

The Farm of Peace

presents its

2012 Programs



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Farm of Peace Programs 2012

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“Love everything, because when you love all things, you are loving God. When you give, you give from God to God. Give mercy to your brothers and sisters all the time, and open your heart, and see what is inside Him. If you see inside Him, you live in the house of God.”

– Sidi al-Jamal, Music of the Soul

* The Five Pillar (Core) Programs of the Farm of Peace. These are the foundational, consistently offered programs that represent the teaching, discovery, spiritual awakening and healing that happens at the Farm of Peace. These Core Programs are Gardens of Truth, Peace Partners, Vibrant Health, Foundations of Enlightened Leadership, and Zawiyah.

Farm of Peace Programs Calendar 2012

| Date | Workshop | Teacher |
|-------------------|--|--|
| January | | |
| Dec. 29 - Jan. 1 | Gardens of Truth | Salima Adelstein |
| Jan. 2-12 | USHS Ministry Masters Zawayah | Salima Adelstein |
| Jan. 17-18 | Foundations of Enlightened Leadership | David and Jo Ann Ross |
| February | | |
| Feb. 3-5 | Health and Happiness Through Live Food | Sabura and Abdul Latif Myers |
| Feb. 9-12 | Gardens of Truth | Salima Adelstein |
| March | | |
| Mar. 8-11 | Gardens of Truth | Salima Adelstein |
| Mar. 16-18 | Taste of the Love | Maryam and Amin Whalen |
| Mar. 28-Apr. 1 | Vibrant Health | Mary Claire Wise, MD |
| April | | |
| Apr. 6-8 | Peace Partners | Dr. John Adb al-Qadir and Jamila Davies |
| Apr. 7-15 | Taste of Morocco | Salima Adelstein and Rosina-Fawzia Al-Rawi |
| Apr. 17-18 | Foundations of Enlightened Leadership | David and Jo Ann Ross |
| Apr. 28-29 | Writing from the Heart | Jamila Davies |
| May | | |
| May 4-6 | Daughters of Rabi'ah | Maryam Whalen |
| May 12-13 | Growing an Organic Seasonal Garden | Amin Jesse Mills |
| June | | |
| May 31-Jun. 3 | Gardens of Truth | Salima Adelstein |
| Jun. 8-10 | Peace Partners | Dr. John Adb al-Qadir and Jamila Davies |
| Jun. 22-24 | Sacred Music Festival | Maryam Hand |
| Jun. 27-Jul. 1 | Vibrant Health | Mary Claire Wise, MD |
| July | | |
| Jul. 7-14 | Children's Camp | Farm of Peace |
| Jul. 14-15 | Writing from the Heart | Jamila Davies |
| Jul. 17-18 | Foundations of Enlightened Leadership | David and Jo Ann Ross |
| Jul. 19-22 | Gardens of Truth | Salima Adelstein |
| Jul. 27-29 | Daughters of Rabi'ah | Maryam Whalen |
| August | | |
| Aug. 10-12 | Taste of the Love | Maryam and Amin Whalen |
| Aug. 16-19 | Gardens of Truth | Salima Adelstein |
| September | | |
| Sep. 6-9 | Gardens of Truth | Salima Adelstein |
| Sep. 14-16 | Peace Partners | Dr. John Adb al-Qadir and Jamila Davies |
| Sep. 19-23 | Vibrant Health | Mary Claire Wise, MD |
| Sep. 29-30 | Writing from the Heart | Jamila Davies |
| October | | |
| Oct. 5-7 | Daughters of Rabi'ah | Maryam Whalen |
| Oct. 11-14 | Gardens of Truth | Salima Adelstein |
| Oct. 16-17 | Foundations of Enlightened Leadership | Nuh and Samah Ross |
| November | | |
| Nov. 1-4 | Gardens of Truth | Salima Adelstein |
| Nov. 9-11 | Peace Partners | Dr. John Adb al-Qadir and Jamila Davies |
| December | | |
| Nov. 29 - Dec.. 2 | Gardens of Truth | Salima Adelstein |
| Dec. 15-16 | Suratul Faatihah | Dr. Jeanette Hablullah |
| Dec. 28 - Jan. 1 | New Year's Zawayah and Khalwa | Salima Adelstein |

Spiritual



- *Gardens of Truth** – Bring the Sufi teachings to life in your everyday experience by studying the great Sufi masters, sacred text, the qualities and Sidi's texts.
- *Zawiyah** – Drink from the deep well of Divine inspiration.
- **NEW!** *Suratul Faatihah Workshop* – Uncover the secrets of the Faatihah with Dr. Jeanette Hablullah.

Spiritual Programs

Gardens of Truth *



A monthly Sufi School course taught by *Salima Adelstein* to study the great Sufi masters, sacred text and qualities, understanding and writing Sidi's teachings, healing, whirling, mentoring, more! Space is limited to ensure individual attention.

Three-day weekend sessions beginning with Thursday evening Dhikr and going through lunchtime on Sunday.

Dates: Dec. 29-Jan. 1, Feb. 9-12, Mar. 8-11, May 31-Jun. 3, Jul. 19-22, Aug. 16-19, Sep. 6-9, Oct. 11-14, Nov. 1-4, Nov. 29-Dec. 2.

Cost: \$250 per weekend. Room and board available at our retreat center for additional charge. **To register**, call 717-573-4722 or email info@farmofpeace.com.



Hajja Salima Adelstein, M.Ed., D.D., is the Spiritual Director of the Farm of Peace and the Dean and a faculty member of the University of Spiritual Healing & Sufism. She is a master healer who has helped hundreds of clients heal from illness and lifelong emotional pain. She teaches spiritual healing seminars nationally and internationally. She helps people to discover and embody the deep truth of their beauty and essence.

This program is a life-changing opportunity. It allows you to find yourself and connect with Allah very deeply. This program will help you wash a lot of the pain you may carry and with the help of Salima you will learn to integrate Allah in your day-to-day lives. – Venus (Samihah)

It was both uplifting and practical. I was pleasantly surprised at how substantial the teachings were and how much moved for people in the group. Very much time well spent. – Rifqa

If you have an intention in your heart to know Allah and be healed so that you can live your life more completely for Him, inshallah you will feel blessed to have a chance to surrender to the depth of life and beauty this program gives through the nurturing arms and hearts of Salima and all the beloveds who are a part. – Rebecca (Rifqa)

Salima helped me get to the place in my heart that has needed healing for a long time. – Anonymous

For more information or to register call the Farm of Peace at 717-573-4722 or email info@farmofpeace.com. See our website at www.farmofpeace.com.

Sufi School East

The Farm of Peace and Sufi Center East invite you to come and discover the secrets of your own heart.



Inshallah, this coming summer we will gather at the Farm of Peace for teachings with Sidi Shaykh Mohammad al-Jamal, guide of the Shadhiliyya Sufi path. This world-renowned Sufi master from Jerusalem transmits profound love and healing. Everyone is invited to come and spend time with Sidi and to drink deeply from the love and unity that his heart gives to all.

Sufi School East is a beautiful time to be together with people from all over the nation and the world who come to enjoy several days of teachings, delicious meals, fun for kids, camping and filling our hearts with joy.

Dates: To be announced. **Please check our website www.SufiCenterEast.org** for complete information on cost, accommodations, work study, children's camp, and other details as well as registration contact information and online registration link.

Zawiyah *

Our spiritual retreat, called Zawiyah, is a holy opportunity to walk closer to God. *Maryam Whalen* is the director of our zawiyah program. She and the zawiyah teachers guide students to move beyond the patterns and beliefs that keep their hearts from knowing God's love. It is a time for greater silence, rest, and to be deeply held in love. Through traditional Sufi practices such as remembrance, prayer, and writing the stations and other of Sidi's writings, participants can experience their hearts turning to face only God.

The Farm of Peace offers a silent, peaceful setting in which new students can grow more familiar with the practices and prayers of the Sufi way and in which more experienced students can deepen their walking to God. Extended zawiyah at the Farm of Peace can also greatly benefit anyone yearning for physical or emotional healing.

Under the direction of the zawiyah teachers, participants are held and guided through the walking of the 28 stations to taste the unity of God's love.

For more information or to register call the Farm of Peace at 717-573-4722 or email info@farmofpeace.com. See our website at www.farmofpeace.com.

The program includes two daily group meetings and Sufi chanting practice; group prayer; personal guidance with the teacher; an opportunity to learn from the teachings of our guide, Sidi al-Jamal; and an evening gathering with Sufi practices.



Zawiyah is the deepest walking to God for me...walks me more than any other spiritual practice. I fell in love with Sidi's teachings in zawiyah, they came alive for me. Now when I write, I feel Sidi's presence and love coming through.
- Jamila

To be held in the loving container of zawiyah was a true gift from Allah and a giant step forward in my surrender and walking to Allah. It was particularly helpful at a very challenging time for me, but I intend to participate regularly, even when all seems to be going well.
- Nub

Dates: Zawiyah is ongoing and led by our Farm of Peace zawiyah teachers.

Cost: \$130 a day. Lodging and meals at the IPC are included.

To register or for more information, call the Farm of Peace at 717-573-4722 or write to info@farmofpeace.com.

Taste of Morocco



Let your heart, body and spirit be transformed on this journey to mystical Marrakech, a centuries-old city in the heart of Morocco in stunning North Africa. **Rosina-Fawzia Al-Rawi** and **Salima Adelstein** lead this program in its 5th time running.

Fawzia and Salima will guide your inner and outer journey as you explore Divine Love in the feminine. Experience the light of Morocco and taste the spirit of its Sufi traditions and Islamic heritage.

Trip includes:

- Housing in Fawzia's traditional Moroccan "riad" (guest house) in the heart of old Marrakech
- Group transportation to/from Marrakech airport
- Cost of most scheduled activities
- Delicious Moroccan meals on rooftop terrace with a view of the snow-topped Atlas mountains
- Experiencing the light and essence of Marrakech
- Teachings by Fawzia & Salima, including sacred dance, music and healing with the Divine Names and the Arabic alphabet
- Many other activities to be chosen by the group after arrival
- Time for sightseeing and shopping in colorful "souks" (bazaars) for clothing, scarves, rugs, jewelry and handicrafts

Dates: April 7-15

Cost: \$4,000 plus airfare. Deposit of \$2,000 due Feb. 25, balance due in March.

For more information or to register please contact Rifqa Parrino at the Farm of Peace, 717-573-4722 or email rparrino60@gmail.com.



Rosina-Fawzia Al-Rawi is the daughter-in-law of our guide, Sidi Shaykh Mohammad al-Jamal and has studied very closely with him. She has a PhD in Islamic Sciences and Linguistics. She lives in Vienna where she runs her zawiya named "The House of Peace." She also works with various Sufi schools and traditions in Morocco. She is a teacher and author. Her books include *Midnight Tales - A Woman's Journey through the Middle East* and *Grandmother's Secret's: The Ancient Rituals and Healing Power of Belly Dancing*.

Suratul Faatihah Workshop



A workshop about the secrets of the Faatihah presented by *Jeanette Hablullah, ND* and *Salima Adelstein, DD, M.Ed.* Come and receive deep knowledge about the richness of Suratul Faatihah, the first surah of the Qur'an. This workshop will present an in-depth study of the Esteemed Surah.

For more information or to register call the Farm of Peace at 717-573-4722 or email info@farmofpeace.com. See our website at www.farmofpeace.com.

Dr. Jeanette Hablullah has given several enriching workshops at the Farm of Peace, each time shining more light on the beauty and wisdom that is contained in the Qur'an. Her students can attest to the depth of knowledge and wisdom that Dr. Jeanette brings to unveiling the meanings of Suratul Faatihah.

Don't miss this opportunity to receive greater understanding about Suratul Faatihah for your hearts and minds through this spiritual workshop.

Dates: Dec. 15-16

Full seminar tuition (includes lunch & dinner Sat., lunch Sun.): \$125

Saturday only tuition (includes lunch & dinner): \$100

Lodging and breakfast are available at the retreat center for additional charge; please call to inquire and make reservations.

To register, call Farm of Peace: 717-573-4722 or info@farmofpeace.com.

For more information contact Jeanette Hablullah: thepearlwithin@yahoo.com.

A Taste of the Love



Join *Maryam and Amin Whalen* at the Farm of Peace for an introduction to the Sufi Way. The Sufi Way is the way of love, peace, mercy, justice and freedom. It is a path to living a divinely guided life, in God and for God.

Come and taste the love that is your true essence. Experience the connection to God that lies within your heart and learn how to stay with that connection even in the most difficult of times.

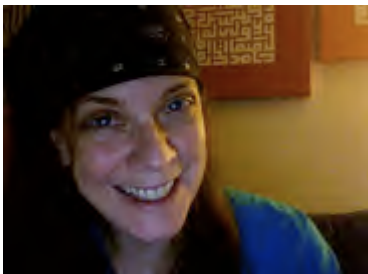
In this experiential workshop, you will learn practical tools that will help you stay connected with the Love that is at your core.

Dates: Mar. 16-18, Aug. 4-5

Cost: \$350 for the weekend

Room and board are available at an additional charge.

For more information and to register call the Farm of Peace at 717-573-4722 or email info@farmofpeace.com.



Maryam Whalen is a spiritual teacher and healer in the Shadhiliyya Sufi order. She is a graduate of the University of Spiritual Healing and Sufism, with an Advanced Certificate in Spiritual Ministry and Sufi Studies. She has been teaching personal and spiritual development for 20 years. Her joy is in helping people experience the peace, love and mercy that comes from connecting with the divine light in their own hearts.



Amin Whalen is a spiritual healer and teacher in the Shadhiliyya Sufi tradition and a graduate of the University of Spiritual Healing and Sufism with a focus on spiritual leadership. He has been involved in spiritual development, personal healing and leadership development for 30 years and consults with business leaders on integrating environmental sustainability and social responsibility into business strategy.

Daughters of Rabi'ah



Rabi'ah al-Adawiyyah, one of the early Sufi saints, was said to be “veiled with the veil of sincerity, inflamed by love and longing, lost in union with God.” Join *Maryam Whalen* in a community of sisters to drink from Rabi'ah's spirit, opening to our sacredness as women in the Way of Allah.

The three-weekend class series includes movement, breath, whirling and Dhikr to deepen faith and surrender. Drink from the depths of your souls, walk more and more deeply into Love, and discover the Truth of your essence. This is a class for women who have taken hand with Sidi, both beginners and long-time students. The class may also be appropriate for women who are students of Sufism.

For years Maryam has studied with Fawzia al-Rawi, Sidi's daughter-in-law, both in Morocco and at her Zawiyah in Vienna. In 2010 Maryam received Sidi's blessing to teach this work at the Farm of Peace.

Dates: May 4-6, Jul. 27-29, Oct. 5-7. Each weekend begins Friday morning and ends Sunday afternoon.

Cost: \$1,200 for the entire series or \$475 per weekend with advance registration.

Room and board are available at an additional charge.

For more information contact Maryam Whalen (see above bio) at the Farm of Peace at 717-573-4722. **To register** call the Farm of Peace or email info@farmofpeace.com.

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Healing



- **NEW! Vibrant Health*** – Return to wholeness through functional medicine and other healing modalities - getting to the root of your challenges. Experience transformation in just five days!
- **Salima Healing Seminars** – Nourish mind, body and heart with this spiritual healing retreat.

Healing Programs

Vibrant Health *



Experience transformation in just five days! This transformative program is designed to get to the root of your challenges in health, relationships and spiritual development. Experience the transformative healing of ***Mary Claire Wise, MD*** and other healers through:

- health assessments using the method of functional medicine
- teachings to clear obstacles and open to your vibrance
- spiritual healing to awaken your Divine guidance
- body treatments to return you to your inner life force

During the retreat, each participant receives an individually customized program of healing that includes medical assessments by Dr. Wise using the functional medicine method, daily healing sessions, organic and healthfully prepared foods, body treatments such as massage, acupuncture and zero-balancing and a healing environment surrounded by nature at the beautiful Farm of Peace.

Dates: Mar. 28-Apr. 1, Jun. 27-Jul. 1, Sep. 19-23

Cost: \$3,500 (includes room, board and all treatments)

Note: Class size limited. **To register or for more information**, call the Farm of Peace at 717-573-4722 or email info@farmofpeace.com.



Mary Claire Wise, MD has over 25 years of clinical experience. She graduated from Yale School of Medicine in 1980. She is Board Certified in Family Medicine as well as in Holistic Medicine. She is also certified in Clinical Nutrition and Homeopathy. Dr. Wise is a clinical instructor at the University of Rochester School of Medicine and Dentistry and received a Physician's Recognition Award by the American Medical Association in 1991. She obtained a Masters of Theology from the University of Spiritual Healing and Sufism and she is a Murrabi Ruhi in the Sufi way.

For more information or to register call the Farm of Peace at 717-573-4722 or email info@farmofpeace.com. See our website at www.farmofpeace.com.

Salima Healing Seminars



This three-day program led by *Salima Adelstein* is open to anyone who would like to combine their Sufi walking and Sufi healing sessions while being held in the vessel of a spiritual retreat. In the seclusion and sacredness of the Farm of Peace, you have the opportunity to walk deeper and increase your reliance on God.

You will receive an initial assessment and up to three healing sessions with Salima. She will also assign specific body-work sessions such as massage, acupuncture, facials, and cranial sacral work to complement your inner healing process.

You will have two daily check-ins with Salima and the zawayah teachers, with teachings designed to deepen your heart's journey to turn to God. During the day you will read, write, and Remember, and will be held in the love and peace of the Farm and its caretakers. At the end of your seminar, Salima will give a final assessment and recommend further steps for continued healing.

This personalized seminar program heals and nourishes your body, mind and heart as you allow yourself to become the new creation that God wants to make for you. If you are ready for a giant step in your healing and in your walking to God, this program can be the doorway for your transformation.

Cost: \$2,275 including room and board at the International Peace Center.

For more information about these retreats call 717-573-4722.



Hajja Salima Adelstein M.Ed., D.D., is the Spiritual Director of the Farm of Peace and the Dean and a faculty member of the University of Spiritual Healing. She is a master healer who has helped hundreds of clients heal from illness and lifelong emotional pain. She teaches spiritual healing seminars nationally and internationally. She helps people to discover and embody the deep truth of their beauty and essence.

For more information or to register call the Farm of Peace at 717-573-4722 or email info@farmofpeace.com. See our website at www.farmofpeace.com.

Enrichment



- *Peace Partners** – Live the reality of peace within and in your relationships.
- ***NEW!*** *Foundations of Enlightened Leadership** – Access your inner wisdom and step into leadership with one powerful step!
- *Farm Vacations* – Learn about sustainable farming practices as you relax in nature.

Enrichment Programs

Peace Partners *



This new program led by *Dr. John Abd al-Qadir and Jamila Davies* reflects the core mission of our International Peace Center and Farm of Peace community, which is to bring the experience and practical, living reality of peace, one heart and one relationship at a time, to a world in need of it.

“What can you do to promote world peace? Go home and love your family.” – Mother Teresa

The program opens pathways to deeper and more satisfying relationships, whether at home, in the workplace or community, with the people we love or struggle within our everyday lives.

Through learning to recognize the enormous hidden gifts in the crises and difficult relationships we face, we open to a sense of ease and confidence in navigating rough waters and challenging times, gain clarity in our purpose, and build new levels of intimacy, freedom and creative partnership for a better world.

The program draws on insights and best practices from working with thousands of individuals, organizations and communities across many cultures, using language and methods accessible across traditions, ages and professions. It builds the skills and experience needed to sustain passionate and purposeful lives, lived from the heart and in tune with the needs of our time.

Through a series of four 3-day workshops (Fri.-Sun.) over the year, Peace Partners gives us the space to ground ourselves in the peace at the root of our own being, and from there to live our passion in loving relationships, harmonious families, sustainable communities, and creative and successful organizations, businesses or

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service programs. Numbers will be limited so that individual coaching and support can be given during and between workshops to work through the toughest issues we may be facing.

Dates: Apr. 6-8, Jun. 8-10, Sep. 14-16, Nov. 9-11.

Cost: \$300 for each weekend or \$1,000 for the entire series.

Room and board are available at an additional charge.

For more information contact John and Jamila Davies at the Farm of Peace at 717-573-4722. **To register** call the Farm of Peace or write to info@farmofpeace.com.



Jamila Davies has over 30 years experience as a spiritual teacher, healer and life-coach, bringing women's wisdom to bear in transforming and renewing relationships.

Dr. John Abd al-Qadir Davies has over 25 years applied peace building experience in the US and over 30 countries around the world, including nearly 20 years as co-director of Partners in Peace-building at the University of Maryland's Center for International Development and Conflict Management, senior specialist with the US State Department, consultant with the US Agency for International Development, and trainer with the UN Department of Peacekeeping Operations. He teaches at the National War College and School of Advanced International Studies in Washington DC, and has co-founded the Center for Living Peace and the Masters in Peacemaking program at the University of Spiritual Healing and Sufism.

Foundations of Enlightened Leadership *



This two-day workshop led by *David and Jo Ann Ross* will help you access your inner wisdom to address your leadership challenges.

Enlightenment often means the full comprehension of a situation, or deep insight into the meaning and purpose of all things. It encompasses profound understanding and a fundamentally changed consciousness, whereby everything is perceived as unified and integrated for the highest good. It is a state of fulfillment that allows people to make great contributions in the world. **How can we—as organizational leaders—create this unique and positive state within ourselves and our organizations?**

What if you had access to a perfect advisor who would give you unerring guidance for all the difficult decisions you must make, and who always had the comforting, encouraging message you most needed to hear in times of stress, anxiety, or uncertainty? **The truth is that you have that resource available to you always through your own inner wisdom.** All you have to do is learn how to access it.

If you are experiencing dissatisfaction in your leadership role in any way, or if you are simply seeking a way to enhance your ability to take your organization to its full potential, **this workshop will help you expand your awareness, develop a broader perspective and achieve your highest aspirations.**

In this two-day workshop you will:

- Learn practices that bring relief from the stresses, anxieties and struggles of leadership;
- Access your own inner wisdom to gain greater clarity and insight, allowing you to resolve real-life challenges;
- Uncover and embrace your own unique leadership qualities and gifts that can make you an “enlightened” leader;
- Free yourself from the “voices” of the subtle limiting beliefs or attitudes that can sabotage your success as a leader.

For more information or to register call the Farm of Peace at 717-573-4722 or email info@farmofpeace.com. See our website at www.farmofpeace.com.

Stepping into your true potential as a leader starts with one powerful step! What are you waiting for?

Dates: Jan. 17-18, Apr. 17-18, Jul. 17-18, Oct. 16-17

Cost: \$1,200 for the two-day workshop. Room and board reserved separately.

For more information contact David Ross at 301-565-7878 or DavidBRoss@aol.com.

To register call the Farm of Peace at 717-573-4722 or write to info@farmofpeace.com.

This workshop is designed for organizational leaders in all sectors, including nonprofit, government and private industry.



David Ross is a seasoned professional with over thirty-five years of experience as a consultant, executive coach, trainer and facilitator in a wide variety of organizations. He holds master's degrees in Organizational Behavior and Human Development from Harvard University and UCLA. He is a graduate of the Newfield Network's Coaching program and the University of Spiritual Healing and Sufism. He is a Sufi Master Teacher committed to helping leaders find satisfaction and success in their work by accessing the divine guidance in their hearts.

Jo Ann Ross is passionate about her work as an executive coach and consultant to Fortune 100 companies, nonprofits and government agencies. She helps global leaders develop competencies in managing worldwide projects, driving virtual global teams and building trusting relationships across the globe. She is also a Sufi Master Teacher who inspires individuals to discover their own divine strengths and passions in their work.

Writing from the Heart

"And the day came when the risk it took to remain tight inside the bud was more painful than the risk it took to blossom." - Anais Nin



Come open to your divinity – a workshop in opening, through spiritual writing, to touch what is deepest in you; to touch, connect, heal, feel and open to the jewel, the pearl, the wisdom you carry. The technique of spiritual writing is a process that bypasses the chatter of the mind and connects the writer directly to what is longing to be known—the Divinity that you are.

Often the process of insight and growth comes through suffering. Our willingness to face that pain directly, to open to the aching sorrow, is what frees us. Because it is in opening that we discover what is hidden inside. Our willingness to face the sorrow, pain and fear is the doorway to finding our deepest strength, the love and beauty within.

Dates: Apr. 28-29, Jul. 14-15, Sep. 29-30.

Cost: \$150. Room and board are available at an additional charge.

For more information contact Jamila Davies at the Farm of Peace at 717-573-4722.

To register call the Farm of Peace or write to info@farmofpeace.com.



Jamila Davies has over 30 years experience as a spiritual teacher, healer and life-coach, bringing women's wisdom to bear in transforming and renewing relationships. Her passion for writing has lead her to discover its healing and inspiring qualities.

Health and Happiness Through Live Food - Introduction

Healthy living can be joyous and flavorful! An introductory weekend workshop led by *Sabura and Abdul Latif Myers* to teach you to cleanse your physical, spiritual and emotional being through live food, Sufi practices, movement, and prayer. Learn to care for your Divine vessel and listen to its needs.



You will learn how to prepare food that will enliven every cell in your body. From Pecan Pie to “Pizza” to Spicy “Beans” to Pesto “Spaghetti”, you will learn to make food that satisfies all palates and nourishes your being. This is a hands-on and experiential workshop that will help you tune in to your inner guidance and hear what your body and spirit are asking for.

Dates: Feb 3-5, Friday evening through Sunday afternoon.

Cost: \$300 including meals. Accommodations are available at an additional charge.

For more information contact Sabura Myers at daphnehmyers@gmail.com. **To register** call the Farm of Peace at 717-573-4722 or write to info@farmofpeace.com.



Sabura and Abdul Latif Myers graduated with a Masters of Ministry from the University of Spiritual Healing & Sufism in 2008. In October 2010 they attended a month-long training course and spiritual healing retreat learning to heal the body through live food and nutrition. Abdul Latif lost 40 pounds, healed the high blood pressure he had been suffering from for twenty years, went off all medications and has controlled his diabetes. Due to her own health challenges and depleted system, Sabura has been researching healing diets since 1995. Through this program, Sabura healed chronic fevers, cellular depletions and a fatigue virus that she had suffered from for over five years. Sabura and AL are passionate about sharing this knowledge to help bring you back to health and happiness.

Farm Vacations



Longing for some time in the country? Join us for a farm stay and taste peace and quiet, nature's beauty and a simpler life. We offer farm vacations for folks who want to relax and get away without being part of an organized program. Stay for a day or two, or longer if you wish.

Start your day with a breakfast of eggs fresh from our chickens (you can help collect them!). Visit with our donkeys and sheep. Hike along our 150 acres of fields, woods and seasonal streams or bicycle along the nearby C&O Canal towpath. Maybe you'll be here when lambs are born or for sheep shearing. In every season, the Farm of Peace offers a chance to explore the many experiences of farm living.

Dates upon request. For more information and to register, call the Farm of Peace at 717-573-4722 or email info@farmofpeace.com.

Children's Programs



At the Farm of Peace summer camp, kids learn by having fun with nature hikes, crafts, story time, cooking, and day trips to nearby parks and swimming. Our camp teachers are experienced in providing children with a rich, diverse and exciting program of activities and learning. The focus is on helping children express themselves in their own unique way and on teaching children to interact with each other with kindness and caring.

For more information or to register call the Farm of Peace at 717-573-4722 or email info@farmofpeace.com. See our website at www.farmofpeace.com.

Children enjoy playing and exploring around the Farm, discovering the secrets of the natural world, meeting the animals, and having a rich and rewarding time together.

Dates: July 7-14. **For more information and to register,** call the Farm of Peace at 717-573-4722 or email info@farmofpeace.com.

Growing an Organic Seasonal Garden



Have you wanted to grow your own food but are not quite sure how to do it? Do you already have a garden and want to increase its variety? Spend a weekend learning about organic seasonal gardening with hands-on experience in the Farm of Peace garden. Learn about the soil, seasonal foods, timing and weather, handling pests, and get a peek at our CSA operation.

Dates: May 12-13. **For more information,** call Halima Willett at the Farm of Peace at 717-573-4722 or email jenhalima@yahoo.com. **To register** call the Farm of Peace at 717-573-4722 or email info@farmofpeace.com.

Sacred Music Festival

The Farm of Peace Sacred Music Festival is a family-friendly gathering of musicians, artists, vendors and everyone who enjoys spending a day together to celebrate great music and the joy of community.



Dates: Jun 22-24. Please visit our website www.farmofpeace.com for updates.

For more information or to register call the Farm of Peace at 717-573-4722 or email info@farmofpeace.com. See our website at www.farmofpeace.com.

Farm of Peace

Venues



- ***Farm of Peace*** – 150 acre farm with sweeping views, nature paths, garden and animals.
- ***The International Peace Center*** – Sustainably built straw-bale meeting and workshop center with en suite accommodations.
- ***The Teaching Barn*** – Large barn for festivals, weddings and other events.

For more information or to register call the Farm of Peace at 717-573-4722 or email info@farmofpeace.com. See our website at www.farmofpeace.com.

Farm of Peace Venues

Great for private events and celebrations, weddings, workshops, organization retreats and photography locations. Hold your next event at the Farm of Peace.

About the Farm



Our 150-acre farm is at the end of a mile-long gravel lane, surrounded by other farms. Our own fields are mostly hayfields. We have a small flock of sheep grazing in two fenced pastures, a small fruit orchard, a flock of laying hens, and sometimes we have pastured broiler chickens. Our CSA garden is growing every year and provides fresh vegetables to members all season long. There is always something new!

Hold Your Next Gathering at the Farm of Peace

Set atop a hill, surrounded by vistas featuring fields and woods, the International Peace Center (IPC) offers seclusion, serenity and sacredness to all. It's the perfect place to hold your workshop, wedding, business retreat, meeting, special event or family gathering.

We are located within 2 hours' drive of Washington, D.C. and Baltimore, Md.

For more information about holding your event at the Farm of Peace, please call us at 717-573-4722 or email info@farmofpeace.com.

For more information or to register call the Farm of Peace at 717-573-4722 or email info@farmofpeace.com. See our website at www.farmofpeace.com.

International Peace Center



In 2009 we completed construction of a “green” building retreat and teaching center, the International Peace Center.

Promoting Sustainable Living

Caring for God’s creation through adopting ecologically sensitive building practices and lifestyle is part of our mission at the Farm of Peace. The International Peace Center (IPC) is a 3,000-square-foot building that was constructed and is operated in a sustainable manner. The structure is made of straw-bale walls coated with clay plaster and lime wash. The high level of insulation provided by the straw-bales allows the building to be cool in the summer and retain heat in the winter (including passive solar heating methods). The IPC features radiant-heat floors, water-saving toilets, and energy-efficient appliances and lighting. We also have a conventional HVAC system to maintain comfortable temperatures on the hottest days.

The IPC features

- seated dining for up to 20
- six bedrooms with private bath
- break-out/session rooms perfect for individual sessions, massage or other types of bodywork
- our own cook who enjoys preparing fresh, wholesome, natural foods to meet the needs of everyone in your group.

The Teaching Barn



A pole barn with large barn doors opening to the Farm's vast nature and views. The first new building to be constructed on the Farm, it has been home to Sufi School East and the Sacred Music Festival. Camping around the grounds and tenting next to the barn are great additions for any event. The barn is used seasonally as it is not winterized.