

Interfaith Community Sanctuary

DECEMBER 2017

1763 NW 62nd Street Seattle WA 98107

2017 Spiritual Discernment: Guidelines for Engaged Buddhism

Sunday morning worship begins at 10:00am

First Sunday: Honoring the Guest

Sunday December 3: “A Celebration of Love ~ Through Song, Story, & Poetry” During the month of December we complete our year focused upon the Guidelines for Engaged Buddhism with the concentration upon “True Love.” Friends, members, and invited guests will share artistic expressions of Love for the Divine, for Creation, for another...

The subject tonight is Love
*The subject tonight is Love
And for tomorrow night as well,
As a matter of fact
I know of no better topic
For us to discuss
Until we all Dissolve! ~ Hafiz*

Honoring the Guest: Interfaith Worship Series ~ Exploring Diverse Faith and Spiritual Traditions is the first Sunday worship experience each month at the Sanctuary.

Third Sunday: Imam Jamal Rahman

Sunday December 17: “It’s All About Love”
Our monthly community **POTLUCK luncheon** follows the morning worship. Please bring a prepared dish to share.

Jamal’s latest book with the Interfaith Amigos: ***Finding Peace through Spiritual Practice: The Interfaith Amigos’ Guide to Personal, Social and***

Environmental Healing will be available for sale following the morning worship. www.jamalrahman.com, www.interfaithamigos.com.



Fifth Sunday: Associate Ministers

Our next 5th Sunday will be Sunday December 31, 2017. Our focus is The Guidelines for Engaged Buddhism as shared by the Venerable Thich Nhat Hanh. During the month of December we focus upon “True Love.”

A flower is always receiving non-flower elements like water, air, and sunshine, and it is always giving something to the universe. A flower is a stream of change, and a person is also a stream of change. At every instant, there is input and output. When we look deeply at the flower, we see that it is always being born and always dying, and that it is not independent of other things. The components of the universe depend on one another for their existence. ~ Thich Nhat Hanh

The lotus flower expresses the awareness that engaged Buddhists strive to bring to their involvement in the world.

Second Sunday: Universal Worship

Sunday December 10: “True Love”

Seeing that body and mind are one, we are committed to learning appropriate ways to ... cultivate loving kindness, compassion, joy and inclusiveness for our own happiness and the happiness of others. ~ Thich Nhat Hanh

The **Universal Worship** recognizes that all religions originate in the same Truth. All of the great teachers and prophets have reflected this truth to humanity in their own way. The same power that inspired them continues to move through and guide our own lives. Through communal prayer, meditation, and practice we engage with the power and energy of this continuous revelation, becoming a radiant vessel of light and truth for the benefit of all beings.



Fourth Sunday: InterSpiritual Worship

Sunday December 24: InterSpiritual Worship with Rev. Karen Lindquist – “Holy Sophia’s Healing Touch”

On this Christmas Eve Day, we offer a healing service which will include a unique community Communion experience.

Send forth Thy holy angels so that these Thy creatures who come seeking Thee may know Thy healing touch of restoration and the grace and comfort of the most holy Sophia.

May the Heavenly Graces bestowed by the Holy Sophia, and the touch of that Great Mystery which links you to the heart of God, remain alive within you; May the Divine Sparks of Light be liberated in you; And may the Joy of the Heavens resound throughout the worlds. AMEN. AMEN. AMEN!!!

Rev. Karen Lindquist is co-founder and co-minister of Interfaith Community Sanctuary, an initiated Teacher (Shaykha) in the Mevlevi Order of America (the Path of Rumi), a Cherag in the Inayati Order, (a path of spiritual liberty.)

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Visit our website for more!



Ongoing Classes & Devotional Gatherings



Spiritual Practices for the Holidays
with Imam Jamal Rahman
Saturday December 9th
Noon ~ 4PM



Practicing Mindfulness and Gratitude, Dealing with Difficult Feelings and Fatigue, Cultivating Joy and Peace during the Holiday Season with Imam Jamal Rahman.

Saturday December 9th 12Noon – 4:00pm.

To Register send an email stating your desire to: sallyjogilbert (at) gmail (dot) com. Tuition \$45.

Workshop/Playshop held at Interfaith Community Sanctuary, 1763 NW 62nd Street, Seattle, WA 98107.

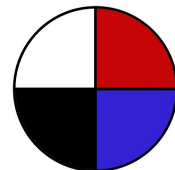
Constellation Circle

First Friday evenings 6:30–9:30pm
...as part of a regular monthly schedule of brief Evening Circles in community settings, designed to be easily accessible to all. Minimal donation, one or two personal Constellation spaces available each evening, repeated opportunities to experience, explore, and practice together in Nature and Environmental Constellations, Community Constellations, Systemic, Organizational and Health-related Constellations on topics and issues affecting our Beloved Community.

Please feel free to REGISTER with Katherine by using this email at: katherine.yano@yahoo.com or ksy1@eighthfield.com, leave questions in a message for Karen Stocker at (206) 363-5555 x 1064.

Women's SiSiWiss Gathering
meets 2nd & 4th Tuesdays

This gathering shares **First Peoples Northwest Coast** traditions and teachings with song, story, dance. Bring drums, rattles, bells... If your way is open, please bring a potluck dish to share. All Women and all children welcome.
Please Note: This is a clean and sober gathering.
Facilitator: Siswinklae Laurel Boucher.



A Course In Miracles
First and Third Tuesday evenings 7 pm

"Heaven is not a place or a condition. It is merely an awareness of perfect oneness."
~ A Course in Miracles

A Course In Miracles at Interfaith Community Sanctuary is an ongoing study group on course related topics. All are welcome whether you are new to the course or a long time student. There are no fees or dues. A Love Offering is collected for use of the sacred space. For more info, contact one of the facilitators: Theressia phone: 206.999.6987 email: theressia (at) rosehedge (dot) org, or Jonathan phone: 206.713.1237 email: jonathanvanvalin (at) hotmail (dot) com.



Copper Canyon Poetry Book Club— fourth Tuesday evenings 6:30–8:30pm



Copper Canyon Press / Port Townsend publishes emerging poets such as Ocean Vuong and well known poets like Pablo Neruda. We read a variety of poets and styles. We share our poetry efforts without negative criticism of participant's writings. Our aim is to engage one another socially and establish friendships through the medium of poetry. We meet monthly at Interfaith Community Sanctuary (1763 NW 62nd Street in Ballard) on the fourth Tuesday evening 6:30–8:30pm.
Contact: David Jenkins (360) 390–8104, distaem@gmail.com.



The Mystical Poetry of Rumi – Exploring Rumi's Mathnawi

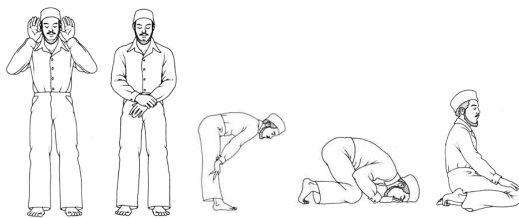
The beautiful poetry of Rumi has touched countless lives and has been a source of inspiration for anyone searching for a deeper awareness of what it means to be human. When the heart and mind find balance, the limitations of life are set aside, and the soul has the two wings needed for flight. The possibilities for the soul to fly freely are not limited to this physical realm; the invisible realms are also open for exploration. The pathway leading to developing this awareness is described in the six books of the Mathnawi, a guide-book for Rumi's journey of the spirit. Beginning this second year of exploration, we read from Book II. <https://www.amazon.com/Mathnawi-Jalaludin-Rumi-Book/dp/1533505659/>. Join us! We meet 7:00-8:30pm in the prayer room of Interfaith Community Sanctuary, 1763 NW 62nd Street, Seattle, WA 98107.

Sacred Intentions: January 1st 4:00pm

Imam Jamal Rahman, Pastor Dave Brown, and Rabbi Anson Laytner will offer "Setting Sacred Intentions" on New Year's Day Monday, January 1, 2018. We will gather in the Sanctuary for an hour program for release and renewal at 4pm. Bring writing materials to make the greatest use of this special afternoon. This will be followed by a meal of soup and bread (*gluten free options too*). **Soup makers needed!** Let us know if you will be bringing soup or bread for this communal meal. RSVP for meal: 206.783.1618 (*Sanctuary office phone*) or email: info@interfaithcommunitysanctuary.org. Please state clearly how many in your party will be attending the meal.

Prayers in the Islamic Tradition: Fridays 12:30 pm

All friends are invited to Friday Prayers in the Islamic tradition beginning at **1:00pm** in our Healing Room. This is a woman led devotional gathering with women and men participating equally. The congregational prayer and weekly sermon/message is offered by Ann Holmes Redding and other participants. Come to witness, observe, learn, or to pray with us. No experi-



Interfaith Minister Training at the Sanctuary in 2018

Beginning in January 2018, we are offering a training to become a cherag, or minister of the Universal Worship. The training involves one year of individual and group work, and one year of guided apprenticeship, including at least one focused retreat. The Universal Worship celebrates the essential unity of all faith traditions through meditation and prayer. The service was instituted in the early 20th century by Hazrat Inayat Khan as a way to join in worship with all the prophets of humanity. Please contact Michael Douglas at 206-769-1980.





Interfaith Community Sanctuary

DECEMBER 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Calendar keys: [S] Sanctuary [FH] Fellowship Hall [PR] Prayer Room \$ = Fee for this gathering; Contact instructor.			Full descriptions of our gatherings can be found in the calendar page of our website: http://interfaithcommunitysanctuary.org/index.php/calendar/ And see our Facebook Page: https://www.facebook.com/interfaithcommunitysanctuary/		1 \$ Constellation Circle 6:30pm [FH] (see details pg 2)	2 Private Gathering 1pm Shahada [PR]
3 10am Guest Worship "A Celebration of True Love through Song, Story, and Poetry" Guiding Council 11:45am – 1:15pm	4	5 A Course In Miracles 7-8:30pm [HR] 1st & 3rd Tuesdays <i>K & M private rental 7pm [S]</i>	6 Mystical Poetry of Rumi 7-8:30pm [Prayer Room]	7	8 Friday Prayers 1:00pm [PR] <i>(every other Friday)</i>	9 \$ Spiritual Practices for the Holidays with Imam Jamal Rahman 12noon – 4pm \$45 sallyjogilbert (at) gmail (dot) com
10 10am Universal Worship "True Love" Intro to Cherag Training 11:30am – 12:30pm	11	12 Women's SiSiWiss Circle 6:30pm [FH] 2nd and 4th Tuesdays	13 Mystical Poetry of Rumi 7-8:30pm [Prayer Room] Sufi Healing 101 7pm [FH]	14 Global Citizens Journey – Kashmir 7-9pm	15	16
17 10am Worship Imam Jamal Rahman "It's All About Love" Potluck	18	19 A Course In Miracles 7-8:30pm [HR] 1st & 3rd Tuesdays <i>K & M private rental 7pm [S]</i>	20 Mystical Poetry of Rumi 7-8:30pm [PR]	21 Sufi Healing 101 7pm [PR] <i>K & M private rental 7pm [S]</i>	22 Friday Prayers 1:00pm [PR] <i>(every other Friday)</i>	23
24 10am Worship InterSpiritual Worship with Rev. Karen Lindquist "Holy Sophia's Healing Touch"	25	26 Women's SiSiWiss Medicine Circle <i>Please Note: We are currently seeking another date to meet at the end of December 12/30 or 12/31</i>	27 Mystical Poetry of Rumi 7-8:30pm [PR]	28 Poetry Book Club David Jenkins <i>distaem (at) gmail (dot) com</i> 6:30–8:30 [HR]	29	30 Possible Rental: SiSiWiss Women's Medicine Circle Open Gathering Noon – 5pm (approx.)
31 10am Worship Associate Ministers "True Love" Possible Rental: SiSiWiss Women's Medicine Circle Open Gathering evening time tba	1/1/2018 4:00pm New Year's Day Sacred Intentions Soup & Bread	Imam Jamal Rahman, Pastor Dave Brown, and (possibly) Rabbi Anson Laytner will offer "Setting Sacred Intentions" on New Year's Day Monday, January 1, 2018. We will gather in the Sanctuary for an hour program for release, renewal, and setting intentions for the new year at 4pm. Bring writing materials to make the greatest use of this special afternoon. This will be followed by a meal of soup and bread (<i>gluten free options too</i>). RSVP for meal: 206.783.1618 (<i>Sanctuary office phone</i>) or email: info@interfaithcommunitysanctuary.org. <i>Soup makers needed! Let us know if you will be bringing soup and/or bread for this communal meal. Let Rev. Karen know if you will be helping with soup making, bread baking, set up, clean up, etc. Sometimes we can receive a donation of lovely specialty breads from local bakeries. Who would like to find some? Thank you!</i>				

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1763 NW 62nd Street
Seattle, WA 98107

info@interfaithcommunitysanctuary.org

206.783.1718

www.interfaithcommunitysanctuary.org

Our Spiritual Discernment for 2017

Guidelines for Engaged Buddhism



These Guidelines for Engaged Buddhism are the essence of the Order of Interbeing -- and anyone who wishes may live their life in accord with these teachings. They offer clear guidance for living simply, compassionately, and joyfully in our modern world. They are a concrete embodiment of the teachings of the Buddha and the Bodhisattva ideal. These teachings allow us to touch the nature of interbeing in everything that is, and to see that our happiness is not separate from the happiness of others. They are the torch lighting our path, the boat carrying us, the teacher guiding us. Interbeing is not a theory; it is a reality that can be directly experienced by each of us at any moment in our daily lives. The Guidelines for Engaged Buddhism help us cultivate concentration and insight which free us from fear and the illusion of a separate self. Practicing these teachings helps us to awaken Bodhicitta, the mind of love, in ourselves and others.

JANUARY: Openness and Non-attachment to Views

FEBRUARY: Freedom of Thought

MARCH: Awareness of Suffering

APRIL: Compassionate, Healthy Living

MAY: Taking Care of Anger

JUNE: Dwelling Happily in the Present Moment

JULY: True Community and Communication
& Truthful and Loving Speech

AUGUST: Protecting and Nourishing the Sangha

SEPTEMBER: Right Livelihood

OCTOBER: Reverence for Life

NOVEMBER: Generosity

(view website for full descriptions)

DECEMBER: True Love

Aware that sexual desire is not love and that sexual relations motivated by craving cannot dissipate the feeling of loneliness but will create more suffering, frustration, and isolation, we are determined not to engage in sexual relations without mutual understanding, love, and a deep long-term commitment made known to our family and friends. Seeing that body and mind are one, we are committed to learning appropriate ways to take care of our sexual energy and to cultivating loving kindness, compassion, joy and inclusiveness for our own happiness and the happiness of others. We must be aware of future suffering that may be caused by sexual relations. We know that to preserve the happiness of ourselves and others, we must respect the rights and commitments of ourselves and others. We will do everything in our power to protect children from sexual abuse and to protect couples and families from being broken by sexual misconduct. We will treat our bodies with compassion and respect. We are determined to look deeply into the Four Nutriments* and learn ways to preserve and channel our vital energies (sexual, breath, spirit) for the realization of our bodhisattva ideal. We will be fully aware of the responsibility of bringing new lives into the world, and will regularly meditate upon their future environment.

*The Buddha told the monks: "There are four kinds of nutriments which enable living beings to grow and maintain life. What are these four nutriments? The first is edible food, the second is the food of sense impressions, the third is the food of volition, and the fourth is the food of consciousness."

Background:

The Order of Interbeing (Tiep Hien) was formed by Thich Nhat Hanh in the mid-1960's, at a time when the Vietnam War was escalating and the teachings of Buddha were desperately needed to combat the hatred, violence, and divisiveness enveloping his country. The word tiep means "being in touch with" and "continuing." Hein means "realizing" and "making it here and now." (Hanh, Interbeing). From its inception, the Order was composed of all four membership categories of the original Buddhist community -- monks, nuns, laymen and laywomen. Members of the Order of Interbeing vow to study, practice, and observe the Fourteen Mindfulness Trainings and to provide leadership in sangha building. Order of Interbeing lay and monastic members embody the practice of mindfulness in daily life and relationships, helping to awaken bodhicitta (the mind of love) in ourselves and others. Our teacher Thich Nhat Hanh (Thay) says, "It is easier to become an Order member than to be one." ~ Jerry Braza.