

# THE DANCES OF UNIVERSAL PEACE North American Journal

*Good where we've been,  
Good where we're going to*



ISSUE 7, 2008/2009



# North American Journal OF THE DANCES OF UNIVERSAL PEACE

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# From the Editor

Here we are again, rounding this big dance circle of ours together, arm in arm. Here we are again, forty years on from having received this incredible opportunity from Murshid SAM, and from so many other beacons who have shown the way, and the circle continues. Here we are again, time to reflect, time to be, time to love all that is good in this great living, singing, dancing adventure that we are on. This year, the North American Journal commends to your use Shemmaho's familiar New World cry of exultation - "Good where we've been - Good where we're going to!!"

Ironically, as this writing is being done, things here on earth are not feeling that great for so many of our earth travelers. Systems of nurturing that were never perfect are seen to be teetering on the possibility of collapse. You may know someone whose pain is heavy, whose livelihood is threatened, whose health may have slipped away needlessly, whose home is uncertain. Our hearts reach out. We are in this together.

There is work to be done, there is water to be carried and there is harmony to be restored to so many places. We have seen those places. We have seen the goodness, and we remember. We remember as often as we gather together. We gather in the many towns of this continent, from Juneau to Coral Gables and everywhere in between. Our circles of hearts and blessings are reaching out to all, hand taking hand, heart touching heart. No one can be left out of that great good where we are all going.

So then, the staff of the North American Journal, on behalf of each one and two and three of you, steps up to our times with a simple message, a shout of joy, a call to action, and a blazing flame of human hope - "Good where we've been - Good where we're going to!!" So may it be - Bari

## On our cover:

Fatima Lassar's 1970 photo of Murshid SAM is shown with Emily Rose's photo from last Fall's Boulder DUP 20th Anniversary Jubilee & Reunion Dance, reminding us of where we've been and where we're going.



*Baking in Beauty, Utah, 2008.  
Photo by Malik Paul Gregory.*

# The State of the North American Region

by Lucinda Abbe, President, Peaceworks DUP North America



Lucinda Abbe



Donna Bain



Patsy Boyer



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Pamela Yamuna  
Devi Pierce

*"Good where we've been, good where we're going to."* When we dance this phrase, we are encouraged to consider the lessons of the past, recognize what is positive, and carry that inspiration into the future.

As the new president of the Board of Directors of Peaceworks DUPNA, I take pride in reflecting on the achievements of our organization. In 2004, Peaceworks DUPNA became a distinct nonprofit corporation, separate from the corporate structure of the international network. One result of this corporate independence is that local dance circles in North America can become chapters of Peaceworks DUPNA and can thereby enjoy nonprofit status. The separation also provided us the opportunity to be in service to the needs of the regional dance community when in 2007 we hosted a meeting that was attended by over 30 dance leaders and volunteers from around the continent, who shared in the visioning process for the future direction of activities in the North American region.

In 2008, our great success was the completion of a new website at [www.peaceworksdancesna.org](http://www.peaceworksdancesna.org). We are pleased with the great response from our members. Everyone loves the new look and the new features! Dance leaders can now update and submit detailed information for existing and new circles, dance camps, and one-time events by completing a form right on the website. Volunteers can sign up for service and members can join, renew and pay their membership dues at the website. Using the website's 'Find The Dances' tool, travelers can find a dance in locations all throughout the region. Another digital success is the upgrade of our database, making the content more useful to the three groups that use it jointly: Peaceworks DUPNA, the Mentor Teachers Guild and Peaceworks International.

At our "in body" board meeting last March, we spent time envisioning the future of DUPNA. We appreciate that Dance circles can exist without any organization on the regional level, so we are asking, "What is the value added by the organization?" We believe that by keeping this question in our minds, we can continue to provide and expand upon these invaluable services for the dance community and our members: maintaining the database, website, dance circle listings, the Journal and other initiatives.

Last year, three of our board members stepped down. With great thanks for their service, we wish them well. Mansur Richard Conviser was on the board for seven years, and president for six years, blessing us with a balanced budget, and spearheading the publication of annotated dances. Jim Grant served for 5 years, first as the regional networker. Then, as treasurer, his conscientious attention to the numbers kept our ongoing finances attuned with our budget. Aeolea Wendy Burwell served for 4 years and edited 3 issues of our North American Journal.

We welcome our new board members, Jennifer Friedman, from Colorado; John Bari Ramsey and Donna Bain, from Virginia; and our new treasurer, Jim Herren from California. Board member Patsy Saphira Boyer deserves our gratitude and praise for countless hours spent bringing the website to completion, with significant and devoted help from Connie Zareen Delaney and Bruce Heeter. Aeolea Wendy Burwell, after 3 creative, innovative and successful years as editor of our NA Journal, handed over this significant task to Bari.

Journal. This year's Journal continues the tradition of articulating the informative and practical aspects of the organization, while also inspiring the beautiful and sacred presence within each of us. With interesting articles, beautiful poetry and photographs, the Journal has become like an old friend for our members, whose reception in the cool of the early year brings warmth and companionship. We continue to use the Journal as an instrument for publishing new Dances and for maintaining a comprehensive listing of dance circles throughout the region.

For 2009, we have some new projects planned that we think will be of additional service to the region and the world. We are committed to the collection of unpublished dances and will be working with dance originators throughout the region to annotate, and make available by download, the dances that have been so lovingly crafted by and transmitted to our many gifted dance leaders. We will add more features to the website and work to foster the exchange of ideas among dance leaders from different locations. We will also make it a primary goal to consider how we can reach out to the thousands of dancers in the region who are not dues paying members, but who are members of our dance community. Perhaps we can recognize them as our "grassroots" members!

What a great time it is now, as we look forward to creating a new future for our dance community, our continent and our world. We hope to contribute a big dose of positivism as we create a world in which we can all joyfully live. It is indeed good where we are going. And we as individuals can have as big a role as we want in making that future come to pass. I believe that we need to take action to realize our visions, but I also believe that that action need not be a burden. We only need to allow ourselves to have creative ideas, then launch those ideas into action and watch as they sail forward and shape our future. So, let's be encouraged by our dance, and find goodness both behind and before us, as we work to build peace on earth. message of peace within and without. ■

# Ancestors, Sky People

Music: Harmony Grisman  
Movements: Sharee Anderson

1 E B A 2 E B

7 A 3 4 B 5 E

14 B A 6 7

21 E B A 8

Lyrics: An - ces-tors, sky peo-ple, all here to - day, Hear my heart song, Hear my re - spect, hear my love, Hear my grate-ful tears fall, I am tru - ly blessed, I am tru - ly (You are) blessed, We are tru - ly ble - - - - ssed.

Take a partner and face center.

1. Take hands in the circle and side-step four times to the right, raising arms as you go.
2. Let go of hands and draw hands down so that they rest one upon the other over the heart.
3. Bow to the center with hands in the prayer mudra at the heart.
4. Still facing center, hands extend from heart to the heavens, creating a chalice.
5. Make one full turn clockwise turn individually, lowering hands as fingers wiggle like falling rain.
6. Turn to your partner, take hands and make a clockwise half-turn to change places w/your partner.
7. Turn around to face your next partner and repeat movements in 6.
8. Turn around to face your next partner and repeat movements in 6.  
(Alternate movement: 8. Join hands in circle and move in and out.)

To listen to audio clips of the Dances featured in this Journal, as well as others,  
please visit: [peaceworksdancesna.org/peaceworks-na-audio-clips.htm](http://peaceworksdancesna.org/peaceworks-na-audio-clips.htm)



# World-Wide Prayer Days for the Planet —Neshamah Emi Miller

*Dearest Family of the One Heart, May All Blessings Be Upon You!*

It is with great love and deep hope that I write this article, letting you all know about the movement that was begun last April, at the Federation Council meeting, at the Abode of the Message in New Lebanon, New York.

As many of us know, the Federation Council and its annual open meetings were initiated to help promote love and friendship, and feelings of family and unity between the many heart streams that have sprung forth from Hazrat Inayat Khan, the man whose life task it was to bring the Message of the unity of religious ideals to the West.

As life has its way of creating differences and distinctions, there have arisen many streams from the work of Hazrat Inayat Khan, since those early days, with each stream holding a unique perspective. Yet all streams carry within their heart, the Message of spiritual liberty and harmony with all that was set upon the stage of life through Hazrat Inayat Khan.

On the last afternoon of the April, 2008 Federation meeting we had a group exercise. We were asked if anyone had any ideas that could help to bring forth worldwide gatherings, which would include all of our streams, and could help everyone to recognize and experience that we are one united family, each working in our own beautiful ways to promote the Message of unity in our time. One of the ideas presented has been held as a treasured seed within my heart, since receiving it as a vision in 1990. The idea is to create several days each year where all around the planet our Family will unite our prayers together, with the focus of bringing peace and healing to our planet.

As the whole world is suffering, with multiple wars and loss of life, extinction of species, and destruction on so many levels, that there is much collective work that is needed in order to help to bring, and to promote, worldwide peace and Harmony. Toward this end, all members of all of our family streams throughout the world will be invited to join together to pray for the planet several days each year.

A small breakout group was formed to discuss how this idea could be implemented. Devi Tide was one of the members of our group, and she further discussed this with the Federation Council members at their next meeting. The Council agreed that with our family's ability to concentrate and focus love and healing, that united together our prayers could create a tremendous and beautiful love-light-grid that will surround the entire Earth for twenty-four hours, resonating in the inner spheres, and will bring much Healing to all those who are in need, and to the Earth herself. The Council members then voted unanimously to move forward, giving their full support of the Prayer Circles, stating that each community should ask their membership to join our worldwide family "Prayers for the Planet" days, in order to help to heal our world, through combining our loving heart lights for peace and healing. We chose the name "The Inayati Family World-Wide Prayers for the Planet". Even though Pir Zia of the Sufi Order stream is not at this time a member of the Federation Council, he has given his full support to this worldwide endeavor and is participating fully.

Toward this end, all members of all streams who choose to participate, including the different Sufi orders and the Dances of Universal Peace, will hold local

gatherings, on certain dedicated days, inviting members of all streams in their area to gather together to pray for the planet, knowing that they will be praying worldwide as one family. This could mean that your local community would hold a Dance of Universal Peace, a Universal Worship Service, a healing ritual, or a Ziraat Service. The prayer can be as simple as holding a ten minute period or a silent meditation during a scheduled gathering or meeting. It can also mean that you pray alone in your own home, or with one or several people. Yet, whatever way each one chooses to pray on these days, when you enter into prayer you will be able to feel our united presence and full heart love within you -- and surrounding you.

It was decided that the Solstice on June 21st, 2008 would be the first day for the Prayer Circles. All of the many orders were notified and invited to hold a Prayer for The Planet on that day, in their area, at a time of their choosing. This would create a 24-hour Circle of Prayer around the Earth. We had only two months to promote this first event. The response was immediate and wonderful! All over the world the idea hit a certain inner harmonic chord, and multiple events were

**See World-Wide Prayer**  
*continued on p.6*



*Pir Shabda Kahn, Abraham Sussman and Sarmad Tide prepare their musicianship at the Federation Gathering. Photo by Neshamah Emi Miller.*

**World-Wide Prayer continued from p.5**

created and held. The result was that the Message of love, harmony and beauty resounded in places far and wide: in Russia, Bali, Germany, Holland, New Zealand, Australia, throughout the United States, and in many other places known and unknown, our one family responded and prayed together -- for the Healing of our planet.

Thus encouraged, we are moving forward, and by the time you read this, the second Inayati Family World-Wide Prayer Day for the Planet will have occurred, on New Year's Eve, 2008. We are asking in advance that all who hear about our World-Wide Prayer days will decide to join us, in your local areas, for the next event, scheduled for the Summer Solstice in 2009.

There is a flyer and other materials that you will be able to access from our

Prayers for the Planet Yahoo! group. The flyer can be typed upon, and you can enter the name of your event and the time and place it will be held, by changing some of the text. This way, the worldwide events will all have the same flyer, and this visual will increase our consciousness of one another. On the Yahoo! site, you can share your event photos, see what other gatherings have taken place and gather information as to how to integrate your gatherings into your extended communities. For example, you can find out about including the many faith traditions in your areas, inviting them to pray together with us, for our one planet. How wonderful it is to know that each and all of us are held during our gatherings in absolute sacredness and Unity within the One Heart of All.

In conclusion, the quote above from Hazrat Inayat Khan points us all in a direction for helping our ailing planet at this time:

He was alone with a huge task. He worked for 16 years, elevating the vibration of Humanity, working hard, giving all his energy wherever he went. Now, with the spread of our family, we are in fifty countries around the world. Imagine how our united, focused prayers and love-light will be able to serve the whole world, her peoples and creatures, elevating the vibrations all together, at the same time.

This is the work at hand, dear ones. The time is now. Thank Heaven we are working together, united in the one desire, for Love, Harmony and Beauty.

Here is the website:  
[inayatiordersprayers@yahooogroups.com](mailto:inayatiordersprayers@yahooogroups.com)

*Neshamah Emi Miller is a cherag and a healing conductor in the Sufi Ruhaniat International, a Dance Leader and a farmer in Ziraat.*





### In the Garden

Year after year I plant my garden and nothing comes up!  
Year after year, year after year, I plant, I plant in my garden  
and nothing, NOTHING comes up!  
The following year, the following year, I plant in my garden,  
I plant, and not only does everything come up,  
not only does everything come up!  
But from all the previous years, from all the previous years, it all  
comes up at once,  
IT ALL COMES UP AT ONCE!  
I harvest what I can and leave the rest to God.

*Samuel Lewis, In the Garden*  
(Adapted poetically by Hamid Francis O'Hara)

**May the song renew itself from gathering to gathering and from age to age,  
and may this be the ground from which all our actions spring.**

I wandered through the years looking for  
the face that would launch  
my purpose  
Now I am home in the face of love  
In the face of love I find my purpose  
In ecstasy I find the face of love  
To dance, to sing the song of life,  
to love  
Like two birds with no wings to fly...  
I HAVE FLOWN!

*Art (left) and poem by Joyce Carlson,  
artwithadifferentview.com*



*Murshid SAM conducts a dance in Central Park, 1970, photo by  
Murshida Fatima Lassar.*

Let the soul now sing that it become utterly triumphant,  
Let the soul now sing that it become totally free,  
That murmurs and forebodings be dispersed,  
And the universal Light become known to all.

*Murshid Samuel L. Lewis*





# Children's Global Peace Project

by Tajali Theresa Tolan and Konstanz A. Kuraz

How does one begin the daunting process of teaching children how to discover their own story and their unique place in the Universe? How do we help them recognize that we humans have a variety of paths to the truth? And how do we teach them that when these various paths arrive at a common consensual knowing we have the possibility of a story of the universe that can guide our whole species into a bright and rewarding future together...a future of peace...a future of hope, health, and abundance?

This is a daunting task to be sure, and one that a sincere teacher in any of the various fields of human education and exploration can appreciate. A growing group of peacemakers who comprise the Children's Global Peace Project (CGPP) thinks they are on to one method of accomplishing this task and they are hoping that you will agree with them. They dream of teaching this method to children everywhere, and are especially hoping that international dancers who are reading this article will take note and join with them in making their dream a reality.

The members of this newly created organization are pointing out to anyone, anywhere who will listen, that the imaginations and hearts of children are the places to begin this process of conscious awareness, leading to peaceful co-existence and the achievement of human potential. This is an inside-out journey of continual self-discovery, and it is essential to work within this method in an experiential manner.

The process begins with a time of quiet inner reflection. Children are asked to imagine peace and to hold it in their hearts. This quiet time then flows into guided outward expressions of the peace found within. The children dance the Dances of Universal Peace and create artwork. Their artwork is shared with other children across the globe in gestures of friendship that include an invitation for shared creativity, experience, and understanding. Ongoing relationships between the children and their new foreign friends are encouraged, as are follow-up visits by the CGPP staff to facilitate continued development of peace building skills in the children.

Based in schools within the United States, the Children's Global Peace Project offers peace curricula that integrate existing state curriculum standards. Children engage in facilitated discussions on "What is peace?" and "Where is peace?" and "How do we make peace or be peacemakers?". They learn that there are four key skills that contribute to the quality of peace within oneself as well as outside of oneself. These skills are: (1) Peace Within -- finding peace within oneself, (2) Observe and Listen Without Judgment -- being willing to see and hear through the lens of the heart, (3) Empathy and Understanding -- a heart skill that allows one to understand another's point of view and reason for behaving a certain way, and (4) Collaborative Creative Problem Solving -- a coming together with an open mind and with curiosity to look outside the box that encourages one to drop individual ownership and identity, and to become a "we".

The Children's Global Peace Project is a non-profit organization that is building global classroom-to-classroom connections, shared experiences, and understanding among children around the world. It is an organization that empowers school systems,



*Children's Camp Director Tajali Theresa Tolan (WI), at bottom of photo, with some of her charges, Wilderness Camp, MT.  
Photo by Dale Blindheim.*

teachers and children to co-create the peace education curriculum that best supports their needs. The CGPP works with elementary, middle and high schools through the use of their peace curricula, the Dances of Universal Peace, and the creation of peace banners. The peace banners are then sent to coordinating classrooms around the world as a gift of peace. Classroom-to-classroom ongoing relationships are supported through letters, videos, video podcasting and Internet email.

Since January, 2008, the Children's Global Peace Project has worked with 31 classrooms in Wisconsin and Colorado, USA. Over 710 children have created 13 peace banners and experienced the Dances of Universal Peace. The CGPP staff recently presented the program in schools in Kampala, Uganda. They have also had banners delivered to schools in Germany and India. Banners are scheduled to go to Tel Aviv, Bethlehem, and Jerusalem in Israel, as well as to Tanzania and Argentina.

*The Children's Global Peace Project was formed in 2007 through a grant from the Oneness Project (OP). OP continues to support the project with 501(c)(3) sponsorship, fiscal support, and guidance as they are able.*

*If you are interested in receiving a Peace Banner and participating in a classroom-to-classroom connection, please contact CGPP at [info@cgpp.org](mailto:info@cgpp.org). The CGPP website is [www.cgpp.org](http://www.cgpp.org).*

*Tajali Theresa Tolan is committed to building peace through the arts and through family and community connections. She is co-director (with Kevin Lockwood) of the Children's Global Peace Project and is a mentor teacher for the Dances of Universal Peace, leading dances regularly in Madison, Wisconsin. Tajali is a marriage and family therapist by vocation and is the mother of two children, ages 27 and 11. She lives in Evansville, Wisconsin. Tajali can be reached at [tajali@cgpp.org](mailto:tajali@cgpp.org).*

*Konstanz Kuraz is an affiliated supporter of CGPP. She is a Minister of Spiritual Peacemaking and a Mediator with Kuraz Mediation. Konstanz has degrees in philosophy and law, and her passions in life include dancing, writing, honoring sacred relationship and peaceful resolutions, and sharing the dynamics of experiential cosmology. Konstanz can be reached at [Konstanz@kurazmediation.com](mailto:Konstanz@kurazmediation.com).*

# When The Unexpected Happens



*Umbrellas protect the musicians from the rain as they accompany dancers in a jubilant celebration of Mother Nature's glory (a double rainbow and glorious sunset), Wilderness Camp, MT. Photos (both pages) by Dale Blindheim.*

When Ram Dass was still driving his little sports car around, picking up hitchhikers, he would usually begin the conversation with, "as I was saying," since we are ultimately all one being. This being the case, we can all learn from each other by sharing the experiences around what has transpired at dance meetings when the untoward has happened. This has often created situations that were not so un-Toward the One after all.

I spent my first years leading the Dances at the Lama Foundation, near Taos, New Mexico, starting about 1971. I suppose the first time something unusual happened was when someone dropped off about 100 eleven year-old boys, to "watch the Sufis dance". They were full of energy and didn't want to be inside, holding hands. There seemed to be no way our usual Sunday dance meeting was going to happen. So we did the Shri Ram snake dance right out of the Lama dome, down through the garden, past the goats and chickens in the barn (who, by the way, all had little pujahs set up, each with a holy goat and a holy chicken), up to the tower house, and down to the parking lot. Finally, we ended up back in the dome, where we had tea, and then they all went home. They got a tour of Lama, they sang mantra, moved to the rhythm and had a good time.

I have learned not to worry. When I was about to lead a really huge group of many circles of dancers for the first time, I was understandably apprehensive. In that very moment, a wise guru-sister said to me, "Don't worry, the class is Murshid." In other words, whatever you are supposed to learn from this experience, you will, whether it works or not. I don't have an exact

prescription for the varieties of dilemmas that can occur, except this: use whatever abilities you have, be flexible, be creative, and if nothing works, you can close the meeting, go out and have some tea or go home. Hopefully the circumstances will have shifted by the next time you meet.

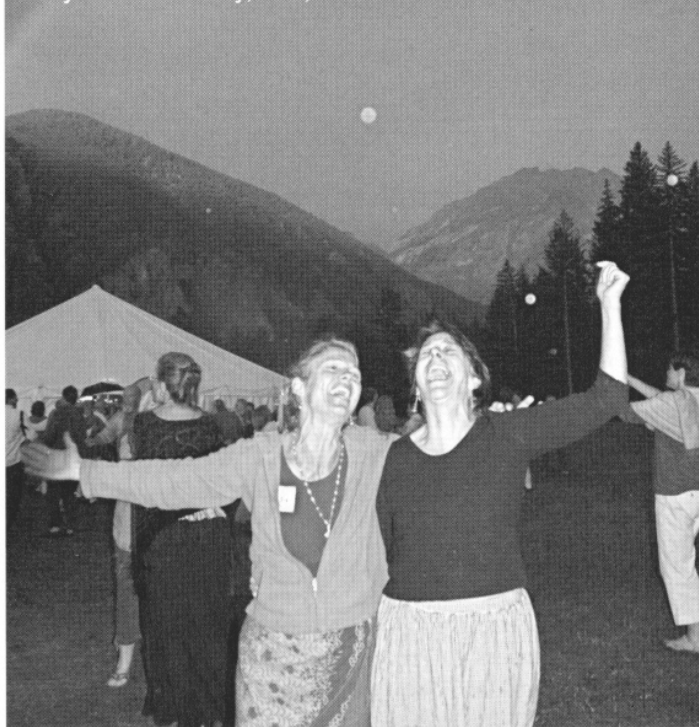
A few years later, a group from a born-again Christian commune came up for the Sunday visitors dance meeting. When we sang the dance melodies, they all refused to say any divine name except Jesus. So in the first dance, the introductory Bismillah dance, instead of singing "Allah, Allah," we chanted "Jesus, Jesus," to the same melody and did the dance. Then to Shalom Aleichem, we also sang the lyrics "Jesus, Jesus" to that Hebrew song, turning as couples, and so forth for the whole meeting, ending up with the Kalima sung to "Jesus, Jesus." I'm quite sure the Divine did not mind what name we called her. Then they went home, and we went off to stack adobes.

Then there was that time in New Hampshire. Somehow I was leading the Dances on Easter Sunday for a group of ardent members of the Women's Liberation Movement, during the early days of that movement. We were doing the Resurexit Christe dance, (during which one touches one's head to the ground and then rises as in resurrecting oneself). A stentorian voice rang out: "I'm not bowing down to any male deity!" So without much change in tempo, we temporarily changed the dance right then and there (inwardly begging forgiveness of the archives) and walked sideways, raising our arms, and things proceeded.



# in Dance Meetings

by Tui Wilschinsky, PhD, Senior Dance Mentor



*A phenomenal double rainbow paired with a glorious sunset draws dancers out to celebrate Mother Nature, Wilderness Camp, MT.*

After a few years, I moved from communal family to nuclear, and we lived in Taos. The Dances were held on Sunday mornings at 9:30 a.m., in an art gallery above the Plaza. One morning, during the meeting, some very inebriated local fellow stumbled up from the Plaza and waltzed into the center of a Zoroastrian dance, sat down on the floor and started calling out some word repeatedly. We stopped the dance, naturally, and after a while could hear that he was saying, "sheaves, sheaves ...." We figured out that he thought this was some kind of church, and he wanted us to sing "Bringing in the Sheaves." So we did, with some lovely harmonies, and then he started crying, and he wandered off, and we went on with the meeting.

Now so far, things have gone fairly well with the unexpected, but one time I had absolutely no idea what to do. In Laguna Beach, California, the churches, synagogues and mosques each take a turn staying open all night, providing a space for the homeless. Coincidentally, the night that I led in a church there happened to be the same night that this church had its turn as host of the homeless. A few of the homeless guests were wandering around the grounds. After a particularly sweet Zikr, when we were resting in the arms of Allah, savoring the stillness, one of the guests started angrily telling it like it was, at the top of his voice. I was stymied. Here before me was another holy being, doing what he felt he had to do. Here I was, hanging out with Oneness, the holy vibrations still ringing in me. I was standing still in that second, taking it all in. Sometimes you just know what to do, or to try, and you act. Sometimes, somebody else does something. One of the dancers was a

yoga instructor who was also an ex-Marine. He gently put his arm around the guy and invited him to take a walk. Off they went, and we continued.

Once, a circle that I was leading actually had to stop dancing, due to nearby jack-hammering. We went and had ice cream.

It was in Montclair, New Jersey that we were dancing in a back yard, and high in a nearby tree a raccoon was watching our movements. The raccoon was turning its head with the circles, getting dizzy. Mid-dance, the raccoon fell, and probably broke a leg. We called Wildlife Rescue. While we waited for them to arrive, we chanted "Ya Shafee, Ya Kafee" quietly. That was it for the dance meeting; it was over. We discussed raccoons, met with the wildlife folks and went home. The meeting did not resume, but I did acquire the epithet "The Man who could Dance Raccoons out of a Tree".

Love, Harmony, and Beauty are aspects of the Divine that initially draw many of us to the Dances of Universal Peace. Hopefully, when one leads a dance meeting, the experience of these qualities is the essence of what can come through us. Murshid SAM said, "It can't be taught, it can only be caught." I would add: "Don't force it, be a faucet." That is, rather than trying to make something happen, get out of the way, and allow the love, harmony and beauty to come through. When you think it's you who is creating the atmosphere, it is possible to get trapped in pride or blame, success or failure.

So when unexpected dilemmas spring up in a dance meeting (or in the rest of life), I recommend the four steps that Basque shamaness Angeles Arriens recommends:

show up,  
pay attention,  
tell the truth, and  
don't be attached to the outcome.

Be in your heart as much as you can, do the best you can, learn from everything and you might end up with an epithet. Shift happens.

*Dr. Tui Wilschinsky has been leading the Dances of Universal Peace and facilitating heart opening events for over 37 years. He teaches expressive arts in Northern California and internationally. He is a Senior Mentor of the Dances of Universal Peace and a teacher within the Ruhaniyat Sufi tradition. Tui would like to encourage you to write to him, at [ishq@sbcglobal.net](mailto:ishq@sbcglobal.net), to tell your own stories of dealing with the unexpected in dance meetings, and the collected writings might make for a follow-up article.*



*Wali, beloved friend, basks in the energy of the Dance circle during the Free Spirit Dance retreat near Snowflake AZ. Photo by Cathryn Swan.*

# Siyakudumisa

Words & Music: Based on traditional South African melody

Movements: Tara Andrea Swierkosz

Si - ya - ku - du - mi - sa Si - ya - ku -  
du - mi - sa Si - ya - ku - du - mi -  
sa N - ko - si ye - - - - - thu.

Siyakudumisa Nkosi yethu is Zulu for **We praise you, our Lord**. In this dance using a traditional South African melody, we are invited to be present with each other from a place of pure being-ness, just as a baby gazes into our eyes. This can be a place of deep peacemaking since babies and young children do not classify, separate, segregate, judge or categorize but simply gaze. Perhaps this is what Jesus meant when he said "unless you become as children, you will not enter the kingdom of heaven". (Teenagers in Germany have nicknamed this the "Babyface Dance.")

Identify a partner and face each other with one partner positioning their back to the center, forming two circles. Face partner and open arms (do not cross) to take hands with people on either side of partner (right hand to right hand and left to left) connecting the two circles. Stay in the gaze of partner throughout, with the openness and stillness of an infant; letting go of sense of self.

## Part 1 Circles move together

1-4. Dancers stand still on the first "Siyaku" only and move, swaying from the heart, on "du" (side-step and close), "mi" (side-step and close), "sa" (side-step, close, side-step). Both circles move clockwise, (inner circle step with the right and close with the left foot, outer circle step with the left and close with the right) feet touching the earth gently but consciously. The circles continue to move in this manner through the whole song. Stand still on the first "Siyaku" only. For the remainder of Part 1, Dancers never stop moving.

## Part 2 Partners

1. Release left hands, keeping contact with new partner in right hand. Dancers again stand in stillness on "Siyaku" and move on "du" making a slow half-turn clockwise to change places (and circles). Right hands are held loosely at the heart level (elbows bent) as if one were about to kiss their partner's hand.
2. Beginning to move on "du", partners then make another clockwise half-turn to return to original circle, gently raising left hands to cover right. Be aware of the small amount of space available to trade places and invite the perceived space between partners to be lessened.
3. Partners face and standing still, very slowly raise joined hands on "du", lifting the veil and the illusion of separateness. Begin releasing hands on "mi". On "sa" stand before one another with arms raised in a position of praise, acknowledging universal connectedness; feet well grounded.
4. Dancers stand still on "Nkosi" and start moving on "yethu". Individual clockwise full turn in place, arms raised and celebrating oneness in universal love. Take hands again with people in the other circle on either side of most recent partner; letting go of separateness and remembering unity. Savor the moment of stillness before the Dance begins again.

Continue alternating Parts 1 and 2; ending the Dance in Unity, with Part 1.



# The Siyakudumisa Story

by Tara Andrea Swierkosz

The melody of Siyakudumisa entered my heart the first time I ever learned it, as a marimba song about 10 years ago. I felt that there was a dance waiting to be created. It took several years of singing the song until one day when I was walking my dog, the movements were revealed to me in one piece. Alhamdulillah!

When searching its origins, I learned that it is a traditional melody known all over southern Africa. In the course of my research I met a new friend over the internet, Cheryl Dibeela from South Africa, who became increasingly curious about the Dances. Cheryl and her husband Prince are from United Congregational Church of South Africa (UCCSA) and the Council for World Mission, South Africa region. After several years of emailing, Cheryl contacted me in the spring of 2008 and asked me to lead Dances of Universal Peace at a Zimbabwean Peace summit in Johannesburg in July. She mentioned that it might be possible also to meet a group of young people from several churches. With the help of Oneness and a generous community outpouring of support, I was able to go and spend 10 remarkable days in Johannesburg.

I was reminded that the Apartheid laws of South Africa have been lifted for 14 years, but the change in the law hasn't changed all the people's minds and hearts and lives. I asked myself: "How many generations might it take"? I learned that under Apartheid distinct lines were drawn between people who were black, white and



South African youths with Tara Andrea, July, 2008. Photo by Russell Davy.

mixed racial heritage (who were referred to as colored). Many of those distinctions still impact much of day-to-day life.

Contrasts in living conditions in Jo'burg were startling and shocking. I did not feel safe walking alone or driving in certain areas. During my trip I experienced the cold of winter and the pangs of hunger and got a glimpse of what it must be like for many who live there. The lovely Zulu ladies in my lodge kept calling me Madam, even though I told them my name multiple times. It was only after singing and dancing together that they shifted into friendship mode!

At the ecumenical Zimbabwean Peace Conference I was able to share several dances with representatives of Christian churches from several African countries who had never heard of the Dances. During

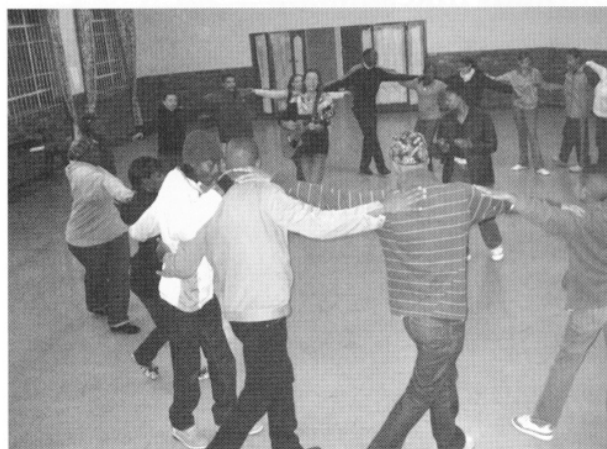
the days I was at the conference and in the evenings I was very fortunate to dance with a group of awesome young people, ages 12 to 26. This was a rare group of racially integrated young people some who were glad to be off the streets and out of the way of gangs. We danced several evenings in a row, and I was able to learn a more South African rhythm for Siyakudumisa. EVERYBODY knows this song. They loved dancing it, and we tried it in their

rhythm. It was quite a workout. Also they know the last line a little differently: they sing "Nkosi Yama Nkosi" which means king of kings. When we sing "Nkosi Yethu" it isn't wrong, it just isn't the typical way. I was very happy to have the dance return home for a visit.

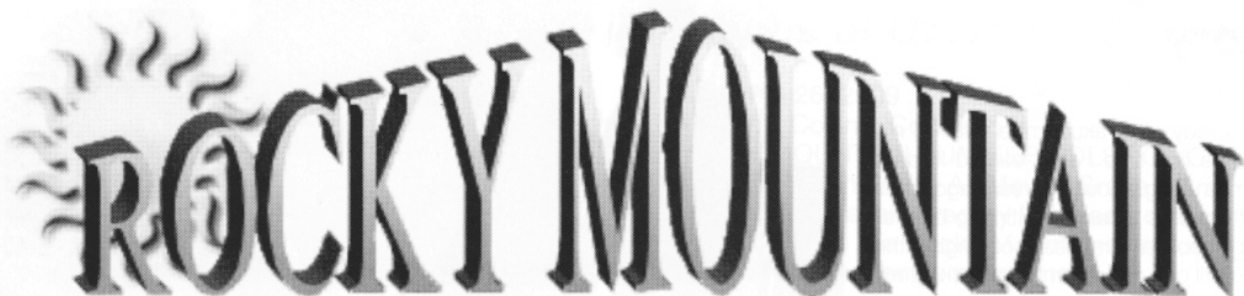
Throughout the week we learned several dances. This group, under the sweet and fearless leadership of Hendrea, wanted more than an entertaining, fleeting experience; they wanted to own the leadership of the Dances in order to continue after I left. Three months later, they have now included the Dances of Universal Peace in a larger church gathering under the theme of "God's Rainbow".

I feel very grateful that I had this opportunity to meet many extraordinary people and plant some seeds of peace. There is nothing like taking hands in a circle and praying and dancing together. I hope the Dances take root in South Africa and can contribute to changing the world, one heart at a time!

*Tara Andrea has been part of the Dances of Universal Peace for over 20 years. With Saadi Neil Douglas-Klotz as her mentor, she has been leading Dances at home in Santa Fe, New Mexico and internationally in Peru, Colombia, Germany, Italy and now South Africa. Tara has led Dances in prisons, homeless shelters, at many conferences and community events. She is passionate about dancing with youth and about how the Dances can truly call forth an experience of universal peace and connectedness.*



Dancing "Spirit of Peace" with the Congregational Church of South Africa Central Region Youth. Photo by Russell Davy.



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# Emerging from the Cave

by Cimarron

It was ironic. There we were at the 10th Annual Canyonlands Dance Camp, and for the first time ever, we weren't allowed to dance in our beloved Split Top Cave! Oh well, it was just a newly appointed District Manager Ranger with her own interpretation of just exactly how many people could all be in the cave at the same time. But her new take on how to decipher the rules governing Split Top Cave did not deter us from our Canyonlands Dance Camp. Like the truly positive minded folks we D.U.P. dancers are, we remembered it's always just as Good Where We're Going As Where We've Been, and so we ventured on to our new venue...from within the cave out to the big round tent.

I spoke one afternoon at the camp with Bernie Heideman, dance leader extraordinaire from the Western Slope of Colorado. He put a lofty "spin" on the experience of our forced shift out of the cave to the dance tent. Bernie believes that the dance circle is the guru, in this case teaching us not to cling to what we have always done before, but to joyfully move forward onto the next thing. It was time, he said, to emerge from the cave, and move out into full view of the world, and to remember that as one door closes, another opens.

It's time to let go of what doesn't work, of what we may believe has been "taken from us", let go of our judgment of others, let go of the status quo and whatever was the old and familiar, and move on. But in that forward movement also to appreciate the wonder and beauty of what was, ("Good Where We've Been"), and accept the transform to a deeper, richer, more efficient place ("Good Where We're Going To"). How are we going to respond to changes (that are always inevitably) coming our way? Resilience is so all important! And so from the earth sheltered environment of the cave, we birthed outward into the huge spaciousness of a 360 degree view of slick rock, open sky, rock spires, desert sun, and canyon breezes, by day. In the evenings of that dark moon, we enjoyed with each night sky, a full view of the "Rainbow Bridge" of the Milky Way over our heads. As the camp progressed, we opened even further to the new possibilities in the future of taking the large dance tent someplace where we can all camp near one another and truly eat, dance and pray (play) together while enjoying the peace of the natural world. The beauty of Canyonlands Dance Camp is how it creates the possibility for connection between dancers beyond the dance circle, through camping, cooking, hiking, biking, and playing together. At Canyonlands, as we dance several times a day in the circle, we connect more deeply with each other. Gradually, that guy from Durango, ("what's his name?"), becomes someone who we gaze at with a deep love and a profound softening, and then we make that connection of camaraderie and compassion, ("Oh, that's Joe who just separated from his wife"), and we soften into compassion

to-ward that One. We pass this other one as a partner in the next dance, and in that same one, (who may have taken our assigned parking space just several hours ago), we see the light of the Divine and remember once more that we are gazing at the Beloved. Later, in yet another dance, we see the one who spoke harshly to us before, now becoming a radiant being of God-Light and we see their eyes relaxed and their heart open to us as well. This is the magic that happens within our dance circles, which we as dancers can extend out into the world where it is so profoundly needed. Bernie calls us into action and to "higher ground" through his latest CD, "Hope For Change" which is full of original tunes as well as those he has read or heard at various gatherings: "We are the rising sun, we are the change, we are the ones we've been waiting for, and we are

dawning!"(unknown author).

We as dancers can fulfill the vision SAM had for us to bring peace to the world one person at a time. We have the power to overcome the divisiveness in America (and the world) by transferring the ethics of the dance circle (or dance camp) into everyday life in our families, our jobs, and our communities, by showing that special light, that gaze of compassion to those we encounter.

The transition from the cave to the tent at Canyonlands stands as a metaphor for how important it is to go beyond just the spiritual connection we have in our dance circles and take that vitality out into the larger community. Bernie suggests that the spiritual energy that we generate in the dance circle is not enough, and that we need to expand this spirit outward to include the greater world and broader issues of life.

In *Spiritual Dance and Walk*, we read that Sam had a vision of bringing "peace through the arts" to the world.

"Murshid's writings emphasize the need to embody the states of expanded consciousness which the Dances produce, through actual service to the world and work on one's inner growth. In this regard, Samuel Lewis's vision of peace – both inside and out – demands a passion for growth and change. One ... [can] probe the depths of her or his being and discover how to fully embody and live from the place of peace that the Dances allow us to taste. The Dances now play a large part in many gatherings devoted to peace on earth as more and more people unite in this concern." (*Spiritual Dance and Walk*, Neil Douglas-Klotz)

Exemplifying this tradition, Bernie recently led dances at the peace gathering in Denver that ran concurrently with the Democratic National Convention. In another of his inspiring songs, Bernie sings, "Our task is to learn to share the earth, to commit to live in harmony, with confidence that we are smart enough, good enough, secure enough to create a better world. Fear leads to war, greed leads to war. We want so much more, we need so much more. Our concern for others opens other doors." (lyrics by B. Heideman)

How then do we behave as a community involved in a broader sense with concern for others: for example becoming involved in the election, in overcoming divisiveness in America, in showing people how to

work together while respecting each others' views? How do we incorporate our dance circle ethics into life in the larger world and see God / the Beloved in each one in the circle, as well as the oneness in all the diverse beings we encounter socially, economically, or politically? Bernie points the way by placing music to others' lyrics such as; "I am the spark, I dream the dreams, I am the source, Creation lives in me," (unknown author); and "We are the heart, we are the hands, we are the voice of spirit on earth and who we are and all we do is a blessing to the world," (lyrics by Karen Drucker)

Personally, I believe that some very significant changes will be occurring on this planet in the not too distant future, and perhaps you too see this possibility as well. One way to exemplify to the greater community around us what living in harmony is, is to form dance community households – dancers living together under one roof, sharing a home. In this way, we could grow food together, save on energy resources, and assist one another as we grow older. We can begin to apply dance circle ethics to our daily living with one another. Living this way, we could become a peaceful extension of our regular dance circle. People with limited resources (who can perhaps only afford to rent), could pay their rent to a dance community member who owns a larger home. Also, people in the dance community with 3 or 4 bedroom homes (who may at this point be trying to sell their homes and downsize) could consider the possibility of opening their homes to include other dancers.

So many of us have become so comfortable in our independence and our individualism, but isn't this exactly what we drop when we join hands in the circle to dance? Don't we soften our edges to become one organism in loving harmony? Couldn't we begin to consider seeing the opportunity in the changing economy as a way to draw closer together with one another in the peace that Murshid SAM was leading us towards: peace between individuals as well as nations? Yes, I'd like to see peace in the Middle East, but I'd also like to see a peaceful balance and sharing in our local dance community that might benefit all, from those who need housing, or need physical assistance due to their age, to those who have larger homes, or who know how to grow gardens.

Consider the idea of the "Urban Multi-Plot Farm" – a collection of vegetable gardens

that are situated right in urban homeowners' front and back yards. Perhaps some dancers could grow herbs, peppers, or tomatoes, and those with more space, corn or squash. These dance community households could then barter and exchange various garden crops. According to "Edible Front Range", (Summer 2008): "...multi-plot urban farmers are on the cutting edge of a lively and important market, learning skills or retraining for more security in an uncertain future." What could be more about creating community than growing food together, bartering crops, and perhaps even cooking together, all extensions of Sam's call to eat, dance, and pray together?

According to local hero, Kipp Nash of Community Roots in Boulder, Colorado, "It's time that we all find our passion in caring for each other and the planet. The global economy is coming back to the local economy... 'going local' really means coming together as a community".

The Buddhist teacher Thich Nhat Hanh tells us how utterly important living together in community is for personal growth as well as for the development of the sangha (community). Beyond that, living together in community can be seen as a crucible for personal growth, through the demonstration of tolerance and love for one another.

"As the new consciousness emerges, some people will feel called upon to form groups that reflect enlightened consciousness.... Dissolving the human ego by bringing it into the light of awareness – this will be one of the main purposes of these groups, whether they be....charitable organizations....or communities of people living together. Enlightened collectives will fulfill an important function in the arising of the new consciousness.... The enlightened collective can be a vortex for consciousness that will accelerate the planetary shift." (A New Earth, Eckhart Tolle)

Returning to Bernie's CD we can consider the value of community connections as we contemplate these words, "We are all one planet, all one people of earth ...sharing our living, our dying, our birth." (lyrics by Molly Scott)

I wonder in the interesting times we live in, where we are going as a dance community. What would we like to intend into our future? How is the dance community going to respond to the future changes in-

*See Emerging continued on p.30*

# Mastery Through Accomplishment: The Triangle Dance Intensives

By Farrunnissa Lila Rosa, Senior Dance Mentor, Durham, NC

*"Mastery is not only a means of accomplishing the things of the world, but it is that by which a person fulfills the purpose of life."* -Hazrat Inayat Khan, in *Mastery Through Accomplishment, Developing Inner Strength for Life's Challenges*



**Farrunnissa Lila Rosa**

In November, 2006, a vision became manifest in our community, here in the Triangle area of North Carolina, as 26 people from 5 states joined hands in a new kind of dance circle. This vision was inspired by my deep wish to create a safe, powerful container for new dance leaders and new dance musicians to grow and blossom together in the magic and blessing that is the Dances of Universal Peace.

Within a loving, supportive circle, brand new dance leaders have an opportunity to lead their first dance. Developing dance leaders try new things, like leading a dance as a round, or leading an opening walk. Experienced dance leaders explore their leading edge of mastery, perhaps leading a dance cycle, or leading one of the very advanced dances. New dance musicians play for the Dances for the first time. Experienced dance musicians try out a new instrument or technique. Dancers are present too, to deepen in the Dances, and to learn new ways of supporting the dance leader, dance musicians, and the other dancers.

So how does all this work?

## Logistics

Each Dance Intensive is organized into 3 sessions over 1½ days. This maximizes participation, by allowing ease of traveling time for those coming from long distances, and by keeping a good part of the weekend free to accommodate other commitments. We now generally have three Dance Intensives per year -- one in the Fall, one in late January or early February, and one in late May or early June.

The gatherings are non-residential and do not include food. This minimizes the organizational work required, keeps the cost quite low, and empowers everyone to make the arrangements that work best for them. A registration of around \$50 per person covers space rental, copying costs and teacher travel. We applied for grants from the Oneness Project for the first several Dance Intensives, but only one person ever used these funds, because of the very low cost.

We've found that a Friday night to Saturday afternoon gathering works well, although we've also done Saturday/Sunday events. The schedule is:

Session 1 – The Music of the Dances (2–3 hours, sometimes longer)

Session 2 – The Dance Leader Perspective (3 hours)

Session 3 – The Dance Meeting (3 – 4 hours)

**Session 1 - The Music of the Dances:** Each Dance Intensive starts with a focus on the music of the Dances, facilitated by Lahari Larry Taylor, with assistance from Ananda Eric Pritchard and me.

Ever since there have been dance meetings in the Triangle area, it has been our great good fortune to have Lahari as our foremost dance musician. The first local dance meeting we had in March, 1993 happened because of him, and he has been a faithful, amazing support all these years, continuing to refine and deepen in the practice of sacred sound by moving from guitar to flute to becoming an accomplished ney player. We are also incredibly blessed to have Ananda, first violinist of the world-renowned Ciompi Quartet, and a music teacher with Duke University in Durham. I play open tuning guitar, dumbek, tar, tambourine and percussion and have studied with master drummer Layne Redmond for almost 10 years. Between the three of us, we are able to support, mentor, and instruct the developing dance musicians and dance leaders who attend these gatherings.



**Lahari Larry Taylor**

In the first session of each Dance Intensive, we have an in-depth review of the dances that will be led. In the weeks leading up to the gathering, I have collected a list of the musical instruments that people are wanting to play for the dances, as well as a list of the dances that are to be shared. Going through the music of each dance gives the dance leaders and dance musicians an opportunity to attune to each other and gives the circle a chance to attune to each of the dances. The dance leader presents the dance and leads the circle in several repetitions until the desired tempo, volume and sound quality are achieved. Lahari, Ananda and I offer suggestions, feedback or coaching as needed. By the end of the session, I've compiled a list for the following day, of dances, leaders, musicians and instruments.

Because the dances that we are doing are all published dances, a few copies of the write-ups are available for musicians to refer to and to make notes on, if needed. Developing dance musicians, as well as developing dance leaders, are encouraged to keep their own dance repertoire notebook, including a diary of what dances they've led or played for, noting the dates and locations.



From time to time as needed or as requested, we also present simple music theory, including key signatures, time signatures, and musical notation, i.e., how to read music at a very basic level. At times, we've split into breakout groups, drums working with me, melodic instruments working with Lahari, and others working with Ananda. If we've had a request to spend some additional time on the music, we may schedule extra time for this first session.

**Session 2 - The Dance Leader Perspective:** This session focuses on the Dances from the dance leader's perspective. We concentrate on a different theme each time, exploring with Spiritual Walks, various Dances of Universal Peace, readings from our spiritual ancestors, and different spiritual practices. This format and content draws from a two-year Dance Leader Training that I co-presented with Kabira (Zamyat) Kirby several years ago. These sessions are also an opportunity to help further develop those that are moving toward being dance mentors, by inviting those who are ready to join with me to teach and present.

Musicians and dancers also attend this session. It's so valuable for as many people as possible to understand the many different threads a dance leader must use to weave the tapestry of a dance meeting, and what things the dancers can do, to be of support.

A core component that I learned from Kabira is "The Six Foundation Blocks of the Dances of Universal Peace", a very early tool developed by Saadi Neil Douglas-Klotz, as a way to highlight and develop each of the basic elements that inform the Dances of Universal Peace. In addition, I've developed a process for deepening with an individual dance, by using each element of the dance for extended inquiry (see inset).

I have used four of the Six Foundation Blocks as themes for past Dance Intensives and will continue to explore the rest in future Intensives. Other possible themes for this second session are the Elements, Spiritual Astrology, or concentrating on a particular spiritual tradition or spiritual ancestor. Any area important to dance leading is appropriate to explore as a theme. However, it's always best to tailor the theme and content to the needs and readiness of your circle.

**Session 3 - The Dance Meeting:** At our first Dance Intensive, we included a public dance meeting as part of the gathering, so participants could have the experience of leading dances in, or playing music for, an actual public dance. But we found that only three additional dancers came for the public event. Because we had published start and end times, we ended up having to fit 13 dances into 2 hours! Also, it was quite difficult to give appropriate feedback to all the dance musicians and dance leaders after two solid hours of dancing.

Therefore, we eliminated the public gathering. We now have several mini-dance meetings in this final session instead. Each mini-dance meeting consists of three to four dances, followed by feedback. Dance leaders are asked to focus on introducing, teaching, starting, and closing the dance, and to refrain from letting the dance go on for an extended period. This maximizes the time for feedback and for other dances to be led. Student dance musicians play alongside one or more experienced dance musicians and are encouraged to watch the dance leader, to attune to the more experienced musician(s), and to listen! When Murshid SAM was asked the secret of his success, he said, "Big ears!"

By request, the only dances that are led are ones that are either published or have a write-up available, with words, music, attunement and instructions that have been blessed by the dance originator. This ensures that we are honoring the original inspiration of each dance that is shared, learning the dance as intended by the originator, and that those wanting to lead that dance in the future can find a write-up that matches what they learned. Also, only non-English dances are presented, so that we are focusing on mantric phrases and Sacred Names. This follows Murshid SAM's instruction that the Sacred Phrase must remain the core of the dance. For first-time dance leaders, I also recommend that they pick a simple, non-partner dance, one that they love, and that they've danced multiple times. I've found this is the best way to help create a positive experience for brand new dance leaders.

After each mini-dance meeting, feedback is shared by the entire circle, to both the dance leaders and the dance musicians. First, I ask individuals what their experi-

## The Six Foundation of the Dances of Universal Peace

*Foundation blocks by Saadi Neil Douglas-Klotz. Commentary and suggested practices for Dance Leaders by Saadi Neil Douglas-Klotz, 2006.*

Dance leaders can use the Six Foundation Blocks to reconnect with a familiar Dance in a new way, or to explore a new Dance sequentially in the order given. If you can, suggest different Dance leaders may have complete Dances. This is to be expected. "There are hundreds of Dances" - Jelaluddin Rumi (trans. Barks)

**1. Breath** Breath is Life. Everything breathes. Light, Prana, Nafs, Spirit, our very Self. It is the breath of life.

*Practice:* What is the Breath of the Dance? When you breathe the energy of the Dance, this breath even before you begin to lead without words or actions.

**2. Sound** From breath comes sound. Through another's breath enters us. In many traditions everything breathes, so everything sings. *Practice:* What is the Mantra of the Dance? Chanted as a devotional practice and means the mantra to connect viscerally with the Dance circle as a way of deepening in.

**3. Concentration** Thought with intent is the most powerful when felt in the heart, rather than the mind, distillation, or purification, of our "average" mind. *Practice:* What is the Yantra of the Dance? What symbol or image comes to your mind? Dance, or chant the mantra of the Dance, become aware, and align mind with will and intention.

**4. Body Awareness** Each part, posture, movement, archetype. Being aware of the body helps the heart to speak.

*Practice:* What is the Mudra of the Dance? Breathe the breath of the Dance, or chant the mantra of the Dance, what do your hands say? Mudra can be used without comment with the visual expression of the Dance's essence as further attunement.

**5. Walk** Walking is the first step in Dancing (Murshid S.A.M.). We say "walking the path" for spiritual attainment, and "walking the tall" for the Divine. *Practice:* What is the Walk of the Dance? Mudra and mantra. What is the underlying intention of the Dance is based on? Use the walk to sense of purpose, or share the walk with the Dance.

**6. Unity of Religious Ideals** All spiritual paths lead to the Divine. The deepest longing of every human form has been used to obscure this simple truth as many fingers pointing to the same Moon. *Practice:* What is the Spiritual Gift of the Dance? The most profound Wisdom? Its highest Beauty? The teachings of its spiritual tradition. What is the unique? Use the spiritual gift to create a rich and meaningful experience.

**Dance Meeting:** At our first public dance meeting, we included a public dance as part of the gathering. Its purpose could have been the expected dances in, or playing a musical public dance. But only three additional dance leaders showed up for the public event. Because of the small start and end times, fitting in 13 dances into the evening was quite difficult to give feedback to all the dance leaders after two hours of dancing.

At the end of the public gathering, we had several mini-dance sessions. The final session instead of a meeting consists of dances, followed by feedback. Dance leaders are asked to focus on teaching, starting, and ending, and to refrain from letting on for an extended period. This session recognizes the time for feedback. The dances to be led. The musicians play alongside experienced dance musicians. We encouraged to watch the dancers, to attune to the more experienced dancer(s), and to listen! I AM was asked the session, he said, "Big ears!"

Only dances that are led either published or have been written, with words, music, and instructions that have been given by the dance originator. At the end of each dance that is the dance as intended and that those wanting to be in the future can find a place for what they learned. English dances are preferred. We are focusing on mantras and Sacred Names. This follows I AM's instruction that the dances must remain the core of the first-time dance leaders. I asked that they pick a simple, clear, one that they love, and danced multiple times. This is the best way to help create experience for brand new

At the dance meeting, feedback was given to the entire circle, to both the dance leaders and the dance musicians. We discussed what their experi-

## The Six Foundation Blocks of the Dances of Universal Peace

*Foundation blocks by Saadi Neil Douglas-Klotz, copyright 1984, used by permission. Commentary and suggested practices for Dance leaders by Farrunnissa Lila Rosa, copyright 2006.*

Dance leaders can use the Six Foundation Blocks to explore learning to lead a new Dance, or to reconnect with a familiar Dance in a new way. Do each of the practices below, sequentially in the order given. If you can, spend at least a week on each practice. Note that different Dance leaders may have completely different experiences of the exact same Dance. This is to be expected. "There are hundreds of ways to kneel and kiss the ground." — Jelaluddin Rumi (trans. Barks)

- 1. Breath** Breath is Life. Everything breathes. Breath is different from air. Breath is Light, Prana, Nafs, Spirit, our very Self. Inayat Khan called the human aura "the light of breath."  
*Practice:* What is the Breath of the Dance? When you put the words on the breath, or when you breathe the energy of the Dance, what is that breath? Begin to breathe this breath even before you begin to lead the Dance, to attune yourself and the circle without words or actions.
- 2. Sound** From breath comes sound. Through sound, our breath enters another, and another's breath enters us. In many traditions, sound gave rise to Creation. As everything breathes, so everything sings ("the music of the spheres").  
*Practice:* What is the Mantra of the Dance? It is the words or some of the words chanted as a devotional practice and may be different from the Dance's lyrics. Use the mantra to connect viscerally with the vibration of the Dance. Can be shared with a Dance circle as a way of deepening in the Dance.
- 3. Concentration** Thought with intent is the secret of all success. Intention is most powerful when felt in the heart, rather than thought in the mind. Concentration is a distillation, or purification, of our "average" day-to-day states.  
*Practice:* What is the Yantra of the Dance? A yantra is a sacred symbol or image. What symbol or image comes to your mind's eye as you breathe the breath of the Dance, or chant the mantra of the Dance? Use the yantra to focus your energy and awareness, and align mind with will and intent.
- 4. Body Awareness** Each part, posture, and movement of our body is a cosmic archetype. Being aware of the body heals the mind/body split, and creates a vehicle for the heart to speak.  
*Practice:* What is the Mudra of the Dance? A mudra is a sacred gesture. When you breathe the breath of the Dance, or chant the mantra of the Dance, or visualize the yantra of the Dance, what do your hands and arms want to do in response? The mudra can be used without comment while explaining or teaching the Dance as a visual expression of the Dance's essence, or can be explicitly shared with the circle as further attunement.
- 5. Walk** Walking is the first step in Dancing ("the esoteric heart of the Dances" — Murshid S.A.M.). We say "walking the path" to describe the human journey of spiritual attainment, and "walking the talk" to mean embodying what one believes.  
*Practice:* What is the Walk of the Dance? A Dance in many cases is just a Walk with mudra and mantra. What is the underlying walking meditation or Spiritual Walk that the Dance is based on? Use the walk to fully embody the Dance's direction and sense of purpose, or share the walk with the circle as a powerful prelude to dancing the Dance.
- 6. Unity of Religious Ideals** All spiritual traditions have the same aim — union with the Divine. The deepest longing of every human soul is for this union. Names and forms have been used to obscure this shared unity, but can be experienced instead as many fingers pointing to the same Moon.  
*Practice:* What is the Spiritual Gift of the Dance? What is the Dance's deepest Truth? Its most profound Wisdom? Its highest Beauty? Identify all the ways the Dance expresses the teachings of its spiritual tradition. What experience does this Dance offer that is unique? Use the spiritual gift to create a rich meaningful introduction to the Dance.

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### Event Feedback

Before we close the event, participants to complete a can stay aware of what' can be improved, in the style, content, logistics, f part of our success is di responding to this feedc can also be used (by pri nouncements about the a small sampling of use have been received:

*"Totally encompassing and a wonderfully enjoyable experience"*

*"A great way to find c road."*

*"A sense of commun and rare."*

### Conclusion

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# locks ersal Peace

; copyright 1984, used by permission.  
leaders by Farrunnissa Lila Rosa, copyright

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to offer their observations. It's quite com-  
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that they did poorly, only to have others in  
the circle affirm that it was a very positive ex-  
perience for them. It's so powerful for new  
dance musicians and dance leaders to hear  
this. In my feedback, I always include first  
the things I felt that the person did well, the  
gifts they brought, and then, mention one or  
two things (at most) to notice and work on  
for the next time.

## Event Feedback

Before we close the event, I always ask par-  
ticipants to complete a brief survey so we  
can stay aware of what's working and what  
can be improved, in the areas of teaching  
style, content, logistics, format, etc. I believe  
part of our success is due to gathering and  
responding to this feedback. Comments  
can also be used (by prior permission) in an-  
nouncements about the next event. Here is  
a small sampling of usable comments that  
have been received:

*"Totally encompassing and supportive,  
and a wonderfully  
enjoyable experience."*

*"A great way to find company on this  
road."*

*"A sense of community that is uplifting  
and rare."*

## Conclusion

Developing greater and greater mastery as  
dancers, dance musicians, dance leaders  
and dance mentors honors the rich heritage  
of the Dances of Universal Peace, helps us  
to develop as human beings and enables us  
to be of greater service to our communities  
and to the world.

My hope in sharing the full details of the Tri-  
angle Dance Intensives is that others will be  
inspired to host similar events in whatever  
format, level or structure meets each dance  
community's unique needs. Note that you  
don't have to be a "dance expert" to share  
with others the gifts and learning that you  
yourself have experienced. You just have to  
be sincere, to be willing to be of service and  
to speak and act from the heart.

Consider this an open invitation to join us for  
a future Intensive, to see first-hand how  
these events work, and how they might be  
of value in your community. For dates and  
information of upcoming Triangle Dance In-

tensives, you can visit our website, at  
[www.beautycircles.org](http://www.beautycircles.org), or contact me  
directly at [NurLuna@aol.com](mailto:NurLuna@aol.com).

*Farrunnissa Lila Rosa is a Senior Dance  
Mentor from Durham NC, and leads  
dance meetings, workshops and dance  
leader trainings across the eastern U.S.  
She focuses the Rose Heart Sufi Com-  
munity ([www.roseheartsufis.org](http://www.roseheartsufis.org)) and is a  
spiritual teacher in the Sufi lineage of  
Hazrat Inayat Khan and Murshid Samuel  
L. Lewis.*

## The Joining

A final drumbeat  
Final strum of the guitar rings into stillness.  
The dance ends.  
The silent circle of dancers stand,  
eyes closed,  
feeling the receding hoofbeats of their own  
hearts.  
The room is still, yet charged with the  
electricity of joy,  
like the inside of a drum waiting for the next  
beat.  
Dancers stand,  
legs apart,  
breaths slowing,  
eyelids flickering,  
quietly imploding.  
Father in the sky reaches toward Mother in  
the Earth  
and where they meet is the moist flesh of  
ecstatic dancers.  
The dancer's beating heart,  
caught between heaven and earth,  
is the gentle kiss of the duality,  
the embrace of intellect and emotion,  
the thin line between the yin and the yang.  
Deity,  
borrowing feet,  
mesmerized by song,  
delighted in movement,  
smiles in a muscle of pumping blood and  
secretes sweet bliss.  
The invisible and the mundane,  
the song and the inspiration,  
come together in stillness,  
in a sacred kingdom within.  
It is the song of silence between the tick and  
the tock,  
the freefall of the pendulum between swings,  
the still between breaths.  
Consciousness grasps desperately,  
to hold onto the ecstasy,  
that lives on forever,  
but visits the physical world for only fleeting  
seconds.  
A drop of rain,  
changing shape as it falls deliriously,  
remembers the sea,  
then loses the thought.  
A brief benediction,  
"Ay-meen,"  
and we return again  
to reaching to grab hold of the expanding  
universe,  
the awakening.  
We dance.

Larry Holgerson



# Village Potluck

By Hayra Fatah  
Seattle Dances of Universal Peace  
Community

I felt a need for a place that was just right for our children to interface with the community. Though they were not excluded from our weekly public meeting, few of the Dances were "kid friendly". The earnestness with which they approached this social interaction as new bipeds had been inspiring and had added to the preciousness of the environment for the community. Later, as they were coming more into their own power and choosing creative alternatives to the choreographed movements (sometimes including gleefully running around the circle... in the opposite direction of the Dance movements, during the more reverent segments of a meeting), there was a need, as a parent, to curb their expression.

Having two avid readers, they generally could be diverted to sit on the side with a book. I had resigned myself to the fact that they'd "get something out of it" in spite of being absorbed in a book ... by osmosis. Meanwhile, they'd remain familiar with the community. When a rowdy familiar dance would appear, and they joined in appropriately, I was delighted. I particularly felt satisfaction when I heard them singing or humming dances unconsciously while in the bathtub.

Other parents were having a less easy time with the "family fit". For myself, being a Dance Leader, with desire for those deep still moments in our circle, I also had a desire to support that focus at the public meeting, which the children did tend to disrupt.

Hearing the distress of other parents, about how there "isn't a place for children in the community", I began wondering if that place needed to be created.

This community was full of people who had viewed my swelling belly. (Given I was carrying twins, it was a noticeable swell.) They were the singing voices that were



*Galen King (MT) leads the children's parade through the meadow to the Dance tent at Wilderness Camp, MT. Photo by Dale Blindheim.*

heard from inside the womb, as my body rocked our babies in dance. They were amongst those who first saw them smile, whose hair got pulled as I leaned into a hug, and little hands reached over my shoulder. Some of them even got christened with spit-up.

This must be the Village for our children, I reasoned. So, a shift of venues, a rethinking of what a dance meeting is, and a variation on S.A.M.'s world peace plan, "Eat, Dance, and Pray Together" has become, for us: "Eat, Dance and Play Together". And the "play" always needs to come first (and generally later, as well). There's a sense of "cousin-ness" that has to happen, a certain amount of bumping and laughing and exploring the hosting child's domain, which is the true invocation to gathering.

Though we chose the dance community as the Village to raise these children in, we have only had a couple of long-time adult attendees, who are not part of one of the families. They have been wonderful additions and have gotten a lot out of it. I feel that many single folks are missing the opportunity for the connection that Village Potluck provides, but given that several others have come once and not returned, I guess it is not for everyone. The adult conversation does tend to family matters, and this may not be interesting enough for those without those challenges and gifts.

Since the inception of Village Potluck, we have had a core group of 5 families, including 8 kids and 8 parents. Other families (from outside the dance circle) have

visited but have not become regulars.

The gathering randomly moves from home to home, depending on who can host on a date that works for a quorum of families. Likewise, the gathering date and time shift from Sunday to Saturday, from late afternoon to early evening, to midday for the annual Easter gathering (including egg-hunt) at the home of our "out-in-the-sticks" family. Family calendars steer us to different parts of the month and generally steer us away from December and August. No matter, it goes on year after year.

Erin and Ryan are 13 years old now, and have no younger siblings. The opportunity to coo at babies and to assist little ones in moving with the circle, and to help protect the creations of the older siblings from their younger siblings at Village Potluck has been invaluable for them. Likewise, I suspect it has served the only-child / single mom family, in ways that their home dynamics can't.

The home environment makes this event more kid friendly, and so does the selection process of dances. Also, the way we approach the Dances respects the children's needs. Key to this is waiting until the essential playful reunion has crested. Then, I walk around with paper and pencil in hand to take requests from the children. It is very empowering for a young child to see an adult actually "taking note" of what they offer. This is a strong element of the "buy-in" for dancing. As the children turn into teens, the need they fill by helping the younger ones dance has been useful in keeping them engaged. Over time, the

young ones continue to make the same requests, while the older ones have gotten bored (they are so good at getting bored at this age) with those very dances. So I invite them to request something new. In case they draw a blank, I come prepared with a list of fresher kid-friendly (or kid-adapted) dances. I can tell them a little about each dance or sing a phrase, and they easily choose.

Typically, we dance for 30 to 45 minutes and cover 4 to 6 dances in that time. Occasionally, we do a deep quiet dance and partnerships in there. The children have sustained deep focused places with this. Otherwise, things are lively. There seems also to be a "buy-in" for the children in supporting the other children's selections of dances. This is most challenging for the teens who really are tired of dancing Gopala. Ryan was particularly unhappy about the Gopala dance, so I asked him to bring his flute and play on it ... no problem with Gopala in the program any more.

Children usually start the invocation for us, and occasionally lead (or co-lead) a familiar dance. Since the circle is well primed, it doesn't take much to get and keep it going. More often, they need help with stopping it. That's when a Dance Leader in the hand is worth 2 across the circle.

Recently, a youth-oriented D.U.P. Meeting has started in our area. For this first meeting, I arranged to borrow another Village Potluck teen (Nate) to come along with our family. A couple of days before, I asked Ryan if he would play flute for Gopala. His response was, "Why can't I just lead it?" So be it. I informed him that the young dancers would be brand new to dancing and Gopala. So, a couple of brief run-throughs in the living room, to feel the way through the instructional element, and he was off. There he was leading a vivacious young circle!

On the way home, we spoke of Ryan's success and how he was feeling about it. Then, I asked Nate, if he would like to lead one next time. "Oh, maybe," was the response. I'm hopeful.

So, where from here, with Village Potluck? The reality is that it gets harder and harder to shoe-horn it into our lives. The older kids have so many other activities on their schedules. I don't know if it will continue to serve our family. This public youth D.U.P.

meeting may be more what they need.

The place where I feel sad about the potential of Village Potluck ending is for the younger ones. Our youngest, Vivian, is now 8 years old. She was born into Village Potluck. We need a new baby and some toddlers to give her the rich experience that my children have had, that opportunity to be the bigger kid. I've suggested several times that a new baby is due at Village Potluck, but none of the adults are willing to steer their family in that direction. Should I post this in the "Wanted" column somewhere?

*HayraFatah is a Dance Leader, a multi-instrumentalist dance musician, a proud parent and is coordinator of the Northwest Cluster of the Dances of Universal Peace.*



*A henna heart and wings, displayed with love. Wilderness Camp, MT. Photo by Dale Blindheim.*

## Ages ago, this morning

ages ago, this morning.... before the eggs gave way to that homogenous yellow, at the whim of a fork; and the young tenor and baritone voices graveled from behind bedroom doors (unconvincingly) of their sincere abilities to leave warm covers behind.... before a friend began grieving and stepped onto an airplane to travel long lonely hours away from those who could (and craved to) hold her.... before the woodwinds were assembled with wetted reeds, a next Dance program was shaken to the surface, and some budding musical contours where exposed... before the leftovers were revitalized and dressed up to look "in fashion" for this later day of the week... before the sons swaggered off to Karate, and the aging parents traveled down dark campus corridors to meet the overspent Open-House teachers.... before the mail was brought in and the g'nites were wearily spoken...

ages ago, this morning.... I was washed in gratitude.... for the music that had spilled last evening and was still dripping from my shoulders, as I left the pillow... for the multitude of beings who prepared that banquet... leaders, dancers, composers, editors, spouses, spiritual guides, symphony conductors, baroque ensembles, the Beatles, benevolent policemen, keepers of the hearth, ritualizers of the seasons, children, parents, archetypes... together, all serving, like some great Shiva, as the multi-armed midwife, for last evening.

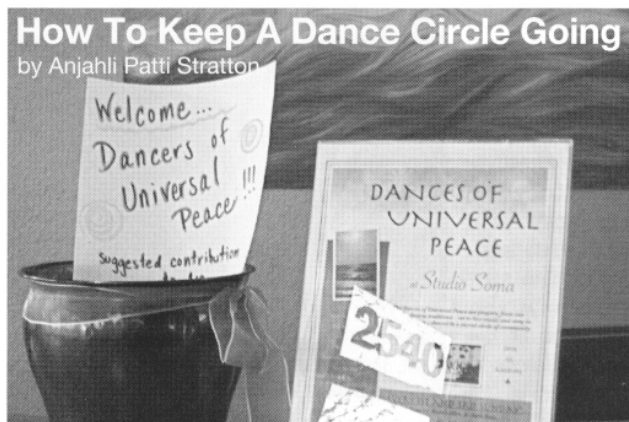
Now, that gratitude still rings clear in my being, and it is amplified by the thoughts of those brave souls who came to share the intimacy of the naked glance, in 180 degrees of a two person circle... to meet strangers and strange words... to risk running into the deep pain of those known too well... and mantras quaking the primordial hollows, that have grown too accustomed to quiet.

I am washed in gratitude for the multitude of beings, who carefully poured each essential ingredient, into each of these spirit vessels, until we were all served up.... as one sublime and timely banquet for the universe.

- HayraFatah

## How To Keep A Dance Circle Going

by Anjahli Patti Stratton



Fluctuations in attendance at the Dances of Universal Peace can be for a myriad of reasons. On any given date, there may be other events scheduled in a community, or the weather (good or bad) may cause attendance to fall (or to rise!), or fluctuations could be due to school and holiday schedules, or even because the dance happens to fall after a full moon when some people find their energy level low and prefer to stay home.

What can be done when attendance falls off?

### Get the Blessed Word Out

- Make up flyers, and post them on notice boards.
- Send an email out about the Dance Meeting.
- If you have no email list, start one at your next Dance Meeting.
- Link into other email lists in your area.
- Develop a phone list, and call people to remind them.
- Encourage participants to bring their friends to the circle.
- Send out a postcard or flyer to those on your mailing list.
- Send public service announcement to newspaper/radio, for Community Calendar.
- Your local newspaper might be interested in profiling your circle with a story.
- Hold a potluck dinner to promote the Dances.
- Develop a website about the Dances of Universal Peace in your area.

### Bring more People to the Circle

To increase circle participation, think creatively about where the Dances of Universal Peace might be introduced to new people. You could arrange to lead a dance at a local church service, YMCA, interfaith organization, peace gathering, healing center, youth group, spiritual retreat, food co-op, senior center, annual event such as Earth Day or a music festival, seed exchange event, art or community center, even in a prison.

Attract new musicians, hold a leadership training session, invite new mentored leaders to step forward to lead a dance, invite and publicize guest leaders, allow willing attendees to be responsible for a task related to the Dance meeting. When more people are involved with the circle, the word is spread that much further.

Create new inspirational energy in your circle. When breaking into multiple rings, try having the dancers flow in opposite directions. Try new formats for the evening's program. You may get ideas for this by visiting other circles and dance camps. When appropriate, try singing a dance as a round, and so forth. Human inspiration is limitless.

There is nothing like hearing various harmonies ring across a circle, as those who are musically gifted feel inspired moving through the dance. What a treat it is (when there is a balance of brothers and sisters in the circle) to have women and men sing at different times.

### Create a Container for the Dances of Universal Peace

Another important aspect of a dance circle is to create an intentional container for the Dances of Universal Peace both at the time of the dance and at any rehearsal/attunement meetings that you may have.

You can hold a rehearsal night with fellow dance leaders and musicians, to clarify a theme and the running order of the dances, as well as musical arrangements and musicianship for certain dances. If you are a solo leader, take time to prepare for the dance meeting by practicing each dance and attunement. If you lead the same dance on a regular basis, change the attunement by referring to a write-up, online information or ideas from other dance leaders, to introduce new information about the tradition the dance originates from, the origins, histories, deities and qualities being invoked, etc. By taking time to prepare, the resonance of the divine shines brighter.

As a dance leader, musician or organizer, make sure you arrive early enough to have all preparations and attunements ready for starting the dance meeting on time. Take a moment before you begin to connect to spirit. Dance participants also can be encouraged to arrive early, to help with preparations or just to center themselves. If you are a group of leaders, gather, share the invocation and hold space for all to be of service. You may wish to gather briefly with your musicians also, to find focus together. If you are a solo leader, find a moment of inner peace before gathering the circle. In this way, people can feel peacefulness as they arrive, to join the circle or the walk. Also, you may designate someone as a greeter, so those who come late can feel welcome and join the dance at the appropriate moment (waiting before joining a partner dance, for example).

There are subtle aspects to creating a successful Dance Meeting. When the energy is right, word spreads and participation increases. Here are some details that may help to transform the atmosphere into something truly memorable.

- At the beginning of a dance session let each person say their name.
- Keep chatter at a minimum between Dances.
- End a dance with a sacred word or phrase, and then allow a moment of silence.
- Close the circle with a sound chant, such as HU or OM.
- Keep announcements brief and related to the dances and/or Sufi activities.

Silent reflection between the dances is very important. It is a spiritually nurturing moment, when the silence of inner peace and wellbeing pervades the space around the circle. Then we truly embody love, harmony, and beauty. Then the tradition of universality in the dance lineage has a livingness and sincerity to it.



## Remember

There is nothing like the feeling of a small, intimate dance circle, where the arms of the dancers barely hold the musicians in the center, once all are connected hand to hand, heart to heart.

## And

There is nothing like the feeling of a large dance circle, with numerous diverse people standing and dancing together, holding hands, exchanging the divine glance, feeling the synergistic, dynamic sense of community, a circle where one advances to many new partners before meeting the gaze of that familiar original set of eyes

Give thanks for our dance circles and the communities that nurture them. Give thanks for the Invocation given us by Hazrat Inayat Khan. Give thanks for Murshid Samuel Lewis, who brought this form of conscious worship into fruition. Give thanks that we can sing and dance together in peace. Give thanks that we can share this experience with one another. Give thanks for the challenges of keeping a circle going.

*Anjahli Patti Stratton lives on the Big Island of Hawaii, on an organic Kona coffee farm. She co-creates with a wonderful group of leaders at a monthly dance meeting.*



## Treasurer Letter

This is my first Treasurer's Report for Peaceworks DUPNA, since signing on in the second half of 2008 as Treasurer. Former Treasurer Jim Grant has been a wonderful resource in transferring information and procedures to me. The timing of this publication requires that this report mention the following activities: those of the year completed since the last publication date (2007), activities of the current (not quite completed) year (2008) and our plans for the fast approaching future (2009). As many of you already realize, it can be difficult to stay in the now when discussing financial matters.

In 2007, the Peaceworks DUPNA organization had total revenue of \$50,245 and had expenditures of \$51,181, for a decrease in net assets of (\$936). The deficit of (\$936) is a reduction from the 2007 beginning net assets of \$46,800. Therefore, we ended 2007 (and started 2008) with net assets of \$45,864.

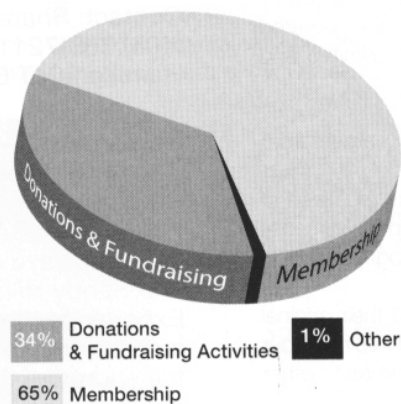
The budget for 2008 included revenue of \$49,130 and expenditures of \$46,018, for a projected 2008 increase in net assets of \$3,112. The financial results for 2008 included annual revenues of \$50,605 and annual expenditures of \$41,227, for an increase in net assets of \$9,378. The organization had net assets at the end of 2008 amounting to \$55,258. These net assets were held partially in checking and money market accounts, with \$46,242 of the assets invested in certificates of deposits.

In the wake of the 2008 economic troubles in the U.S., the Peaceworks DUPNA board of directors has put a lot of work and discussion into planning our budget for 2009. Peaceworks DUPNA did not lose any funds in the Madoff investment scandal. However, Peaceworks DUPNA is indirectly affected in that a grant that was to be received is no longer available.

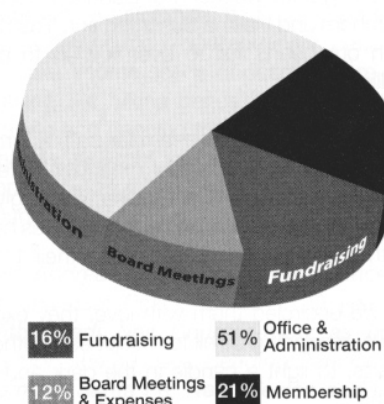
The Peaceworks DUPNA board of directors is confident that the organization can move forward in 2009 with funds adequate to meet an ambitious set of goals that are still evolving. Goals under consideration at the beginning of 2009 included: enhancing our newly renovated website, collecting and disseminating unpublished dances, increasing membership and membership benefits, and aggressively finding ways to aid our sister organizations who have been less fortunate economically.

Our preliminary 2009 budget currently includes projected revenue sources and projected expenditures categorized as follows:

**Projected 2009 Revenue**



**Projected 2009 Expenditures**



You may contact the Peaceworks DUPNA office for a complete financial report.

Membership dues and donations allow us to further our mission of fostering participation in the Dances of Universal Peace and Spiritual Walks in North America. The dance community is grateful to all the members and the many contributions that give us the financial energy to fulfill our mission. May the spirit of the dances always flow through these organizational activities.

*James Herren, Treasurer*



## Unity with Love, Harmony, and Beauty

It was late afternoon on a perfect end-of-summer Sunday following a full weekend of Dances in rural Pennsylvania led by Abraham and Halima Sussman and Yasmin Haut. We gathered with our hearts full to over-flowing to celebrate Yasmin and Kellie's love.

We all traveled down a familiar path adorned with carpets from other lands to a beautiful meadow. We re-formed the circle with friends and strangers alike to lovingly witness the union of our sweet sisters whose hearts and lives have been a testimonial to their love for each other during their 11 years together.

As we encircled them with love, they exchanged their original vows, reminding us all to "assist each other in the freeing of our hearts, to light a candle in the dark and welcome each other home..."

It was, and remains, remarkably heart opening to be in the company of such love.

## 2009 North American Events Dances of Universal Peace

**June 20 – 26, 2009**

Near Fort Collins, Colorado

**ROCKY MOUNTAIN SUMMER SOLSTICE CAMP**

Leaders: Murshid Wali Ali Meyer, Grace Marie, Tara Andrea, Gayan Gregory Long and others.

Dance camp in the Rocky Mountains, including adult, youth and family programs.

Email: [solsticedancers@yahoo.com](mailto:solsticedancers@yahoo.com)

Contact: Kate Walker, registrar, (970) 391-1561  
230 Park Street, Fort Collins, CO 80521

**June 25 – 28, 2009**

Ithaca, New York

**19th ANNUAL ITHACA DANCE CAMP**

Annual weekend retreat in beautiful Arnot Forest, for about 120 people, dancing, singing, cooking, eating and living together in community.

Email: [WCS8@cornell.edu](mailto:WCS8@cornell.edu)

Contact: Wendy Fillmore, (607) 272-5296  
305 Esty St., Ithaca, NY 14850

**July 26 – August 1, 2009**

Flathead Lake United Methodist Camp, Rollins Montana

**WILDERNESS DANCE CAMP**

Leaders: Murshid Allaudin Ottinger, Zareen Connie Delaney, Munir Reynolds, Narayan Eric Waldman, Darvesha MacDonald and Bernie Heideman. Concurrent Young Adult Gathering, new Teen Program and Children's Camp.

Email: [shahar@onenessproject.com](mailto:shahar@onenessproject.com)

Contact: Shahar Solander, registrar,  
(406) 363-7211 Oneness Project, PO Box 1141,  
Hamilton, MT 59840

**September 3 – 7, 2009**

Camp Koolaree, Nelson, British Columbia, Canada

**KOOTENAY DANCE CAMP**

Leaders: Vayu and Star Jameson, Bruce Calkins and Sandy Hill.

Experience the Dances of Universal Peace with a community of friends in a secluded setting on the shores of the beautiful Kootenay Lake.

Email: [kootenaydancecamp@gmail.com](mailto:kootenaydancecamp@gmail.com)

Contact: Sandra Leatherman, registrar,  
(250) 352-2217  
1421 Mountain Station Rd, Nelson, BC, V1L 2J3

**October 1 – 4, 2009**

Ocala Christian Conference Center, Ocala, Florida

**FLORIDA FALL DANCES OF UNIVERSAL PEACE RETREAT**

Leaders: Lila Flood and Murshid Allaudin Ottinger

Dances, zikr, Sufi teachings and practices, music instruction and laughter.

Email: kanoy8@alltel.net

Contact: DiAnahita Kanoy, registrar,  
(352) 546-1345

PO Box 376, Fort McCoy, FL 32134

**October 23 – 25, 2009**

East Shore UU Church, Kirtland, Ohio

**A WEEKEND WITH NARAYAN**

Leader: Narayan Eric Waldman

Dance retreat with zikr, Friday evening through Sunday noon, including a session for dance leaders and musicians. Early registration by August 11, 2009, limited homestay available.

Email: elizsayre@adelphia.net

Contact: Elizabeth Sayre, (440) 286-1920  
10256 Mitchells Mill Rd., Chardon, OH 44024

**November 22, 2009**

Evansville, Indiana

**IN TUNE WITH THE INFINITE**

A Sufi Day of Dance and Meditation

Leader: Sheikh Yaqin Lance Sandleben

An opportunity to deepen the experience of the Dances of Universal Peace, also meditation practices and Sufi spiritual teachings, all offered with wisdom and joy. Bring a sack lunch.

Email: hellowards@wowway.com

Contacts: Lezlie Ward, registrar, (812) 868-0176  
2532 Winfield Dr., Evansville, IN 47725

**December 4 – 6, 2009**

Lava Hot Springs, Idaho

**LIVE! AT LAVA DECEMBER RETREAT**

Leaders: Narayan Eric Waldman, Bernie Heide-  
man, Munir Peter Reynolds, and Zareen Connie  
Delaney

Dances of Universal Peace, Spiritual Walks, zikr,  
and natural hot water springs, a weekend of eat-  
ing, dancing and praying together.

Email: shahar@onenessproject.com

Contact: Shahar Solander, registrar,  
(406) 363-7211 Oneness Project, PO Box 1141,  
Hamilton, MT 59840



*The attendees of the Mendocino Youth Camp (CA) pose with Pir Shabda Kahn and Murshida Leilah Be of the Sufi Ruhaniat International. Photo by Ben Burdick.*

## In Memory of Verena Banak

Verena Bhakti Banak left us during this past year. Born in Switzerland in 1926, Verena immigrated to America in 1953. She loved dancing the Dances of Universal Peace, especially the Aramaic Dances. Many readers of this Journal will fondly remember Verena, who traveled widely and danced in many circles around the world. Verena lived a rich and full life, encompassing a love for the natural world, for plants and people, learning and laughing. Verena radiated love. Her joyous, dancing spirit lives on in our memories.

Verena's ashes are to be scattered in a place of wonder and beauty, there to mingle with the elements and join the caravan of creation back to Source.

Among the papers that Verena left is the following note that reminds us of her joy and laughter:

"Rumi says (and it could be), 'Maybe God is the impulse to laugh and we are the different kinds of laughter.' "

Ya Fattah to you, Verena, and to all.

**January 12 – 17, 2010**

San Miguel de Allende, Mexico

**"THE HEART OF MEXICO" DANCES OF UNIVERSAL PEACE RETREAT**

Leaders: Grace Marie and special guests.

Join us in the "heart" of central Mexico, in a beautiful town with hot springs and other lovely sites nearby. We plan to dance with the local native community and other internationals in this international Mexican hub.

Email: cherie@cheriestcyr.com

Contact: Cherie St. Cyr, registrar, (608) 257-6697  
1331 Dewey Court, Madison, WI 53703



# The Greening of Our Dance Camps

by Sky Majida Roshay

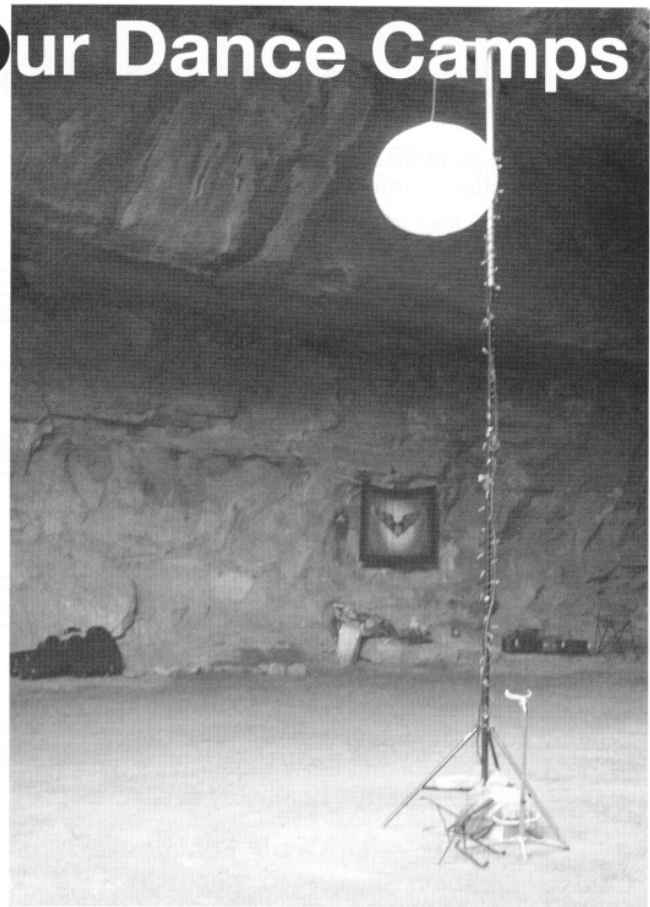
Ah, dance camp season... time to pack the dance duds, the guitars and drums, the bedding, the camera and tape recorder, and head out for a few days - or maybe a week! - to eat, dance and pray with beloveds from all over the region - or maybe the world! Alhumdulillah!

Since prayers make a difference, we all know the singing and praying we do together at camps has a positive effect on the world. But what about the detrimental effects on the environment generated by our gathering together?

There are ways to mitigate those effects, some of which we are probably already doing. But here's a collection of other ideas that may be of value as well.

The most obvious is the cost of fuel and the effect of our travel on the environment. Since it is impractical to bicycle to camp with the aforementioned stuff, especially if camp is in Montana and you are in, say, Connecticut, here are a few other suggestions that have been offered.

Carpooling or buying a hybrid car before your next trip come to mind - or, hey, what about carpooling in your new hybrid? If those are also impractical, and sometimes they are, here's another idea: planting trees to mitigate carbon emissions. The Canyonlands Dance retreat is one that everyone has to commute to, since none of us live in the national park. A few years ago, we started collecting a \$3 surcharge per vehicle which is sent to American Forests to plant trees to offset the amount of carbon emissions our vehicles create to drive to this retreat. (Please see [www.americanforests.org](http://www.americanforests.org) for more info). While not everyone con-



*With the deep cell battery hidden under the sarong, 12-volt Christmas lights winding up the pole, and the big light hung, the lighting system in Split Top Cave is ready for the evening. Canyonlands National Park, UT. Photo by Sky Majida Roshay.*



*Cimarron shows off the inaugural Canyonlands Camp (UT) recycling bin, complete with instructions, next to the Park Service trash cans. Photo by Sky Majida Roshay.*

tributes to that fund, most people are quite happy to. The website also has a page ("Resources") with a calculator for you to figure out the carbon impact of the rest of your lifestyle.

While you're traveling, do you stop for coffee? Do you carry your own travel mug and ask the coffee barrista to refill it for you? Those in our household who drink coffee have found that coffee barristas rarely bat an eye at this request. Do you carry your own water bottle whenever possible rather than buying new plastic disposable bottles? Those are two simple ways to cut down on waste while traveling. A friend of ours even carries a washcloth in order to avoid using disposable paper towels. We have to admit that we are not quite that organized yet.

We do sometimes travel with laptops, cameras and cell phones. If we're traveling by car, we have an inverter that plugs into the cigarette lighter, allowing us to recharge all our accoutrements while we're driving, rather than using AC power at the camp to do it. Rechargeable batteries come in handy here, though be careful to make sure they can charge up to the amount of juice your accessories need.

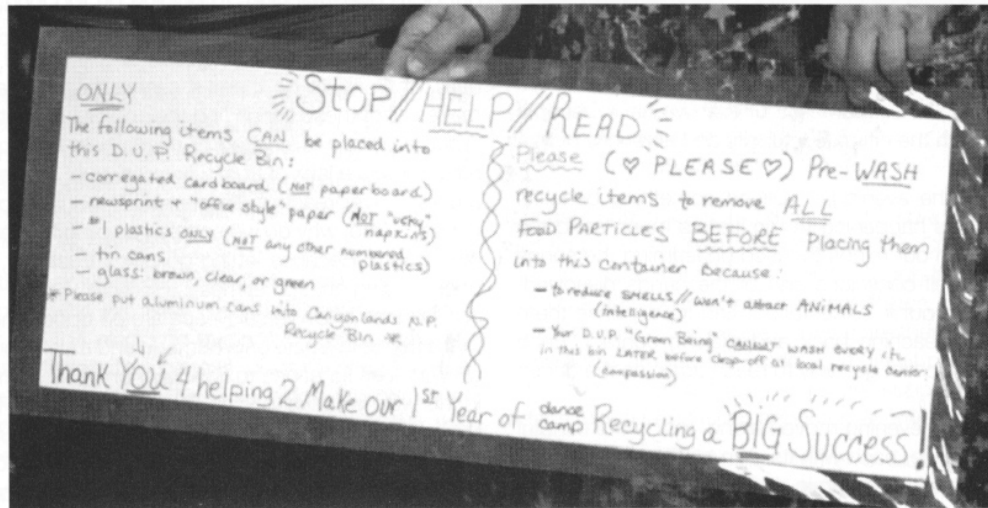
While at the retreat, there are ways to cut down on our consumption too. At Wilderness Camp in August, 2008, the camp staff actually weighed our food waste at lunch to see if we could cut down on leftover throwaway bits. We got down to six pounds for 140 people at one meal. That's not bad, but what about this idea? At the Baking in Beauty Camp, in Utah the month before, we saved all our food scraps and the organizers took them home to feed to their chickens. Now, not every camp has organizers who own chickens, but a little bit of research might turn up a nearby farm or someone who wants compost. And of course, we could always go back for seconds if the first serving doesn't fill us up, instead of piling our plates full the first time around... (who, me?)

Electricity. Of course we get used to turning off lights when we leave a room (don't we?), but what about asking the retreat facility if you can replace their standard light bulbs with low consumption green bulbs? (Do not ask them if you can use candles instead of electricity; there are limits, usually associated with fire insurance.) IN the cave where we used to dance at Canyonlands camp, we would light the cave with a 12-volt system involving one car battery, some wiring cable and 12-volt light bulbs. The same system worked for us for five years. At Wilderness Camp,

the organizers have started lighting the big tent and running their audio recording equipment with a solar powered battery system. For your own personal nighttime lighting needs, consider a solar powered rechargeable flashlight, or a hand pumped one that generates its power through your exercise.

Recycling can happen at camp too. People show up with plastic or glass bottles, soda cans and the like, under the back seat of their cars. Cooking can generate empty cans or plastic containers. People collect flyers from the display tables and then leave them by the wayside. And so on. How difficult would it be to organize a set of boxes to collect those items, and have someone haul them all to a recycling facility at the end of camp?

Then there are those dance duds. Periodically new ones are required, right? We already shop at thrift stores (which has a lot to do with small incomes and living in a rural area without great shopping opportunities), but we are not righteous



The recycling project at the Canyonlands Dance camp (UT) included signs created by Cimarron with instructions on what can be recycled and how to prepare "submissions". Photo by Sky Majida Roshay.

about that: we love new clothes as much as anyone. So, at Canyonlands and at Baking in Beauty, we have started the tradition of Clothing Exchanges. You bring your gently worn (not worn out) clothes, put them in a pile with everyone else's contributions, and at the appointed hour, you "shop" for new clothes, along with everyone else. It tends to resemble a feeding frenzy paired with a church social, with clothes flying in every direction, and people offering apparel and advice to each other; generally that evening's dance is populated by dancers wearing new outfits, including the men, who gravitate toward the full flowy skirts. The leftovers are taken away by a volunteer at the end of camp and donated to a thrift store.

We have not yet determined a recyclable use for used guitar strings but we are working on it.

Have a green, good dance camp season.

*Sky Majida Roshay is a dance leader and beginning mentor living in White Mountain Lake, Arizona. Besides leading dances and playing guitar in her local circle, she co-sponsors the Canyonlands retreats with Bernie Heideman, serves as the Secretary for Peaceworks Inc (INDUP), travels and makes videos with her husband Dennis, with whom she is also building a cob house, and only occasionally writes poetry.*

# Reach and the Hand Is There: the Yoga of Trust in the Dances of Universal Peace

by Clifford Dean Scholz

It was a large gathering with a preponderance of first-timers. When we first took hands and formed a circle, I felt a curious rush of feelings and thoughts moving through:

"Am I holding right?"

"Whose hand is this?"

"What if my palms get sweaty?"

"What happens next?!?"

It's easy for people who have been dancing for years to forget what a moment of trust that is: to take the hand of a stranger. We do it all the time. Hopefully, it's not that those of us who have more experience take it for granted, but that we have become more comfortable with the intimate intensity and aliveness of that connection.

Over the course of the evening, I noticed something beautiful happening, and it was happening to me just as much as to the new participants. With our minds focused on learning the songs and the steps, the self-consciousness of the hands dissolved. Each person reached out in expectation, and in response there was a hand already reaching back and making contact. Each hand was held until each let go, only to reach again as the dance progressed.

Dance after dance, the evening moved along. Inside the mindful challenge of every dance, each with its own subtleties worth exploring, I felt the big lesson sinking in deeper and becoming sublime: reach out, hold on, let go...another hand is there!

Again and again, and the hand was always there ... Always.

Years ago, I taught reading in a lockup facility for delinquent and neglected teen girls. I picked a book called Dicey's Song by Cynthia Voigt to read aloud to my classes. Many of the girls had never been read to as children, and they loved it. Like many of my students, Dicey had been tossed around some in her young life and ended up staying with her grandmother. As Dicey struggles to acclimate to her new home, her grandmother advises that the three things we need to learn how to do are to reach out, to hold

on, and to let go.

I thought about that book after the Dances that night, and how profoundly true that is. The lesson was especially poignant to the incarcerated girls I was teaching who had to learn how to reach out in trust when their trust had been shattered, how to hold on in difficult circumstances when holding on counts, and when and what to let go of in their lives. Yet it's true for everyone. Take a look at a problem in life and often it boils down to not reaching out or to over-reaching, to holding on too long, or to letting go too easily.

Reach out, hold on, let go...such simple things! Yet it can be so hard, at times, to do them! It seems the magical ingredient that makes all of these things find their places is trust.

When a person is isolated or needs help but doesn't reach out, often there's a lack of trust. Likewise, trust is often an issue when a person over-reaches, "over-cares" and tries too hard in a relationship. Also, why do we sometimes cling too tenaciously for our own good? Because letting go takes trust. So, for that matter, does holding on, sometimes.

The Dances of Universal Peace are an opportunity to practice all these things in a safe environment, and thus to build the trust that allows these functions to flow harmoniously from one to another. In this way, we take them in deeply, organically. This is immensely important because, after all, it isn't all just about our hands. Our eyes are reaching out, holding on and letting go as well, as are our hearts and our minds. In a sense, our every breath and heart-beat is a reaching out, holding and letting go. When these cycles are interrupted we have discord in ourselves and in our relationships. When they flow together in trust, we have peace.

Namaste.

*Clifford Dean Scholz has been organizing the Dances of Universal Peace Circle in Oxford, Michigan since 2006. His enthusiasms revolve around discovering life's poetry through the magic of heart-centered consciousness and relationship. He can be reached at [michigan\\_citrus@yahoo.com](mailto:michigan_citrus@yahoo.com).*



*Dancers circle up at the annual Jamiat Ahm (family gathering of the Sufi Ruhaniat International), 2008, hosted by the Hamilton (MT) dance community and open to all dancers. Photo by Lucinda Abbe.*



Wilderness Dance Camp  
2009

July 26-August 1, 2009

cosmic

unity

It's not a spectator sport



Guest - Murshid Allaudin Ottinger  
Camp Director - Connie Zareen Delaney  
Darvesha MacDonald, Munir Peter Reynolds,  
Narayan Eric Waldman & Bernie Heideman

Young Adult Camp - KatieHamida Wiese, Daniel Kirchhof  
& Ben Schaffner  
Teen Camp & Children's Camp

Shabar Solander, Registrar shabar@onenessproject.com  
PO Box 1141, Hamilton, MT 59840 406.363.7211  
www.onenessproject.com

Flathead Lake United Methodist Camp  
Rollins, Montana

© DEBORAH KOFF-CHAPIN

**Emerging** continued from p. 16

evitably headed our way, whether you consider these to be economic changes, earth changes, or climate changes? Can we come together as a community beyond the dance circle and demonstrate resiliency, compassion, and assistance towards one another? Can we begin to make more responsible ecological choices like growing gardens instead of lawn? Can we stretch ourselves into a tolerance for living in closer quarters with one another by sharing our homes? In so doing, can we apply the dance circle ethics of compassion, deep listening and attentiveness, trust, and seeing the Beloved in everyone for longer than just a 2 hour dance meeting?

Here are some final inspiring words for a sustainable future (which Bernie adapted from a Snam Kaur song), "You ask, what can I do? Well you can do your best, use your hands and your heart. The Universe will do the rest. The light of peace can shine in our world, in our time. The face of peace is mine, when I smile, when I shine. Greet your fellow man with an open outstretched hand. Open your heart if you can. Share a laugh or two, it can heal both of you."

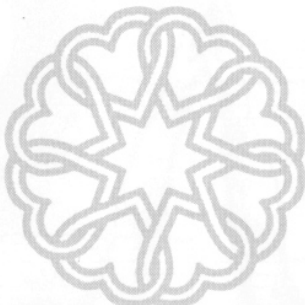
So, my fellow dancers, why not sing along? It has been great where we've been, and I know it will be good where we're going too!

*Cimarron is a regular Dancer along the Front Range of Colorado who has been dancing since 1989. She loves gardening, attending dance camps and visioning new possibilities. Cimarron can be reached at horsetrek@idcomm.com.*

Take some time together  
With your neighbors and your kin  
Holding hands in every land  
Our destiny begins  
Bring a bowl for soup and tea  
Bring instruments of sound  
Make some goodness here and now  
And turn the world around

—John Bari Ramsey

## Help spread the word about PeaceWorks – Dances of Universal Peace North America (PW – DUPNA)!



To encourage dancers to join and support our important work, we are offering a new one-of-a-kind logo banner to the first 25 dance circles that sign up 5 new members between the dates of January 1 and June 30, 2009.

One of the projects that will be funded with the new membership income is a collection of unpublished dances which will be made available as downloadable pdf files to all dancers on our website. Please help us accomplish this goal which will benefit dancers throughout the world!

To receive your free banner, please submit your 5 new memberships to:  
PW DUPNA, PO Box 1401,  
Blythe, CA 92226-1401.

Questions? Contact Yamuna Devi  
at [naoffice@dancesofuniversalpeace.org](mailto:naoffice@dancesofuniversalpeace.org)  
or 760-922-2551.

Banner colors: center starburst is yellow with white, intertwining hearts outline is black with yellow spheres inside white, extending outside the black hearts is more yellow fading into dark green, and royal blue border, letters are white.



*A Dances of Universal Peace banner moves with the breeze in Canyonlands National Park, UT. Photo by Sky Majida Roshay.*

Breezes clear my mind

I surrender to beauty

Opening my heart

haiku by  
Habiba Debi Niswander



*Dancing, art by Ann Aiken*

### Life

"Do you want a rich and full life?" Spirit asks.

"Well then, come with me  
And you will see  
The wonderful Field of Possibility.

Spread before you, it yearns for your attention.

Gaping fallow, it calls to you:

'Bring me your thoughts, fill me with your desires

And I will give you everything!

Molding mind into matter,

Connecting souls  
at just the right moment,

Casting times and places  
in sacred synchrony

I will celebrate you.

You are author and I am language.

We are birthers of vibration.

And out of vibration blooms all that is.  
Come, play with me and create your life!

—Steve Nellis

# FOR OUR MANY VOLUNTEERS

The work of supporting the Dances in North America (as in the rest of the world) is done mostly by volunteers who give what time they can, to nurture the Dances that we love. Many thanks to you all, may you be blessed.

## **PW-DUPNA**

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### **Other Volunteers:**

Tasnim Janice Burton (NY), Financial Manager; Grace Marie, assistance with facilitation and agenda for the 2007 regional meeting

### **Holiday Card Volunteers:**

Mirabai Chrin, of Hearty Apple Sings and Designs (NY), artwork; Brian Dina (WA), card layout and design; Holiday Card circles: Julie Purcell and the Triangle Dance circle (NC), Aeolea Wendy Burwell and the Rochester Dance circle (NY), Rebecca Nada Davis and the Boise Dance circle (ID), Martha Bracken and the Seattle Dance circle (WA), Annie Horzen (WI), Carolynn Bryan and the Prescott Dance circle (AZ), Violetta Reiser (CA), Taj Eileen Pappalardo and her Cleveland area circles (OH), Donna Schiller and her Chicago area circles (IL), David Buesch and the Las Vegas circle (NV).

PeaceWorks - Dances of Universal Peace, North America Board of Directors' Statement of Purpose:

We serve the message of peace, love, and harmony by joining hands with Dancers across the North American region to create sacred community in the service of universal peace.

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 above. For information regarding the Dances, events, or our publications, contact the Regional Networker or the administrative office. 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.





Only a Heart with Wings Can Fly, art by John Bari Ramsey.

## Dances of Universal Peace T-Shirts, Pins etc...

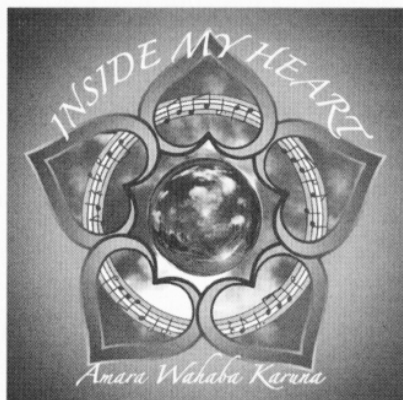


T-shirts are 100% cotton,  
Columbia Blue, short sleeves  
\$15/members; \$20/non-members

Colorful banners, heart pins  
& beautiful greeting cards, too!

For more info or to order,  
contact the PW-DUPNA office:  
(760) 922-2551  
naoffice@dancesofuniversalpeace.org

## INSIDE MY HEART



26 Original  
dances by  
Amara Wahaba  
Karuna

**A CD compilation of songs and original dances**  
drawing from the Christian, Goddess/Earth, Islamic,  
Sufi, Hebrew, Hindu, Universal and Native traditions.

These uplifting tunes range from quiet and deeply  
meditative to rousing and playful. They address themes  
of honoring the earth, emotional healing, devotional  
practice, peace and inner awareness. There are  
several lively Children's dances.

**Accompanying Manual of dance movements and  
musical scores:** \$10 postpaid. 8 ½ x 11", 64 pages  
CD only: \$18 postpaid. Both for \$26 postpaid USA  
More info and Ordering: [www.karunaarts.com](http://www.karunaarts.com)

## Whirl

God speaks from winds  
that whirl,  
Makes all the atoms twirl,  
Sets galaxies to swirl,  
Moves dervishes to whirl.

Andrew Teter



With these hands.... Photo by Lucinda Abbe.

## JOIN THE NORTH AMERICAN REGION OF THE DANCE 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. *For Canadian rates, contact the office.*

### THERE ARE THREE WAYS YOU CAN JOIN:

**Online:** [www.dancesofuniversalpeace.org/na/network/join.html](http://www.dancesofuniversalpeace.org/na/network/join.html)

**Mail:** PW-DUPNA Office, PO Box 1401, Blythe, CA 92226-1401 USA

**Call:** (760) 922-2551

**YEARLY MEMBERSHIPS:** Benefactor - \$500 | Friend - \$100 |  
Couple - \$90 | Associate - \$80 | Regular - \$60 | Low Income - \$40

**LIFETIME MEMBERSHIPS:** Individual - \$2,000 | Couple - \$3,000

## HEART PINS

Receive a FREE\*

heart pin with  
membership purchase,  
through October 2009.

Encourage your family and friends  
to become NA Network Members  
today! If you are already a member  
and would like to purchase a Heart  
Pin, they are available for \$5 each.  
To order, contact the Regional  
Administrator at the PW-DUPNA  
office: (760) 922-2551.

*\*Offer good only for  
new memberships, not renewals,  
while supplies last.*



## Ongoing Dance Circles

For complete details, please visit:

<http://www.peaceworksdancesna.org/allcircles.asp>

### Alberta

**Banff:** Occasional Dates

**Edmonton:** Riverdale Community Hall, 9231 100th Ave, T5N 1J3, 2nd Thursday (Sept-June), 7:30pm

### Alaska

**Juneau:** Unity Room, 119 Seward St, Suite 1, 99801, 2nd & 4th Sundays, 5:30pm

### Arkansas

**Deer:** Heartsong Retreat Center, Heartsong Dr, (off Hwy 16), 72628, 1st Saturday, 7:30pm

**Fayetteville:** St Paul's Episcopal Church, New Parish Hall, 224 N East St, 72701, 2nd & 4th Fridays, 7:30pm

### Arizona

**Cottonwood:** Old Town Center for the Arts, 633 N 5th St (at Main), 86326, Last Saturday, 7:00pm, [moonsinger.com/DUP.htm](http://moonsinger.com/DUP.htm)

**Phoenix (Tempe):** Southwest Institute for Healing Arts, 1100 E Apache Blvd (near Rural Rd), 85281, 2nd & Last Saturdays, 7:00pm, [phoenixdances.org](http://phoenixdances.org)

**Phoenix (Aramaic Cycle - Tempe):** Shrine of Holy Wisdom, 4625 S Ash Ave., Suite J-19, 85282, 4th Tuesday, 7:00pm, [phoenixdances.org](http://phoenixdances.org)

**Prescott:** Church of Spiritual Living, 3755 Willow Creek Rd, 86301, 3rd Saturday, 7:00pm, [prescottdances.org/](http://prescottdances.org/)

**Sedona:** Sedona Community Center, 2615 Melody Ln, 86336, 2nd Saturday, 7:00pm, [moonsinger.com/DUP.htm](http://moonsinger.com/DUP.htm)

**Snowflake:** Horizon House, 85937, 2nd Sunday, 2:00pm

**Tucson:** Yoga Oasis, 2631 N. Campbell Ave, 85719, 2nd Saturday, 7:00pm

### British Columbia

**Nelson:** Moving Centre, 533 Baker St, upstairs, V1L 6M3, 3rd Sunday, 3:00pm

**Parksville (Errington), Vancouver Island:** Errington Hall, 1390 Errington Rd, V0R 1V0, Twice a Month

**Vancouver:** Quaker Meeting Hall, 1090 W 70th Ave, V6P 2X9, 3rd Friday, (Sept-June), 8:00pm

**Victoria:** Religious Society of Friends, 1831 Fern St, V8R 4K4, 1st Tuesday, 7:30pm

**Victoria:** Unity Church of Victoria, 838 Pandora St., V8W 1P4, 2nd Friday, 7:00pm

### California

**Berkeley:** Durant House, 2330 Durant Ave, 94704, 3rd Friday, 7:30pm

**Chico:** Subud Hall, 574 E 12th St, 95928, Monthly, 7:00pm

**Eureka:** Unitarian Universalist Fellowship, 3471 Jacoby Creek, 95501, 1st, 3rd & 5th Sundays, 7:00pm

**Fairfax (zikr/dances):** Semahane Room, Redwood Mosque, 781 Bolinas Rd, 94930, Monthly, 8:00pm, [marinsufis.com/index.php](http://marinsufis.com/index.php)

**Fresno:** First Congregational Church, 2131 N Van Ness, 93704, 1st Friday, 7:00pm

**Laguna Beach:** Neighborhood Congregational Church, 340 St. Ann's Drive, 92651, 1st Saturday, 7:30pm, [lagunadances.com](http://lagunadances.com)

**Marin (San Anselmo):** Turtle Island Yoga Center, 74 Mariposa Ave, 94901, 1st Friday, 7:30pm, [geocities.com/peacedance2003/](http://geocities.com/peacedance2003/)

**Nevada City:** Nevada County Library, 980 Helling Way, 95959, Various Sundays, 6:00 pm

**Palo Alto:** Unitarian Universalist Church, 505 E Charleston, 94306, 2nd & 4th Saturdays, 7:30pm

**Potter Valley:** Middle Mtn Home of Arts and Science, 11051 Mid-Mountain Rd, 95469, 3rd Sunday, 10:30am

**Sacramento:** Sacramento Friends Meeting House, 890 57th St, 95819, 2nd Friday, 7 pm, and 4th Friday, 7:30pm, [sacramentodancesofuniversalpeace.org](http://sacramentodancesofuniversalpeace.org)

2008/2009

**San Diego:** Christ Lutheran Church Pacific Beach, 4761 Cass St, 92109, 2nd Saturday, 7:30pm

**San Francisco:** Cultural Integration Fellowship, 2650 Fulton St (at 3rd), 94118, 3rd Sunday, 2:30pm

**San Francisco:** Mentorgarten, 410 Precita, 94110, 2nd Sunday, 11:00am

**San Jose:** First Unitarian Universalist Church, 160 N. 3rd St, 95112, 1st Friday, 8:00pm

**San Luis Obispo:** San Luis Obispo Public Library, 995 Palm St, 93402, Monthly Saturdays, 7:30pm

**Santa Cruz:** Live Oak Grange Hall, 1900 17th Ave, 95062, 1st & 3rd Sundays, 7:00pm, [scsufi.ning.com](http://scsufi.ning.com)

**Santa Cruz:** Live Oak Grange Hall, 1900 17th Ave, 95062, 2nd, 4th, & 5th, Sundays, 7:00pm, [sufievents.com](http://sufievents.com)

**Santa Cruz (Aptos):** Unitarian Universalist Fellowship Hall, 6401 Freedom Blvd, 95003, 1st Thursday, 7:30pm, [scsufi.ning.com](http://scsufi.ning.com)

**Santa Rosa:** Earle Baum Center of the Blind, 4539 Occidental Rd, 95401, 1st Monday, 7:30pm, [sufipaths.net](http://sufipaths.net)

**Sebastopol:** Sebastopol Community Center Youth Annex, 425 Morris St, 95472, 2nd & 4th Sundays, 11:00am, [sufipaths.net](http://sufipaths.net)

**Ukiah:** Yoga Mendocino, 206A Mason St., 95482, 1st Friday, (Oct-June), 7:30 pm

**Venice:** Blankenship Ballet Company, 132 Brooks Ave, 90291, Monthly Sundays, 7:30 pm, [churchofall.us](http://churchofall.us)

**Walnut Creek:** Mt Diablo Unitarian Universalist Church, 55 Eckley Ln, 94596, 2nd Saturday, 7:00pm

**Willits:** 2nd Tuesday, 7 pm

### Colorado

**Alamosa:** Hospice Del Valle, 514 Main St, 81101, Occasional Dates, 4:00pm

**Boulder:** Mennonite Church, 3910 Table Mesa Dr, 80305, Every Friday, 7:15pm, [dup-co.com](http://dup-co.com)

**Boulder (Dancing Deeply):** Starhouse, 3464 Sunshine Canyon Dr, 80302, 2nd Saturday, 7:15pm, [dup-co.com](http://dup-co.com)

**Boulder (Elder Dance):** Frasier Meadows Manor, 350 Ponca Pl, 80303, 3rd Wednesday, 3:30pm

**Colorado Springs:** Unity Church of the Rockies, 1945 Mesa Rd, 80904, 2nd Friday, 7:00pm

**Denver:** Christ Church United Methodist, 690 Colorado Blvd (at 7th Ave), 80206, Every Wednesday, 7:15pm, [dup-co.com](http://dup-co.com)

**Denver:** Studio Soma, 2540 W 29th Ave, 80211, 1st & 3rd Sundays, 7:00pm, [trigoddess.org](http://trigoddess.org)

**Denver (Englewood - Elder Dance):** Cherry Hills Health Care, 3575 S Washington St, 80113, 2nd Monday, 4pm

**Denver (Women's Dance):** St. Barnabas Episcopal Church, 1280 Vine St (at 13th St), 80206, 4th Tuesday, 7:00pm, [trigoddess.org](http://trigoddess.org)

**Durango:** St Mark's Episcopal Church (usually), 910 3rd Ave (at 9th St), 81301, 2nd & 4th Saturdays, 7:00pm

**Estes Park:** St Bartholomew's Episcopal Church, 880 MacGregor Ave, 80517, 3rd Sunday (Apr - Sept)

**Fort Collins:** St Pauls Episcopal Fellowship Hall, 1208 W Elizabeth, 80526, Every Thursday, 7:30pm, [riverrock.org/peace](http://riverrock.org/peace)

**Fort Collins:** Greyrock Commons Common House, 2265 Shooting Star Lane, 80521, 1st & 3rd, Tuesdays, 7:15pm, [trigoddess.org](http://trigoddess.org)

## Colorado continued

**Grand Junction:** Unity Center of Light, 3205 N 12th St, 81506, Occasional 2nd Saturdays, 7:30pm, [bernieheideman.com](http://bernieheideman.com)  
**Hotchkiss:** 11126 3500 Rd, 81419, Once a Month, 7:30pm, [bernieheideman.com](http://bernieheideman.com)  
**Leadville:** St George's Episcopal Church, 200 W 4th St (at Pine), 80461, 3rd or 4th Sunday, 6:30pm  
**Longmont:** Unity Center of Longmont, 505 Main St., 80501, 3rd Sunday, 4 pm  
**Loveland:** Sunrise Ranch, 5569 NCR 29, 80538, Occasional 2nd Tuesdays, 7:00pm, [trigoddess.org](http://trigoddess.org)  
**Salida:** Salida Yoga Center, 112 F St, 81201, 1st Friday, 7:00pm  
**Ward:** Union Congregational Church, Modoc St, 80481, 1st Sunday of June/Aug/Oct

## Connecticut

**Ledyard:** Dragon's Egg, 401 Shewville Rd, 06339, 2nd Sunday, 6:00pm  
**New London:** Blissworks Yoga Studio, 228 State St, 06320, 4th Sunday, 6:00pm

## Florida

**Gainesville:** United Church of Gainesville, West Wing, 1624 NW 5th Ave, 32603, 2nd Friday, 8:00pm, [a-rest.com/DUP.htm](http://a-rest.com/DUP.htm)  
**Jacksonville (St Johns):** Unity Church for Creative Living, 2777 Race Track Rd, 32259, Monthly, [a-rest.com/DUP.htm](http://a-rest.com/DUP.htm)  
**Miami (Coral Gables):** Religious Society of Friends, 1185 Sunset Drive, 33143, 1st & 3rd Tuesdays (Sept-May), 7:30pm, [a-rest.com/DUP.htm](http://a-rest.com/DUP.htm)  
**Ocala (Ft McCoy):** Dancing Peacock Paradise, CR 315, 32134, 4th Saturday, 3:00pm, [a-rest.com/DUP.htm](http://a-rest.com/DUP.htm)  
**Orlando:** First Unitarian Church of Orlando, 1901 E. Robinson St, 32803, Monthly, 4pm  
**Ormond Beach:** Unitarian Universalist Society, 98 N Halifax, 32176, Monthly, 3:00pm, [a-rest.com/DUP.htm](http://a-rest.com/DUP.htm)  
**Sarasota:** Rising Tide International, 5102 Swift Rd. (at Grafton), 34231, 2nd & 4th Wednesdays, 7:30pm, [a-rest.com/DUP.htm](http://a-rest.com/DUP.htm)  
**Tallahassee:** Unitarian Universalist Church, 2810 N Meridian Rd, 32312, 1st Saturday, 7:30pm

## Hawaii

**Big Island / Captain Cook:** Paleaku Peace Gardens, 83-5401 Painted Church Rd, 96750, Last Friday, 6:00pm  
**Big Island / Puna:** 96749, 2nd Weekend, 7:00pm  
**Big Island / Volcano:** Cooper Center, Wright Rd , 96785, Last Sunday, 7:30pm  
**Kauai / Kilauea:** Once a month  
**Mau / Makawao (zikr):** Makawao Union Church Hall, 1445 Baldwin Ave, 96768, Most 2nd & 4th Saturdays, 7:30pm  
**Oahu / Honolulu:** Niu Valley Intermediate School, 310 Halemaumau St, 96821, 1st Saturday, 7:30pm  
**Oahu / Kailua:** Windward United Church of Christ, 38 Kaneohe Bay Dr, 96734, Occasional Sundays, 5:00pm

## Iowa

**Des Moines:** PVA Meeting Room, 3703 1/2 Douglas Ave, 50310, 1st Sunday, 5:30pm  
**Iowa City:** Unitarian Universalist Society of Iowa City, 10 S Gilbert St, 52240, 2nd Sunday (Sept-May), 6:30pm

## Idaho

**Boise:** 1520 N 12th St (at Eastman), 83702, 2nd & 4th Fridays, 7:30pm  
**Moscow:** 83843, Occasional Dates  
**Pocatello:** Occasional Dates  
**Salmon:** 300 Monroe St, 83467, Occasional Dates

## Illinois

**Bloomington:** Unitarian Fellowship, 1613 E Emerson, 61701, Occasional Dates, 7:15pm  
**Chicago (Hyde Park):** University Church, 5655 S University, 60637, 3rd Thursday, 7:00pm  
**Mokena:** Namaste House, 11113 Bryant Rd, 60448, 1st Friday, 10:00am  
**Naperville:** First Congregational United Church of Christ, 25 E Benton Ave, 60540, 3rd Tuesday, 7:00pm  
**Oak Park:** First United Church of Oak Park, 848 Lake St, 60301, 1st Saturday, 1:00pm  
**Oak Park:** SHEM Center for Interfaith Spirituality, 708 N Harvey, 60302, Occasional Dates, [shemcenter.org](http://shemcenter.org)  
**Park Forest:** Unitarian Universalist Community Church, 70 Sycamore Drive, at Western Ave, 60466, 2nd Sunday, Aramaic Cycle dances 2:00pm, Dances 3:00pm  
**Plainfield:** Plainfield Congregational UCC, 24020 W Fraser Rd, 60586, 3rd Sunday, 2:00pm  
**Rockford:** 5562 Falmouth Dr, 61107, 1st Saturday, 7:00pm

## Indiana

**Bloomington:** Unitarian Universalist Church, 2120 N Fee Ln, 47408, 3rd Monday, 8:00pm  
**Indianapolis:** Ralston Ave, 46220, 1st Saturday (usually), 7:30pm, [blue.butler.edu/~psaffire](http://blue.butler.edu/~psaffire)  
**Lawrence:** Various Dates, 7:30 pm  
**Topeka:** Topeka Friends Meeting House, 603 SW 8th Ave, 66603, 2nd Wednesday, 7:20pm

## Louisiana

**Lafayette:** Camellia House, 708 Jefferson Blvd., 70501, 3rd Sunday, 2:00pm  
**New Orleans:** First Unitarian Universalist Church, 5212 S Claiborne Ave (at Jefferson), 70118, 1st & 3rd Wednesdays, 7:45pm

## Maine

**Portland:** Portland Yoga Studio, 616 Congress St, 04101, 2nd or 3rd Saturday, 7:00pm, [portlandyoga.com](http://portlandyoga.com)

## Maryland

**Accident:** Flowery Vale Fitness Center, Main St, 21520, 2nd Tuesday, 7:00pm  
**Annapolis:** Unitarian Universalist Church of Annapolis, 333 Dubois Rd., 21401, Occasional Dates, 7 pm  
**Baltimore (Oella):** Westchester Community Center, 2414 Westchester Ave, 21043, 2nd Sunday (usually), (Sept-June), 3:00pm, Potluck follows dance  
**Eldersburg:** Mid-Atlantic Gymnastics, 5320 Enterprise St., 21784, Occasional Fridays, 7:00pm

## Massachusetts

**Cambridge:** Cambridge Friends Meeting House, 5 Longfellow Park, 02138, 1st & 3rd Fridays (Sept-June), also 2nd Saturday, 7:30pm, [northeastuufs.org](http://northeastuufs.org)  
**Gardner:** Unitarian Universalist Society, 66 Elm St, 01440, 2nd Thursday, 7:00pm  
**Littleton:** Everyday Yoga, 28 Dogwood Rd, 01460, 4th Saturday, 7:45pm, [dance\\_ac-ton.tripod.com](http://dance_ac-ton.tripod.com), Overnight guests welcome with advance notice  
**West Concord (dance & zikr):** Yoga and Nia For Life Studio, 50 Beharrell St, 01742, 3rd Sunday, 7:00pm

## Michigan

**Ann Arbor:** Ann Arbor Friends Center, 1420 Hill St, 48104, 1st Friday, 7:00pm  
**Benzonia:** Llama Meadows Farm, 49616, Occasional Dates, [llamameadows.com](http://llamameadows.com)  
**Ganges/Fennville:** Lakeshore Interfaith/Mother's Trust, 122nd St, 49546, 3rd Saturday, 3:00pm, [peacefulsisters.com](http://peacefulsisters.com)  
**Grand Rapids:** Sacred Spaces, 58 E Beltline Ave SE, 49506, 3rd Friday, 7:30pm, [peacefulsisters.com](http://peacefulsisters.com)  
**Kalamazoo:** Occasional Dates  
**Midland:** Midland Center for Creative Arts, 1801 W St Andrews Rd, 48640, Occasional Dates  
**Mt. Pleasant:** Occasional Dates  
**Oxford:** Upland Hills Ecological Awareness Center, 2375 Indian Lake Rd, 48370, 3rd Wednesday, 7:00pm  
**Port Huron:** Full Circle EcoHouse of Prayer, 2532 South Blvd, 48060, Occasional Dates, [fullcircle retreat.org](http://fullcircle retreat.org)

## Minnesota

**Duluth:** Friends Meeting House, 1802 E 1st St, 55812, 1st Saturday, (Sept-May), 7:00pm  
**Minneapolis:** Pathways, 3115 Hennepin Ave, 55410, 1st Friday, 7:00pm  
**St. Paul:** Friends Meeting House, 1725 Grand Ave, 55105, 1st, 2nd & 3rd Sundays, 7:00pm

## Missouri

**Columbia:** Unity Center, 1600 W Broadway, 65201, 2nd & 4th Fridays, 7:30pm  
**Kansas City:** Body and Soul, 59th and Holmes, 64106, Every Thursday, 7:30pm, [shiningheartcommunity.org](http://shiningheartcommunity.org)  
**St. Louis:** Unity Christ Church, 33 N Skinker, 63118, 3rd Friday, 7:30pm

## Montana

**Billings:** First Congregational Church, 310 N 27th St, 59101, 1st Friday, 7:00pm  
**Bozeman:** Unity Church, 1919 Fairway Drive (Westridge Center), 59715, 3rd Sunday, 7:00pm  
**Hamilton:** Common Ground Center, 258 Roosevelt Ln, 59840, 4th Saturday, 7:30pm, Children welcome  
**Helena:** Covenant United Methodist Church, 2330 Broadway (across from St Pete's Hospital), 59601, 3rd Saturday (Oct-May), 4:00pm  
**Missoula:** Common Ground, 702 Brooks St, 59801, 2nd or 3rd Friday, 7:30pm

## Nevada

**Las Vegas:** Christ the King Catholic Church, Community Center, 4925 S. Torrey Pines Dr, 89118, 1st Thursday, 7:00pm, [raincloudpub.com/dupsn/](http://raincloudpub.com/dupsn/)  
**Pahrump:** Haven Selah Retreat Center, 1680 N Blagg, 89060, Saturday after 1st Thursday, every other month, varies, [home.earthlink.net/~allison dan/dupsn/](http://home.earthlink.net/~allison dan/dupsn/)  
**Tecopa Hot Springs:** Tecopa Hot Springs Resort, Tecopa Hot Springs Rd (at Noonday Rd), 92389, Occasional Dates

## New Hampshire

**Barrington:** 254 Beauty Hill Rd., 03825, Occasional Dates

## New Mexico

**Albuquerque:** Albuquerque Center for Spiritual Living, 2801 Louisiana NE, 87106, 3rd Friday, 7:00pm  
**Santa Fe:** Unitarian Universalist Congregation, 107 W Barcelona Rd, 87505, 1st Sunday (Oct-May), 5:30pm  
**Silver City:** 1st Church of What's Happening, 609 Arizona St (at 7th St), 88062, 2nd & 4th Saturdays, 7:00pm  
**Taos:** Chamisa Mesa School, 69 Blueberry Rd, 87571, Occasional Dates

## New York

**Albany:** Unitarian Universalist Society, 405 Washington Ave, 12206, 2nd or 3rd Saturday (Sept-June), 7:00pm  
**Binghamton:** Unitarian Universalist Congregation, 183 Riverside Dr (next to Lourdes Hosp), 13905, Monthly Sundays, 4:00pm  
**Buffalo:** Unitarian Universalist Church of Buffalo, 695 Elmwood Ave (at W Ferry), 14222, 4th Wednesday, 7:30pm  
**Buffalo:** Unity Church, 1243 Delaware, 14209, Occasional Dates, 7:00pm  
**Ithaca:** Foundation of Light, 391 Turkey Hill Rd, 14850, 1st Saturday, 7:15pm  
**New Lebanon:** Abode of the Message, 5 Abode Rd, 12125, Every Sunday, 2:00pm  
**New York City:** One Spirit Learning Alliance, 330 W 38th St, Suite 1500, 10018, 3rd Saturday, 7:00pm  
**Orchard Park:** Unity Southtowns, 2881 Southwestern Blvd, 14127, Occasional Dates, 7:00pm  
**Riverhead (Aquebogue):** First Parish Church, Spiritual Renewal Center, Sound Ave



**New York continued**

and Church Ln, 11931, Occasional Dates

**Rochester:** Friends Meeting Hall, 84 Scio St, 14604, 2nd Saturday, 7:30pm

**North Carolina**

**Asheville:** Asheville Arts Center, 308 Merrimon Ave, 28801, 2nd Sunday, 7:00pm, carolinasufi.info/asheville.htm

**Boone:** Neighborhood Yoga, 212 N Water St, 28607, Occasional Fridays, 7:30pm, carolinasufi.info/boone.htm

**Charlotte:** Yoga for Life, 1920-B Cleveland Ave, 28203, Occasional Saturdays, 7:30pm, charlottesufi.org/dances.htm

**Durham:** Durham Friends Meeting, 404 Alexander Ave, 27516, 3rd Saturday, 7:30pm, beautycircles.org/durhamdance.htm

**Franklin:** Unity Church of Franklin, 80 Heritage Hollow Dr, 28734, Last Thursday, 6:30pm, franklindances.homestead.com

**Raleigh:** Raleigh Friends Meeting, 625 Tower St, 27607, 2nd Saturday, 7:30pm, beautycircles.org/raleighdance.htm

**Ohio**

**Bath:** Crown Point Ecological Learning Center, 3220 Ira Rd, 44102, 3rd Friday, 7:00pm

**Columbus:** Columbus Mennonite Church, 35 Oakland Park Ave, 43214, Various Saturdays (Sept-June), 7:00pm, shalemcenter.org/dances.pdf, Occasional children's program

**Elyria:** Crystal Era, 608 Middle Ave, 44035, 2nd Sunday, 5:00pm

**Kirtland:** East Shore Unitarian Universalist Church, 10848 Chillicothe Rd., 44094, 3rd Sunday, 4:30 pm, Potluck follows dance, children welcome

**Rocky River:** Westshore Unitarian Universalist Church, 20401 Hilliard Blvd, 44116, 1st Sunday, 4:00pm

**Toledo:** Unity of Toledo Church, 3535 Executive Pkwy, 43606, 3rd Thursday, 7:00pm, multifithcouncil.org

**Yellow Springs:** Rockford Chapel, Friends Meeting House, President St, 45387, 2nd Saturday, 7:30pm

**Oklahoma**

**Oklahoma City:** Theatre Upon a Stardanceswan Studio, 3022 Paseo, 73103, 1st & 3rd Wednesdays, 7:15pm

**Ontario**

**Kingston:** St. James Anglican Church, Barrie St, south of Union, K7L 4S4, 2nd Friday (Sept-May), 7:00pm

**Ottawa:** Champlain Field House, Cowley Ave and Clearview Ave, K2H 5C5, Monthly Saturdays, 7:00pm

**Pembroke:** Marguerite Center, K0J 2R0, 2nd Sunday, 7:00pm

**Toronto:** Metropolitan Community Church, 115 Simpson Ave, M4K 1A1, 1st Tuesday, 7:30pm

**Oregon**

**Ashland:** Headwaters, 84 4th St, Bi-Monthly, selfsoulcenter.org

**Bandon:** Fast & Fit, 50211 Hwy. 101, (behind Ray's Market), 97411, 2nd Friday, 7:00pm

**Breitenbush:** Breitenbush Hot Springs, 97432, Every Thursday, 7:30pm

**Eugene:** Friends Meeting House, 2274 Onyx St, 97405, 1st & 3rd Fridays, 7:00pm

**Hood River:** Hood River Valley Adult Center, 2010 Sterling Pl, 97031, 3rd Friday of odd months, 7:30pm, pxdances.org

**Medford:** Medford Congregational United Church of Christ, 1801 E Jackson, 97504, Occasional dates, selfsoulcenter.org

**North Bend:** Jevanna's TreeHouse, 2690 Liberty St, 97459, 4th Saturday, 7:00pm

**Portland:** Arcadian Ballroom, top of stairs, suite 12, 129 NE Alberta St, 97211, One Heart Dance Circle, Every Friday, 7:30pm, pxdances.org

**Portland:** Grace Memorial Episcopal Church, 1511 NE 17th Ave., 97232, Every Tuesday, 7:30pm

**Portland:** First Congregational United Church of Christ, 1126 SW Park Ave, 97205, 2nd & 4th Sundays, 4:00 pm, pxdances.org

**Portland:** Crystal Temple, 7525 N. Richmond Ave., 97203, 2nd Friday, 8:00pm

**Salem:** Unitarian Universalist Congregation of Salem, 5090 Center St NE (at Cordon Rd), 97301, 3rd Thursday, 7:00pm

**Talent:** Dolphin House, Self and Soul Center, 9820-A Wagner Creek Rd, 97540, monthly dates, 7:30pm, selfsoulcenter.org

**Pennsylvania**

**Camp Hill:** Just Plain Yoga, 19th and Market, 17011, 2nd Saturday, 7:30pm

**Chambersburg:** Zion Reformed Church, 259 S Main St, 17201, 1st or 2nd Saturday (Sept-June), 7:30pm

**Erie:** Unitarian Universalist Congregation, 7180 New Perry Hwy, 16509, Occasional Dates

**Pittsburgh:** Waldorf School, 201 S Winebiddle St, 15224, 3rd Saturday, 7:30pm

**Reading:** Occasional Dates

**State College:** Friends Meeting Hall, 611 E Prospect, 16801, Occasional Dates

**Quebec**

**Montreal (Westmount):** Visual Arts Centre, 350 Victoria Ave, H4A 2X7, 2nd Sunday, 7:00pm, fullcirclemandala.com

**West Brome:** 129 Wells Rd, J0E 2P0, Occasional Dates

**Rhode Island**

**Providence:** St Martin's Episcopal Church, 50 Orchard Ave, 02906, 2nd Friday, 7:15 pm, also 4th Friday, 7:30pm

**South Carolina**

**Charleston:** Unitarian Church in Charleston, Gage Hall, 4 Archdale St, 29401,

Monthly, 7:00pm, carolinasufi.info/charleston.htm

**Columbia:** Unitarian Universalist Fellowship of Columbia, 2701 Heyward St, 29205, 1st Saturday, 7:00pm, carolinasufi.info/columbia.htm

**Greenville (Pelzer):** Safe Haven Retreat Center, 242 Old River Rd, 29669, At equinoxes and solstices, 6:00 or 7:00pm, greenville.carolinasufi.info/dances.htm

**Myrtle Beach (Surfside):** Unity Christ Church, 1270 Surfside Industrial Pk, 29575, 3rd Sunday, Feb/May/Aug/Nov, 1:30pm, unitymyrtlebeach.org

**Texas**

**Austin:** Live Oak Unitarian Universalist Church, 3315 El Salido Pkwy, 78613, 4th Sunday (usually), 7:00pm, sufidence.org

**Ft. Worth:** Occasional Dates

**Utah**

**Cedar City:** St Jude's Episcopal Church, 60 N 200 West, 84720, Occasional Dates

**Moab:** Seekhaven Shelter, 81 N 300 East, 84532, 3rd Saturday, 7:00pm

**Salt Lake City:** Inner Light Center, 4408 S 500 East, 84106, 2nd Saturday, 7:00pm, utahdup.org/

**St. George:** Occasional Dates

**Vermont**

**Burlington:** 05403, Once a Month, vijam.org

**Essex Junction:** Unity Church, 56 Main St, 05452, 1st & 3rd Thursdays, 7:00pm, vijam.org

**Hinesburg:** Alima's House, 05461, 4th Friday, 7:30pm, vijam.org

**Montpelier:** Shambhala Meditation Center, 64 Main St, 05602, 2nd Sunday, 4:00pm, vijam.org

**Virginia**

**Arlington:** Unitarian Universalist Church of Arlington, 4444 Arlington Blvd, 22204, 3rd Saturday, (Sept-June), 7:00pm, childcare with advance notice, peacedance.org

**Blacksburg:** Unitarian Universalist Fellowship, 1301 Gladewood, 24060, 4th Saturday, 7:30pm

**Charlottesville:** Charlottesville Friends Meeting House, 1104 Forrest St, 22903, 1st Wednesday, 7:30pm

**Lexington:** Lylburn Downing Community Center, 300 Diamond St, 24450, 2nd Tuesday, 7:30pm

**Richmond:** Richmond Friends Meeting, 4500 Kensington Ave., 23221, 4th Saturday, 7:30pm

**Roanoke:** Christ Episcopal Church, 1101 Franklin Rd (at Washington), 24016, 2nd Friday, 7:30pm

**Washington**

**Bainbridge Island:** Seabold Hall, 14454 Komedal Rd NE, 98110, 3rd Friday, 7:30pm

**Bothell:** Occasional Dates

**Centralia:** Edison Place, 201 Rock St, 98531, 3rd Thursday, 7:30pm

**Lopez Island, San Juan Islands:** Occasional Dates

**Mukilteo:** Community For Peace, Occasional Dates

**Olympia:** United Churches, 110 11th Ave SE (at Washington), 98501, 3rd or 4th Sunday, 7:00pm

**Port Angeles:** North Olympic Library, Meeting Room, 2210 S Peabody St, 98362, Last Friday, 6:00pm

**Port Townsend:** Yoga Shala, 303 47th St, 98368, 3rd Thursday, 7:30pm

**Seattle:** Keystone Church, 5019 Keystone Pl N, 98103, Every Wednesday, 7:30pm, thedances.org

**Shoreline:** Shoreline Unitarian Universalist Church, 14724 First Ave NE, 98155, Occasional Sundays, 12:00noon

**Spokane:** Unity Church of Truth, 2900 S Bernard (at 29th), 99203, 1st & 3rd Thursdays, 7:00pm

**Takoma:** Occasional Dates

**Vashon Island:** Puget Sound Zen Center, 20406 Chautauqua Beach Rd, 98070, Occasional Dates

**Whidbey Island (Langley):** Langley United Methodist Church, Fellowship Hall, 301 Anthes, 98260 Last Sunday, 7:00pm, whidbeydup.com

**White Salmon:** White Salmon Grange, 1085 N Main Ave (at Estes), 98672, 3rd Friday, even months, 7:30pm, pxdances.org

**Woodinville:** Unity of Woodinville, 19320 NE Woodinville-Duvall Rd, 98077, Occasional Dates

**West Virginia**

**Morgantown:** Inner Life Yoga Studio, 1147 Van Voorhis Rd, Suite 45, 26505, 1st Saturday (Sept-May), 7:00pm

**Wisconsin**

**Madison:** Gates of Heaven Synagogue, 312 E Gorham St, 53703, 1st & 3rd Fridays, 7:00pm, madisonsufis.com

**Milwaukee (Brookfield):** Unitarian Universalist Church West, 13001 W North Ave, 53005, 2nd Friday, 7:00pm, wisdup.org

**Mukwonago:** Mukwonago United Church of Christ, S93 W30740 Hwy NN, 53149, 3rd Friday, 7:00pm, wisdup.org

**Sheboygan:** Unity Church, 2409 N 8th St, 53083, Occasional Dates, wisdup.org

**Viroqua:** Old Main Building, 311 E Decker St, 54665, Occasional Dates

**Wyoming**

**Cheyenne:** Unitarian Universalist Church, 3005 Thomes Ave, 82001, 3rd Friday, 7:00pm

**Jackson Hole:** 83002, Once a Month, 7:00pm, groups.yahoo.com/group/JHDUP/



# PEACEWORKS

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