



Groups Reports (2025)

Groups Led by Various Teachers

Monday Online Class

The format of this weekly group changed to meeting from 7-8.15pm this year, with one teacher responsible for leading the entire hour and a quarter Message class. The themes which were worked with over the past year included 'The Purpose of Life,' 'Synarchy and Symbiosis' and 'Awakening in Life.'

Nigel offered regular Sangitha classes that were well attended. Both the Message Class and the Sangitha class are attracting large number of Europeans, including from Germany and Scandinavia.

Many thanks to Nigel, Noor un nisa, Tajalli, Sarida, Aziz, Shams, Farzana, Naqiba, Aeolia and Noor alima.

Wednesday London Group

An in-person London group recommenced in January in the Universel at CCPE. A number of Londoners who previously came to the London Sufi Centre have come back, along with new people interested in the Inayatiyya path.

The group begins with the Dances of Universal Peace, led by Christalla (with support from Aziz). The dances are followed by an hour-long Message class, offered primarily by Aziz, Shams and Noor alima. Social time with tea and biscuits after the class has also helped to bond together this new community.

We are particularly grateful to Yago Sotto and Rob Cobbold for their support on registration each evening.

Saturday Sufi Gatherings in London

These are all-day events (11.30–4.30pm) held in the Universel at the London Sufi Centre, which combine teachings, meditation and Sufi practices. Attendance late last year for the Saturday events was low, but fortunately numbers have begun to increase over the past 6 months.

Many thanks to Nigel, Shams, Aziz, Farzana, Aeolia, Tajalli, Shakira and Noor alima for leading these day long events.

Way of the Heart – near Stroud **Led by Qalbya (Sue Ryan)**

This group meets in person, in a beautiful house, which offers sanctuary and retreats for asylum seekers and refugees, in a village near Stroud. Practices are sometimes done in the very lovely garden.

The group meets monthly from 6-7.30pm, and donations are requested to pay for the room. There is a core group of around 6, with new people occasionally coming to visit or join us.

The group focuses on practices, alongside readings from Murshid's teachings. The group starts with a check-in with individuals sharing about their lives, and what is going on in their bodies, hearts and minds.

The group has been going for 20 months. Qalbya adds 'I feel profoundly honored to be able to do so, and for the quality of Grace which frequently blesses us'.

Oxford Sufi Group **Led by Suria (Marguerite Wallis)**

This group continues to meet monthly on a Friday morning, with a regular core of 4 or so people swelling to 7 on occasion. Themes covered this year include; Love's mysteries, balance, the wings of power and beauty exploring transformation through the life cycle of the butterfly and the 5 aspects of prayer.

Suria adds, 'Many blessings and heartfelt gratitude to all those who support us and help spread the message of Love Harmony and Beauty'.

Online Group **Led by Munira**

This group was initially formed by Mary Latifa, but has transformed into a monthly online group, but with active participation of everyone. A different theme is worked with each month and the teachings from Murshid, Pir Vilayat and Pir Zia are shared, along with practices and personal interpretations and responses to the theme. We often bring in poems and relevant writings from non-Sufi sources as well as music from time to time.

In the past year, a lot of work has been done to support ourselves and each other in dealing with the growing challenges in the world, both personal – around ageing and illness – and global.

Exeter

Led by Khanun (Penny Bayer)

A small group meets once a month for meditation on building and nourishing the temple in the heart using: writings from Hazrat Inayat, Pir Vilayat and Pir Zia; silence, prayer and simple wazifa. We end with healing prayers. Khanun adds 'Thank you to all involved, seen and unseen'.

Frome

Led by Ruhiya

There have been a few gatherings in Frome, a few in Glastonbury; and a few co-gathered in Bristol with Munira (Bath) and Glenn (Bristol).

The hope and intention is to have more events, with monthly groups in Frome and Glastonbury, and quarterly gatherings in Bristol.

Ruhiya adds 'Looking forward to growing the South-west Sufi community'.

Narberth, Wales group

Led by Siddiqi (Heather Ferraro Johnson)

The group started in January 2023 with about 15 attending. Now in its third year there is a core group of 17 regular attendees. The group meets once a month on a Sunday from 11-1pm.

The group starts with an attunement and then often have readings and discussion on a theme of Murshid's teaching, followed by a practice. Some of the themes this year have been: Desire, Initiation, Sacred Sound, Fashioning the Personality, Sensitivity & Power, the Human Heart and Divine Love, and Friendship.

The intention is to provide an overview of the landscape of Murshid's beautiful teachings which is appropriate for newcomers and those already familiar. Going forward, there will be several sessions offered on a particular theme, to allow for more depth. A quarterly retreat day or half day will also be offered focusing on practices related to the theme.

There is a wonderful warmth and friendship growing in our circle, where members feel comfortable reflecting on their lived experiences and real questions/issues, and where people can explore the intersection of the personal and transpersonal, the horizontal and vertical aspects of spiritual development. It has taken time to find a structure to do this but we're getting there.

Siddiqi adds 'I'm really pleased that the group seems to offer connection and friendship for our everyday selves as well as for our eternal Being. It has allowed me to experience once

again the joy of an in-person sangha, which I had deeply missed after living at the Abode 20 years ago. My intention in starting this group is to make the beauty of our path available to newcomers and in a basic way, to affirm the reality of the soul and its eternal life in a cynical age. I feel open to giving whatever is wanted, in whatever form, so I am looking forward to seeing how my path as a facilitator/guide develops’.

On-Line/North Hertfordshire Group Led by Tajalli (Angela Gruber)

The North Hertfordshire Sufi meditation group has been meeting since 1995, but since the pandemic has met on-line on Monday evenings at 7:30pm.

The group is open to inquirers and those who are already deeply connected to Hazrat Inayat Khan’s teachings. New people who enquire are met with beforehand online to give an orientation to our meditation evenings, answer any questions and ascertain whether joining our group is appropriate and if not, they are signposted to the appropriate person.

The group begins with sharing. Because it is an established group, there is a lot of support for one another as well as a welcoming of newcomers. The group then shares prayers and readings from Murshid’s teachings. The readings are elaborated on before beginning with practices and meditations chosen to integrate the theme of the reading.

The aim of the evening is to provide spiritual nourishment and enriched the inner and outer lives of participants.

In the autumn, a larger East of England group will hopefully be initiated, with the aim of putting on an introductory day in Cambridge in 2026. This will be supported by Margaret Amina and possible Zubda Alaya, and three new potential leaders in the area.

Tajalli adds ‘Leading the group continues to provide me personally with spiritual sustenance’.

1st Sunday of the Month On-Line Group

Led by Farzana (Marie-Helene) or Noor alima (Kim).

The group meets on the first Sunday of the month for an hour and a half, beginning with an attunement, followed by shares offered by each group member. There is then teachings and practices around a different theme each month. This is an open group, welcoming newcomers interested in the Inayatiyya teachings, and new people are met prior to them joining the group.

The group has grown, welcoming several new members from Germany, Portugal as well as other locations around the UK. And as the group has become more established, which has allowed for a deepening of sharing and the support of one another.

Vayu will be joining Farzana and Noor alima in offering this monthly group in late 2025, which will give a wonderful new taste and essence to the group.

3rd Sunday of the Month On-line Gatha's Group

Farzana or Noor alima.

This group meets on the 3rd Sunday of each month for an hour and a half, beginning with an attunement led by Farzana and Noor Alima and brief shares from group members. This is followed by an advanced student working with consecutive chapters of the Gatha's. This year Cristina Salima, Colin Murjan, Glenn Mower, Sue Malika, Diana Collins, Kate Shrewsday and Khalisa-Sundari led chapters. The group then finishes with sharing. The group has become more established this year, with a greater sense of dedication and commitment of group members to the teachings.