

Spiritual Retreats

THE ISSUE

“STOP!” If you’re quiet enough, you may pick up on the most moving music of the universe... tasbeeh.

We are going through life at breakneck speed, with barely a moment to catch our breaths let alone to stop and assess. On this high-speed cycle, all things have become tasks to do, and rituals to perform and get over with – including our religious practice. Because we are stuck on achievement of actions in a cycle that never goes deeper, even the daily prayer, the fasting, and other good actions have become a veil between us and our Lord. As they mechanically keep “performing” and “getting stuff done,” people eventually hit a wall and become disillusioned, wondering where the fruits of all their deeds are. They start to feel ‘distant.’

What happened? They didn’t take the time to understand what they were doing, to ask why, to ask what religion is and for, to connect to God’s ever-present love and grace, to rest in His Care, and to not believe that our actions are the source of our well-being.

THE SUNNAH

The Prophet (S) taught us to realize that God is Greater and His Care of us is the actual reason for all good in our life...Actions then are a response, not something we do to receive wages from Him. They are a celebration of His Grandeur and our joy at being His. The life of the Prophet (S) is a model of how we can maintain a state of worship that is steady, enriched by the acts of worship, but not constituted by actions and deeds alone – nourished by them but consisting of a constant awareness/mindfulness of our being the creation of a Generous Lord. He (S) taught us that faith is having a very being that hums and vibrates with the state of being a servant to the Most High. Having faith is to exude veneration, gratitude, glorification of Him and trust, positive hopes, and good opinion of Him – no matter what we are doing in any particular moment.

SANAD COLLECTIVE’S VISION

Retreats are an essential part of our makeup as believers. In this era in which time itself is speeding up, we are in dire need of time to still ourselves and reflect.

Sanad Collective offers annual retreats for groups: men, women, youth and families. Experienced teachers who have spent many years integrating the spiritual and ritual practice of Islam guide participants in the nourishment of their souls. Through worship and meditation, contemplation of the Signs of God in nature and in ourselves, and service of one another, participants get a taste of living in community that is completely God-oriented. This is a life-changing experience.

Would you like to join Sanad Collective or take part in these activities? Contact us at sanadcollective@gmail.com