

“Although one person is separated from another, although there may be no outer connection, yet even from a distance the influence of thoughts and feelings is felt.”
Hazrat Inayat Khan



Service to Self and Others

With the Affirmations of the Confraternity

Saturday morning from 9:45 – 12:00 (at home of Noora Grace Uding)

8725 – 14th Ave NW, Seattle 98117

Please arrive at 9:45 to get yourself some tea, greet others and get situated.

Attunement will begin at 10:00.

“One small step on the inner realm is more powerful than the greatest step on the outer realm.”
H.I.K

We will work with an opportunity to be of service on the inner realms.

For each class there will be a practice associated with the following Affirmations

July 7 - “May the message of God reach far and wide” The Golden Cord Contemplation

July 14 –“Pour upon us Thy Love and Thy Light” The Sacred Mother Contemplation

July 21 – “Disclose to us Thy Divine Light” The Healing Light of Unity Contemplation

Though it would be best to take all the classes in the series, it is not required.

Cost is free. If you feel called to donate, all money collected will go to The Hope Project.

For further information and/or to let me know you are coming,

please call or text Noora at 206-769-4710