



THE SUBUD BRITAIN

Journal

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www.subudbritain.org

Helper Secretary Required

Helene Jelman, SB Kejiwaan Councillor, writes...

Dear Brothers and Sisters

Our National Helpers have asked me to send this appeal to everyone in search of a volunteer to help support our Helper Network.

The position of Helper Secretary has remained unfilled for some time, leaving the National Helpers without the administrative support they need to carry out their vital work effectively.

This is a wonderful opportunity to contribute in a meaningful way, helping to strengthen the support system that enables our Helpers to serve the membership. If you are interested in offering your time and skills, please contact the National Helpers directly at: KCs@subudbritain.org with your name, contact details and the name of your group.

What does the role involve?

As Helper Secretary, you would assist with key administrative tasks, including:

1. Organising All Helpers' Development Weekends (up to twice a year)
 - Booking a suitable venue and coordinating meal requirements
 - Managing online booking forms and distributing them via the Helpers' email list
 - Liaising with the venue and National Helpers regarding necessary equipment
 - Keeping track of attendees, fees, payments, and expenditures
2. Managing the National Database
 - Updating Helper status based on information from Group, Regional and National Helpers
3. Processing New Helpers
 - Issuing Helper cards and welcome packs
 - Sending copies of new Helper forms to the WSA
 - Archiving paper forms and updating records
 - Sending letters of thanks to new Honorary Helpers
 - Distributing guidelines and procedures to newly appointed Helpers

This is an essential role that will make a real difference in the smooth running of our Helper network. If you feel called to assist in this way, please do get in touch. Your support will be truly appreciated.

The Search for the Family Congress 2026 Venue

Rashid Rogers writes...

I am writing to update readers on the search for the best venue for our Family Congress in 2026. Our Budget has been refined in the light of the charges set out by Subud Germany/Zone 4 for their gathering in August this year, with a view that if Subud Britain is competitive with pricing, it will be economical not just for our own members but also for Zone 3/Zone 4.

Camping is very important since the Congress is all about families. So far our 2026 Committee has spoken to and in several cases visited 35 boarding schools and adventure camps all over the country, including Malvern St James where we held congresses from 2010 to 2016, Strathallan (the Scottish Eton), Loretto near Edinburgh, Gilwern Outdoor Adventure Centre near Abergavenny and (our cheapest quote so far) Old Swinford Hospital, a boarding school in West Midlands.

If you know of any venues with 150 beds and a camp site please let me know at: rashid.r.rogers@gmail.com or phone me on 07792 997 142. There are hundreds of boarding schools to check out and I invite you to join our team working to find the ideal venue. ●

A 'How Is My Latihan ' Day at Subud Norwich

Lewis Herlitz writes...

East Anglia Region is hosting a "How is my Latihan day" for men and women at Norwich Subud House on Sunday May 4th.

The purpose is for individual members, men and women, to test the current state of their Latihan experience for themselves:

- what is the current state of their Latihan ?
- what it could be ?
- what is the one main barrier is to achieving that ?

There will be time for members between each test to share what they received if they wish to, and to discuss any arising feelings and thoughts if they wish.

And to do that in a relaxed and peaceable way.

Finally, there will be time for everyone to come together at the end and, if they wish, share what this experience meant to them, and to explore, if felt important, what might need to be done next.

If you intend to come please (a) let me know on lewisherlitz@hotmail.com and (b) bring a packed lunch.

Arrival time, 10.30; Latihans commencing at 11; Departure time, 4.30. ●



**Eid
Mubarak**
to all our readers.

(Eid Mubarak means 'blessed feast or festival' and is a greeting used all over the Muslim world as the Holy Month of Ramadan comes to a close – this year on March the 30th.)

Subud Britain WSA Donation, 2025

Dear Brothers and Sisters in Subud Britain,

A heartfelt thankyou to each of you for your generous support. Thanks to your contributions, we've sent £22,000 to the World Subud Association (WSA) for 2025 — a wonderful reflection of our shared commitment.

Below is a message of thanks from Marzuki Muhammad at WSA, expressing how your support helps the work of WSA.

With love and best wishes,
Peter Hull, SB Chair

From: Marzuki Muhammad

Sent: 17 March 2025 12:20

Subject: Re: WSA 2025 grant from donations of Subud Britain members

Hi Edmund,

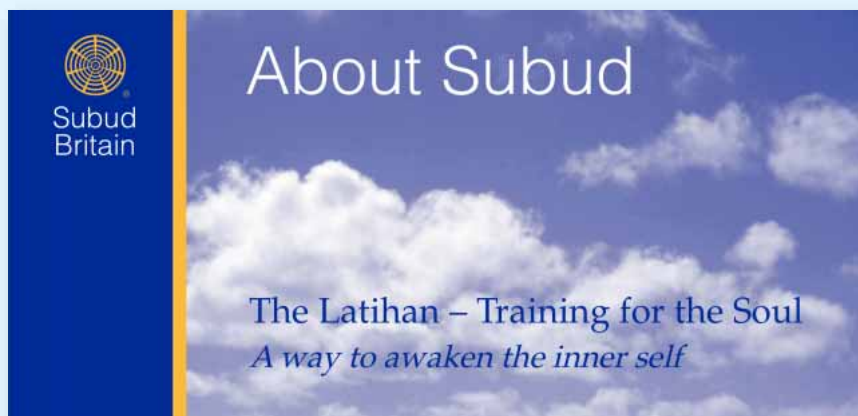
Thank you very much for confirming the £22,000 donation from Subud Britain.

I wanted to express my heartfelt thanks for Subud Britain's generous donation to the World Subud Association (WSA). This support means a great deal to us and will make a significant impact on our work.

Thanks to all individual members for their contribution, we can continue to support international helpers' travel, the Subud Archive, Bapak's talks (SPI), the history of the Subud Project and more. Your belief in our mission is truly inspiring and encourages us to strive for excellence every day.

We are grateful for your trust and commitment. Once again, thank you to all members for their generosity and support.

Kind regards, Marzuki, World Subud Association



New Clouds Leaflet

Peter Hull, National Chair, writes...

We now have stocks of the new, updated "Clouds Leaflet"

If your group would like a top up of your current stock, or you have run out completely, then please ask YOUR GROUP SECRETARY to contact Dorothea Rogers stating the quantity you require and where you would like them delivered.

The leaflets are free but a donation for postage would be appreciated – please send your remittance direct to Subud Britain's Bank – Ref: Cloud Postage

Account name: Subud Britain

Sort Code: 40-52-40

A/c No: 00005738

Dorothea's email address is: dorothea.rogers@gmail.com

Good luck with new members.



57 LON 1, London England,
November 29 1957,
Bapak's Talks Volume 1,
Chapter 20, SPI 1996, VT

Selected by Hannah Hurd

Bapak wishes to explain the meaning of worship, or man's worship of God. Why is it really necessary for man to worship the One God as an obligation? It is because it is God's Will that man, through his true worship, should open the way for himself, first to be able to be aware and know his life in which he always works in this world, and second, to be able to know and understand that within him is the power of God, which accompanies man in his life, so that he can receive and know the requirement or part which Bapak calls the eternal [kadim] attribute, the part of our nature that cannot break and has no limits.

Man's situation on this earth is that, although man is truly an excellent creature, yet for some reason it is God's Will that he has to be created on this earth, and this earth is in truth the earth of matter. And man's soul [jiwa] is enveloped or wrapped in a form which breaks easily and corresponds to the condition of this earth. If we remember that the soul of man does not correspond to its covering, it becomes clear that man is Willed by God to work as well as possible with his covering or this outer physical body, while we should know that this body can serve also as a way or means for man in his efforts to attain the true path.

Also, we need to remember that man's sojourn on this earth, due to the fragile covering of his outer physical body, is only a very short one indeed. In truth, considering man's noble soul, it is a short road for man to travel. Man's life on this earth cannot be for very long. It is necessary, and it has been decreed, that man on this earth must experience death.

Thus, in reality, man's life on this earth does not conform to God's creation of him as an excellent, noble creature. However, if the truth of the situation can be known or received, man's death on this earth is really a true blessing for him. For through death, man can rise up or change in state, so that he goes on until he comes to the place where he should be. But someone who is unable to understand and be aware of the true human life that is in his soul, will meet with darkness in the way of his true destination as Willed by the One who creates, that is, the One God.

In truth, it is not God's Will for man to be given life and created on this earth only to die and only to meet with darkness, with no true direction from his human soul. It is therefore necessary for man to survey and try somehow to find the true path, his true human state, so that death, which is always appointed for man, will be like the opening of the way for him to continue his true life in the direction Willed by God. Clearly, man's death is an opener of the way, or an open gate, for him to be able to continue his life. As the prophets said, Death is a continuation of man's life, or [*Voorzetten van't leven.Du.*]

Philosophers and experts give very little attention to these matters. Or perhaps they say that death as the continuation of life is something that cannot be understood by the thinking mind. One really cannot find fault with this view of theirs, because the state of the soul or, as Bapak always says, the growth or awakening of the soul, cannot be worked at or known with the thinking, the desire and the will. For, that which Bapak refers to as the growth and awakening of the soul, is something that is eternal [*kadim*] and unbreakable. Yet man wishes to make use of forms that easily break to work on >

it. Of course, it cannot be done.

That is why the prophets advised their followers that man should not neglect or forget to worship God. The prophets hoped that through his worship of God, man might suddenly obtain a contact and get something that could be felt and received in his inner feeling. When man worships God, he needs to empty and deny his thinking and desires, and be in a state of calm. In such a state, there is a possibility that he may receive an unexpected contact within his inner feeling. This is how it is and how it is practiced in the various religions. To obtain the reality within one's life, one is required to quieten oneself in the way Bapak just said, and only magnify God's power so that one feels within oneself as if one is something that is weak and powerless. In such a state, it is very possible that one may be able to receive the contact just referred to.

Bapak is not saying that Bapak is among the people who have tried to obtain that contact in a state of peace and calm, in a state where the will and desires have stopped. But it so happens that, by God's will, Bapak was able to receive this, and Bapak is able to channel it to all of you, children.

So, what you receive in the training [Latihan] is really the contact with God's power, which always envelops you, both outside and inside. It is really this that is sought by seekers and those people who try to find it. Clearly, the receiving cannot be worked on or understood by the ordinary thinking, feelings or will. Bapak says 'ordinary' because ordinarily the thinking mind is only filled or awakened by forces that are around in this world. The ordinary will is the will that is awakened by something in this world also. So, just receive as you now receive, children. It is still not necessary for you to know the truth or the meaning and purpose of what you receive. Just receive, and wait until you reach the level or the time when you are able to have true awareness.

It must feel rather odd to all of you, children, and you must feel somewhat dissatisfied, because you are receiving something without being able to understand its purpose and meaning. But know, children, that the latihan all of you have received is still only the beginning. The latihan has not yet touched all the members of your physical body, that is, the members which Bapak said just now are the covering of your soul. You are still carried away by your physical bodies, which may be filled with forces that are still not so good or perfect. Such a condition requires you to do the latihan and prepare a perfect inner feeling. And this takes time, rather a long time. Whether it goes quickly or not depends on your own self.

Have faith that gradually you will come to the level required, provided you are able to be patient while you wait for something that is uncertain. For the whole inner feeling to be purified, very much is still needed in the awakening of the body, not only in the physical energy, which can be seen, but also in the will, thinking and feelings. The content within the will, feelings and thinking has to be separated according to what is ordinary or worldly, and what is able to receive feelings awakened by the human soul. ●

AREA 2 LATIHAN
Every Sunday – 10.00am

WORLD LATIHAN
Sunday April 6th at 4am

Important notice: All talks of Bapak and Ibu Rahayu are under copyright of the World Subud Association. If you would like to use excerpts or publish a talk – you first need to write to the WSA Executive office to ask for permission. We would like to remind you that these talks are meant as explanations and guidance for Subud members experiencing the Latihan for themselves. Ibu Rahayu repeatedly asked us not to publish Bapak's or her talks online, available to the public. Please respect her wish and our copyright! Thank you. You can contact WSA Secretary at wsa.secretary@subud.org

Subud Loudwater Spring Clean

Tatiana Armstrong, Subud Loudwater Chair, writes...

As luck would have it, we were blessed with glorious sunshine and warm weather for the Subud Loudwater Spring clean of our beautiful place of worship on Saturday March 8th. From 10am onwards group members arrived ready and willing to bring light and love to our Subud space. After weeks of bitterly cold weather, where visits to the farm for Latihan consisted of a mad dash from the car as quickly as possible to the warmth of the kitchen and halls, we were able to work, rest and eat in the spectacular grounds. For our Spring clean we really were able to enjoy the farm at its best – as we cleaned the windows and cleared the patio the birds sang, the daffodils bloomed, and the river gurgled. The sense of community and worship through the work was inspiring. Many members were fasting, which brought a particularly light and calm feeling to the day and efforts. Those of us who were not fasting enjoyed a veritable feast kindly provided by Holly, our indefatigable, diligent and dedicated general manager.

We worked until dusk, three generations of Subud members working together at times. I have photos cleaning the same windows at the same age as my own 8-year-old daughter was cleaning that day! Through this experience she saw the value of service to our communities, caring for our spaces and working selflessly.

A huge thank you to all the members who took part in the Spring Clean – which shall now be an annual event in the hope it brings good weather again!



Loudwater Farm's B&B rooms have been renovated and are available for Subud members and their friends and family to stay in. There are 3 double rooms and 1 single room. Prices are £40 single room per night, £55 double room plus £15 for extra person per night.

Support Our Young Subud Volunteers in Colombia

Vincent Mount , Susila Dharma Britain, writes...

We are thrilled to announce that three of our inspiring Subud youth members—Lachlan MacGregor, son of Hanna Evans from the Lewes group, along with his cousin Iggy and their friend—are preparing for a transformative journey. This June, they will be volunteering at Fundación Trópico, a Susila Dharma-supported project in Colombia.

Their mission is to make a meaningful impact by strengthening eco-tourism initiatives, supporting local communities, and contributing to vital conservation efforts. This experience promises to be life-changing, not only for them but also for the people and environment they will be helping.

To make this mission possible, we are launching a fundraising initiative to cover the costs of hosting these volunteers during their stay. Your generous contributions will directly support their activities and ensure they have the resources they need to make a difference.

Join Us in Making a Difference

We invite you to be part of this incredible journey. Your support, no matter the size, will help our young volunteers bring positive change to the communities they serve. To learn more about their mission and to contribute, please visit their GoFundMe page:

<https://gofund.me/ac844c6d>

Thank you for your kindness and generosity.



Cambridge Monthly Big Sunday Latihan

2nd Sunday of each month, 2:30 pm - 4:30 pm.

Orchard Park Community Centre, 17,19,21,23 & 53,
19 Aster Way, Cambridge CB4 2XR.

Next is 13 April 2025

Contact: Salman Rogers salman.rogers@gmail.com

All-London Latihan and Kejiwaan day at The Amadeus

The **third** Sunday of every
month

Please bring food to share, if you can,
come anyway, if you can't.

10:45am quiet for 11:00am Latihan
Lunch 1.30pm.



The Amadeus,
50 Shirland Road,
London, W9 2JA

A Visit to Sri Lanka

Siti Nurbayani Maltezos writes...

Bismillaahirohman ni Rohim (In the name of Allah, the beneficent, the Merciful)...

We left our house in Türkiye on the 6th of December 2024. After spending a night in Istanbul, and we arrived in Colombo on the evening of 7th December. The humidity in the air is quite high. It reminds me of Jakarta

We came to Sri Lanka mainly for our son and daughter in laws' wedding receptions. After having the 'nikah', or a Muslim marriage ceremony, in 2021 during Covid 19, they finally had arranged the time to have the 'walimah' or wedding reception banquet for the 18th and 24th of December 2024. They had two separate receptions, one in the capital of Sri Lanka, Colombo and one in Kandy, which is situated in the Central province of Sri Lanka, some 122 km from Colombo.

Sri Lanka

A little bit of background of the country of Sri Lanka. It's historically known as Ceylon and is officially the Democratic Socialist Republic of Sri Lanka. It is an island.

Subud Colombo, Sri Lanka

Subud Colombo started in 1957 – one of the oldest groups in the world. Some of its members now are second and third generation Subud. The current active members consists of 15 people, both men and women.

In the middle of chaotic preparation of the wedding reception banquet, we visited the Subud group in Colombo.

We first contacted Miriam Jacob, whose name and number we found on the Subud Centre's web >

site. From her, we found out the day and time for group latihan.

On Sunday morning 14th December 2024, we came to our first Sunday latihan. Unfortunately, on that day we were too late for group latihan as we had to travel from the beach villa where we stayed with the family the night before. However, we used that time for introducing ourselves and get to know the Colombo group members.

The Subud house is peaceful and serene. One of the most charming Subud properties I have seen so far.

The members are kind and friendly. We were received with opened arms and it was a great pleasure to share special latihans with them. The time we spent there was precious. I can't explain why, but that's what I feel. I hope that we will see them again in the future. *InshaAllah.*



Left to right: Ayesha Malik, Ruwani, Marina, Miriam, Casandra, Zareefa, and Siti Nurbayani Maltezos



Left to right: Uncle Hussain, Rummy, Malik, Lokendra, Muchsin Maltezos

New Almoners Co-ordinator/Secretary

Due to ill-health, Raymond Prescott is stepping down as the Almoners Co-ordinator/Secretary.

The Co-ordinator is the point of contact for all Almoner matters.

Fortuitously, Arnold Bryan (Wessex Group) has stepped-up into the role.

Arnold can be contacted on: almoners@subudbritain.org

Call for Grant Proposals for Subud Houses 2025

Renato Sotelo, Grant Manager, Muhammad Subuh Foundation, writes...

The grant application process for Subud houses is now open, from March 1 to July 31, 2025.

The Muhammad Subuh Foundation (MSF) is pleased to announce the 2025 Call for Grant Proposals for Subud houses, focusing on property acquisition or capital improvement projects.

This year, the Foundation has introduced a two-stage application process. The first stage will assess basic eligibility criteria, while the second stage will review the project's specific details to determine its alignment with MSF's funding policy. Please note that submitting the Stage 1 Application Form is mandatory to apply for the MSF grant.

Application Period - Stage 1: March 1 to May 31, 2025

We encourage all applicants to carefully review the Grant Process Guidelines, which provide essential details about the application process. Once you have read the guidelines, please complete the Stage 1 Application Form. This form will help MSF trustees verify that the project meets the basic eligibility requirements to proceed to the Stage 2 Application Form.

Application Period - Stage 2: June 1 to July 31, 2025

If your project is deemed eligible, you will receive an email with the Stage 2 Application Form. In this stage, you will need to upload supporting documents, such as construction permits, business plans, timelines, and other relevant materials.

MSF will also offer workshops and personalized meetings to assist the Subud Community with any questions regarding the grant process. To participate, please fill out the Registration Form for Workshops & Personalized Meetings. This form will include the schedule in various local time zones and allow you to submit any questions in advance. While attending the workshops and meetings is not mandatory, they offer valuable support and information.

On behalf of the MSF trustees and staff, we encourage the Subud Community to explore the full details of this Call for Grant Proposals on the MSF website, under the Grant Process 2025 section.

If you have any questions or comments, please feel free to contact MSF at:
renato.sotelo@msubuhfoundation.org

Subud Germany Holiday Congress 2025

*60th Birthday Subud Germany & Subud Zone 4 Gathering
04 – 10 August 2025 in Westerwald Forest*



This year, Subud Deutschland e. V. is celebrating its 60th birthday together with sisters and brothers from all over Europe - from Norway to Greece and Israel from our Subud Zone 4. After an intensive search, we discovered the perfect setting for this special event: a family holiday village in a beautiful setting in the heart of the Westerwald Forest, surrounded by picturesque nature. It offers us ideal opportunities to celebrate the birthday together with our sisters and brothers and their families from all over Europe.

In addition to a large two-mast circus tent, we have our own chapel and various sports facilities at our disposal as "extras". For creative activities and workshops, there are numerous common rooms to experience and visualise the talents that lie dormant in our community! And last but not least: there is plenty of space for our Latihan and for the Kejiwaan activities of the national and international helpers.

Comfortable flats

We live in fully equipped flats for 4, 6 or 8 people, with rooms for 2 people each. Each flat has its own area with kitchen-living room, shower and WC. One of the highlights is the panoramic dining room. With its large glass front, it offers an impressive view of the surrounding mountain ranges. The lunch and dinner buffets are freshly prepared using regional ingredients - a treat for all the senses.

Ideal for all generations

The historical castles and vineyards along the Rhine in the immediate vicinity offer interesting >

tourist attractions that we can use for an excursion and hiking programme. For our children we plan a loving care programme. The youngsters can organise lots of joint activities such as swimming, hiking and campfires.

[We look forward to your inspiring ideas for this holiday congress](#)

In the tradition of our Subud Gatherings, the meeting in Westerwald Forest will once again be a time of inspiring encounters with our international community - with very different and surprising events. We cordially invite you not only to take part in this congress, but also to contribute to it. This holiday congress is another great opportunity to experience our creativity - across all borders and generations. Please send us your ideas and wishes for this "birthday congress" to: congress2025@subud.de

We look forward to hearing from you and your ideas for preparing this congress!

[Registration for the congress](#)

We look forward to you registering as soon as possible. The early bird rate is valid until 31 March 2025. You can find more information and book directly via this link: subudcongress.de ●

Subud Holiday in Greece

30 August – 6 September 2025

*Harina, Harissa and Silvana from
Subud Greece write...*

Dear brothers and sisters,

We are very happy and excited to announce that we found a beautiful place for our Subud holiday for this year. It is Plaka, the seaside of the village of Drepano, near the town of Nafplio, in the Peloponese, about 1 hour and 50 minutes from Athens. We found a lovely hotel called "The Grove" (please find and use link to it above), situated practically on the beach. They are offering us a very attractive price for half-board (breakfast and dinner), the rooms are just renovated and there is a very decent space for latihan. The dates are 30 August -6 September 2025, a period where the weather is beautiful, not too hot and not too busy with visitors. You would have to fly to Athens and we will organize a bus for all of us to get to The Grove. We will organize trips to Mycenae, Epidaurus and Nafplio from our hotel.

So, let's summarise:

DATES:

30 August 2025 (arrival and first night in The Grove) – 6 September 2025 (departure day)

COST PER PERSON:

115 euros per single room - the price includes breakfast and dinner (half-board). The total cost for your stay is €875.

70 euros per person, per day for a double/twin room– half-board. The total cost for your stay is 490 € per person. In case of families, babies/toddlers up to the age of 2 years are free.

60 euros per person, per day for a triple room – half-board (e.g. three friends sharing). The total cost for your stay is €420 per person, per room.

145 euros, per day for a double/twin room with an extra bed for a child 2-12 year old child. >



Plaka, village of Deprano:

<https://www.thegrove.gr/>

<https://www.allovergreece.com/index.php?lang=en>

<https://youtu.be/XBC7MzymrWk>

Total cost for the stay is €1015.

There is an extra cost: 10,00€ per room / per night, Climate Resilience tax

In order to make a booking we would like to you to send us 30% of the total cost according to what type of room you, by 15 April 2025, please.

OUR BANK ACCOUNT DETAILS

ALPHA BANK

IBAN: GR 8701401120112002002042212

PLEASE SEND US YOUR PASSPORT NAME AND WHAT TYPE OF ROOM YOU WOULD LIKE ON EMAIL TO HARINA: harinoula@gmail.com OR TO HARISSA: julieaugust@hotmail.com

If you need any help with your stay in Athens, please let us know, we'll do our best to assist.

We are very excited to have you with us, enjoy our beautiful country, do latihan together and share our rich cultural treasures.

With love from Subud Greece.



The ancient theatre of Epidaurus, a healing location as well as a major cultural spot, and The Lions' gate at the Palace of Mycenae. We can visit both these places, we will organize coaches according to our needs/wishes. ●

O B I T U A R I E S

A Loving Tribute to Hilary Jack

From Sylvia Le Breton and Michelle Rhodes with contributions from Adrienne Thomas, Ariana Martin, Vivian McElroy, Polly Skerratt and Delia Ferris...

As the word of Hilary Jack's passing spread, I was struck by the number of people who wanted to express their feelings about her. As one sister said "It isn't so much memories that I'm left with, it's more of a feeling." A selection of those memories and feelings are included here.

Hilary was opened in Manchester in 1965 but, along with Matthew, she spent most of her Subud life as part of the Sheffield Group. During that time, she was in turn a group, regional, national and honorary helper, as well as group chair. Hilary loved classical music, watching Rugby Union, (especially when Ireland



Hilary with baby Annain Denim.

>

was playing) and cooking the most amazing food.

“One Saturday, as I was in the kitchen with other Subud members, I walked Hilary and Matthew. You will all nod in appreciation of what I am about to say, which is that in her arms Hilary held an enormous cooking pot from which wafted a gorgeous smell, it was a meat dish and if you were blessed enough to have eaten Hilary’s food you will know how wonderful that dish was. Hilary was a wonderful cook and always turned up at meetings with her arms laden with pots of her cooking. As you can imagine we all sat down at the tables with our mouths watering in anticipation of the meal we were about to be given.”

In all the years I have been in Subud and attended gatherings, selamatans and congresses it would have been unthinkable not to have found Hilary and Matthew there. They were such examples of the spiritual heart of Subud. They were full of kindness, compassion and would always go the extra mile to support or help others in spiritual or practical matters.

“Hilary was full of joy and sympathy. She was always willing to help if someone was experiencing difficulties of one sort or another. I think the angels would have been with her at the end waiting to take her to a blessed place.”

“I knew of her before I ever met her because she and Matthew were close with my aunt and uncle who lived and did Latihan in Manchester (where I was opened). She was younger then and I loved her hair which was fair and long, and she would sometimes wear it in a thick plait. She never seemed to care about her beauty.”

“Hilary Jack was a one-off... there will never be another one! One of my clearest memories of her would be her ejaculations during the quiet time at the Sheffield Subud Group, where she was a core member for many years... we could often hear, “Lord Jesus Christ” ... or something similar piercing the silence. As an Irish woman she had been brought up a Catholic and it was in her bones. Her eyes really did twinkle, especially when she smiled or laughed, which she did often. Her kindness knew no bounds and that is what we will miss most. My final time of meeting her was actually some years ago at a Subud National Congress where there were several of us ‘Older women’ there and we somehow came together in a little group, laughing and discussing the ageing process but at the same time, extolling our strengths and resilience. It’s a lovely image of Hilary who declared “I’m losing it a bit I’m afraid!” but she didn’t seem to mind!”

“In the nineteen nineties, when we were doing *The Passion*, she was there during all our rehearsals, looking after us and cooking wonderful food. Gloriously happy times! She and Matthew worked tirelessly for Subud, and I will never forget their strength and kindness when I washed up on Sheffield shores following my marriage breakdown... and always with a sense of kindness and fun. Go in peace Hilary and God Bless you!”

Many of the feelings expressed are about her spiritual qualities which enabled her to receive so clearly. Not always the most comfortable receivings to accept, but invariably hitting the spot. She was never afraid to speak out, even if she was a lone voice.

“Deceptively strong with an almost angelic presence”

“She has been such a spiritual example to me down the years. I have shared inner light with people of great faith. She was one of those people.”

But in spite of or, no doubt, because of those spiritual qualities, Hilary was also a hoot! Full of fun and laughter and often rather rude. A favourite word of hers was “bollocks,” used when life became particularly challenging.

She was and is greatly loved and I’ll end with one sister’s comment that speaks for many of us.

“I was privileged to know her and to do latihan in her presence”.

“It seems many years now since Hilary and I met but my memories of her are very clear - in particular her energy and resourcefulness, her steadfast quality, her cheerful chuckle. I recall the sense of reassurance when I knew she was around - latihan at the Sheffield Hall, regional and national gatherings, the Passion play rehearsals and also visits with my family to the house on Harley Road to consult Matthew for homoeopathic treatments.

“On arrival after a drive up the M1 with three children in the back, we’d be greeted with Hilary’s warm welcome and legendary hospitality - drinks and always biscuits or some fresh cake. Sometimes >

there would be time for a chat about all kinds of random topics, world news, Subud, husbands, raising children, the various uses of Rescue Remedy, food (even now I avoid low fat yogurt "not worth eating". Between us we would put the world to rights, Hilary was very good at that. Of course we were never allowed to return home without being properly fed first and the boys were delighted to receive more biscuits for the journey back. Thirty years later they still remember her.

"Wise, practical, realistic and compassionate, she was a good and trusted friend in those days. I feel privileged to have known her. " *Delia Ferris (Nottingham)*

Hilary Jack's funeral was a joy. Extended Jacks family, Subud members and church members all blended together with ease and there was lots of laughter. ●

Michael Blackbourn

Howard Fox writes...

Michael Blackbourn died peacefully in his sleep last weekend aged 94.

He was opened at the Poole group in the 1960s and had been a member of the Cornwall group since the 1970s and had been the backbone of the group for a long time.

He was particularly steadfast in his attendance at group latihan and from the mid 80s until Covid he would come twice a week to the Quaker Hall in St. Austell by train from Penzance without fail.

After Covid he offered his house for weekly latihan until last autumn and his latihan seemed to grow stronger over the last couple of years.

May Almighty God bless his soul ●

Roland Bake

Sebastian Paemen writes...

Dear Brothers and Sisters,

Former member of Subud Britain and former Loudwater Farm resident Roland Bake passed away peacefully at the age of 62 in a nursing home in Wageningen, the Netherlands, early in the morning of Tuesday 11th March in the presence of dear Subud friends.

Those who knew him will remember Roland as a warm hearted and dear Subud brother. He was an accomplished chef and many of us will recall the wonderful food he cooked.

Roland also had a talent for acting and for a while he tried to work in that field. He was a member of the large Indonesian-Dutch Salzman Subud family, most of whom live in the USA and the Netherlands. Cooking runs through the family, his mother Rosanna was one of the women who cooked for Bapak when he visited the Netherlands. Roland was close to his two younger brothers who both have a mental condition and live in a care home. He visited them as often as possible.

Roland had been struggling with his health for many years. Sadly, he didn't recover from complications caused by pneumonia, earlier this year.

Please remember our brother in your prayers.

The photograph was taken in September last year during a selamatan for his mother, Rosanna. Roland had cooked a delicious meal for us all.

Roland's funeral and memorial gathering took place on Friday the 21st of March at Heidepol Natural Burial Ground in the Netherlands. ●



Roland Bake.

Spring Wellbeing Event

A DAY OF MOVEMENT, CREATIVITY, AND CONNECTION FOR WELLBEING AND COMMUNITY
BROUGHT TO YOU BY SUSILA DHARMA BRITAIN

Open to everyone – bring a friend (Subud and Non-Subud members)

LOCATION, DATE & TIME

Lewes Subud Centre - Saturday 26th April 2025 - 10:00 AM - 5:00 PM

SCHEDULE

10:00 - 13:00 | Journey to Joy.

Participatory experience led by Stefan Frøedman

A dynamic and playful session. See how music and movement can help alleviate trauma cultivating joy, confidence, flow and inner harmony. Open to all, including those who feel shy to dance or have physical limitations. No experience or partner is needed. (Stefan is an internationally acclaimed choreographer and facilitator, and author of the groundbreaking book, *Dance Wise*)

13:00 - 14:00 | Lunch - provided by Annabella and Andrew

14:00 - 15:00 | Flora Cultura Talk - Rashid Benoy

Join us for an insightful talk by Rashid Benoy, founder of Flora Cultura—a Welsh charity using therapeutic horticulture to support mental health.

14:00 - 15:30 | Body Stories - Sharna Travers-Smith

A dynamic embodied movement exploration of the unique rhythms of the body systems, their creative expression in movement and corresponding mind states for a holistic body-mind experience.

15:00 - 16:00 | Flora Cultura Workshop - Rashid Benoy

Willow Bird Nest Making. Hopefully outside, weather permitting.

15:30 - 17:00 | Creative movement for wellbeing - Amanda Bolt

An eclectic facilitated session combining various movement and dance traditions and creative embodiment for a whole mind/body experience. Open to all, no experience necessary.

16:00 - 17:00 | Neptune Jupiter Gong journey - Paul McQueen

Experience the Healing vibrations and energies of these planets through the attuned frequencies of the Gong. Recalibration and releasing stuck patterns. Deeply relax into your essence. (Bring along a yoga mat to lay on and a blanket to cover you if you feel the cold).

PLEASE RSVP

RSVP elliott.cox@gmail.com so we can plan for food.

DONATIONS

This is a free event for everyone with a suggested donation of £20 per person.

Please visit www.sdbritain.org.uk/donate for ways to donate to Susila Dharma Britain or donate on the day.

EVENT HELPERS

It would also be great if some people could come early and help us set up. Moving chairs, setting up the sound system, etc. We will be there from 9am



**Susila
Dharma
Britain**
building with humanity

Members Kejiwaan Weekend, Great Hucklow

Lewis Herlitz writes...

The next Members Kejiwaan Weekend is being organised for October 17th-19th. Lucy discovered it was the last remaining weekend, as Great Hucklow's reputation now precedes it!

[We will also have to book this year, for next year].

The basic per person cost has increased to £232 for full board.

There will be a non-refundable deposit of £25 per person to be made payable to:

Subud Britain Congress [the account name].

Sort Code: 30-90-90

A/c number: 33460468

Reference: Members Weekend

If you want to reserve your place now, please feel free to do so. If the weekend is cancelled by the organisers, then your deposit will be returned.

The finer cost details will be on the booking form which will be issued in June. There will be reductions for those who might be unavoidably struggling with costs, as last year.

If anyone who can, feels able to make a small contribution towards that purpose, then that will be greatly appreciated. That should be made payable to the bank details above.:

If you do either or both of the above, please also let Natalie Lawton know at: natalielawton@hotmail.co.uk This will allow her to start tracking payments.

I am foolishly happy to answer any questions other than those about the finer cost details, as that information hasn't been finalised yet. But, if you want to ask me out on a date, please contact my wife. ●

Subud Ireland National Congress 2025

Brian Lillis writes...

Dear all,

Please find below the information regarding the Subud Ireland National Congress 2025.

Our national congress will take place in Maynooth University campus near Dublin on the 26th and 27th April 2025.

Accommodation comprises as follows:

- 10 classic ensuite single occupancy bedrooms – €79 (room only)
- 15 superior ensuite single occupancy bedrooms – €96 (room only)
- Classic ensuite double occupancy at €52 pp sharing (room only)
- Superior ensuite double occupancy bedrooms – €61 pp sharing (room only)
- A continental breakfast is available at a cost of €10 pp/day

To book a room please contact Annika Devitt at 00353 1708 3511 or reservations@spcm.ie

Transport:

Bus: Maynooth is well served by public transport from Dublin City.

Train: Maynooth railway line goes to Dublin city centre (Pearse Station, Tara St, Connolly Station and Docklands).

Please refer to: <https://www.maynoothuniversity.ie/location> for more information.

Agenda to follow.

If you need any further information, please contact:

Brian Lillis (Chairman) 00353 85734913 bilillis01@yahoo.co.uk ●

Latihan Times, Venues and Contacts April 2025

LONDON REGION

Barnet Group. Timed latihans at 8 for 8.15 Mondays and Thursdays. Contacts: Women Harfiyah Haleem 07919 416371 Men David Rose – 07947 030 026

Central London Group. Women: Amelia Pimlott – 07939 522 519. Simultaneous Latihans at the Amadeus: Thursday evenings 7.30 for 7.45pm; Sunday mornings 10.45 for 11am.

Wandsworth Group (South London). Wednesdays 10.45 for 11am, Wandsworth Quaker Meeting House, 59 Wandsworth High Street, London SW18 2PT. Contact Helpers: Mardiyah Tucker 07802 986530 Mathew Lucas 07944 118388.

South East London Group. Mondays 20:00 for 20:15. Bromley Quaker Meeting House, 46 Ravensbourne Rd, Bromley BR1 1HP.

SOUTH EAST REGION

Tunbridge Wells Group. Sunday latihans at 9.15 for 9.30 for men, 10.45 for 11 for women except the 1st Sunday of the month when latihans are simultaneous at 10.45 for 11. Contact Philip or Veronique 01892 681 835 or 07367 808 958. Please check before you come.

Lewes Group. Lewes Subud Centre, Talbot Terrace, Lewes, East Sussex, BN7 2DS. Contacts: Amanda Lloyd 07981 663 913 (W), Lucas Adanson 07971 086 561 (M). Sun 10:00 for 10:15 and 11:00 for 11:15, W & M. Mon 19:00 for 19:15, W & M. Tue 12:00 for 12:15, W & M. Thu 19:00 for 19:15, W & M.

South Downs Group. Mondays 6.30 for 6.45 Latihan at Cowdray Hall, Park Way, Midhurst, GU29 0A. Thursday 7.30 for 7.45 Latihan at Boxgrove Village Hall, The Street, Boxgrove, Chichester, PO18 0EE. Helper contact Mariani Combes 07531 397979 & Harun Combes 07952 652532. Wednesday 3.45 for 4pm at 16 Orchard Place, Arundel, BN189BP. These Latihans are also joined remotely by other members who are isolated. Contact Michael or Melinda Heathcote on 07768 143364.

Hastings Group. 6.15 pm Tuesdays from our own homes, not connected via zoom or other video.

Canterbury Group. Mondays 19.45 for 20.00 women and men (simultaneously). Thursdays 19.45 for 20.00 women and men (simultaneously). Venue, Subud House, Century Road, Faversham ME13 8DP.

THAMES VALLEY REGION

Ascot Group (also sub-Group of Maidenhead from April 2025) From April, Thursdays in Ascot and Monday at Maidenhead. Details to follow.

Birmingham Group. Men meet twice a week on Mondays and Fridays, but the women only meet on the first Monday of each month, both at 8.15pm at Friends Meeting House, 17 Colmore Road, Kings Heath, Birmingham B14 7PE. Helper contacts: Steven and Ilaina Barber 0121 426 5794.

Maidenhead Group. Monday 19.45 for 20.00. Coffee after latihan usually on 1st Monday each month. Visitors welcome! Friends Meeting House, 14 West Street, Maidenhead, Berks. SL6 1RL. Contacts: John Clarke 01628 638652, Helen Watson 01789 566348.

Oxford Group. Seacourt Hall, 3 Church Way, Botley, Oxford OX2 9TH. Latihan day / time : Fridays, 19:45 for 20:00. Ladies Helper contact: Sasha Robertshaw: 07946 625 566. Men Helper contact: Frederik Siegmund: 07930 066 111.

Loudwater Group. Sunday 10.45 for 11am. Tuesday 7.45 for 8pm. Thursday 10.45 for 11am.

Contact helper Antony Taylor 07757 277 266

Malvern sub-group: Men do latihan on Tuesday night 8:00, and women and men Friday 10:30 a.m, simply timing themselves.

EAST ANGLIA REGION

Bedford Group. Monday at the Quaker Meeting House. 8.15 for 8.30.

Thursday at 65 Ashburnham Road. 8.15 for 8.30. Both days simultaneously.

Cambridge Group: Tuesdays 20.00 for 20.15. Women & Men. Weekly at East Barnwell Community Centre, Newmarket Road, Cambridge CB5 8RS Thursdays 19:00 for 19:15. Women only. Mandeville Hall, Burwell, Cambridge, CB25 0AH Fridays 20:15 for 20:30. Men only. St Luke's Church, Victoria Road, Cambridge, CB4 3DZ. Sundays 14:30 to 16:30 (2nd Sunday of each month) Orchard Park Community Centre Central Avenue, Cambridge CB4 2EZ

Norwich Group. Monday 8pm for 8.15 Simultaneous. Wednesday 1pm for 1.15 Women. Thursday 8pm for 8.15 Women. Friday 2pm for 2.15 Men. Sunday 9.45 AM for 10.00 AM Simultaneous Area 2 Latihan (except the 1st Sunday in the month is 11.00 am for 11.15), East Anglia Regional Kejiwaan Day. Arrivals from 10.30, bring packed lunch or food to share.

SOUTH WEST REGION

Exeter Group. Mon 19.30 for 19.45 Women & Men, Tue 10:00 for 10:45 Women & Men. (Fourth Tuesday of the >

month until December 27th 2024). Thurs Women: 19.30 for 19.45, Men: 20.30 for 20.45. First and third Thursdays are simultaneous latihans for women and men at 19.30 for 19.45. Check before visiting. Friends Meeting House, Wynards Lane, Pavilion Place, Exeter, Devon, EX2 4HU.

Cheltenham/Stroud Group (sub-group of Bristol). We have three latihans weekly – Tuesday 7.30 for 7.45 pm (men only) at Shurdington Millennium Hall. Wednesday, 11.00 for 11.15 at Cheltenham Quaker Meeting House (currently women only), Friday 7.15 for 7.30 pm (men and women) at Painswick Community Centre. For more details, email Monica Jones, monicaseejay@yahoo.co.uk

Wessex Group. Friday mornings 11am for 11.15 am. Men and Women. Burton Community Centre, Sandy Plot, Burton, Hants BH23 7NH. Visitors, check times with Martin Lloyd on 01425 291 693.

Bristol Group: Sun 6.15 /6.30. Mon 7.30/7.45. Thurs 7.15/7.30. Call to confirm; the group is small and there december not be someone there for each Latihan. Lucianne 07977 938 151 or Delia 0117 908 1051.

NORTH REGION

Chester Group. From the 7th April 2025 the group will be meeting every Tuesday from 10:30am - 12:00pm at our other venue: Little Barrow Village Hall, near Chester. This replaces our previous arrangement at that premises, where meetings took place on the second and fourth Tuesdays of the month.

Sheffield Group. Saturday 10.30 for 10.45am and Monday 7.30 for 7.45pm. We ask that visitors contact us as one of our rooms is quite small and in the unlikely event of getting a coachload we'd have to make latihans consecutive. Contact: Edward Baker 0114 2748331

Leeds Group (Sub-Group of Sheffield). Gildersome Quaker House, 75 Street Lane, Gildersome, Leeds LS27 7HX. We rent for 2 hours every Wednesday morning 10 to 12 noon.

Contacts: Conrad Aldridge 07747 133 097: Susannah Pemberton 07570 126 088.

Hull and York Group. Sunday 14:30 for 15:00 Women & Men. The Friends Meeting House, White Rose Avenue, New Earswick, York, Yorkshire, YO32 4AE. Tuesday 19:30 for 20:00 Women & Men. Quaker Meeting House 2-10 Bean St, Hull HU3 2PR. Contacts Helena Papps 07895 732 271: Loretta Sheard 0796 0572012: John Sheard 07535 802429.

Liverpool Group. Men and women simultaneously on Mondays and Fridays at 11.00am for 11.15am. The last Friday of every month is called West of Pennines when we have refreshments after latihan. The building is Subud owned at 16 Bridge Road, Liverpool, L18 5EG. Contact is Margaret Hughes on 0151 228 3790. Mobile: 07960 011 317.

Bradford Group. Bradford Group. Mondays 18:45 for 7pm men Thursdays 12:45 for 1:00pm men. Most Fridays 7:45 for 8pm women. Contact: Women – Loretta 07960 572 012 / Men – Howerd 07868 05236 / Lettings – Raphael 07909 488 272.

Manchester Group. 21 Wilbraham Road, Fallowfield, Manchester, M14 6JS. Contact: Peter Hull – 07831 510621 peter.hull@subudmanchester.co.uk Latihan times: Wednesday 12:45 for 13:00 Men and Women. Friday 12:45 for 13:00 Men and Women.

Nottingham Group (formerly Derby). We now meet at Bramcote Memorial Hall, Church Street, Bramcote, Nottingham NG9 3HD. Latihan Times: Tuesday & Thursday (men only) 8:00pm. Ladies by arrangement on Thursdays 7:00pm (call Ilanah Dance 07938 536 985)

Leicester Group. Men: Mon and Thursday 9pm at Scraftoft Community Hub. Malsbury Avenue, Scraftoft, LE7 9F. Women: Alternating members homes Mon and Thursday (VARIABLE START TIMES) Tuesdays at 1pm at Leicester Quaker Meeting House, Queens Road, Leicester LE21WP

SCOTLAND & THE NORTH EAST REGION

Tayside Group. Latihan in the Subud Centre in Perth is on Fridays 7.15 for 7.30 for men and women, and every third Sunday 12 midday for 12.15pm for men and women. Please contact a Tayside member when you plan to visit. We can mostly accomodate another time when arranged beforehand. Group contact: Mirabelle Viviana Scott on m.v.scott24@gmail.com Booking over night stay at the Subud Centre contact Osanna Vaughn on osanna@subudworldnews.com

Balloch Group (Highlands and Islands). We continue to meet in person for latihan on the first Sunday of every month at Balloch Community Hall, Balloch, Inverness IV2 7HG. 10:45 for 11am start. Visitors are most welcome to join us. Additionally, we have a region-wide remote latihan every Sunday between 10 and 11am. We have several WhatsApp groups to aid communication between our widely dispersed and often isolated members. Contact: Patricia Shone studio@patriciashone.co.uk 07756 843 728. ●

Publications

Available from your group Secretary:

Subud: A Brief Description. An explanation for those who do not want to join Subud but might want to know more about Subud before, for example, letting halls to us for latihan.

FORMS – Go to:

<https://members.subudbritain.org/forms-for-members>, click the Resources tab and choose Forms from the dropdown menu to download and print many different forms, including:

- **Gift Aid Form – Single Donation**
- **Gift Aid Form – Standing Order**
- **Member Application Forms**

IMPORTANT:

- Helpers need to promptly complete **New Member Forms**, sending them to the Membership Secretary – via their Group Secretary (for signature).
- **New Helper Application Forms IMPORTANT:** Helpers need to promptly complete parts A and B of New Helper Forms, and then send them to the Helpers Secretary, Annabella Ashby, Tree House, Tanglin, Cuilfail, LEWES BN7 2BE

MANUALS & GUIDANCE – All available Free. See:

<https://members.subudbritain.org/manuals-guidance> to download and print many different manuals, including:

- **New Members' Handbook**
- **Operational Handbook**

Other Subud publications are available from Subud Publications International at their two part website:

- **www.subudbooks.com MEMBER LOGIN** – Bapak's and Ibu's talks, available in different formats, for members only to purchase
- **www.subudbooks.com Books, etc.** by Subud members. Some compilations are of Bapak's and Ibu's words, and some are personal experience books by members. Some titles are available as eBooks to download.

Updates April 2025

New Members

Noor Jehan Ismail (South Downs)
Meredith King (Sheffield)

Groups

Manchester Chair Keith Beesley
Manchester Secretary Simone Hull
South Downs Chair Stephen Weil

Members Contact Details

Elizabeth Russell (Cambridge) 3 Sandford Mill Cottages, Sandford Mill Lane, Great Baddow, Chelmsford, CM2 7RT
Simon & Melanie Milan (Birmingham): old landline now defunct: use mobile 07876 350595

National

Almoners' Secretary SDB Arnold Bryan
almoners@subudbritain.org

Deaths

Roland Bake (Loudwater)
Michael Blackburn (Cornwall)

HAVE AN
UPDATE?

CONTACT:

National Secretary:
national.secretary@subudbritain.org

Membership Database Secretary:
Dorothea Rogers
members@subudbritain.org

New Members Secretary:
Richard Gawen
newmembers@subudbritain.org

Journal Editor: Marcus Bolt
marcusbolt240@gmail.com

Write an Article for the Journal

A recent Subud event you attended...

A personal latihan experience...

How testing or fasting worked for you...

Any other Subud-related stories, ideas...

And if you have photos, please include with text in an email to
the editor

marcusbolt240@gmail.com

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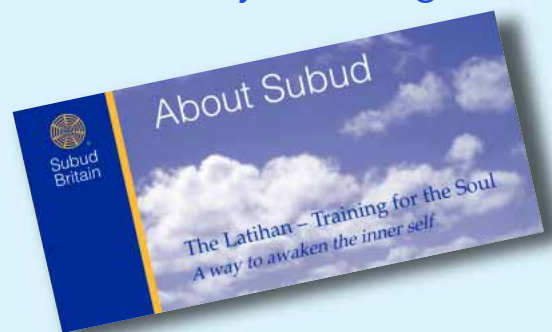
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Contact your group or regional secretary on how to get your copy/copies for distribution to friends, family, or to leave in your local library etc.

Or you can email Dorothea on:
dorothea.rogers@gmail.com

if you want to arrange to have some posted to you (*see page 2 for details*).

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The Printed Journal Digest

The Journal Digest is now bi-monthly.

Please do continue to support the Digest which now only costs £13 for six issues.

For some members this is now their only contact with Subud, so I do hope that even those of you who could easily access the online Journal will continue to support the print version as this helps to keep the cost down.

The bi-monthly versions are twenty pages rather than the original sixteen, so costs a little more to print.

How to order:

Cheques payable to SUBUD BRITAIN.

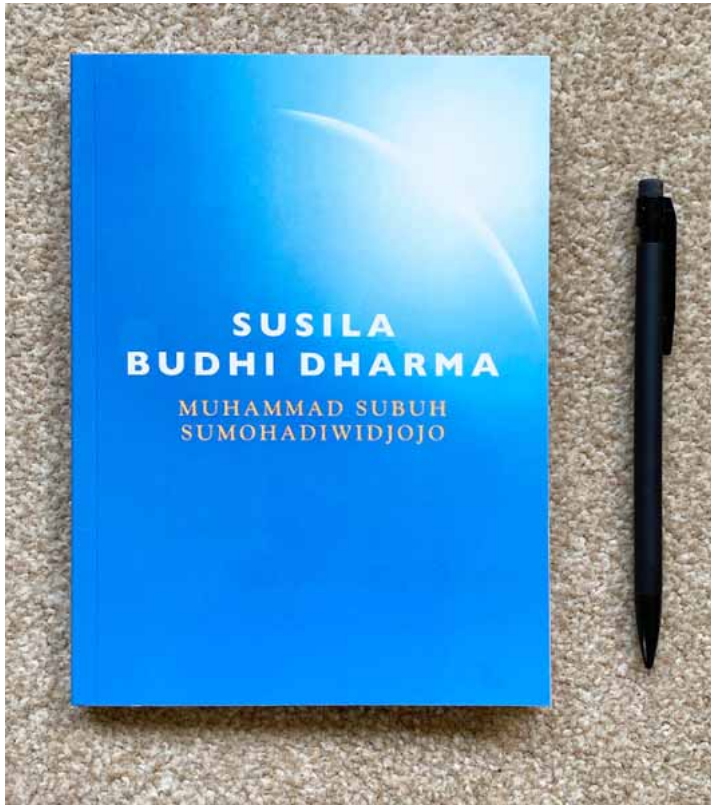
Post to Aleena Flanders, 53 Sandringham Drive, Paignton TQ3 1HR

Or you can pay direct into the Subud Britain account using your name and 'Journal' as the reference – it will be best to email me aleenajillflanders@gmail.com to let me know that you have paid. Subud Britain CAF bank details are:

Sort Code: 40-52-40 Account number: 00005738

Many thanks for your continuing support. *Aleena Flanders*





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SUBUD BRITAIN'S ALMONERS TELL ME MORE

If you would like to know more about what the Almoners actually do, what limitations are upon them, but especially who can benefit from their financial help and precisely how to apply for that help - either for yourself or for another member of Subud Britain, there are two easy routes:-

(1) Visit Subud Britain's website ~ Members' section/resources/forms. Download an Almoners' Grant Application Form and the Guidance Notes for Applicants, plus the Almoners' Gift Aid Form.
(2) If you don't have computer access, or have any problems using it, email:

almoners@subudbritain.org

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REMINDER

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**Susila
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Susila Dharma Britain is the humanitarian Wing of Subud Britain, and as a separate charity it supports various inspirational projects set up by Subud members here in Britain and around the world. These projects are diverse in their nature, covering the fields of education, community development, health and well-being and the environment. They demonstrate the amazing talents and initiatives that are the fruits of the Latihan in the world. The meaning of Susila Dharma is "guided from within to take action in the world" and we encourage all Subud members in their endeavours to improve their own community.

We rely on your donations to help these projects start and become sustainable. We work closely with our international support team at Susila Dharma International Association (SDIA) and collaborate with other SD Nationals to raise money and support projects. For more information visit our website:

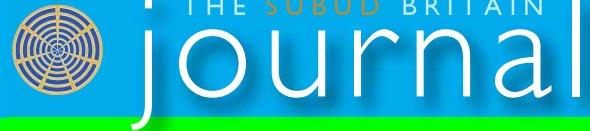
<https://www.sdbritain.org.uk/>

Please contribute to Susila Dharma in one of the following ways:

- On the website via CAF Donate for a one-time Gift-Aided donation
- Set up a regular donation using a standing order form to our bank account: Susila Dharma Britain, Acct No. 00006143, Sort Code 40-52-40
- Send a cheque to Susila Dharma Britain c/o Waugh & Co. Accountants, 51 High Street, Arundel, West Sussex, BN18 9AJ

You can contact us via email on : chairman@sdbritain.org.uk to ask any questions. Please consider helping us by doing some fundraising, or by joining our Board of Trustees – we're a great team of volunteers and it's nice work for a good cause.

Thank you from the Susila Dharma Britain team.



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Disclaimer:

Views and opinions expressed in this publication do not necessarily reflect those of the Editor or Subud Britain.

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