:15pm

New Lebanon - The Abode of the Message - 1st Fri - 7:30pm

New York City (Tribeca) - Sufi Books - 227 W Broadway - Bi-Monthly - 7:30pm - http://hometown.aol.com/dancingpeace786

Orchard Park - Untiy Southtowns - 2881 Southdwestern Blvd - Last Wed - 7:00pm
Rochester - Friends Meeting Hall - 84 Scio St - 2nd Sat - 7:30pm

OHO

Bath - Crown Point Ecological Learning Center - 3220 Ira Rd. - 3rd Fri - 7:00pm

Cincinnati - First Unitarian Church - Reading and Linton - 2nd Fri - 7:30pm

Cleveland Heights - The Church of the Redeemer - 2420 S Taylor Rd - 4th Fri - 7:00pm

Columbus - Yoga on High - 3rd Ave and High St - 2nd Sun - 4:00pm

Elyria - Crystal Era - 608 Middle Ave - 2nd Sun - 5:00pm

North Canton (child friendly) - The Yoga Place - 6990 Whipple Ave - 2nd Sat - 6:45pm

- http://www.kiko-cozy.com

Yellow Springs - Friends Meeting House - 3rd or 4th Sun - 3:00pm

OKLAHOMA

Oklahoma City - Theatre Upon a StarDanceSwan Studio - 3022 Paseo - 1st and 3rd Albany - Unitarian Universalist Society - 405 Washington Ave - 2nd or 3rd Sat (Sep-Jun) -Oklahoma City - Theatre Upon a StarDanceSwan Studio - 3022 Paseo - 1st and 3rd Wednesdays - 7:15pm OREGON OREGON
Ashland - Call 541-512-1271 - 1st Sun - 2:00pm
Ashland - Headwaters Building - 84 4th St - 1st & 3rd Fri - 7:30pm
Breitenbush - Breitenbush Hot Springs - Every Thursday - 7:30pm
Eugene - St. Mary's Episcopal Church - corner of 13th & Pearl - 1st, 3rd & 5th Sun - 7:00pm
Portland (Beaverfon) - Unity of Beaverton - 12650 SW 5th - 2nd & 4th Sun - 7:00pm
Portland (East Side) - Grace Memorial Episcopal Church - 1535 NE 17th - Every Tuesday - 7:30pm
Salem - Friends Meeting House - 490 19th St NE - 2nd Thurs - 7:00pm
PENNSYLVANIA Salem - Friends Meeting House - 490 19th St NE - 2nd Thurs - 7:00pm PENNSYLVANIA
Chambersburg - Wilson College - 1015 Philadelphia Ave - 1st or 2nd Sat - 7:30pm Erie - Unitarian Universalist Congregation - 7180 New Perry Highway - Occasional Dates Harrisburg - Quaker Meeting House - 6th and Herr - 2nd Sat - 7:30pm Philadelphia (Chestnut Hill) - Second Wind Center - 98 Bethlehem Pike - Occasional Dates - http://hometown.aol.com/dancingpeace786/myhomepage/faith.html Media - Media Friends Meeting - 125 West Third Street - Occasional Dates - http://hometown.aol.com/Dancingpeace786/myhomepage/faith.html Reading - Occasional Dates State College - Friends Meeting Hall - 611 E Prospect - Occasional Dates RHODE ISLAND
Providence - St. Martin's Episcopal Church - 50 Orchard Ave - 2nd Fri - 7:15pm Providence - St. Martin's Episcopal Church - 50 Orchard Ave - 4th Fri - 7:30pm SOUTH CAROLINA
Aliken (Augusta- Ga) - Unitarian Universalist Church- 3501 Walton Way Ext.- 1st Sat -Aiken (Augusta-Ga) - Unitarian Universalist Church- 3501 Walton Way Ext. - 1st Sat -7:00pm
Charleston - Circular Congregational Church - 150 Meeting St - Once a Quarterdoct9@bellsouth.net
Columbia - Unitarian Universalist Fellowship of Columbia - 2701 Heyward St - Occasional 
Dates—laura@borenya.org

Greenville - Yoga Haus - 1622 E. North St. - #2 - Last Sat - 7:00pm - lindamcmakin@aol.com TEXAS
Alpine - Alpine Recreation Center - 704 W Sul Ross Ave - Every Sunday - 4:00pm
Austin - Unity Center of North Austin - 9603 Dessau Road - 2nd Tues - 7:00pm
- www.sufidance.org
Dallas - Cosmic Cup - 2912 Oak Lawn Ave -1st day - 8:00pm
Denton - St. Andrews Episcopal Church - 1306 W. Hickory @ Fry - 2nd & Last
Tues - 8:00pm
Ft. Worth - CCDS - 7525 John T. White Road - 1st Fri - 8:00pm - http://
home.swbell.net/vajra108/sufianddancecalendar.html
Houston - First Unitarian Universalist Church - 5200 Fannin (at Southmore) - 2nd **TEXAS** Sun - 3:00pm San Antonio - Center for Spirituality - 4707 Broadway - 1st Mon - 7:00pm UTAH Cedar City - St Judes Episcopal Church - 60 North 200 West - Occasional Salt Lake City - St. Paul's Episcopal Church - 261 South 900 East - 2nd Sat - 7:00pm - http://www.utahdup.org/ VIRGINIA Afton - Rockfish Valley Community Center - 190 Rockfish School Lane - 2nd Fri -7:30pm Alexandria - Mindful Hands Gallery - 211 King St - 1st Thurs (Sep-Jun) - 7:00pm Blacksburg - Unitarian-Universalist Fellowship - 1301 Gladewood - 4th Sat -Glacksburg - Unitarian-Universalist Fellowship - 1301 Gladewood - 4th Sat - 7:30pm Charlottesville - Thomas Jefferson Unitarian Universalist Church - 1st Wed - 7:30pm Lexington - Lylburn Downing Community Center - 300 Diamond St - 1st Fri - 7:30pm Oakton - Unity of Fairfax Church - 2854 Hunter Mill Rd - 2nd Sat - 7:30pm - http://www.peacedance.org
Richmond - The Round House - Byrd Park - 3rd Fri - 7:30pm Roanoke - Christ Episcopal Church - 1101 Franklin Road (at Washington) - 2nd Fri - 7:30pm Virginia Beach - Fellowship of the Inner Light - 620 14th St - 2nd Sat - 7:30pm VERMONT Burlington - Once a Month - http://homepages.together.net/~ross/dup.htm WASHINGTON Anacortes - Pilgrim Congregational Church - 2802 Commercial Ave - 2 Wednesdays a month - 7:30pm Bellingham - Bellingham Unitarian Fellowship - 1708 I St - 2nd Fri (Sep-Jun) -Bellingham - Bellingham Unitarian Fellowship - 1708 | St - 2nd Fri (Sep-Jun) - 7:00pm
Lopez Island - San Juan Islands - Occasional Dates - 7:30pm
Olympia - The United Churches - 11th and Washington - 3rd or 4th Sun - 7:00pm
Olympia - Unity Church of Olympia - 1335 Fern St SW - 1st Thurs - 7:30pm
Port Townsend - Yoga Shala - 303 47th St - 3rd Tues - 7:30pm
Seattle - Keystone Church - 5019 Keystone PI N - 2nd & 4th Sat - 7:30pm
Seattle - Keystone Church - 5019 Keystone PI N - 2nd & 4th Sat - 7:30pm
South Whidbey - Whidbey Institute Community Room - 8898 SR 525 (Clinton) Last Sun - 7:00pm
Spokane - Unitarian Universalist Church - W 4340 Ft. George Wright Dr - 2nd & 4th
Thurs - 7:00pm
Tacoma - Center for Spiritual Living - 206 North J St - 3rd Fri - 7:30pm
Tonasket - Community Culture Project - 411 Western Ave - Quarterly - 7:00pm
Tir-Cities - Divine Fellowship - 513 Barth Ave - Richland - 3rd Tues - 7:30pm
WISCONSIN WISCONSIN WISCONSIN

Madison - Gates of Heaven Synagogue - 312 E.Gorham St. - 1st & 3rd Fri - 7:00pm - http://peacedances.50megs.com/home.html

Milwaukee - Brookfield - Unitarian Universalist Church West - 13001 W North Ave. - 2nd Fri - 7:00pm - http://peacedances.50megs.com/home.html

Mukwonago - UU Church of Mukwonago - 216 Main Street (Hwy ES) - 4th Fri - 7:00pm - http://peacedances.50megs.com/home.html

Sheboygan - Unity Church - 2409 N. 8th St. - Occasional Dates - http://peacedances.50megs.com/home.html

Viroqua - Old Main Building - 311 E Decker St - 4th Fri - 7:00pm

WEST VIRGINIA Viroqua - Old Mai WEST VIRGINIA West Viriginia
Morgantown - Unitarian Church - 429 Warrick St (off of University Ave) - 1st
Sat (Sep-May) - 7:30pm
Cheyenne - Unitarian Universalist Church - 3005 Thomes Ave - 3rd Fri - 7:00pm
Jackson Hole - St. John's Episcopal Church - Fellowship Hall - Once a Month 7:00pm - http://groups.yahoo.com/group/JHDUP/

**Join the Network!** Your membership entitles you to our annual international newsletter, your regional newsletter, the membership directory, registration priority, and discounts on Dance events. There are many additional reasons why people join. Often mentioned is the sense of helping to support the Dances so that more people can share in the experience.

There are three ways you can join: 1.) online at http://www.dancesofuniversalpeace.org/na/network/join.html 2.) by mail at PeaceWorks · P.O. Box 931, Silver City, NM 88062 USA; or 3.) call us at (505) 534-9761.

Yearly Memberships: BENEFACTOR - \$500 / FRIEND - \$100 / COUPLE - \$85 / ASSOCIATE - \$80 / REGULAR - \$60 / LOW INCOME - \$40 Lifetime Memberships: INDIVIDUAL - \$2000 / COUPLE - \$3000



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