



“LOVE ALWAYS”

MONA HAYDER

October 16th Sunday

5:00pm for a Light Supper

6:15 pm for Presentation

United Methodist Church at Demarest

“People of One Table”

109 Hardenburgh Ave., Demarest, NJ 07627

Tel. 201-768-4355

<https://www.facebook.com/UMCDemarest/>

Mona Haydar is a poet, activist, practitioner of Permaculture, meditator, composting devotee, mountain girl, solar power lover and a tireless God-enthusiast. She practices a life of sacred activism, poetry, contemplation and advocacy for living gently upon the Earth. She teaches classes and retreats on mindfulness and Islamic spirituality, leads workshops on creative writing and performs her poetry. Her words have found homes in the hearts of seekers, wanderers, poets, artists, lovers and stewards of the Earth. She grew up in Flint, Michigan, graduated from the University of Michigan and has since lived in Damascus where she studied Arabic and Islamic spirituality then went on to live in the mountains of Northern New Mexico at Lama Foundation and in the Redwood forest of Northern California with her husband and son. Mona and her husband, Sebastian set up a stand in Cambridge, Massachusetts with signs that read ‘Talk to a Muslim’ ‘free coffee and donuts’ ‘free conversation’ and ‘Ask a Muslim’ encouraging open and loving dialogue which garnered the attention of NPR, Al Jazeera, The Boston Globe among other media outlets. Currently she is working on her second collection of poems and her first work of nonfiction on Islamic Spirituality through the lens of other spiritual traditions. She is working towards her Masters in Divinity. Mona helps to grow a more universal love with her activism, writing, performing and teaching.