

# *Tuned with the Infinite and in Rhythm with Life*



## *Everybody Guide*

**47th ANNIVERSARY NORTHWEST SUFI CAMP**

**AUGUST 4-9, 2024**

**CAMP CEDAR RIDGE, VERNONIA, OR**

**Alima Jackson and Iman Jackson,  
Co-Spiritual Directors**

Hi Everybody!

This Guide is provided to give participants necessary information pertaining to our time together at Camp Cedar Ridge. You will find the Camp Schedule at the end of this guide, and it is available as a separate document. There will be printed copies available at Camp.

*Come, come, whoever you are,  
wanderer, worshiper, lover of leaving,  
it doesn't matter!  
Ours is not a caravan of despair!  
Come, yet again, come!*

Looking forward to our time together!

Toward the One,  
*Chela Sloper, NWSC Camp Manager*

# Co-Spiritual Directors' Welcome to Camp!

Very soon we will gather once again at NW Sufi Camp, amidst the hills and trees of Camp Cedar Ridge, where we will have a chance to tune ourselves with the infinite and slow our rhythm to that eternal presence. We will greet friends we have not seen in a year, or only seen in the ether, celebrate our connections, and mourn our losses. Oh, to be in community again!

Please take the opportunity to read through the array of offerings from our teachers, and come to camp prepared to laugh, to sing, to dance, to cry, to learn and to remember. Most importantly, to be in physical community with your beloveds and feel the rhythms of one another. May this be the rejuvenation we all need as we travel through the outer world.

*Ya Hayyu, Ya Qayyum*

Alima Jackson and Iman Jackson, Co- Spiritual Directors

## NORTHWEST SUFI CAMP 2024

### ESSENTIALS

- Bedding/sleeping bag, pillow, towels (**Premium housing will have bedding and towels provided.**)
- Clothes for a week (weather may range from cool to hot, dry to rainy), warm jacket
- Personal toiletries and medications
- Watch/clock/alarm clock, and flashlight
- If camping, bring your own tent and equipment. For those in the bunkhouses or family platform tents/cabins, beds are narrow, twin-size bunks. Bunkhouse floors are concrete, so you may wish to bring a small bedside rug or mat. **Indoor accommodations are shared, and participants 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.**
- Charging cords for your devices and a power strip

### OPTIONAL

- Cloth napkin/bandana for dining (reduce paper waste)
- Cushion, camp chair/low seat, blanket
- 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

### IF INSPIRED

Photos of our beloveds who have passed for our main tent altar

Books to donate for sale at NWSC bookstore, cookies and/or special treats to share for night snacks

### DON'T BRING

Recreational drugs, alcohol or pets: no exceptions!

**CHECK-IN** begins at 3 p.m. on Sunday, August 4 outside the Admin Office, a small building at the center of camp. **IF ARRIVING AFTER 9 p.m., PLEASE CONTACT BAQI BEFORE CAMP at 360-229-8130 TO MAKE ARRANGEMENTS.** At check-in, participants will receive schedules and lodging assignments, and confirm their Karma Yoga assignment. **Dinner is at 6:00 p.m.** and the **All-Camp Evening Program begins at 7:30 p.m.** (*Please be sure to attend the evening meeting! We'll be sharing important information about our week together.*)

**It is essential that all camp fee balances be paid in full BEFORE you arrive at Camp Cedar Ridge, unless you have made explicit arrangements with our Registrar, Baqi. If you have an outstanding balance, please pay the remaining amount immediately, or contact Baqi at nwscreg@gmail.com.**

**PARKING** Once you have checked in you may unpack your car and thereafter park in the meadow located a short walking distance to the center of camp. To get there, return to the main entrance, turn left on Keasey Rd, and take the second entrance on your left into the open area reserved for parking. *Please reserve the parking spaces near the Premium Housing for those with disabilities and special needs.* Participants who plan to sleep in their vans or RVs may park on the upper basketball court, located to the left as you enter camp. There are some electric outlets available there.

### **GUIDELINES FROM CAMP CEDAR RIDGE**

- **It is requested that the upper buildings (House, Lodge, Upper Room) be shoe-free zones to protect the carpets.**
- **No indoor smoking, candles, incense or lit fires of any kind.**
- **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 Camp 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 Sunday night, PLEASE CHECK IN with the Registrar, and take responsibility for re-reading this Guide and understanding all rules and requirements of our hosts.***

**CAMP CEDAR RIDGE MAP** We will provide a site map at the check-in tables.

**KARMA YOGA** Every able-bodied camper is asked to contribute two to three hours *once* during camp to benefit all and help control costs. Karma yoga tasks include helping with camp set-up or packing out, helping put up or take down decorations, serving late-night snacks, etc. Selections for Karma Yoga are made through an online sign-up. A list of Karma Yoga times and descriptions of positions will be available, with instructions on how to select your preferred positions. Review the class schedule when you sign up for Karma Yoga to avoid a scheduling conflict.

Upon arrival, check the Karma Yoga schedule to confirm your shift. **Signing up for Karma Yoga online and early is the best way to get your desired job.**

**DIET** The kitchen provides regular and many special diet needs. **We trust you have indicated your special dietary needs at the time of registration. If this had not been done, we will do our best to accommodate your dietary restrictions.** There is limited refrigeration available in the House for personal food; please label your refrigerated items clearly, and help keep the refrigerator area clean.

**DERVISH BAZAAR** Sufi-related items are sold on Tuesday and Thursday 1-3 p.m. Art, jewelry, clothing, etc. vendors are welcome, providing their own tables and change. For set-up, contact Bazaar Lead, Ayesha Goodrich, [bldragon57@gmail.com](mailto:bldragon57@gmail.com) ). NWSC sells books and music; do not sell these (except your own releases) without checking with the Bazaar Lead. 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 Lead at the bazaar's close. **Vendors should contact the Bazaar Lead before Camp begins.**

We understand that some of our participants 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.

## **COVID & RESPIRATORY VIRUSES PROTOCOLS – (Revised 2024)**

We endeavor to maintain a safe and healthy camp for all participants.

- Please stay home if you have any suspected symptoms of COVID or any respiratory, cold-like bug or any other contagious condition.
- **New!** NWSC has purchased an adequate supply of COVID-19 tests which will be available at the check-in table when you arrive at camp. For your safety, and for the safety of those with more vulnerable immune systems, we strongly recommend that all campers be tested upon arrival to camp. Members of the Board and camp staff will be present to assist you, if desired. Another test will be requested mid-week; tests provided by NWSC.
- If you develop any symptoms at camp and would like to test for COVID, tests will be available at the nurses' station. Please also isolate to avoid spreading what you have to other campers, and make arrangements to return home.
- We will maintain and have available items to promote a safe environment (ie: hand sanitizer and extra masks).
- Although vaccination against COVID-19 is highly recommended, it is not required for attendance.

## **HEALTH & SAFETY STATEMENT FOR PARTICIPANTS**

The Sufi Invocation expresses the intention of Northwest Sufi Camp (NWSC). 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, spiritual safety, and an individual's right to set boundaries that are respected. We must have a culture of consent, where we stay humble about our ability to know or guess what others want, and where we work to recognize, communicate, understand and remove the many barriers that could keep someone from saying "no" before we act on their "yes".

The NWSC Board acknowledges that camp is made up of a collection of human beings living together for a week in close quarters, and that minor conflicts and annoyances will happen, as well as in some cases more serious harm. Campers are here to feel deeply and are not immune to the conditions of being human and to the conditions of the world we inhabit. During Camp feelings and sensitivities can be heightened. The Health and Safety Committee is in place to help camp and individuals navigate and respond to these challenges. We ask everyone to proceed in the spirit of respect for the process of opening and vulnerability that happens.

In order to promote the safety of all participants, the NWSC Board has developed the following guidelines for the wellbeing of the camp as a whole. In alignment with the Sufi Invocation, NWSC Camp also often provides opportunities to work with the ego nature (*nafs*). The Board believes that when participants are made aware of their role in creating the camp atmosphere, that behavior will be appropriate. The Board's

responsibility is to hold the post for these shared agreements and provide a means of accountability. However, the following specific behaviors will not be tolerated:

1. Emotional or verbal harm
2. Sexual coercion, harassment, abuse, or violence
3. Physical aggression, violence or harm to persons or property

The NWSC Health and Safety Committee 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, Camp Counselor or any member of the Health and Safety Committee. The Committee will review the situation with the involved parties and assist with and/or determine appropriate action. Our goal is always to work with campers and staff to resolve a situation before it becomes a major problem.

We recognize children and teens hold a unique position in the camp and we have tailored health and safety presentations for them and their guardians that are part of the mandatory meetings held at the beginning of camp. We ask for your support in creating a camp atmosphere where every individual is free to grow and awaken without fear for their safety.

DEFINITIONS and examples follow and can be triggering:

- *Consent*

Consent is agreeing to an action based on your understanding of what it involves. It implies communication every step of the way. Consent is not a given just because it may have happened before; it needs to happen every time.

Example of asking for consent: “May I give you a hug?” In the time of Covid, “May I hold your hand?” (especially during dances)

- *Emotion and Verbal Harm*

Disrespectful and denigrating comments and actions;

Comments and actions based on any aspect of an individual’s identity including gender, race, ethnicity, religion, sexual orientation;

Microaggressions: Indirect, subtle, and intentional or unintentional discrimination against members of a marginalized group;

Blaming, mocking, yelling, spreading rumors, telling lies, asserting dominance, intimidation or threats and expression of anger and hostility.

- *Physical Aggression and Violence*

Physical aggression includes hitting, kicking, scratching, pushing, biting, punching, grabbing, throwing objects, pinching, cutting, stabbing, or throwing any object(s).

- *Sexual Coercion*

Think of sexual coercion as a spectrum or a range. It can vary from someone verbally egging you on to someone actually forcing you to have contact with them. It can be verbal and emotional, in the form of statements that make you feel pressure, guilt or shame.

By definition, sexual coercion is “the act of using pressure, alcohol or drugs, or force to have sexual contact with someone against their will” and includes “persistent attempts to have sexual contact with someone who has already refused.”

<https://www.loveisrespect.org/resources/what-is-sexual-coercion/>

**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.*

We request that service animals 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](https://www.ada.gov/regs2010/service_animal_qa.html)

## STOP THE SPREAD OF GERMS AT CAMP

A healthy, safe camp for all is everyone's shared responsibility. Please observe the following guidelines.

- Please don't come to camp if you are sick; if you become ill at camp, please isolate yourself.
- Wash your hands after blowing your nose, and before holding hands with others.
- Sneeze into your elbow, not your hands.
- Don't touch your eyes without washing hands before/after.
- Mindfulness of cleanliness at the beverage stations, bathhouses, and at evening snack time is greatly appreciated.

**WATER SAFETY** Swimming is allowed ONLY with a certified lifeguard present. No night swimming!

## FIRES

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

## EMERGENCY SIGNALS

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. While we don't expect these to be memorized, we recommend reviewing the chart for familiarity. **In the event you have a medical emergency, please be sure to grab your keys and medications, if any.**

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

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

## 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. Participants 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, who will be identified at NWSC by red wristbands.

## STAFF CONTACTS

<u>CO-SPIRITUAL DIRECTORS</u>	Alima Jackson <a href="mailto:alisajamil@gmail.com">alisajamil@gmail.com</a> 971-221-9619 Iman Jackson <a href="mailto:tim.timjackson@gmail.com">tim.timjackson@gmail.com</a> 503-367-9093
<u>CAMP MANAGER</u>	Chela Sloper <a href="mailto:chelamae@icloud.com">chelamae@icloud.com</a> 541-306-0203 Zarifah Spain <a href="mailto:nwscmgr@gmail.com">nwscmgr@gmail.com</a> 541-337-4604
<u>REGISTRAR</u>	Baqi Kana Shephard <a href="mailto:nwscreg@gmail.com">nwscreg@gmail.com</a> 360-229-8130
<u>EARTH PLANE</u>	Chitara David Yager <a href="mailto:wildreco@comcast.net">wildreco@comcast.net</a> 503-201-8043

EMERGENCY MESSAGES may be directed to the Camp Manager. However, because Camp Cedar Ridge has good cell reception, participants are expected to have their own cell phones for most urgent needs.

## NWSC Summer Board Meeting at Camp

**The Board will meet on Thursday, starting promptly at 12:45 p.m. in the House living room. Lunch will be served at the meeting; please sign up on the clipboard in the dining hall by Wednesday evening, and indicate any special diet needs.**

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.

### Current NWSC Board Members

Ginger Nuria Lee, <i>President</i>	Abdullah Nik Belikoff-Strads
Baqi Kana Shephard, <i>Vice President, Hospitality</i> Nur Wali Deputy, <i>Vice President, Health &amp; Safety</i>	Ananda Hazzard
Iman Jackson, <i>Continuing Member, Treasurer</i>	Chela Sloper
Alima Jackson, <i>Secretary</i>	Mahbud Danny Torrence
	Nuria Julia Hanfling

Contact the Board any time at this email address: [nwsc-bod@googlegroups.com](mailto:nwsc-bod@googlegroups.com)

**Join the NWSC Board or one of the Committees!** The Board meets at least three times throughout the year: at Camp (Summer), in the Fall, and in the Winter, with additional meetings scheduled as needed. Current committees include hospitality, fundraising, diversity, and tech. As NWSC is approaching its 50th year, there will be additional opportunities to serve.

# Northwest Sufi Camp 2024

## Camp Schedule

**7 - 7:45 a.m. MORNING PRACTICE**

**Chitara** ❖ *Lower Basketball Court*  
**Qi Gong**

**Iman** ❖ *Main Tent*  
**Meditation**

**8-9 a.m. Breakfast**

(Teaching staff meets Monday and Wednesday at breakfast.)

**9:15 – 10:45 a.m. ALL-CAMP CLASS**

*Main Tent*

**Monday:** Introductions to Classes

**Tuesday:** Alima and Iman ❖ Tuned with the Infinite  
and in Rhythm with Life

**Wednesday:** Kalama and Saladin ❖ Guardians of the Earth

**Thursday:** Ahura Grace ❖ Healing Service  
Nur Mariam and Mujiba ❖ Universal Worship

**Friday:** Closing

**11 a.m.-12:15 p.m. MORNING CLASSES (Daily)**

**Majida** ❖ *Main Tent*

**Pathways of the Heart and Soul:**

Enneagram of Personality and Walking Practices

**Creative Arts** ❖ *Barn*

Non-facilitated space for creative connection,  
story-telling, and art-making

**12:30-1:30 p.m. Lunch**

**1:30-3 p.m. Free Time**

**1:30 – 4:30 p.m. Pool open!**

**3:00-4:15 p.m. FIRST AFTERNOON CLASS (Daily)**

**Kalama** ❖ *Upper Room*

**Embodied Practice**

Center. Intention. Surrender.

**Basira** ❖ *Forest Amphitheater*

**Treasure Tales**



**4:30-5:45 p.m. SECOND AFTERNOON CLASS (Daily)**

Zahir & Chela ❖ *Barn*  
Community Choir

Ahura Grace ❖ *Upper Room*  
Zikr Class in the Style of Ishaq

**6-7 p.m. Dinner**

**7:30-9 p.m. EVENING PROGRAM**

*Main Tent*

**Sunday:** Welcome, Camp Orientation and Class Introductions

**Monday:** Dances of Universal Peace ❖ Chela and Zahir

**Tuesday:** Zikr ❖ Ahura Grace and Kalama

**Wednesday:** Dances of Universal Peace ❖ Mariko and Christo

**Thursday:** Zikr ❖ Basira

**9:30 p.m. LATE NIGHT OFFERINGS**

**Monday & Tuesday** ❖ Saladin ❖ The Cauldron ❖ *Main Tent*

**Wednesday** ❖ Rumi Café (open mic) ❖ *Fireside Room*

**Thursday** ❖ Community Temple Breakdown

**Friday 9:30-10:30 a.m.**

Dances and Leave-taking

***Check-out time is 12 p.m.***

**ADDITIONAL OFFERINGS**

**Dervish Bazaar**

Tuesday & Thursday 1-3 p.m.  
*Picnic Shelter (behind Main Tent)*

**NWSC Summer Board Meeting**

Thursday 12:45-3:00  
*Upper Room*

**Mureed & Initiator Meetings**

Wednesday at lunch

**Newcomers Table**

Wednesday at lunch

# Class Descriptions

## MORNING CLASS: 11 a.m. - 12:15 p.m.

**Pathways of the Heart and Soul:** *Main Tent* Majida Nelson  
**Enneagram of Personality and Walking Practices**

Each session of this class will focus on exploring human personality through the dynamics of the enneagram of personality, its effect on our relationships with others and on individual clarity of purpose. Through the astrological walks and elemental walks taught by Murshid Samuel L. Lewis, we will explore our personal view point that frames human relationships with others and ourselves

## FIRST AFTERNOON CLASS: 3-4:15 p.m.

**Embodied Practice - Center. Intention. Surrender.** *Upper Room* Kalama Reuter  
This class will draw on Mevlevi inspiration and has a physical component. All are welcome to explore this way of letting go of the focus on the world and drawing closer to the Source.

**Treasure Tales** *Forest Amphitheater* Basira Beardsworth  
Explore some of the history of the Ruhaniat lineage through storytelling and practice. Passed down from hand to hand and heart to heart through the ages, the Ruhaniat has a rich inheritance of transmission from Sufi, Hindu, Buddhist and other wisdom traditions.

## SECOND AFTERNOON CLASS: 4:30-5:45 p.m.

**Zikr Class in the Style of Ishaq** *Upper Room* Ahura Grace Henke  
Mostly seated Zikr class with a few surprises.

**Community Choir** *The Barn* Zahir Karuna Moree & Chela Sloper  
In this shared work around singing and the experience of singing, it is not at all cliché to say we want our singing class to be a time of great joy, ease with one another, and experiencing the many ways that singing enhances our lives.

## CAMP SCHEDULE

### *At a Glance*

7 - 7:45 a.m. MORNING PRACTICE  
8-9 a.m. Breakfast  
9:15 - 10:45 a.m. ALL-CAMP CLASS  
11 a.m.-12:15 p.m. MORNING CLASSES (Daily)  
12:30-1:30 p.m. Lunch  
1:30-3 p.m. Free Time  
1:30 - 4:30 p.m. Pool open!  
3:00-4:15 p.m. FIRST AFTERNOON CLASS (Daily)  
4:30-5:45 p.m. SECOND AFTERNOON CLASS (Daily)  
6-7 p.m. Dinner  
7:30-9 p.m. EVENING PROGRAM  
9:30 p.m. LATE NIGHT OFFERINGS

