



Dances of Universal Peace North America



As we move through the time of longest nights and shortest days, the rhythm of this season invites us into stillness. Perhaps that comes from meditations, or attendance at the annual Sufi Sesshin in January, or longer periods of rest at night.

It is challenging, because in our culture this is also a time of gathering and celebration: Rumi's Urs, Solstice gatherings, Christmas parties, the New Years Eve Global Peace Dance, and more. In between them all, however, perhaps there are moments when you can stop and breathe into the underlying stillness. What might be birthed in these moments? How do the Dances help serve you from there?

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*"Enter into the silence of your own heart's
rose garden."*

~*~ Rumi ~*~

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Announcement to Dance Leaders in the North American Region Regarding Leaders Guild Fees

Beginning January 1, 2014 whenever your annual \$30 Leaders Guild fees next become due you will pay them directly to Dances of Universal Peace International (DUP IN). DUP North America (DUPNA) will no longer collect Leaders Guild fees on behalf of Dances of Universal Peace International.

[Click Here](#) to view details on the process.

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**Featured Song
of the Month:**

Oth Commandment
(Be Still and Know that I AM
God)

Psalm 46, line 10 (line 11 in the Hebrew Bible) originated by Narayan Eric Waldman, who describes it this way:

in becomes out,
and out in;
an infinite point
desists
What breathes now

Global Peace Dance

**December 31, every year:
The Global Peace Dance,
where Dance circles all over
the world gather to pray for
peace in the new year.
Where is your circle dancing
this year? Let's share! [Click](#)**



*Sky Majida teaching a song at Canyonlands
Dance Camp in Utah*

Farewell from Sky Majida: Good Where We've Been, Good Where We're Going To

As of the end of this month, the end of this year, I am retiring from my work with DUPNA as the Volunteer Coordinator. It has been a thirteen and a half year journey, full of learning, expanding, being of service. I

treasure the friends I have made and the ways I have been able to contribute to the organization that supports and encourages the Dances in North America.

It all began at a gathering at the Lama Foundation in 2000, where Darvesha encouraged me to apply to work for the organization. (I have had a fondness in my heart for Lama - and dear Darvesha! - ever since.) In those days,

Peaceworks Inc was the umbrella non-profit that housed two core councils, one for International and one for North America, and I assisted in the long complicated process of separating those out in the early 2000s.

In my years with NACC/DUPNA, I helped organize two regional meetings; traveled to an international DUP gathering in the Netherlands; conducted a survey to find out what people wanted from the organization, which resulted in the North American Journal (among other things), to which I contributed articles, poetry and photographs and served as the Photo editor. I watched the development of a new website, and assisted with its growth into the awesome service it is now; helped the Board explore and develop new ways of being of service, and worked with over 20 different Board members and three staff people.

My life has been entwined with this work, something I am overwhelmingly grateful for. I have gone from being a shy beginning mentored Dance leader and almost inaudible musician to being a mentor and a musician who has finally attained a volume level worthy of being told "Shhh!" by Shabda. I have led my own circle and developed Dance camps, moved from Durango to northern Arizona, explained the organizations to countless Dance leaders at various gatherings. Always the Dances, and this work, have been a part of my life, with every breath.

But it is now time to move on, to make space for something else, though I'm not even sure what that is yet. These have been golden years, precious years, and the fullness of them is beyond words. May the Dances continue to bless us all as the DUPNA Board moves forward on its path, and I await, with wonder, the unfolding of mine.

May all Beings be well and happy.

*~ Sky Majida Roshay, retiring Volunteer Coordinator,
DUPNA*

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[Here to add your listing to the DUPNA Facebook page!](#)

Featured Video of the Month:



Silence and Light

Silence and Light,
Pre Dance warmup,
weekend with Saadi Neil
Douglas-Klotz and Tasnim
Fernandez, Prescott AZ.

~*~

There are some great videos out there, so if you have a good-quality Dance video you would like to share with the community, please send the links to dupnamail@gmail.com to be shared in upcoming newsletters.

**A Few Dances with an
Attunement to
Stillness**

Into Your Hands O Lord

No Part Left Out

The link to Karen's article was originally posted on the DUPNA Facebook page; one reader commented "I <heart> Peace Dances!", another exclaimed, "Ditto..." and a third said, "They changed my life, from the first time I heard a tape of the Dances. I've been a musician for the Dances here in the Midwest for over 20 years."

Do you have an article to share about your experience with the Dances? We have created a webpage dedicated to press and media coverage of our beloved Dance tradition. This can be a great resource for all of us so please share any and all press you've received about your circle and the Dances.

[Click Here](#) to view DUPNA's new press page.

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"Be still, and know that I am God..."

~~ Psalm 46 ~~

Holiday Cards Sent Your Way

The annual Holiday card, with a blessing from one of the world's spiritual traditions, has been a tradition in the North American Region since Darvesha spearheaded the first card many years ago. This year's edition was delivered to you, thanks to a group of volunteer individuals and circles who prepare and mail the card out.

The Board would like to thank Shivadam Adam Burke for designing the card, and the Phoenix AZ circle for counting, packaging and mailing the cards and envelopes to the participating volunteers; and thanks these circles and individuals for helping this year: Hamilton MT circle, Violetta Reiser, Helena MT circle, Claire Bakewell, Seattle WA circle, Boise ID circle, Prescott AZ circle, Jackson WY circle, Longmont CO circle, Patsy Boyer

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~*~

California Quarterly
Winter Dance Retreat
Jan. 17-20, 2014
Santa Barbara Mtns, CA
with Tui Wilschinsky,
Yarrow Nelson, Vanessa
Hafiza, Judy Piazza and
local leaders
Contact:
Vanessa Hafiza Ragan
831-428-5622

~*~

Merging with the
River of Spirit
Jan. 24-26, 2014
New Orleans, LA
with Amina Rae Horton
Contact:
Amina Rae Horton
504-866-1114

~*~

Heart of the Matter Sufi
Retreat
March 21-23, 2014
Asheville, NC
with Asha Greer and
Allaudin Ottinger
Contact:
Tarana Wesley
1-828-683-5296

~*~

"When you lose touch with inner stillness, you lose

When you lose touch with inner stillness, you lose touch with yourself. When you lose touch with yourself, you lose yourself in the world."

~*~ Eckhart Tolle ~*~

Reminder: Last Month to Complete the Survey for Young Adult Dancers and Dance Leaders Ages 18-40 years old

We are excited to have received thirty responses thus far to our survey to gather feedback about the idea of holding a Young Adult Dance gathering in 2015 for young adult dancers and Dance leaders ages 18-40 years old. People responded from all throughout our region; from the east coast of the US and the west; from Canada and from Mexico. Alhamdulillah!

The information we gathered is so valuable to our being able to understand what it is that the younger lovers of the Dance among us would like to see from such an event. Thank you again to those of you who have already responded.

And....*if you are between 18-40 years old*, and you would still like the opportunity to let us know what you would like from a young adult focused gathering in 2015, please [click here](#) to complete this survey.

If you are *older than 40 years old* and wish to give your feedback about the survey or the event itself, please [click here](#) to email Jen Friedman.

Please also forward this information to any young Dance leader and/or younger dancer who is between the ages of 18-40 years old. Please copy and paste this link to the survey: <http://www.surveymonkey.com/s/XH6XCS9>

Thank you and Ya Fattah!

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Haiku on Stillness

Wind Spirit Dance Camp
April 3-6, 2014
Winkelman, AZ
with Grace Marie and
Shivadam
Contact:
Shivadam
602-224-0052

~*~

Click here
to view a complete and
detailed listing of Dance
Camps and Events
submitted to our website
from around our region

~*~

*"There is a silence
into which the world cannot
intrude. There is an ancient
peace you carry in your
heart and have not lost."*

~ A Course in Miracles ~

***Gratitude for
Donations***

DUPNA would like to thank
the following circles and
events for their dana from
their events and gatherings

only raindrops
on the steel roof
between stillness and me
~ Munira Judith Avinger

Earth, dreaming under
blankets of snow, fears nothing:
expanse of stillness.
~ Shivadam Adam Burke

snow falling
past street lights
the city pauses
~ Munira Judith Avinger

Dancing in action
weaving stillness in our hearts
Just be One Just BE
~ Farishta Mary Mead

In this moment, one
Breath, and stillness, and the
Universe unfolds.
~ sky majida roshay

looking for silence
finding
the mourning dove
~ Munira Judith Avinger

Next month's newsletter theme is New Beginnings. Please
send your haiku to dupnamail@gmail.com

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Be Still and Know.

Sincerely,
The board and staff
Dances of Universal Peace North America

men events and gatherings
to help further the work of
DUPNA and outreach of the
Dances. May you be
blessed in return!

Sheboygan Falls, WI
One Sun San Diego DUP
Event
Rose Heart Sufi Community,
Durham NC

~*~

*"For those of us who live
in the northern
hemisphere, this is the
time to make some space
for pauses between our
everyday movement, for
feeling the space
between two breaths."*

~*~

Saadi
Neil Douglas-Klotz
~*~



