

Renew and Retreat

*'Now is the time to unite the
soul and the world.*

*Now is the time to see the sunlight
dancing as one with the shadows.'*

(Rumi)

SUFI SESSHIN

A Winter's day of Retreat

During Sesshin, we alternate the practice of
silent sitting meditation, looking within,
with the heart opening practice of
Dances of Universal Peace and Zikr.

Saturday
February 2

9:30am - 5pm



Guided by
Halima and Abraham Sussman



Friends Meeting House

5 Longfellow Park

Cambridge MA 02138

Sliding scale \$60 - \$100

Pre-registration requested

Please let us know if you are attending by
emailing <northeastsufis@gmail.com>
Or call 617-876-5272 and leave a message

Vegetarian lunch provided for those pre-
registered and paid by 1/2

SUFI SESSHIN, A Day of Retreat, February 2, 2019, 9:30-5

Registration and payment options

The suggested range of exchange is \$60 - 100

Let us know if you are attending! Email northeastsufis@gmail.com.

To register and pay by check:

Make check payable to SAMA

Mail to SAMA , 6 Upton St. Cambridge MA 02139

Please include your

Name:

Email:

Address:

Phone:

(we will email you a welcome orientation)

To register by email and pay through paypal:

1) Email us at northeastsufis@gmail.com that you are coming. Please include your full name and e-address so we can send you the welcome orientation.

2) Pay through paypal at northeastsufis@gmail.com. (the friends and family option insures we receive the whole amount you send)

Any Questions? Please email northeastsufis@gmail.com

We will respond asap.

*A light vegetarian lunch of homemade soup, fresh salad, and whole grain fresh bread is included for those who pre-register and pay by 1/26!

If you have specific food needs please bring what you need.