

# *Hidden Treasures of the Heart*



## *Everybody Guide*

**40th ANNUAL NORTHWEST SUFI CAMP**

**AUGUST 13-20, 2017 • CAMP ADAMS, MOLALLA OR**

Each year we are blessed to commune with each other and the sacred forest and waters... to share a precious week together. Please read this Guide in its entirety, to inform and remind us of what may help us meet our individual & community needs and ease, and allow the mystery to unfold as we gather in the nature of Camp Adams. Welcome to Camp! *Warmly, Mary Hansel*

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### **YOUTH CAMPER PARENTS & GUARDIANS: please see our additional guide for you!**

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MANAGER – Mary Hansel [nwscmgr@gmail.com](mailto:nwscmgr@gmail.com) 510-325-6369

REGISTRAR – Mu'in Margaret Coahran [registrar@nwsuficamp.org](mailto:registrar@nwsuficamp.org) 208-882-8342

KITCHEN MANAGER - Mirabai McLeod [mirabaimc8@gmail.com](mailto:mirabaimc8@gmail.com) 540-463-1760

CHILDREN'S PROGRAM – Karima Alison Halderman [aloren.k@gmail.com](mailto:aloren.k@gmail.com) 541-513-3138

TWEENS' PROGRAM – Bittin Duggan [bittin@growingthroughit.com](mailto:bittin@growingthroughit.com) 541-217-4095

TEENS' PROGRAM - Sam Lee [Psychonaut.Spiff@gmail.com](mailto:Psychonaut.Spiff@gmail.com) 406-579-8520

EARTH PLANE - Chitara David Yager [wildreco@comcast.net](mailto:wildreco@comcast.net) 503-201-8043

EMERGENCY MESSAGES may be received at 503-829-9307. These will be checked daily. For out-going messages, contact the Camp Manager.

**Toward the One, the Perfection of Love, Harmony and Beauty, the Only Being,  
United with All the Illuminated Souls, who form the embodiment of the Master,  
the Spirit of Guidance.**

Welcome to the 2017 Northwest Sufi Camp, the 40th one!

I am grateful that your heart has led you to come, and may it continue to guide you during our time together. There are many choices of activities and classes, and I invite you to trust that you will show up to the ones that will open and nourish your heart!

We will remember some of our teachers, teachings and more of what has become a part of this Camp's 40 years, while we focus on some of the many jewels that Murshid Samuel Lewis has left us.

PLEASE BRING A PRECIOUS OBJECT THAT FITS IN THE PALM OF YOUR HAND THAT YOU WOULD LIKE TO PASS ON TO ANOTHER CAMPER; WE WILL PLACE THEM IN TREASURE BOXES ON AN ALTAR IN THE MAIN HALL.

And from S.A.M.'s Book of Heart poem:

**Love is closest to infinity.  
What is this human heart, beyond mind, beyond logic, beyond explanation?  
What is this human heart, irresponsive to infinitude,  
Completely unaffected by finitude,  
By means of which distant lovers may commune,  
By means of which proximate enemies are brought to confusion,  
By means of which understanding is immediately expanded,  
Where space and time and the might of man are of no avail,  
Where the smile of a little infant may be all conquering?**

May your travels to camp be easy – until we can share hugs at camp!

Ananda Hazzard, Spiritual Director

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*Dear Ones, Dancers & Dance Leaders*

*Nuria and I are very excited to be offering a class dancing the history of the Dances of Universal Peace at this year's camp. We want to start with Murshid Sam dances the first day, and work our way through the books and manuals roughly in order to newer and emerging dances at the end of the week. We have realized as we are planning that we have more than enough material to do a weeklong dance camp, dancing all day, so of course, we won't be able to do all of our favorites in 6-8 dances a day. We want to invite you all to consider dancing with us, the more dancers we have, the more possibilities we have to do some more complicated dances.*

**Dance leaders:** *Nuria and I don't plan to lead all of the dances, there will be a signup sheet each day for that day's material. We will decide the order. If you know of a dance you want to lead, please send it to us ahead of camp, with a write up.*

*Thanks, can't wait to see you all there, Ahura Grace*

## NORTHWEST SUFI CAMP 2017

**BE SURE TO BRING** Bedding/sleeping bag, pillow, towels, and clothes for a week (weather may range from cool, hot, dry to rainy), warm jacket, personal toiletries, time piece/alarm clock, and flashlight. If working in the Kitchen for Karma Yoga, you must bring closed toe shoes and wear them to your shift. If tenting, bring your own tent and equipment. Cabin beds are small, twin-size, mostly bunks. **Cabin occupants are encouraged to bring ear plugs and/or sleeping masks!**

- **YOU MAY WISH TO BRING** Cloth napkin/bandana for dining (help us reduce paper waste), cushion, chair/low seat, festive clothes, musical instruments, personal mug or wide-mouthed water bottle, a box of your favorite tea, earplugs, roll of paper towels for tent or cabin, camera, insect repellent, sunscreen, swimsuit, beach towel, journal, special treats, comfort or specialty foods. Please see the Karma Yoga section below also.
- **WE INVITE YOU TO BRING** Items to donate to a silent auction, books to donate for sale at NWSC bookstore, cookies and/or special snacks to share... and your smile!
- **LEAVE BEHIND** non-prescription drugs, alcohol and pets. No exceptions!

**REGISTRATION** begins at 2 pm on Sunday, August 13 outside Morris Lodge, near the camp entrance. No cabin assignments are available before 2 pm, nor are we allowed to enter the Nate Creek end of camp before that time. **IF ARRIVING AFTER 9 pm, PLEASE CONTACT MU'IN at 208-882-8342 TO MAKE ARRANGEMENTS BEFORE CAMP.** At registration, campers receive schedules and cabin assignments; fill out parking cards; and sign up for karma yoga, or confirm online assignment; and pick up KY job description. **Dinner is at 6:30 PM and the All Camp Evening Program begins at 8 PM.**

**PARKING** is somewhat limited at the Nate Creek end of Camp (near the dining and dance halls), and 14'-16' clearance on all roads need to be maintained for emergency vehicles. Some places you may have parked in prior years are no longer available, as the Camp Adams staff wants to protect their underground septic tanks. Once you have unpacked your car, please move it to the Milk Creek end of Camp (near the Camp entrance), where there is plenty of parking, and observe all no parking signs and obstacles! At REGISTRATION, you will be asked to fill out your name and cell phone number on a card to place on your dashboard, so we can call you if your car needs to be moved.

**KARMA YOGA** *"Using the stuff that makes up your daily life as the vehicle for coming to Union is called Karma Yoga." — Ram Dass, Be Here Now*

NWSC is a magical experience where we co-create spiritual community, whether one attends for all week or a few days. Karma Yoga (KY) is an opportunity to reach spiritual union through service in our community. Each camper contributes an average of about an hour a day (6-8 hours in the week) in a variety of ways to help benefit all and help control costs. The group camaraderie can make Karma Yoga one of the most enriching aspects of the entire camp experience.

Most campers prefer the same shift all week; many are in the kitchen. At REGISTRATION you will be able to confirm or select your shift.

CAMPER TIP: Check the enclosed schedule of classes and select a KY position that won't conflict with the classes/activities you desire to participate in. Teens may want to avoid shifts during the 1:45-2:45 time slot so they can attend the Teacher's Tea, a highlight of the Teen program.

KITCHEN NOTE: Lunch & Dinner prep is a three-hour shift on two consecutive days.

YOUTH NOTE: NWSC board safety policy requires a public database Sex Offender check for anyone working with youth (Kids, Tweens, and Teens).

- **KARMA YOGA – EARLY SIGN UP!** We are happy to offer an online signup a couple weeks before Camp. Look for an email near the end of July with instructions for early sign up. A list of KY times and descriptions of positions will be available, and you may sign up by return email. If you are unable to participate in Early Sign Up, you will be invited to sign up at REGISTRATION.
- **PLEASE ARRIVE 5-10 MINUTES BEFORE YOUR SHIFT BEGINS** for kitchen or team jobs, allowing time to circle up, attune, breathe and focus on heartfelt community service. Early arrival shows respect for the group and eliminates a camp-wide search for late karma yogis. Your mind-full participation benefits all!

***NOTE: A job is assigned to anyone not signing up at / or before registration.***

- **MANDATORY KITCHEN TRAINING MEETINGS FOR THOSE WORKING IN THE KITCHEN** If you will work in the kitchen for your Karma Yoga, please plan to attend a mandatory orientation session right after dinner Sunday, 7:15pm in the dining hall.

**KITCHEN ATTIRE** STATE HEALTH & SAFETY CODES REQUIRE:

*1. Closed Toed Shoes. 2. Hair tied back or covered 3. Long pants, skirt or apron. If you anticipate doing your community karma yoga in the kitchen, be sure to bring appropriate attire and wear it to your shifts.*

- **NEW THIS YEAR** All kitchen karma yogis (including dishwashers) must read the Oregon Food Handlers' Guide to learn proper procedures for safeguarding campers' health: <https://public.health.oregon.gov/HealthyEnvironments/FoodSafety/Pages/manual.aspx>  
**Please read this before arriving at Camp!**

**MANDATORY YOUTH PROGRAM ORIENTATIONS** Bring completed Medical Authorization and Temporary Guardian, (if applicable) forms.

Please see our separate Youth Guide for more information and details.

- **TEEN/PARENT PROGRAM MEETING** after Sunday evening program.
- **CHILD-TWEEN-PARENT/GUARDIAN MEETING** before Monday morning class (8:20 am).

**DIET** The kitchen provides regular and some special diet needs. **Please inform our Registrar, Mu'in, immediately of special dietary needs.** Many cabins have kitchens; efforts are made to accommodate those needing them. You may bring foods you need, and there is shopping available in a nearby small town.

**FIRES** are permitted only in fireplaces, permanently installed wood-burning stoves, and approved fire circles.

**HEALTH AND SAFETY** A healthy, safe camp for all is everyone's shared responsibility.

- **WATER SAFETY** Swimming is allowed ONLY with a certified lifeguard present. No night swimming. Neighbors, disturbed by noise, will call the police.
- **ILLNESS** If you come down with a contagious illness before Camp, please stay home and take care of yourself; we will refund your registration fee!

**CAMP ADAMS MAPS** At registration we will provide both a site map and a trails map. If we get them in time, we will post these on the website and you will receive an email notice before camp.

**SERVICE ANIMAL POLICY:** NWSC has a no pet policy. **If you have a certified Service Animal you wish to bring to camp, please let the Registrar AND Manager know in advance so appropriate accommodations can be made.** You will need to provide certification paperwork, preferably before arriving at camp. Companion animals may not be brought to camp.

Service animals are of course welcome anywhere while performing their duties, but we request they be kept out of the food service and preparation areas whenever possible, including the main dining hall while it is being used for food prep. We also ask that they not be brought into the main circle during dance, zikr, and all-camp classes. If you are unsure if your animal meets the legal definition of a service animal, please see: <http://www.ada.gov/qasrvc.htm>.

**INCLUSION** All people are welcome to fully participate in NWSC, regardless of gender identity, sexual orientation, sex, race, national origin, physical ability, or other immutable aspect of their particular life experience. Campers are welcome to use cabins and restrooms corresponding to their established gender identity. Any questions related to this policy should be directed to the Health & Safety Committee.

**DERVISH BAZAAR / INDIVIDUAL HEALING SESSIONS:** Sufi-related items are sold on Tuesday and Saturday 1:00-2:30 pm. Art, jewelry, clothing, etc. vendors are welcome, providing their own tables and change. NWSC sells books and music; do not sell these (except your own releases) without checking with the Bazaar Coordinator. If you sell music, please bring a listening device for buyer previews. A 10% tithe to NWSC is collected by Bazaar Coordinator Ayesha Beverly Goodrich [bldragon57@gmail.com](mailto:bldragon57@gmail.com) 541-484-0287 at the bazaar's close. Vendors can request information sheets from the Coordinator.

We understand that some of our campers may wish to offer sessions such as healing or massage, for money, trade or free of charge. Practitioners charging money will need to provide relevant, current, required licenses upon request and have each recipient fill out a liability waiver that will be provided at camp. We look forward to working with you!

### **Other On-Going Activities**

**KHILVAT/ SILENT RETREAT** - Saladin Frank Pelfrey

Please contact Saladin before camp to explore a personal program which will provide the most beneficial experience for you at: [walkinginnature@gmail.com](mailto:walkinginnature@gmail.com) or 406-363-7241.

## **NWSC BOARD INVITES NEW MEMBERS & WELCOMES YOUR IDEAS**

Committee participation and meetings are open to all. Members are elected from interested camp community members and serve camp development year-round. If you are thinking of joining the Camp's Board, we ask that you attend at least two meetings first. For more information, ask any current Board member!

### **NWSC Summer Board Meeting**

**Friday, during Camp, starting promptly at 10 minutes past the lunch bell in Opsund. Lunch will be available at the meeting, please sign up in the Rumi Cafe by Thursday evening.**

**EVERYONE IS WELCOME!  
COMMITTEE PARTICIPATION IS OPEN TO ALL!**

#### **Current NWSC Board Members**

Inayat Hatcher, <i>President</i>	Mu'in Coahran
Wakil Matthews – <i>Vice President</i>	Zarifah Spain
Iman Jackson, <i>Continuing Member, Treasurer</i>	Rahmana Karuna Beesley
Alima Jackson, <i>Secretary</i>	Nur Wali Deputy
Yusuf Schuman	

Contact the board any time at this email address: [NWSC@OregonCaravan.com](mailto:NWSC@OregonCaravan.com)

***PLEASE CONSIDER JOINING the NWSC Board!*** We meet three times throughout the year: at Camp, in the Fall (October or November), and once in the Winter. Each committee works in specific areas. You would be a valued addition in service to our Camp Community!

## HEALTH & SAFETY STATEMENT

The Sufi Invocation expresses the intention of the Northwest Sufi Camp. We open our hearts; we awaken new energies; we move toward the vision described in the Invocation. We must be able to evolve in an atmosphere of safety. This includes physical safety, emotional safety, and freedom from coercion of any type. To promote the safety of all participants, the NWSC Board has developed the following guidelines for the wellbeing of the camp as a whole. Camp is an opportunity to train the *nafs* (ego nature). The Board does not want to play the role of police and believes that when participants are made aware of their role in creating the camp atmosphere, that behavior will be appropriate. However, there are specific behaviors that will not be tolerated:

1. Sexual coercion, abuse, or violence
2. Deliberate physical violence
3. Use of alcohol or other controlled substances.

The Northwest Sufi Camp Board has established a Health and Safety Committee, whose membership is announced at the opening of camp, and periodically during camp. Any participant who feels unsafe for any reason is encouraged to speak to the Camp Nurse, Camp Manager, or any member of the Health and Safety Committee. The Committee will review the situation and determine appropriate action. Our goal is always to work with campers and staff to resolve a situation before it becomes a major problem.

Although the emphasis is on the entire camp, we recognize that the teens may have special needs in this area. A **mandatory** meeting is held at the beginning of camp with **all teens**, their parents/sponsors, and Teen Camp staff to discuss how the teen community fits into this overall vision of safety.

We ask for your support in creating a camp atmosphere where every individual is free to grow and awaken without fear for his or her safety.

## **Northwest Sufi Camp Healthy Behaviors at Camp**

A healthy, safe camp for all is everyone's shared responsibility. Please observe the following suggestions to help prevent the spread of germs, and provide gentle and kind guidance to all, reminding them of these guidelines.

### **WASH YOUR HANDS THOROUGHLY AND OFTEN!!!**

- Please don't come to camp if you're contagious; we will gladly refund your registration fee!
- If you become ill at camp, please isolate yourself to the extent you can and wear a mask if coming in contact with others.
- Wash your hands after blowing your nose.
- Wash your hands before holding hands with others.
- Sneeze into your elbow, not your hands.
- Don't touch your eyes without washing hands before/after.
- Do not let water/tea/ice pitchers or ladles touch your bottles and cups.
  - Small mouth water bottles are very difficult to get ice into without contaminating. Maybe fill a clean glass with ice, then use your fingers to transfer from that glass to your water bottle.
- Help your child serve their food to keep sticky little fingers out of the food trays.
- Insist on serving utensils for all food. If none provided, ask the kitchen staff to provide.

Whatever your lips and hands touch (cups, spoons, spigots, water bottles) and droplets from sneezes and coughs will all spread your germs. Thus, mindfulness at the beverage stations and toilets is greatly appreciated by all.

**THANK YOU!**



## **DIRECTIONS to CAMP ADAMS**

### **Traveling NORTH on 1-5**

Take Woodburn exit 271 and turn onto Hwy 214.

Continue thru Woodburn. It becomes Hwy 211 as it crosses 99E.

Follow 211 past Molalla 3 miles to the 4-way stop; highway curves to the right.

Continue on 211 about 3 miles to Camp Adams on the left side of the highway.

Camp entrance is between mile markers 18 and 19, 3/4 mile past marker 18.

### **Traveling SOUTH on 1-5**

South of Portland, take **Hwy** 205, then exit 10 turning onto Hwy 213.

Continue south past Mulino about 1 mile to Union Mills turn off  
(only goes left);

Continue 4 miles to a 4-way stop. Proceed through the intersection;  
Road becomes HWY 211 for about 3 miles, then turn left into Camp Adams.  
Camp entrance is between mile markers 18 and 19, 3/4 mile past marker 18.

### **Traveling from the EAST**

Take 1-84 West to the 1-205 south exit.

Follow directions for "Traveling SOUTH" (above), turning left into Camp Adams.

# ***The Hidden Treasures of the Heart***



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**AUGUST 13–20, 2017**

**CAMP ADAMS, MOLALLA OR**

**Schedule (Draft – some locations may change)**

**7:00 Asha/Sara** – Zikr & Sitting – *Outside / Morris?*

**Shabda** – Raga Practice – *Main Hall*

**8:00-8:45 Breakfast Break**

Teaching staff meets Tuesday and Friday

**8:45 Morning Confraternity Prayers - outside Main Hall**

## **MORNING CLASSES\*\***

**9:15 – 10:40 Pir Shabda** - The Legacy of Hazrat Inayat Khan and  
Murshid Samuel Lewis - *Main Hall*

**9:15 – 12:00 Kids/Tweens Program** *Hope Cabin*

**11:00 – 12:15 Every Morning except Thursday\*\***

**Wali Ali** – Jewels of Awakening - *Main Hall*

**Perry** - The Art of Building a Warm Sufi Fire - *Chehak*

**Saladin** – Gathas of the Dharma – *Fire Circle on the Path*

**Vakil** – Ziraat, Emerging from the Chrysalis – *Peninsula*

### **12:30 – 3:00 Lunch Break**

**1:30 Mid-day Confraternity Prayers – *outside Main Hall***

**3:00 – 5:45 Kids/Tweens Program**

**3:00 – 4:15 FIRST AFTERNOON CLASSES**

**Every afternoon except Thursday\*\***

**Ahura Grace & Nuria** – Dances: SAM's Seeds to Now – *Main Hall*

**Quan Yin** – The Divine Child and the Wise One – *Chehak*

**Murad** – Healing Zikr – *Peninsula*

**Sara** – Heart Class – *Rumi Café*

**4:30 – 5:45 SECOND AFTEROON CLASSES**

**Every afternoon except Thursday\*\***

**Asha** – Heart Cave - *In the forest* (Mon – Wed only)

**Khadija** - Work in the Invisible World – *Main Hall*

**Zarifah, Wakil & Sitara** – Choir - *Rumi Café*

**Ananda Mariam/Arifa** - Walking with Grace during Challenging  
Times – *Chehak*

**6:00 – 7:45 Dinner Break**

**7:45 – 9:30 Kids/Tweens Evening Program**

**8:00 – 10:00 All Camp Program**

**Sunday** – Welcome and  
Dances

**Monday** Dances

**Tuesday** Zikr

**Wednesday** Zikr

**Thursday** Creative Play

**Friday** Dances

**Saturday** Zikr

**10:00 Evening Confraternity Prayers – *outside Main Hall***

**\*\*THURSDAY OFFERINGS, beginning at 9:15**

**Universal Worship taking us into Sufi Sesshin for the entire morning class time, followed by a special ALL CAMP class in the afternoon from 3:00 to 6:00, all in the Main Hall**

## **Late Night Offerings, beginning at 10:30**

<b>Monday</b>	<b>Cauldron</b> – Saladin – Main Hall
<b>Tuesday</b>	<b>Rumi Café</b>
<b>Wednesday</b>	<b>Cauldron</b> – Saladin
<b>Thursday</b>	<b>Youth Rumi Café</b>
<b>Friday</b>	<b>Zikr or Rave</b> – Main Hall ( <i>EARPLUGS AVAILABLE</i> )

## **ADDITIONAL OFFERINGS**

**Khilvat/Silent Retreat** –  
Saladin

**Dervish Bazaar**  
Tuesday & Saturday after lunch

**Consent Workshop**  
Monday 1:30 only in Chehak  
With Nate Matthews

**Mureed & Initiator Meetings**  
Wednesday at lunch

**Sufism 101** – Ananda Mariam  
Monday and Wednesday at lunch

**NWSC Board Meeting at  
Opsund**  
Friday 12:00-3:00

**Closing Circle**  
Sunday Morning 9:30

(Please pack early; check-out time is NOON!)