



Kedungjati Café & Getting Ready for Basara

Gaye Thavisin, Rungan Sari resident well known for her Borneo riverboat enterprise, writes from Kalimantan about the renovation of the Kedungjati Cafe and generally about preparations for Basara...

There have been lots of discussions about Basara and, some about Kedungjati, last weekend in Rungan Sari. It seems many have ideas on how to use Kedungjati during the Basara period. The committee have the idea to use it as a hang-out point and place for participants to sell stuff they bring to fund their trips.

We are very grateful for money already received from Subud Australia which was used to do a major upgrade... but if anyone feels to donate towards these additional extensions, to improve the usability of the building for Rungan Sari residents, Basara and beyond, it would be much appreciated.

We are still looking for sponsors for chairs and building the riverside terrace on Kedungjati. Creating a relaxing community hang-out spot linking Rungan Sari residential area with the Eco Centre and the Muhammad Subud Centre (MSC) which is used for latihan and large meetings.

The chairs cost from Rp150.000 each and the renovations are projected to cost Rp20 million, approx 1/3 already received to cover current works.

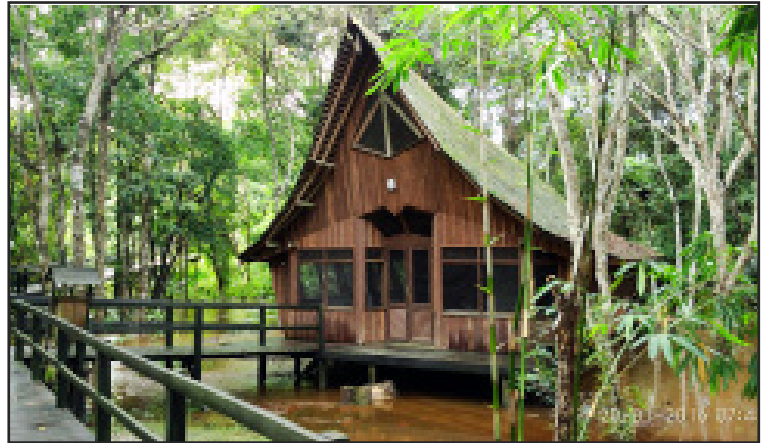
The total cost will be AUD\$2000 and we already raised one third of that to add a kitchen, bench seating and projection screen for meetings. We need the remainder to add a riverside terrace, steps to the river bank, and to improve lighting and for tables. See details at the end of this article for how to give.

Preparing for Basara

Residents gather every Friday night there to raise money for Basara and attendance to our National Congress in February, organised by our young members. It's an opportunity to relax and have fun together, singing karaoke too. We have already raised enough to sponsor local kids to join Basara, so it's working!

We hope the building will be used in future to house a collection of nature photographs and be an enduring reminder of the very successful I Am The Forest Exhibition along the adjoining bridge.

During Basara I think it would be great if the Kedungjati was a cafe and a craft (or whatever) shop. It would



Kedungjati at a time of high water levels due to the flooded creek.



Several cafés at Basara with a festival atmosphere...



be great to have several cafes open at night. I heard that Amaliya will run one at the MSC, and there will be another at the school. It should make a festival atmosphere with music at each.

I had an idea to use Kedungjati during Basara as a venue for hands-on opportunity to teach the young people about setting up your own small enterprise. Looking for some trainers now.

I've already begun renovations, having built in a kitchen and added a pull down projection screen. We plan to build on a river terrace. All this after consulting with Mursalin. Any donations gratefully accepted. We are doing our own fundraising there every week, having just successfully raised enough to subsidise local Subud kids to attend Basara. All from karaoke Fridays. Actually a heap of mindless fun! GREAT!

If you are local and feel motivated to join, please give donations to Gaye. Others can bring money to contribute to this project with them when they come to Basara.

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IMPORTANT ASIAMET ANNOUNCEMENT

A Press Release entitled Asiamet Bought Deal Private Placement to Fund Feasibility Study, dated December 06 2016, has been published on the Asiamet web site.

Some emails I saw from various people seemed to indicate that this was a reason for jubilation. I asked Mansur Geiger if he could explain briefly and simply why we should be excited. He replied...

It simply means we have successfully raised the funding to progress the Bankable Feasibility Study (BFS), after which the project will be able to engage bank finance to build the mine.

More funding will still be required to complete the BFS and that could represent an opportunity for Subud members to come back in. The share price is still very low considering the project is now seen as a go by sophisticated investors.

In 2 years we could see a producing copper mine employing around 800 people and generating around \$150m revenue a year.

And from the Press Release...

Over the past 18 months very significant progress has been made in de-risking the Asiamet assets and advancing the Company from pure explorer to potential developer status. Supported by the excellent technical results received



to date, our highly experienced team are well positioned to deliver the feasibility study for our flagship BKM ("Beruang Kanan Main") project in 2017...

As copper prices have begun to lift from their cyclical low point, we have already seen much higher levels of inbound interest in our Company and projects from a variety of institutional investors, private equity groups, copper traders and end users, and other mining companies. Asiamet is now in a solid financial position to continue de-risking the BKM project and advancing options for funding the project and Company through its next stage of development.

Many of Asiamet's loyal and highly supportive shareholders have added to their investment in the Company, and we have also introduced several new sophisticated investors with a strong understanding of the mining development cycle and the significant value that can be attained from investing at this crucial stage of the development curve.

We look forward to building on the strong momentum established over the past year with a continued flow of news from the ongoing feasibility work program at BKM, strategic initiatives relating to partnering and funding, and from de-risking and advancing the Beutong and Jelai projects."

To read the complete Press Release dated December 6 2016 go to:

<http://www.asiametresources.com/s/Home.asp>

See also the company's Corporate Presentation Nov/Dec 2016.

<http://www.asiametresources.com/i/pdf/presentation-dec-2016.pdf>

IBU'S MESSAGE TO THE NATIONAL KEJIWAAN MEETING IN OSLO

Siti Rahayu Wiryohudoyo, Pamulang, 16th October 2016...

To the brothers and sisters attending the national kejiwaan meeting in Oslo; a kejiwaan gathering is an opportunity for Subud members to be together and to feel the progress of their latihan. When we gather and do latihan together at gatherings it is as if the 'wattage' of the latihan is at a higher level. Then we realise that we are witnessing the reality of God's power.

At large gatherings, we provide the kind of testing that awakens the soul, so that members can witness for themselves how far their latihan has progressed. This kind of testing is very important to do, both for new members and for members who have done latihan a long time. This testing awakens the different parts of the body, so that we experience how our hands, our legs, how all the parts of our body move in response to the tests. This is the most important thing, it is how we put our latihan into practice. This is how God guides us.

We should not only experience those movements, but also be attentive to the feeling in those movements. Then we need to find that same feeling in how we act and how we speak in our daily life. Once the parts of our body are alive, and we act accompanied by that feeling, it means, God willing, that what we do is close to our soul and we are following God's will.

When I was asked to give guidance to this gathering, I was asked what tests would be appropriate. When I give a talk or give testing, I do not plan what I will say or compose the questions beforehand. The helpers responsible for the testing sessions should prepare themselves to be a wide vessel, and pray and ask that the members they are testing with will receive the contact from the power of God.

The helpers do not need to compose the questions beforehand and read them out. Doing so >



Ibu Rahayu.

(photo by Sahlan McKingley)

brings the mind into play, and, when a helper reads a question from a piece of paper, they might not be in the state of surrender needed. The essential thing is for the helper to feel the contact within them, to put aside all self-interest and surrender completely to the power of God before speaking. Then there is a possibility for you to receive questions spontaneously that fit the needs of those present in the testing.

“ *The purpose of the latihan...
so you can feel what is real
happiness...* ”

That kind of testing is very important. But when testing about personal problems, we need to take care. If we have a strong desire for a certain outcome - desire comes from our nafsu - we may receive that it is right to do something, when in fact it is not. And the helpers who test with us, might also receive it is right too, since it is possible that even they get influenced by our desire.

So, be careful when testing, especially about personal problems. Testing too much and relying on testing to resolve problems all the time can actually reduce our faith in God. And the helpers run the risk of becoming fortune tellers. Some members think they can resolve all their problems simply by testing. But even if what they receive is true, they forget that God will only help us if we make an effort first. This is why we need to be conscious and aware and attentive in our actions.

This is what I mean when I say that we must bring our own being to a state of harmony. If you are unable to make your own self harmonious, how can you get along with other people. Even though you talk about it, even though you walk arm in arm, but if within your own self there is no feeling of harmony, how can you bring harmony to a group, how can you make your family harmonious, and how can you create harmony in society?

The cause of disharmony is nothing other than the ever present lower forces taking control of your being. Yet you don't want to acknowledge that these forces will cause a degradation of your human qualities. If these forces become too deeply embedded in your being, they will mould your behaviour until it becomes very hard for you to be aware of your own self.

You can no longer tell what's right and what's wrong, what's good and what's bad. They mould your nature into someone who only considers themselves, who must always get their way, and so on. Then you no longer have any opening to make sacrifices, to love, to want to understand the needs of others. Such a nature will naturally bring you much trouble, when you mix in society, or in your family life.

This is why, brothers and sisters, the purpose of the latihan is not just to move the parts of your body, to relieve your confusion, or to forget your problems, but so you can feel what is real happiness and know what it is that we can enjoy from this latihan.

That is my message. I hope you will be able to accept and understand it.

Sincerely, Ibu, Siti Rahayu Wiryohudoyo

THE BEST OF 2016

Muhammad Bachrun and Daniela Bustillo began a new initiative in Kalimantan, empowering youth with football, including girls as well as boys.

Ilaina Lennard writes about some of the stories from Subud Voice 2016 that she found most inspiring...

What are the signs that Subud is really working in us? We must have the courage to ask. Certainly I see it in how the faces of my Subud friends gradually become more beautiful. But is there now a golden thread of latihan running through our entire lives and in what we do? Bapak stressed so often that for Subud to grow strong, and for us to deeply feel the latihan action in

ourselves, we must be active, do enterprises.

Of course there are thousands of enterprises outside of Subud that are much to be admired, but to get the bigger picture of what's happening within our present Subud community, I went through each issue of SUBUD VOICE 2016. Judge for yourself, but below I have listed some of the many inspiring 2016 stories that I found.

EMPOWERING YOUTH WITH FOOTBALL

At the Australian Congress, Muhammad Bachrun and Daniela Bustillo talked about a new initiative in Kalimantan, empowering youth with football. Mhd Bachrun and Daniela are long-term residents in Rungan Sari. They began the project together with other Subud members and Indonesian friends in March 2015 with 20 kids and they now provide it to more than 120, including 20 extremely enthusiastic girls. This is the first project of this kind in the whole Province.



Muhammad Bachrun and Daniela Bustillo began a new initiative in Kalimantan, empowering youth with football, including girls as well as boys.

PERMACULTURE FOR KALIMANTAN

Australian Subud members, Jayadi and Frederika Paembonan are creating a new environmental and social project in Kalimantan and they have moved there with their young family. The tool they are using is permaculture which is an approach to sustainable agriculture and sustainable living first developed in Australia and now used worldwide. They are introducing permaculture to communities in Kalimantan.

CALAIS REFUGEES

This inspiring on-going story was about the refugees in Calais, France. Early in the year, SV reported on what the group in Subud Lewes was doing.

There are many, many people: about 6000-7000 and more arriving every day. They have also built a church and mosques. They all stay in tents and shelters behind the main dirt road on sandy dunes. Most of them are sleeping on the bare ground. It is very windy and muddy. There are only a few water taps for the whole camp. The portable toilets are overflowing and have contaminated the water.

The team, which on this occasion was led by (Subud member) Raphaella Sapir, parked their vehicle behind the youth hostel where they stayed, when French locals set fire to it. The ensuing blaze completely destroyed the van.

“It was lucky no one had slept in van this time, someone could quite easily have been killed,” said Raphaella, adding, “The vigilantes are trying to dissuade us from assisting the refugees by both frightening us, and destroying our means of delivering the supplies, but we’re determined to continue.”



The Hearth, a café in Lewes, raised money for refugees in Calais.

And Annabella Ashby, Chair of SD Britain, wrote this:

“Last September, (in 2015,) Adrienne Thomas and I decided that we could not stand by and watch the way that refugees in Europe were being treated, so we made Soup (Soup Aid) and sold it for a donation. We have been doing this every Friday at a local pizzeria and so far have raised over £9,000. There are about 20 people, mostly Subud members, who are involved in either making the soup, serving and volunteering in Calais or sorting donations of clothes, tents etc. Currently the money goes to unaccompanied children in the Calais ‘Jungle’.

“As well, David Stevenson and Raphaella Sapir arranged for Citizens UK to give training to 70 Lewes residents. These 70 people now form an action group to welcome, house and educate refugees in Lewes. Peter Murray is leading the welcoming and welfare group.

“Lillian Simonsson has been working hard to get the House of Lords and House of Commons to accept the ‘Dubs Amendment’ which requires the UK to accept 3000 unaccompanied refugee children, in the same way that Nicolas Winton saved children from the Nazis before World War II. She is at this moment publicising a petition to get our local MP to vote for the amendment.

“Raphaella Sapir and her husband David Stevenson and son Toma, have been to Calais eleven times between them over the last three months, building shelters for refugees over several weekends.”

THE HUMAN FORCE PROGRAMME AND VOLUNTEERING

Time and again volunteers talk about getting much, much more out of a volunteer experience than they put in. This year’s Human Force programme is all about the environment! Expect to learn about conservation and sustainability from the experts. The camp is timed to precede the planned Basara Youth Camp (in Kalimantan).

A NEW WORLD BANK

Not a few members have tried to rekindle the concept of our experts coming together to launch new, major enterprises supported by a new World Bank or financial institution. But since Bapak’s passing our Association has preferred to put such activities on hold and our World Congresses barely touched on the subject that had become such a core emphasis in all our Congresses while Bapak was with us.

At the New Zealand Subud World Congress the first steps were taken to explore the prospects for starting again. SESI was resurrected and tasked with this mandate. But SESI, itself, cannot start a new World Bank or world financial institution or even an enterprise. Its task is to motivate our experts to undertake these activities and to provide whatever support is needed to help this happen.

A CENTERPRISE FOR SUBUD LOS ANGELES

Hanafi Fraval writes...

“This is a success story about a Subud group that has seen four major changes over the past two years. It is a Centerprise, if you will, that uses an entrepreneurial approach....

“Two years ago, Subud Los Angeles was struggling to pay its expenses and the maintenance of its landmark building. In fact, most months Subud LA was losing money. We were renting the ground floor, primarily to Alcoholics Anonymous groups. As there are no enterprises in the group, most of our financial burden fell upon our membership.

“It is a prestigious location, but there was nothing on our building to identify it as a local Subud center. Then Luqman Katz was elected chair. And it was not long before Luqman told us about a start-up company that wanted to rent the ground floor. The tenant moved in and, over the course of the past year, has spent \$45,000 upgrading the ground floor space. It looks fabulous. And the

rental income makes the group sustainable from the end of 2016.”

IN SPAIN: SUBUD ALPUJARRAS

Leonard Hitchcock wrote: “In June, the land and emerging new latihan hall complex was formally signed over to the Subud Alpujaras group in Andalucia, who are now the new owners! This is an important step and means that we can now utilise Subud funding such as the MSF grant of \$50,000 [around 44,000 Euros] to help carry the project forward to completion. All the funding up to this point has come from individual group members and one generous donation from a well-known Subud entrepreneur, as well as a grant from Zone 3.”

WAR ON WASTE

Ariana Susanti is an expert in packaging - having held many positions in her career including President of the Asian Packaging Federation. Recently she gave this impressive news:

“ I organised a seminar about War on Waste. Why? Because according to the Ministry of Environment, the total amount of garbage in Indonesia in 2019 will reach 68 million tons, and plastic waste is expected to reach 9.52 million tons, or 14 per cent of the total.

“The target of reducing landfill waste overall by 2019 was 25 per cent, while 75 per cent of waste handling by means of 'composting' and recycling is taken to the Dump area. A collaboration between government, industry and communities can be achieved to address the problem of solid waste.

“Speakers at the seminar included: Director General of Waste Management and B3, Ministry of Environment, Stuart Hoggard, a speaker from EP Resources, Singapore, and Christine Halim, chairperson of ADUPI / Association of Plastic Recycled Indonesia and Akiyama Mignone, Environment Director of Tetra Pak Indonesia.”

ACORNS OF LIFE

A wonderful new fundraising initiative is happening in the south of England to raise money for the Kwilu Ngongo Mother-Child Hospital which is being built by SD Congo and its partners in the Democratic Republic of the Congo – the fourth community managed health centre to be built and managed by SDC in the DRC (DRC).

Melina Clark, who lives in Sussex, near Lewes, is giving to the health centre project 100% of all profits generated from the sales of her hand-crafted acorn necklaces, which make up a collection called Acorns of Life. The Acorns of Life pendants were promoted during the festival and sold at a gallery in the village, One the Square. The owner of the gallery, Magda, has agreed to charge minimal commission on sales, and Melina is giving 100% of her profits to SDIA for the Kwilu Ngongo hospital.



Paul Roberge with the first brick from the brick-making project in the Congo.

Update on the Kwilu Ngongo project: the Mother-Child Hospital Center of Kwilu

Ngongo is being built with the support of SD Britain, SD Germany, SD USA, the German government and a Canadian family foundation.

SV October 2016 added:

The expansion of Susila Dharma projects in the Democratic Republic of Congo (DRC) is an example of the SD network working together – and moving out into the world. The most recent edition of the SDIA eNews recognised how our longer-term partners and the SD Network have worked in a coordinated manner to help SD Congo develop as an important player in health and education in the country, and particularly the Congo Central province where most activities are carried out.

Paul Roberge documents the long journey, supported by so many Susila Dharma nationals and donors, to buy, transport and put into operation a brick-making machine for SD Congo that will help sustain the organisation and provide low cost, high quality building materials for SD schools, clinics and hospitals in a country in desperate need of good infrastructure.

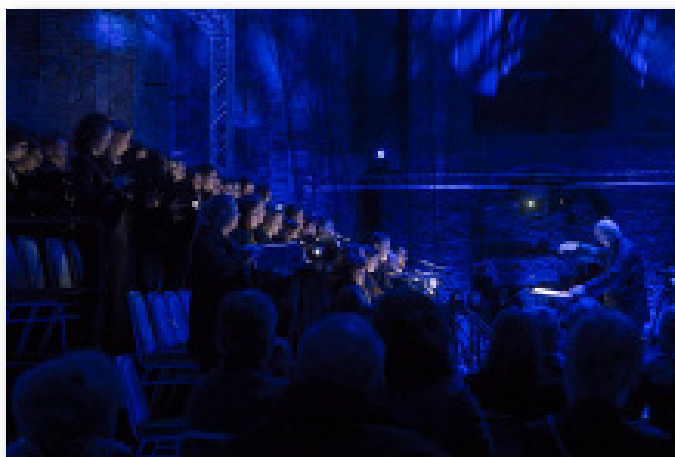
CLEAN WATER FOR A HOSPITAL IN THE CONGO

Earlier this year, many generous donors supported Susila Dharma International Association (SDIA), SD Congo and CEDERI- Madimba – a project member of SDIA and SD Congo – to bring clean water to its hospital center in Kongo Centrale province as well as to a nearby village.

THE BIRTH OF COLOUR

The Birth of Colour is a SICA project launched by Honora and Dahlan Foah, which will have its première performances in Budapest..For more information, please visit www.birthof-color.org. The piece is an opera based on ancient and new scientific ideas and images about the creation of the universe.

Honora Foah is both a mythologist and a science enthusiast with an inspired interest in how we imagine the world and therefore how we act. Lucio Ivaldi is the composer, poet David Brendan Hopes the lyricist. The projection designer is Nicola Vidali and Honora Foah is the author and director.



The Birth of Colour performance in Budapest.

The story is narrated simply, almost as a basic myth, combining elements of physics, the ancient Indian Vedas, dark matter and dark energy, the evolution of the basic forces and Goethe's colour theory. The Creation is told as a love story, where the original oneness engenders longing and appreciation as it begins to split into all of the parts of the manifest world. The work is a reminder of the sheer beauty and wonder of creation and how the more we understand, the more mysterious and beautiful it becomes. ●

THE EFFECTS OF PRAYER

I strongly believe in praying. So often in my life my prayers have been answered. The Qur'an teaches us that God will answer most of our prayers, but not all, and that the reason for this is that God also wants to test us. I know several people in and outside Subud who have had the same experience with praying.

I recently visited the Shrine of the Virgin Mary in Walsingham, Norfolk, U.K., where I was touched to see so many tiles on the wall recording the gratitude of believers that a particular

prayer had been answered.

Bapak mentioned the importance of praying many times. He told us to 'ask' God to improve our latihan and to help us make progress, adding that without asking we might get stuck.

He also said that praying directs us and our latihan towards God and that without it our latihan hasn't got direction. Nowadays, my wife and I follow Ibu Rahayu's advice and as helpers we pray just before the latihan that God might grant the members to receive the blessing of the latihan.

I've had several proofs of the importance of praying for others. My grandmother visited me once, surrounded by a blue light, to thank me for praying for her, about three months after she'd died. I was able to visit my father in the afterlife twice and was shown how my latihan and my prayers had helped him progress.

Some years ago I'd received in a dream that I had to pray for a Subud brother, who'd left Subud, to return to the latihan. When I neglected praying for him after some time, I received again in a dream that it was of vital importance that I should continue. Last month he emailed me saying that he'd gone back to the latihan and how happy it made him.

My son worked in the music business, was using drugs and had been sucked into a very unhealthy lifestyle. My wife and I, my wife's family, who are in Subud, several Subud friends, plus my mother and her church group prayed for over two years that he might find the way out of this.

One day our son had a freak accident, as a result of which he nearly died. When he recovered he'd changed completely, talked about God, started praying and left the music business and drugs behind him. He was opened and goes to latihan nowadays.

The writer of this article wished to remain anonymous. The article first appeared in Reminders of Reality, the online compilations of Subud members' experiences edited by Emmanuel Elliott which can be found at <http://remindersofreality.weebly.com> ●

SICA SECTION

DO YOURSELF A FAVOR

Do yourself a favour immediately and go to Frances Madden's website:

www.francesmadden.com and purchase her CDs (the studio one and the live one) and also see if she's going to be playing a gig anywhere near you anytime soon. If so, make sure you go and see her.

The thing about this young woman is that she just keeps getting better and better. A few years ago when she first started to appear amongst us, she was already very good. She was a very good singer and a very good piano player. It was hard to believe she would ever need to get much better

But every time you see her, she is better. She has improved. How is it possible?

I went to see her perform last night. How has she improved? Well, she has



become much deeper. She always had power to both excite and to enable you to experience emotional depth, but all this has become much more intense at both ends of the spectrum.

Last night she played some numbers that verged on rock 'n roll, "Can't Buy Me Love" "Route 66" and she was generating the kind of excitement that comes from rock 'n roll. Her original song "Rain Down on Me" (I'm sure you'll get the reference) is pure R&B and a great up tempo finish to the show.

On the other hand, when she performs the great songs from the American songbook such as "Georgia on my Mind" or "Over the Rainbow" or some of her own great originals such as "I Will Remember You", she can awaken very deep and tender emotions in an audience.

Polished Surface and Great Depth

What Frances offers is an extremely competent polished surface beneath which there are great depths.

Her programming has always been very good. But now it is even deeper and richer. She presents you with a great variety of music. Rockers, jazz songs, standards from the Great American songbook, her own compositions which also include a great range of moods and genre.

Harris (the other Harris), her dad, told me that Frances pays a great deal of attention to getting this variety into the show, and the way emotion flows from song to song through different moods.

Another area in which she has deepened is that her phrasing is now even more amazing than it used to be. Her ability to find so many mesmerising ways of uttering words like "love" or "Paris"! Frank Sinatra, eat your heart out.

Bandleader

Another thing: I saw last night that Frances now has a great ability to weld a band together. Very certain now of her own abilities, she writes all of the arrangements and she is able to provide a platform on which the other people performing with her can also star. She has become a band leader. When someone in her band solos, Frances looks as if she is really, really enjoying it.

There was some really great jazz last night the most alive jazz I've heard for a long time. Harris (the other Harris), said to me before the show that she had never played with these musicians before. With the exception of her drummer, whom she brought down from Sydney, these were all Melbourne musicians she hadn't played with before. They hadn't had an opportunity to rehearse as a full band before performing.

Harris said to me, "They might take a few numbers to warm up but they'll settle down."

On the contrary, they were rock solid from the beginning and only got better and better. There were some really great solos on guitar, saxophone, trumpet, bass and drums. There was real excitement generated in the room. The backing singer was also very good, nice vocals, nice moves.

It's easy to see why in the past few months Frances has been invited to play with the legendary Dionne Warwick, with Grammy Award winner Gregory Porter and to perform at the JZ Club in Shanghai.

I imagine that the musicians who played with Frances last night probably went home from the gig feeling very satisfied. A lot of a jazz musician's life is probably pretty boring, playing humdrum music to keep body and soul together, so I imagine that all those musicians last night must've felt pretty excited that for once they were up on stage with people they could respect, and be challenged to play at the very height of their excellence.



*Invited to play with the legendary
Dionne Warwick...*



The Conversation

I can imagine one of these musicians going home. His wife is already in bed. Hair curlers in her hair, book propped up on her knee. She says, "How was the gig darling?"

"Amazing."

"Oh yeah, how?"

"Well, it's this girl from Sydney. She's really good. She sings, plays piano, composes."

"Like Diana Krall?"

"Yes, in that genre. I was playing with guys I've never played with before but we really melded. And I don't know, I just played the best I have in years. I mean I just got excited about music all over again.

"This girl has awakened your muse, darling."

"Yeah, I guess she has. In fact while I was up there on the stand I was thinking about how I would come home and I would pull out that jazz opera I abandoned all those years ago and start working on it again."

"Yes, but not tonight, darling, not tonight. Come to bed now."

Go now...

And as for you, do yourself a favour! Go to Frances' website and buy her CDs and find out when she's playing next. www.francesmadden.com

She has lots of clips on Youtube. This one is a killer with a Latin pulse, "Besame Mucho". I think it translates as something like "Cover me with Kisses". Love the Spanish accent, sometimes tough, sometimes tender. <https://www.youtube.com/watch?v=IGtzip9yVYa4>

PS. Frances Madden will be at Basara. Another reason to go. It's not too late to book your tickets and accommodation – www.basarayouthcamp.com ●

LITERARY MAGAZINE IN PAKISTAN

Latifah Taormina writes...

Here is a link to an article praising the work of our sister, Siddiqa Begum, who edits an amazing literary magazine in Lahore, Pakistan.

<http://dailytimes.com.pk/life-and-style/22-Dec-15/its-the-80th-issue-magazine-review-adab-e-lateef>

I have posted this link -- with our congratulations to her -- on our SICA Facebook pages. And I have noticed Siddiqa commenting on different posts on our Facebook pages before this, but have had no serious exchanges until something here prompted me to reach out to her.

I – and Lael Belove here in LA – are reaching out to her re possible Poems for Peace initiative in Pakistan next year. Will keep you posted on that.

In the meantime, I also see from Subud World News contact pages that she is also the KC for Pakistan.

See also this link...

<http://www.dawn.com/news/1138919>

Siddiqa Begum has been the editor of literary journal, Adab-i-Latif, since 1981. The journal was founded by her father Chaudhry Barkat Ali and it has survived, mostly due to efforts of his next generation, when literary journals from Lahore have stopped publishing one after another. ●



Siddiqa Begum.



Gold Coaster Izellah Connolly, 10, is among four young stars to play the lead role in *Matilda The Musical*.

Picture: TONY COUCH

Izellah a proud member of Matilda's fab four

SUZANNE SIMONOT

SUZANNE.SIMONOT@NEWS.COM.AU

IZELLAH Connolly may only be 10 but she is already a musical theatre professional who has shared the stage with some of the country's biggest stars.

The Gold Coaster is one of four Queensland performers playing the lead character in *Matilda The Musical* being staged in Brisbane.

Adapted from the Roald Dahl classic, the often dark

but family friendly story has songs by Aussie musician and comedian Tim Minchin.

Already the most successful ever musical in Australian show business history, *Matilda* opened in the Lyric Theatre, at QPAC in Brisbane, on Friday.

Izellah, a piano and vocal student who takes dance and acrobatic classes at Mermaid Waters studio NAPA, will alternate in the role with Annabella Cowley, Vernice Harris and Eva Murawski.

St Hilda's School student

Izellah has had her sights set on being a performer for as long as she can remember.

In a sign of things to come, she recorded a version of *Quiet*, from *Matilda*, on her debut album *From The Heart*, released in 2014.

She made her professional debut at QPAC that year, alongside Lisa McCune and Todd Tahu Rhodes in the John Frost/Opera Australia co-production of *The King And I*.

Izellah then returned to QPAC this year to appear

alongside Amy Leppamer, Cameron Daddo and Marina Prior in The London Palladium production of *The Sound of Music*.

If you're wondering how thrilled Izellah is to be back at QPAC, you'll have to wait until the curtain falls on the season to find out.

The producers have a policy of keeping the children away from the media while the show is in-season.

Matilda The Musical plays the Lyric Theatre until February 12.

ERICA SAPIR: DEVELOPING TALENT

Erica Sapir, born and raised in Florence, was living in Israel when her SICA story began. She now calls France home — when she's not travelling with her puppets on behalf of Puppeteers without Borders which she co-founded with two friends. Erica has also served on SICA's Board of Directors.

<http://www.puppeteerswithoutborders.com>

Sometimes in Subud one encounters an example of "this is exactly how things are supposed to be". Erica's story of the development of her talent is exactly of this kind. Erica tested about her talent, found it was to do with theatre, which led to puppeteering. She got training, started to do it, has been extremely successful, and it has developed in unexpected and ever broader ways.

In particular she has learned how to use puppets not only as a profound theatrical and entertainment medium, but also as a humanitarian activity. That is why she co-founded "Puppeteers without Borders" which we will look at in more detail in the second article in this series.

Talent

Many people would describe SICA as being all about talent. Or at least that is one of the most practical and down-to-earth things we can associate with SICA. This is where SICA can really help your life. You can discover your talent, and once you know that, a lot of other things open up for you.

". . . Now this culture is not limited to dancing, or singing, or art in general. The human soul also touches human thought. . . . So for example some people become doctors, or architects, and so on. . ."

"This is why Bapak made the decision to set up a Subud wing called the Subud International Cultural Association, or SICA. Bapak hoped that through SICA, Subud members who had a talent in a particular field would create something truly new or different, something that would touch other people, meaning people who are not in Subud, people outside Subud."

Ibu Rahayu, Singapore, 10 March 2002, 02 SIN 2

Talent can be the foundation of your self-esteem, your self-confidence and your dignity as a human being. And on that foundation many other things can be built. Good relationships. A place in society. Being of help to other people. All this is very well exhibited in Erica's story.

For the first part of the story, contained in this first article, I did not need to actually interview Erica at all because she had already written about it extremely well herself in an article which had been posted on the SICA website. There, Erica wrote...

25 years ago, in my early forties, a respected and dutiful mother of five semi-adult children, I decided, carried away by the Subud fashion of those times, to test my true talent. In my CV there



Erica Sapir..

was a brief, youthful stint in journalism, an interest in Art, a passable ability to draw, and a brilliant career in motherhood.

“ *The dwarf has been performed 100s of times...* ”

The test showed, to my utter surprise, that my talent was in Theatre.

Now, theatre was something I was never even interested in. True, when I was a little girl and had assisted with a very primitive puppet show (with paper figurines attached to sticks) made by some neighbours, I was overwhelmed by the magic of it, and when I had small children of my own I made puppets for them and encouraged them — with great success indeed — to make small shows for family and friends.

So, testing showed that Theatre — with a big T — was my talent. And it didn't help when, at an international meeting in England, I tested again, with experienced helpers, without telling them of my previous receiving. (I was driven by desperation to such deceptions.) They received ever more clearly that even the timing was right for me to work in theatre!

I was sure that everyone in the profession, my family, and everyone who cared would make fun of me.

The safest way to start was with puppetry. I took books home. I went to see a lot of puppet shows — and I found out that there was, within theatre, a whole area that actually left me spell-bound. That is the area which is called "Visual Theatre," which includes the art of performance, puppetry for adults, as well as for children, video art, mime, installations, working with masks, and different combinations of all those.

"By chance" I discovered that a new school for visual theatre was just opening in Jerusalem, (some 100km from where I lived), and at the last minute, I applied for enrolment, thinking that if I were accepted, it would be a "sign" and everything else would fall into place.

And so it did. Out of some 100 applicants, 15 were chosen and I among them. An elderly Subud sister living in Jerusalem happened to need someone to sleep in, so as not to be alone at night. My two teenage girls who still lived at home were very brave and encouraging, and the puzzle pieces did fall into place. That's how a totally new life began for me.

The studies (three years) were very intensive, interesting, eclectic — and although I was, at 43, the oldest student, I soon started to feel completely in my element. I would be back home at weekends, cleaning and cooking as much as I could, but feeling a renewed energy and happiness. I can't remember having ever felt tired or discouraged.

The Dwarf

As the final project, I chose to do an adaptation of an amazing novel which I had found, again "by chance," in a secondhand bookshop. *The Dwarf*, by Nobel Prize winner, Par Lagerkvist. Virtually unknown in Israel and very foreign to the local culture, the novel is about a dwarf in the service of a prince of the Italian Renaissance. Being born and raised in Florence, I found the story impossible to resist.

In the adaptation I made, I acted the dwarf with a kind of body puppet attached to my neck, while the other characters were small puppets which I manipulated from various parts of a table on which the dwarf puppet was sitting.

Teachers, fellow students, and families at the end-



The dwarf from Erica's production of the same name, about a little man from Renaissance times.

of-the-year performance received the piece very well. Among the teachers who expressed a positive reaction was my acting teacher, Yehuda Almagor, a young and very good actor himself. He encouraged me to "do something" with the short fifteen-minute piece, and after consultations, my own hesitation, and discussions, we decided to work together on the same idea, and develop it into a full show for adults with him as the actor, and me doing . . . all the rest.

“ It was an exhilarating time... ”

It was an exhilarating time. We worked for some six months, enlarging the adaptation, directing together, and me building new puppets (this time, life size), and props.

The debut was at a new festival in Tel Aviv called Theatre Netto — quite prestigious — and we received second prize.

"The Dwarf" has been performed hundreds of times in Israel and in Europe in many international festivals. (We translated it into German and English.) We received a special prize in Germany. Since then, I have worked on many other shows, mainly as designer and puppet builder. Work has been steadily flowing without having to look for it.

In Calcutta

After a few years of this, maybe as a delayed reaction to death in the family, I felt I needed an interlude, and again, encouraged by positive testing, I travelled to India with the idea of working as a volunteer at Mother Theresa's Home for the Dying. I lived in Calcutta for 8 months, during which time I also worked with children who live at the huge railway station, doing with them "art lessons," and of course, a puppet show. I also did a workshop for teachers at a school for the handicapped. These activities sowed some seeds for what was to come later. . .



While staying at Saint Mother Theresa's place in Calcutta, Erica did puppetry with the abandoned children of the central railway station.

After one year, I was back in Israel with renewed enthusiasm.

I worked on another puppet show for adults with the same actor, and we were invited to participate in the prestigious Jim Henson Puppet Festival in New York; and for another show for children, I won a first prize at an International Festival in Israel.

Puppets and Humanitarian Causes

In 2001 I moved from Israel to France, and settled in a small village, far from Festivals and Theater groups. I therefore started to cultivate the seeds I had kept from my visit to India: to see ways in which puppetry could help humanitarian causes. I created with friends, former colleagues from Israel, an organization which we called "Puppeteers Without Borders", through which we offer our know-how in puppetry as a way to pass on messages on hygiene, human rights, violence, AIDS awareness, sex education.



We are invited to all corners of the globe, where we teach educators, health workers, and social workers to make their own puppets and to use them in their work.

It has been an interesting, exciting journey, which, I am sure, would have never taken place without those fatal testings about "my true talent".

Now at the age of almost 70, sometimes I would like to rest, but it seems that “the Higher” thinks differently.

There is a joke going around: “How do you make God laugh?” The answer: “You tell him/her about your plans!”

The second article in this two-part series about Erica Sapir will appear in the next issue of Subud Voice.

For more inspiring stories about people discovering their talent see:

<http://www.subud-sica.org/index.php?hkat=4&ukat=11>

SWIM

To download the latest issue of SWIM, the Subud literary magazine with many excellent stories, articles and artwork go to...

<http://zine.sicabritain.co.uk/swim-6-winter>



THE RELATIONSHIP BETWEEN THE SEXES

Some passages from John Bennett's book Concerning Subud selected by Ilaina Lennard...

Page 166: The relationship between the sexes is not only the foundation of human existence here on this earth, but also the means whereby the completion of man is realised. This need not imply that the way to completion is closed to the man or woman who does not wish to marry during their present life here on earth. All that it does imply is that the unification of the male and female elements of the soul must be accomplished either before or after the death of the physical body.

Here I should refer to some misunderstanding of Pak Subuh's position, owing to his insistence on the sacred character of marriage and the part it plays in the completion of man.

It appeared from this that those who did not marry were in a hopeless situation, and it was even suggested to us, before Pak Subuh's arrival, that unmarried women beyond marriageable age should not be accepted for Subud. In his early talks in England, he gave special attention to married couples, and impressed upon them the mutual need of husband and wife. It was not until later, when we remarked on the very striking progress made by several unmarried men and women, that he gave a further explanation.

He said that if the wish to serve God is stronger in a man or woman than the wish to marry, and if the wish to marry disappears automatically in the latihan, then it is possible for such a person to pass through all the stages of preparation in this life and come to the unification of the soul – that is, to meet their true spouse – after death.

[Those who treat the sexual relationship lightly](#)

Page 168: We cannot leave this subject without making clear the position of those who treat



John Bennett.

the sexual relationship lightly. In the sexual act there is a contact between the male and female essences, and whether it is made in wedlock or in wanton promiscuity, it leaves its mark upon the essence. Since woman is the passive, or more correctly, the receptive element of the complete soul, the results of the contact are stored up in her. She therefore, inevitably must suffer if the relationship is broken. Men who take advantage of the receptivity of woman commit a grave injustice, for which, sooner or later, they must atone.

“ Sex... the greatest curse or the greatest blessing? ”

That these are no empty words can be seen in the latihan, when men whose sexual lives have been irregular have to pass through a period of purgation before they can be liberated from the results. But in this earthly existence where the material soul is dominant, it is not men but women who chiefly suffer the consequences of broken unions. The mysterious laws of interpenetration of essences act in such a way that, if a man comes into sexual contact with a woman who has had many irregular relationships, he picks up the influences of the other men, and his own state is therefore poisoned ...

It must therefore be understood that it is equally disastrous for men and for women to allow themselves sexual irregularity. Nothing traps us more helplessly in the stream of mechanicalness, or does more to diminish our potentialities, than to allow our essence to become contaminated with the results of other people's lives. This we do when, without discrimination, we come into the essence-contact that is inseparable from the sexual act.

Thus it is rightly said that the power of sex can be the greatest curse of man, and that it can and should be the greatest blessing, for by sex our humanity can be degraded or by sex it can be perfected. As long as people are still in the early stages of purification, they must be protected against the power of sex. ●

THE LATIHAN, SICKNESS AND HEALTH

Harris Smart writes...

What is the relationship between the latihan, sickness and health?

I recently had a correspondence with Robert Coker about this subject. Here is what I wrote to Robert, followed by his response to me...

In the Realm of the Miraculous

The first thing to be said is that sometimes miraculous cures occur in Subud. One dramatic example of this is the story that when Eva Bartok joined Subud she was healed of a stomach cancer and was subsequently able to give birth to a healthy child. (For an account of this experience see Harlinah Longcroft's History of Subud: Vol 1: Book 2, pp 137-139.)

Another example well-described by the person who experienced it, is Melinda Lassalle's healing of leukaemia. She has described this extremely well as a profound and most unusual spiritual experience. The article is reprinted in this issue.

This experience has been several times published before, including in the Subud health magazine, Resonance, which flourished for a while. Let's hope the day will come when this periodical will be revived as it is an excellent reference work for the topic "the latihan, sickness and health".

I have heard of other examples of healings, which could legitimately be described as belonging to the realm of the miraculous. In my book *Sixteen Steps*, the title story describes how a Subud member, to the amazement of his doctors, had a process of going blind reversed after listening to Bapak talks.

The Latihan Combined with...

However, while there are many such stories in Subud, some of them more well-documented than others, some of them more credible than others, nevertheless, they are still comparatively rare. They may be more common within Subud than they are in the population generally, but they are still rare.

“ *The latihan and messages we get from the body...* ”

For most people, being healthy is a combination of assistance provided by the latihan combined with a range of other aids to health. These might include paying attention to your diet and getting enough exercise: conventional Western medicine; that smorgasbord of alternative therapies some well-established like osteopathy or naturopathy or homeopathy; others of more recent vintage and possibly more dubious provenance.

An extreme example of this is people in Subud who have had cancer. In my knowledge of these cases they have combined paying attention to the assistance available from the latihan, with seeking the best healthcare.

The way the latihan comes into it is that it often provides guidance. So an example I know of is that someone who was dying of cancer was guided by the latihan to discover a diet which can be very helpful to people suffering from cancer (the Gerson diet), and her cancer did indeed go into remission when she followed this diet.

In general, the latihan should incline us to pay attention to our health. As Bapak often said, and as most of us have experienced at least to some degree, the latihan begins in the body. The latihan should make us more aware of our bodies and the messages that it sends us.

Messages from the Body

As we all know, the body is continually sending us messages about the state of our wellness or not-wellness. We start to sniffle and sneeze. We are getting a cold. We have an extremely suspicious and sharp pain in the vicinity of our liver. If we are wise, we will go to see a doctor about it. And so on.

We are all aware that we get these messages from our body. Pain being one of the most powerful messages and indicators. We ignore them at our peril, which nonetheless we often do. But sometimes the message becomes loud enough that we take notice of it and perhaps even take steps to do something about it.

In theory at least, and probably in practice in many cases, following the latihan should make us more sensitive to the messages we receive from our body. Of course, even the best of us are probably not sensitive enough, and still ignore important messages. They get lost in all the clamour and glamour of all the other messages we are receiving.

But hopefully we become more sensitive to these messages, pay more attention to them, and hopefully our health improves and we become more capable of overcoming illness.

There are always messages coming through. What is that pain? Am I getting a bit overweight? Shouldn't I perhaps cut down on eating all this sugar and drinking all this coffee? Is it right for me to spend all day lying on the couch like a potato? Shouldn't I be getting more exercise? What is that very sharp pain in my bowel? Could I possibly be getting bowel cancer? I wonder if I should go and talk to my doctor about it. And so on.

Less Stress

I think that most people would agree that, generally speaking, the latihan makes you feel less stressed. The latihan helps you to cope with stress better. It teaches you how to become more relaxed to some degree.

>

I think there is general agreement that stress contributes to many illnesses from the common cold to cancer. So to become more peaceful, to be not so much at the mercy of negative motions such as anger and depression, must contribute to physical and mental health.

“ *Is RELAX the most important word in the Subud lexicon?* ”

Also I think that most of us would like to believe that the latihan contributes in a general way to becoming more wise. To not continually be repeating the same stupid mistakes. The latihan should enable us to make better decisions about a whole range of things including our health.

The latihan should assist us in giving up destructive habits such as smoking or whatever else we do that's not healthy. It should continually prompt us, to the degree we are able to listen to it, to make better decisions about diet, exercise and so on. That special moment of guidance or insight, that might prompt us to adopt this health routine rather than another. Or go to this health practitioner rather than another.

What Do You Think?

These are just a few thoughts about health and the latihan. Perhaps it may encourage others to contribute. Perhaps it might lead to some forum, perhaps hosted by SIHA, where these matters can be discussed and examples presented of the many different ways in which the latihan and our health interact. Perhaps there can be a revival of Resonance which really did publish many good articles on this subject.

There is much more that could be said. There is the role of illness as a teacher in our lives. See the article by Melinda Lassalle as an heroic example of this. I also know of someone, suffering from AIDS who used to speak of his illness affectionately as his “companion”. This to me showed great courage and surrender.

One final thought. Is that simple little word “relax” the most important word in the whole Subud lexicon, particularly when we are talking about health?

Contact subudvoice@gmail.com

LATIHAN AND THE PHYSICAL BODY

Robert Coker responded to my article...

What I asked you about was an article of yours ‘Relax – the body knows the way’ concerning the latihan and our physical body. I would say that physical health is only one aspect of this. Bapak talked about the different parts of the body coming alive. I recently came across the following quote from Bapak:

“For the life and death of a human being is within their body. So, if you do not look after your body from the outside to the inside and from the inside to the outside, your self has no value whatever, either in the eyes of human beings or in the eyes - or the power - of God.”

In another quote from a Bapak talk given in Calcutta in 1960 he says: “Then the human inner feeling comes to life, so that a person can feel the difference between 'I walk' and 'I am made to walk'; 'I speak' and 'I am made to speak'; 'I feel' and 'I am made to feel'; and the difference between 'I see' and 'I am made to see'. You will be able to feel and know the difference between the two, and God will guide you within your being. So please do not wonder what the use is of walking, of making movements and so on [in the latihan]. You can rest assured that there is an inestimable benefit. It is just that, so far, you are not able to know it.”

A few initial comments on your article:

As you point out, the latihan begins in the body. Although Bapak has made it clear that we should

“ Gradually, what Bapak forecast became a reality...” ”

not try to promote Subud as a means of improving our health he has also commented that if we truly submit to the latihan one of its effects will be to improve our health.

As you say, the examples of cures to which you refer (Eva Bartok and Melinda Lassalle) do border on the miraculous and are very rare. I have some limited personal experience in this area, since as a teenager and into my twenties I always felt weak and became exhausted very quickly when carrying out anything that was physically or emotionally demanding.

Sometime in the late 1960s or early 1970s I wrote to Bapak about something - I cannot remember what and have unfortunately lost the letter and Bapak's reply. But I remember that in his answer Bapak dealt with my question and then added a paragraph in which he said that if I continued with the latihan my health would get better. Gradually what Bapak forecast became a reality and the weakness, whatever it was, faded away.

It seems to me that a physical health problem can impact on us spiritually. One possible distinction of interest is that between ill health which is part of the purification process, for which medical treatment may not be appropriate, and what we might call ordinary ill health.

In the case of the latter, sometimes treatment may be necessary and in other cases the body can perhaps be left to deal with the particular condition. In this connection the question arises whether there is a role for testing in seeking guidance on how to deal with some of these issues.

I have noticed a distinct reluctance in many helpers to test health-related questions, partly out of fear of being held responsible in some way. This fear is misguided in my view, since as helpers we should only describe what we have received and make clear that any decision must be left to the individual concerned. ●

LEUKAEMIA: A GIFT FROM GOD

Melinda Lassalle, France, writes...

This story first appeared in Subud News in Sept/Oct 1986. However, it seems worth republishing now as it is one of the best accounts of an apparently spontaneous healing arising out of the latihan and Melinda is still with us many years later.

We emphasize of course that such experiences are not necessarily common or to be expected and that the founder of Subud, Muhammad Subuh, always stressed that physical healing was not the purpose of the latihan.

Illness, for me, is a gift from God.

Once upon a time; everything in my life had been building up on top of me. I was a helper, on call from Subud people. But tiredness and aching in all my body seemed ever present, and constant nausea with sharp pains bothered me.

The continuous pressure of demands from my family and others was largely my own fault, because I could never say no. Took on too much and things got out of hand, so that eventually I began to pray for it all to stop. I simply could not stop it for myself, nor could my very caring and loving husband.

We had seven children and I had developed hernias during my last pregnancies. I had an operation for hernias and then it all had to stop. During the operation the doctor noticed the state of my blood and had it examined. It was leukaemia.

Still dopey from the operation I was taken to a clinic, a big country estate deep in the fields, with only the sound of cows and pheasants.

The days passed, I did nothing and wanted less. I slept and slept, and drifted, and slept some more.

Sometimes I ate a little fruit or salad. Days turned into weeks and I never wanted anything, just to be alone, and sleep. Leonard, my husband, came, and went again, and still I wanted nothing and missed nothing.

I seemed to be in a sort of in-between place, hovering, half here, half there, half nowhere. I couldn't even understand why I didn't really want to go back home to my very loving family and friends. I wanted nothing, though. I just took what the staff told me and, uncaring, did what they wanted.

Surrounded by Flames

After several weeks in this utterly passive state I was lying one day on a massage table, alone, the masseur having left the room for a while. Quietly, and without surprise, I could see little flames all around the table. I was surrounded by them. I wasn't afraid, just gently amazed.

I watched. They grew, and grew yellow, and orange, then they grew bigger and bigger, till they were huge and red and white and on all sides of me — yet overhead I saw brilliant purples and blues.

I was even more amazed when I heard a very deep, strong voice coming from somewhere. It said: 'May the disease in Melinda's blood be cleansed', and slowly then, the fire and the flames died down and I felt the latihan surge through my body. I was singing by then — louder and louder. I sang on and on.

And after what seemed like a long time it stopped by itself. I got up, went back to my room and fell asleep.

The next morning I awoke feeling radiant and clear, as if something had totally changed. I was full of life: I wanted to live! When I saw my doctor a few hours later and told him that, he laughed and said I had taken an awfully long time to decide to live. But now, that I had, or perhaps that the decision had been made for me, he could begin to strengthen my by now terribly weak body.

He understood, and I felt really good for the first time for I don't know how many years. Everyone in the clinic noticed that something had changed, and now, when I got the full treatment of diet, massage, exercise and so on, I could feel it all helping me and making me better.

I went home; as the doctor knew that I was longing to go back, he didn't try to stop me, although I was terribly thin, weak and vulnerable to everything and everyone who came near me. I felt transparent, terribly sensitive but oh, so very much alive.

I knew now I would live. I promised the doctor that at home I would follow his very strict routine for a year: exercises, hot and cold baths, two rests a day, be in bed by nine and strict diet.

The diet was confirmed by Bapak when I asked him. It was just fruit and raw vegetables and a little fish - nothing much else - and no meat, alcohol, coffee or even tea. It wasn't an easy time to arrange everything but our seven children were all marvellous, and friends were kind and helpful. Leonard managed to be in five places at one time, keeping everything going in his business, and slowly I got stronger in my body.

I felt very clear and light, and so happy all the time! So many things had dropped away from me, experiences, my life when I was younger, and so many questions; anxieties and guilt simply were not there any longer. I felt as if I had been relieved of a tremendous burden; I felt incredibly free.

And for this I have to thank my illness, and to thank God for it, for leukaemia has been a blessing and a way of reaching some other place in myself, from which to live.



*May the disease in Melinda's
blood be cleansed...*



TO ALL WHO KNEW RAPHAELA STUKOFF

Ruth Mackay, Subud Canberra, writes...

Raphaela died suddenly at home, possibly on Wednesday night (16 November), in what was reported by the police to be a peaceful state. She was in her 77th year and had lived in Canberra as an active member for many years. She was born in Germany during the Second World War and grew up there, before starting to travel extensively. For a while, she was part of the Wolfsburg group during its early years.

Raphaela was due to have dinner with friends on Thursday night and when she didn't turn up, they went around to Raphaella's house. With no response to phone calls or by knocking on the door, the police were contacted.

As one of the executors for Raphaella's will, Frances Kunha was contacted by the Police at 1.30 am and told of Raphaella's death. There will have to be a postmortem and the Coroner will contact Frances in due course about the release of the body for cremation.

After the normal Sunday latihan, the Canberra group gathered beside the Tuggeranong lake for a small ceremony to remember Raphaella, including the family who missed her at dinner on Thursday night.

Under a large shady tree the circle of members observed a quiet time for personal prayer, followed by comments on Raphaella's thoughtfulness and kindness especially relating to children, who loved her. The children made small paper boats and filled them with flowers to float on the water, while adults scattered rose petals.

Raphaela loved nature and her garden with the birds and flowers. She was much loved by many children for whom she was often another 'grandmother'. She was trained as a kindergarten teacher and her love of children brought a special quality and care to the many children she came into contact with.

She had a knack for finding the exact right gift for a child even if it was inexpensive. She was also active in the community in helping others with learning English, singing in an Austrian choir and on the committee of Woden Senior Citizens Club. She was always busy until the end despite experiencing substantial pain in her knees.

She leaves a sister Antje, and a daughter Maria.

Raphaela, remembered with love and gratitude. May God Bless her.



The Canberra group gathered beside the Tuggeranong lake for a small ceremony to remember Raphaella Stukoff.,

“ Remembered with love and gratitude... ”

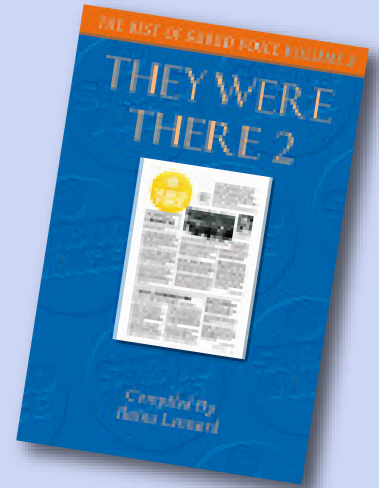
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