



FAMILY REFLECTIONS PROGRAM



DIAMOND JUBILEE
1957 • 2017

Jamatkhana Development and Ismaili Centres - September 2017

Activity: Being in Jamatkhana - a timeline

Purpose

To bring awareness and articulation to the experience of being in Jamatkhana

Description

Attend Jamatkhana and be conscious of your whole experience—the sounds, the smells, the sights, the feelings. What is the weather like as you walk into the building? What and who do you see when you arrive? What does it smell like? Where does the light from windows/skylights shine into Jamatkhana? How does your tasbeeh feel in your hands? How do you feel in your heart?

Be as conscious as you can from the moment you arrive to the moment you leave, keeping a mental note of your experience. Try to remember as many details as you can, especially the feeling in your heart from moment-to-moment. As soon as you're able (once you're home from Jamatkhana or the next day), create a timeline and document your feelings. Be creative—your timeline can be a straight line, a wavy line, a circle—anything you want it to be. If possible, attend morning Jamatkhana and evening Jamatkhana, noting the similarities and differences of how you feel.

As another option, attend Jamatkhana doing your best to focus on one of your five senses—seeing, smelling, touching, hearing, tasting—while diminishing the others for a few minutes. Then turn your focus to a different sense. Think about what you observed as you turned from one sense to another. How was your experience different than usual?

Reflection and discussion questions

1. Choose one word to describe the experience of sitting in prayer in Jamatkhana—what is that word?
2. Is the word what you would've expected it to be? Why or why not?
3. Look at your timeline—did how you feel any change from when you entered Jamatkhana to when you left? If so, what do you think the reason was for that change?
4. How are your feelings of being in Jamatkhana reflective of your relationship with the Imam?
5. Hang on to your timeline for a few weeks and refer to it the next few times you attend Jamatkhana. Is anything different? Do you consistently feel the same way when you go for prayers?

Bonus activity: Plant a selection of red flower bulbs that will come up in the spring (e.g., tulips), creating an annual reminder in red and green, just like the My Flag, of our faith and Imam. If you have a community garden in your neighborhood, consider planting bulbs there also.

Share your experiences: Please text or email photos or reflections from your experience to JubileeInfo@usaji.org as part of the wider North American Jamat's experience. Please include the words Family Reflections Program in the subject line of your e-mail.