

Grapes Into Wine



Everybody Guide

42nd ANNUAL NORTHWEST SUFI CAMP

AUGUST 12-18, 2019 • CEDAR RIDGE, VERNONIA 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 beauty of our new home at Cedar Ridge. Welcome to Camp! *Love and Blessings, Zarifah Spain, NWSC Manager*

WELCOME Khalil Elliott, Spiritual Director

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DRAFT CLASS SCHEDULE (a final version will be given at camp)

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

SPIRITUAL DIRECTOR – Khalil Mark Elliott khalil1133@gmail.com 541-890-1337

MANAGER – Zarifah Spain nwscmgr@gmail.com 541-337-4604

REGISTRAR – Alima Jackson registrar@nwsuficamp.org 971-221-9619

KIDS PROGRAM – Karima Alison Halderman aloren.k@gmail.com 541-513-3138

TWEENS PROGRAM – Bittin Duggan bittin@growingthroughit.com 541-217-4095

TEENS PROGRAM – Mu'id Evan Bushnell ebush91@gmail.com 541-306-9167

EARTH PLANE - Chitara David Yager wildreco@comcast.net 503-201-8043

EMERGENCY MESSAGES may be received at 503-429-3042. These will be checked daily. For out-going messages, contact the Camp Manager. Cedar Ridge has good cell reception, so the need for landline use should be minimal.

Spiritual Director's Welcome to Camp!

Dear Friends,

Hear the beckoning call of Murshid Samuel L. Lewis from his epic poem, *Crescent and Heart*:

Come with me, my children, and enter the theater of Love, where Beauty's eyes are feasted with the Eye of Beauty.

Amidst the caravan of traveling companions, and within the beauty of nature, come for the first time, or return again, as we Eat, Dance, and Pray in the glorious lineage teachings of Hazrat Inayat Khan and Murshid Samuel L. Lewis. This year's theme of transformation invites each of us to taste the wine of practice and community, leading us into the Sweet Love Wine of our true being.

In keeping with that part of our centuries-old lineage that keeps us moving, and is somewhat nomadic, this year we meet at Cedar Ridge Retreat Center, which is new to us. It looks terrific, and the folks who own and run it are happy to have us and what we bring.

Northwest Sufi Camp's summertime family camp gathers us once again in the circle of love in wonderful Northern Oregon, USA!

See you at camp!

Khalif Khalil Elliott
Spiritual Director

NORTHWEST SUFI CAMP 2019

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 and medications, time piece/alarm clock, and flashlight. (Lodge occupants will have bedding and towels provided.) If tenting, bring your own tent and equipment. For those in the bunkhouses or family platform tents/cabins, beds are narrow, twin-size bunks, with campers using the lower bunk for the sleeping and the upper one for their belongings. Bunkhouse floors are concrete, so you may wish to bring a small bedside rug or mat. **Indoor accommodations are shared, and campers are encouraged to bring ear plugs and/or sleeping masks. CPAP users should bring an extension cord, as outlets may not be convenient to beds, and a stand if needed.**

- **YOU MAY WISH TO BRING** Cloth napkin/bandana for dining (help us reduce paper waste), cushion, camp chair/low seat, festive clothes, musical instruments, personal mug or wide-mouthed water bottle, earplugs, roll of paper towels for tent or cabin, camera, fans, insect repellent, sunscreen, swimsuit, beach towel, journal, comfort or specialty foods.
- **WE INVITE YOU TO BRING** **Items to donate to a silent auction to benefit our fee assistance fund**, books to donate for sale at NWSC bookstore, boxes of teas to expand our variety, cookies and/or special treats to share for late-night snacks... and your smile!
- **LEAVE BEHIND** Non-prescription drugs, alcohol and pets. No exceptions!

REGISTRATION begins at 2 pm on Monday, August 12 outside the Perch, a small building at the center of camp. No room assignments are available before 2 pm, as the group preceding us will still be clearing out until then. **IF ARRIVING AFTER 9 pm, PLEASE CONTACT ALIMA at 971-221-9619 TO MAKE ARRANGEMENTS BEFORE CAMP.** At registration, campers receive schedules and cabin assignments, and sign up for karma yoga or confirm online assignment. **Dinner is at 6:00pm and the All-Camp Evening Program begins at 8:00pm. (Please be sure to attend the evening meeting! We'll be sharing important information about our week together and promise to keep it short and sweet, with lots of Dancing!)**

PARKING is a simple process at Cedar Ridge! Once you have registered and unpacked your car, please return to the main entrance, turn left on Keasey Rd, and watch for a second entrance on your left into an open area reserved for parking, where a Cedar Ridge staff member will be assisting us in parking our cars efficiently. It's a short walk from there back to the center of camp. As parking is limited in the main camp area, please get this done asap to make room for other arriving campers.

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 Monday evening program.
- **CHILD-TWEEN-PARENT/GUARDIAN MEETING** at Tuesday breakfast.

IMPORTANT NOTES FROM OUR HOST, CEDAR RIDGE:

- Although not absolutely required, it is requested that the upper buildings (House, Lodge, Teen Center) be shoe-free zones to protect the carpets. Please honor this as possible!
- No indoor smoking, or unsupervised candles or incense indoors.
- Outdoor fires must be authorized by Cedar Ridge staff; no indoor fires allowed.
- Mattresses must stay in their assigned indoor locations. DO NOT borrow them to use outside or in your tents! Padded chairs and other indoor furnishings must likewise stay indoors to keep them in good condition.
- PLEASE TAKE CARE not to damage or deface any part of Cedar Ridge property. We are the stewards of their camp during our stay. Good camper's rule: Leave it as you found it, or better! If accidental damage occurs, notify the camp manager immediately.
- If you must arrive late and miss the opening circle on Monday night, PLEASE CHECK IN with the registrar, and take responsibility for re-reading this Guide and understanding all rules and requirements of our hosts.

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. **Every able-bodied camper, aged 15-69, is asked to contribute 2-3 hours only once during camp** to benefit all and help control costs. Campers can help the earth plane crew with camp set-up, maintenance, or packing out, help put up or take down decorations, work with kids' camp in the evening, help with beverage service or setting out late-night snacks, or sweep and wipe down the dining hall after meals. (Dining hall clean-up is a shorter shift, so that job is done twice.)

At Registration on Monday you will be able to confirm or select your shift. **Signing up online and early is the best way to get your desired job!**

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.

YOUTH CAMPS 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 sign-up a couple of weeks before Camp. Look for an email in late 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 choose one of the remaining jobs at camp registration upon your arrival.
- **MANDATORY TRAINING MEETING FOR BEVERAGE ASSISTANTS** If you will be helping with beverage service for your Karma Yoga, please plan to attend a mandatory orientation session with Rahmana in the dining hall at 8:40am on Tuesday (after breakfast).

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 with beverages, be sure to bring appropriate attire and wear it to your shifts.

DIET The kitchen provides regular and many special diet needs. **Please inform our Registrar, Alima, immediately upon registration of special dietary needs.** There is some refrigeration available (in the Perch) for personal food. You may bring foods you need, and there is shopping available in a nearby small town.

FIRES are permitted only in approved fire circles and by permission of Cedar Ridge staff.

CEDAR RIDGE MAP At registration we will provide a site map. There are walking trails along Rock Creek and through the woods at the lower end of camp.

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!
- **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!

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 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: https://www.ada.gov/regs2010/service_animal_qa.html

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 sleeping rooms 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 1:00-3:00 pm. Art, jewelry, clothing, etc. vendors are welcome, providing their own tables and change (some table space provided this year – check with Coordinator). 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. **Vendors wishing to leave their tables set up between bazaar days may do so AT THEIR OWN RISK.** A 10% tithe to NWSC is collected by Bazaar Coordinator Ayesha Goodrich bldragon57@gmail.com at the bazaar's close. **Vendors should contact the Coordinator before Camp begins** to share their intent to participate and get more information on our new location!

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!

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 interested in joining the Camp's board, we ask that you attend at least two board meetings first. For more information, ask any current board member!

NWSC Summer Board Meeting

Friday, during Camp, starting promptly at 12:45pm in the House living room.
Lunch will be available at the meeting, please sign up in the Perch 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
Farishta Lindsay, <i>Secretary</i>	Nur Wali Deputy
Yavash Bart Church	Alethea Devi
Habib Tavis Schmidt	

Contact the board any time at this email address: NWSC@OregonCaravan.com

PLEASE CONSIDER JOINING the NWSC Board! We meet three times throughout the year: at Camp, in the Fall (October), and once (often by Skype) in the Winter (February). 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 their safety.

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 (masks available at nurse's station).
- 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!

EMERGENCY SIGNALS

There are some events we devoutly hope will not occur during camp, but for which we need to take precautions. Below is a chart of signals our Earth Plane crew has devised to alert the camp in case of a localized fire (in one building or area), a more regional fire (originating outside of camp and threatening the whole facility), an urgent medical emergency, or a threat of violence. As our camp population contains an increasing number of beloved elders, the medical emergency seems the most likely to occur, but in an era of climate change and social/psychological unrest, we need to give thought to other types of events, as well. Trust in Allah and tie your camel!

NWSC Camp Emergency Signals & What to Do When You Hear Them

<u>Signal</u>	<u>What You Should Do</u>
<ul style="list-style-type: none"> • 3 blasts on air horn or whistle (Local Fire, Smoke or Chemical Emergency) 	<ul style="list-style-type: none"> • Evacuate the structure you are in • Wait for further directions
<ul style="list-style-type: none"> • 3 blasts on air horn or whistle, followed by second 3 blasts on air horn or whistle (All Camp Imminent Fire Risk) 	<ul style="list-style-type: none"> • Evacuate the structure you are in • Gather near the pool • Bring your car keys if you can without delaying your evacuation
<ul style="list-style-type: none"> • 5 blasts on air horn or whistle (Urgent Medical Emergency) 	<ul style="list-style-type: none"> • Clear roadways and/or pathways to a Medical Emergency likely requiring EMS/Ambulance • If you are a Medical Professional or CPR trained, move immediately to the area where the 5 blasts came from to assist in Medical Emergency
<ul style="list-style-type: none"> • Continuous Long Blast on air horn or whistle (at least 7 seconds) • Sound of Gunfire nearby • People running/panicked (Lockdown: Imminent All Camp threat of violence) 	<ul style="list-style-type: none"> • Run, if you can. Put distance between you and the threat. • Hide, if you can't get away. When you are out of immediate danger: • Call 911 • Fight, as a last resort.

DIRECTIONS to CEDAR RIDGE 18062 Keasey Rd, Vernonia OR

Traveling from the SOUTH

Take I-5 N to Exit 292A for OR-217 toward Tigard/Oregon Coast.
Continue 7.5 miles, then merge onto US 26 W toward Seaside.
Continue 24 miles, then turn right onto OR-47 N (signs for Vernonia).
Continue 14 miles into Vernonia, then veer right onto Bridge St.
Cross bridge and turn left onto State Ave/Keasey Rd
Continue 1.3 miles, then turn left into Cedar Ridge!

Traveling from WA (Shortcut at Longview)

Take I-5 S to Exit 36, then 36B for WA-432 W.
Continue 2.5 miles, then take 3rd Ave/WA 411 exit toward Longview.
Turn left onto WA-411/3rd Ave, go 1.5 miles, then left onto Oregon Way/WA-433.
Continue 1.6 miles, then right right onto US-30 W to Clatskanie/Astoria.
Continue 2.7 miles, turn left onto Heath Rd, then left onto Old Rainier Rd, then sharp right onto Apiary Rd. Continue 19 miles, turn left onto OR-47 S.
Continue 6 miles, turn right onto Stoney Point Rd, go 2.7 miles, turn right onto Keasey Rd. Continue .8 mile, turn right into Cedar Ridge!
Crazy, but saves an hour of driving!

Traveling from the EAST (or Portland)

Take I5 S to the I-405/US 26 exit toward Beaverton, then take Exit 1D for US 26 W.
Continue as above in 'Traveling from the South.'

Grapes Into Wine



**42nd ANNUAL NORTHWEST SUFI
CAMP**

**AUGUST 12–18, 2019
CEDAR RIDGE, VERNONIA OR**

CAMP SCHEDULE

EARLY MORNING OFFERINGS

7:00 – Jabbara – Return to the Heart of Your Soul:
Practices, singing, movement – *Main Tent*

7:00 – Chitara – Qi Gong – TBD

8:00-8:45 Breakfast

(Teaching staff meets Wednesday at breakfast.)

FIRST MORNING CLASS

****Every morning except Thursday****

9:00 – 10:45 Allaudin O. – All Camp Class – Grapes to Wine:
Transformation - *Main Tent*

9:15 – 12:15 Kids/Tweens Program – Children’s Grove

11:00 – 12:15 SECOND MORNING CLASS

****Every morning except Thursday****

Wali Ali – On the Esoteric Path - *Main Tent*

12:30 – 1:30 Lunch

1:30 – 3:00 Afternoon Break

1:30 – 4:30 Pool and Slip ‘n Slide Open!

3:00 – 5:45 Kids/Tweens Program – Children’s Grove

3:00 – 4:15 FIRST AFTERNOON CLASSES

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

Khadija/Gayatri/Amina Emma – NW Sufi Theatre Project:

Stories from the Path – *Barn*

Aslan – Healing on the Spiritual Plane – *Forest Ampitheatre*

4:30 – 5:45 SECOND AFTERNOON CLASSES

Every afternoon except Thursday**

Teaching Staff – Dances of Universal Peace – *Main Tent*

Khadija – Tassawuri, Fana & Baqa: Serving Universal Peace – *Barn*

Tawwaba – Fana fi Gaia, Dissolving Separation through Union with Sacred Mother Earth – *Forest Ampitheatre*

6:00 – 7:00 Dinner

7:30 – 9:30 Kids/Tweens Evening Program – *Children's Grove*

8:00 – 10:00 All-Camp Program

Monday: Welcome & Dances
– Khalil, Wali Ali, Allaudin

Tuesday: Dances/Zikr
– Arifa & Quan Yin

Wednesday: Dances/Zikr
– Khadija & Aslan

Thursday: Zikr – Allaudin

Friday: Zikr (open to
community) – Latif & Khalil

Saturday: NW Sufi Theatre
Project Performance

– Khadija, Gayatri, Amina
Auction (brief and fun!)

Dances/Zikr – Allaudin & Arifa
Closing Ceremony

****THURSDAY OFFERINGS**

9:00-12:15 – Sufi Sesshin – *Main Tent*

3:30-5:30 – Sufi Sesshin – *Main Tent*

3:30-5:30 – Gender Circles:

Female-identified (Tawwaba/Talia Barrah) – *Barn*

Male-identified (Vakil/Karim Peter) – *TBD*

ADDITIONAL OFFERINGS

Sheikha's Sohbet – Arifa

Daily at lunch

Dervish Bazaar

Tuesday & Saturday 1-3pm

Wandering Dervish

– Quan Yin

(Questions, counsel, laughter!)

In the flow of camp...

Mureed & Initiator Meetings

Wednesday at lunch

NWSC Board Meeting in the

House living room

Friday 12:45-3:00

LATE NIGHT OFFERINGS, beginning at 10:30pm

Tuesday

Rumi Café – *Fireplace Room*

Wednesday

TBD

Friday

Rumi Café – *Fireplace Room*

No Sunday morning gathering.

Check-out time is 10am!