

## FOR IMMEDIATE RELEASE

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### **Global Sufi Community Celebrates the Birthday of the Holy Prophet by Giving Back to Communities Across the World**

**October 29th, 2020 - (London, UK - Los Angeles, USA)** M.T.O. Shahmaghsoudi® [School of Islamic Sufism](#)® celebrates the birthday of the Holy Prophet Mohammad (PBUH) through a global day of action and charity across Asia Pacific, Europe and North America. The occasion, which is typically celebrated by Muslims across the world, will see the global Sufi community donating essentials to those in need during these trying times.

While M.T.O. students remain unable to congregate and celebrate this holy occasion, together, they continue their efforts through the [M.T.O. Covid19 Response](#) initiatives. In the true spirit of *khidmat* (to serve) which is a key principle of Sufism and founded in the teachings of the Holy Prophet - students of M.T.O. will continue to give back to their local communities by providing food, supplies, PPEs and other donations to those most vulnerable.

There is no better way to spend this joyous occasion than by reaching out to our heroes including front line workers, across our communities and wider society. The teachings of Islam are grounded in humility and respect for humankind. Through these trying times, M.T.O. students are able to continue practising their faith by reaching out and to give back in a meaningful way.

M.T.O. Shahmaghsoudi® dates back 1,400 years to the time of the Holy Prophet Mohammad (PBUH). The knowledge and practices of the school have been handed down through an unbroken succession of 42 masters, from the founder of the school, Oveys Gharani to Professor Nader Angha.

Since the start of the COVID19 pandemic, M.T.O. volunteers from across the world have engaged in a range of programs including making and delivering thousands of personal protective equipment products for healthcare and senior center frontline professionals. These efforts have also included large-scale food drives for homeless and low-income families as well as providing face coverings and school supplies for children. Furthermore, M.T.O. has been offering free daily [Tamarkoz](#)® meditation and relaxation [Instagram Live](#) sessions to help people around the globe cope with the current crisis.

“It is so humbling to see how simple acts of kindness can bring joy and laughter to people’s faces. Moments like these make this global initiative so crucial for our communities. As we celebrate the Prophet Mohammad’s Birthday, his statement of “You be You” resonates on so many levels. Through such efforts, not only have we served others, but most importantly we have the opportunity to serve our soul, that true reality within each and every one of us.” - Nirvana Moshefi, M.T.O. Atlanta center volunteer.

For more information on M.T.O. Shahmaghsoudi® COVID-19 response efforts or how you can help, please visit: [mtocharity.org](http://mtocharity.org).