



Registration for World Congress Is Now Online

The 15th Subud World Congress in Freiburg aims to reflect the unity of our Association, with the integration and working together of all aspects of Subud – Members, Wings, Youth, Helpers, WSA, MSF, Zones and Countries – to support the process of taking the latihan into the world. Members are invited to come along and be part of this very special event.

The World Congress Organizing Team is happy to announce that the first phase of the registration system is now available via this link:

<https://subudworldcongress.org/registration>

At the moment you can register and pay for the World Congress and tell us if you need a visa or invitation letter. The system will evolve constantly, so within the next weeks more functionality will be added. Soon you will be able to choose additional options like:

- Volunteering
- child care / family program
- special accommodation
- tours and excursions
- translation services
- and even water bottles or t-shirts.



You need to create an account in the registration system which enables you to get back at any time in case you want to add/change your data or choose from new options. By this we will also have your actual email address and can inform you about any news. So stay tuned - we'll keep you posted.

Please refer to the explanations on our website about the registration process and to get all info about registration fees, deadlines and other topics: <https://subudworldcongress.org/registration/>

Earlybird deadline extended.

Members are encouraged to register as soon as possible to take advantage of the early bird fee of €350, which now remains in place until 15 March 2018. This is also very useful for the organizers so that they can start getting a sense of the numbers of people to expect. From March 16th to June 15th, 2018, the fee increases to €390; after that to €450. Children and youths up to 18 are free.

In addition to the obvious costs covering all the facilities needed for the World Congress, the registration fee includes a public transport ticket for travelling anywhere in town and also as far away as the Black Forest. The registration fee does not, however, include food and accommodation.

Those needing financial support for the registration fee can get a refund through taking part in our staff program or can approach the assistance fund, info through:

assistancefund2018@subud.org.

The World Subud Association is looking forward to welcoming many members from far and wide to Freiburg, from July 28th to August 8th (incl.), 2018. With everyone's participation, we're sure to have a wonderful congress!

Submitting Your Project

SESI is making a \$100,000 fund available at World Congress to support projects. SESI Chairman Hadrian Fraval has written in length (see accompanying documents) about the intention, requirements and criteria for selection.

So... do you have a project that you're excited about and that you would love to get a bit of cash for? If so, we would love to hear from you. This could be a project you're planning on your own, or with other members, as a group, a country, or a zone, at the inception stage or already existing but looking to expand. No limits in that regard. If a joint project, please choose one person to interface with SESI.

You are welcome to write two or three pages (to start with) about it. The following paragraphs are there to help you cover most of the bases; putting it into an orderly structure would be appreciated:

First of all, your name(s) and background, including within Subud. Your reasons for starting this project (or expanding an existing project), and the qualifications you bring that heighten the chance of it becoming a reality. If a joint project, who is the key contact person?

What is your project about? What needs does it fulfill? Does it combine aspects of more than one of the Subud wings? Is it inspirational, original and sustainable? Why are you convinced about it? If you have a video or imagery to send, please mention this and send to Hadrian as per the attached Get Started doc.

How does your project relate to your Subud experience(s)? Was it inspired by a latihan experience, a talk of Bapak's, a workshop held somewhere, a conversation among members?

What kind of funding are you looking for and have you explored other funding possibilities as well. Please give a few details, or attach a separate budget breakdown and/or business plan.

Do you need help from mentors within Subud? In what areas?

Finally, there are many ways in which projects can, in turn, support Subud: it might be with services offered for free or at a reduced rate; it might be by refunding the grant to the SESI Fund to allow others to access monies; it might be by offering shares (in the case where this applies) for Subud to benefit from; and, of course, it might be through financial contributions. Even in the case of social projects, there may be volunteering opportunities for Subud members, or aspects like that.

SESI is also looking at the fact that, as Bapak pointed out, donations from Subud members would never be enough to support the work of Subud – of the Association, but also of the projects we create that interface with the wider world –, and that we need to set up enterprises that, once successful, aim to support that work. With the PTS Widjojo Building in Jakarta, Bapak was setting an example of how this could be done, and for a number of years S Widjojo donated \$150,000 to the WSA and \$50,000 to SDIA each year. However, because circumstances change – as with S Widjojo – one enterprise is not enough: we need enough of them to secure a steady income.

Please share with us what you feel about this point and how you feel it relates to you or not.

We still have some months till congress, but in order for the team in charge of giving them a first evaluation in advance of congress, we'd like you to submit your proposal by May 30th, 2018. Please send it to me to: osanna@osannavaughn.com

All the best and looking forward to hearing from many of you,
Osanna Vaughn On behalf of the Wing and Affiliate Chairs

BEGINNING TO FILL UP CONTENT FOR THE SUBUD VILLAGE

Osanna Vaughn writes...

As Oliver Hartzmann wrote further below, there is great enthusiasm to transform Hall 2 at the Freiburg Convention Centre into a Subud Village.

The map you see here, gives an idea of the lay-out being planned, with the different areas of activities including all aspects of our Subud life. A number of articles have already been written with regard to the content of this space, and they are gradually being posted on the World Congress and other Facebook pages, and we will be opening up a special segment for them on the World Congress website.

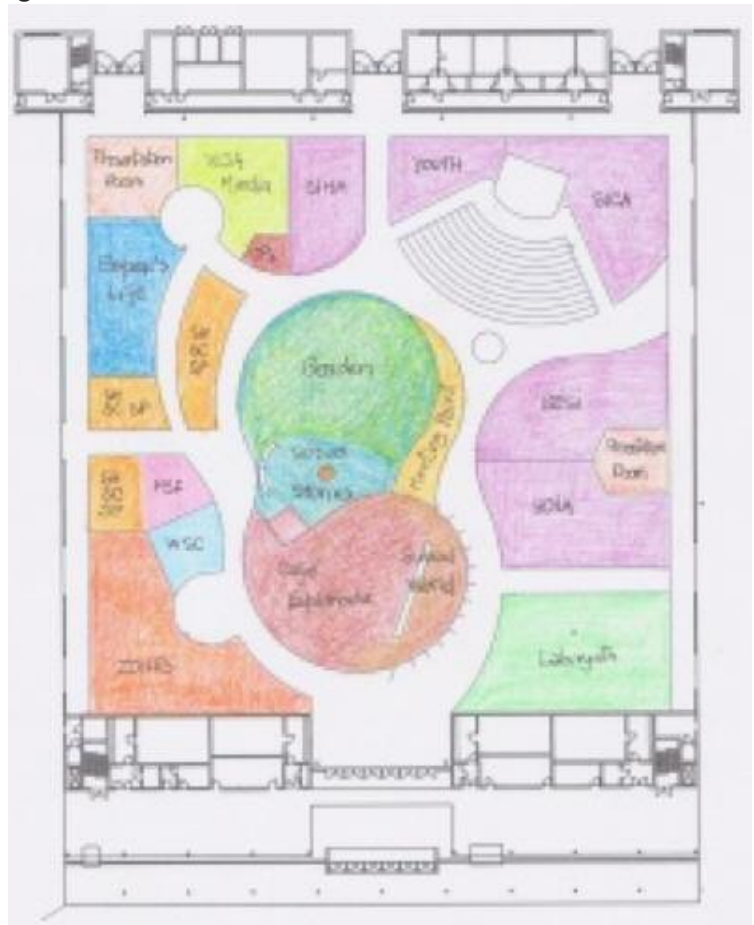
In the meantime, here are a few I hope will capture your interest:

- Wings Programme at World Congress
- Project Presentations (for \$100,000 Fund) at World Congress and Get Started!

- Our Subud Stories
- Storytelling Yurt
- Call to Subud Artists
- 7x5 Art Exhibition

Of course, some of these activities will be split up, with parts taking place in other areas of the venue, and others, like the Bazaar (article published here on November 23), which not be located in the Subud Village.

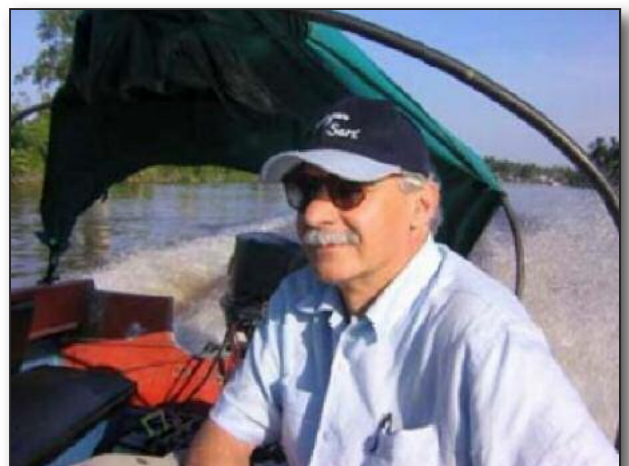
As already began to happen at the Christchurch and Puebla congress, this 15th one will also endeavour to strengthen its environmental and sustainability efforts.



THE SUBUD VILLAGE AT WORLD CONGRESS

WCOT Coordinator, Oliver Hartzmann, writes...

Preparing the Subud Village has become the most exciting part for the organizing team and all participants. It provides us with the energy and perseverance often needed in the process of accepting great challenges. The vision of uniting, in an open but organized space, all the elements of Subud – including the Wings, Youth, WSA-services and programs (e.g. publications, translation services, archives, IT-programs), MSF, the Countries and Zones and many other Subud elements – produces, in this early preparatory phase, a feeling of awakening and anticipation – and a lot of positive energy!



Oliver Hartzmann.

A 6.000m² hall! Here we want to experience Subud together. The 4 Wings, SDIA, SICA, SESI

and SIHA will create one common program. Each individual Subud member is to be at the center. Together we want to feel the underlying values of the Wings, discover and find inspiration through activities or even projects. Successful projects will be presented, so that learning by experience and the creation of new things will happen. At the end, new project ideas will be put forward and the best ones will be awarded some starting capital. Congress as such will not be the end of something, but a beginning.

The Subud Village program will embrace all concentrated activities, workshops, presentations, workshops with the joint Wing program, and cultural events. There will be a large auditorium, a labyrinth in which the unexpected may happen, a coffee bar with snacks and cakes, and many small sitting areas for retreats, for relaxation, for getting together in small groups; in all exhibition halls, in the central foyer, the long lobby or in front of the convention center on the esplanade.

Even in front of the Convention Center building further programs will be offered in 3 large tents. The SIHA tent will provide a space for relaxation and retreat with sofas, suitable for a siesta; the SICA tent will have an art and hobby room, workshops and a theater. Another tent will house the family program. Evening entertainment will take place indoors as well as outdoors, on different platforms or in cozy corners.

As exciting as the idea of a Subud Village is, it is an enormous challenge. In order to create, with a tight budget and limited human resources, a cozy atmosphere within these huge and naked convention halls, a lot of creativity and an enormous work load will be required from all participants; I am grateful for having such a dedicated team around me.

Have I aroused your interest? ●

Sustainable Subud World Congress 2018 / GREEN Event in a GREEN City

Our next Subud World Congress is set to take place in Freiburg, also known as the ecological capital of Germany. High recycling rates, energy-efficient buildings, low density of cars, and a pioneering role in renewable energies, are among many important characteristics of the “Green City of Freiburg”.

As World Congress team organizers, we are mindful about this global trend and would also like to contribute by promoting a sustainable way of thinking within our activities. Our Sustainability Vision for the 2018 Subud World Congress aims at raising social/environmental awareness among all our Subud members and, at the same time, reducing the unavoidable environmental impact produced by our international gathering.

How will we proceed? We would like to invite our Subud community to act in a more ‘sustainable’ way by providing eco-friendly alternatives in different key areas and activities of our Congress, encouraging all of us to reflect on the daily decisions we take.

“ Encouraging all of us to reflect on the daily decisions we take... ”

The philosophy behind the environmental impact reduction objective relies in three key actions, also known as the 3Rs: Reduce, Reuse, and Recycle. In other words, waste avoidance is a crucial strategy for us. Some of the initiatives are: 🕒 Join our ‘bring your own mug/bottle’ and ‘go zero waste challenge’ campaigns.

*Reduce plastic waste engendered by the café and catering.

*Limit the use of paper with a ‘paper smart strategy’ which promotes alternative non-printed versions of programs, brochures, maps, etc. 🕒 Limit the purchase of single-use decorations, gifts, etc..

*Promote reuse of badges or other marketing materials for future congresses. >

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- *Reduce the throwing away of excess food by forming alliances with food sharing organizations.
 - *Prioritize organic and locally-sourced products.

As part of our environmental and social awareness-raising, we will aim to:

*Exchange knowledge, ideas, projects, enthusiasm and networks among all our Wings and Subud groups.

*Inspire children, youths and adults.

*Learn about sustainable practices; not only in Freiburg but also in different parts of the globe.

*Spread best practices ideas around the world through our members.

*Emphasize the work done by SDIA on sustainable development and environmental practices.

With an event of such magnitude as our World Congress, the outcomes we will engender by incorporating sustainable practices will be manifold. We would like to continue paving the way for future Subud Congresses, following a trend which already began in Christchurch and Puebla! The world is now talking and expressing the need for an environmentally conscious lifestyle. Please join us and be part of the change!

PROJECT QUEST

Guillaume Sanchez writes...

Yes Quest is coming to Freiburg. Just before Congress!

Just 20 minutes away from the city center of Freiburg, a Project Quest will be hosted for six days in a lodge right in the magical setting of the Black Forest. While we will still go through the personal journey of the Yes Quest, the Project Quest invites participants to come with at least the base of a project idea. The reason for this is to help you assess the needs for your project's success and get you to identify your strengths to make it happen.



Because a big part of World Congress will focus on bringing our latihan into the world through projects and enterprises, this is a great opportunity for you to get the engine running before getting a chance to meet mentors, get some advice, find partners and maybe receive a grant from SES!!

The plan is for the Quest to take place from the 21st to the 27th of July. The cost will be of 350\$ (250Euros), including transport from Freiburg to lodge, accommodation and food.

Initially, what we need from you is to show us your interest to participate by filling our short google form. The deadline for deciding if enough people have subscribed is March 31st, 2018. Tell us more about yourself and your project idea.

Also, follow our Facebook page, invite your friends and go check out our website with more detailed information.

PERMACULTURE IS AN APPROACH TO LIFE

Permakultur Kalimantan Foundation is a Susila Dharma project based in Central Kalimantan. It was founded by Jayadi and Frederika Paembonan. Jayadi who was born in West Papua, is originally from Toraja Sulawesi (Indonesia) but has lived in Australia for 8 years where he studied permaculture. Frederika is Australian-born but has lived in Indonesia for many years. Together with their three children, they are making a difference in Central Kalimantan in the area around Rungan >

Sari and beyond.

Permaculture is a system of sustainable agriculture which began in Australia and has now spread all around the world. It endeavors to work with nature to create sustainable systems. But the work has now gone beyond agriculture to epitomize a sustainable approach to life based on respect for natural systems. Working with “what is” rather than trying to impose systems with harmful effects (like using pesticides).

So, for example, one thing that has most impressed me about the work of Jayadi and Frederika is their respect for local traditions and customs. Permaculture is not only about the plant level: it is also about the human level. I have witnessed a number of occasions showing their profound respect for local ways, and I am sure that it is their relationship to people, as much as their relationship to plants, which contributes to the success they have had in demonstrating, and educating local farmers in permaculture.

Their report on their work in 2017 is attached. In each you will read about the variety of programs that they have undertaken. They are now also attracting valuable partnerships which amplify their capacity to have an impact.

To read the report, click here.

<https://www.dropbox.com/s/en3cljg0t9u6rjz/Permakultur%20Kalimantan%20Foundation%202017%20report.pdf?dl=0>

Frederika at the Congress

Frederika Paembonan attended the recent Subud Australia Congress where she reported on the Foundation’s progress. Following the Congress, she wrote...

"I was so grateful I had the opportunity to share the progress of the Permakultur Kalimantan Foundation (YPK) project since we last met 2 years ago. So much of what has happened has been both based on the hard work of our team of volunteers and workers, the support from you - our international community, but integrated with an amazing wave of synchronicity that has seen this work and the reach of the project, blossom beyond our expectation. The highlights for me have been:

- Over 100 local people in the remote Gunung Mas region learning sustainable farming and permaculture strategies from the lead graduate farmers.
- Local farmers who attended our Permaculture Design Courses in July and August giving up toxic roundup pesticide use and converting to an organic land management and farming approach.
- Hearing news that one female farmer Ibu Mini has grown, harvested and sold \$300AU worth of dayak mustard only months after training with us in November last year.
- Hearing about the 2 school kitchen gardens developed by another lead farmer Pak Agus after training with us in August.

“ Permaculture works with nature to create sustainable systems... ”



Lead farmer intensive permaculture design course training, August 2017.

We have also produced 2 inspiring videos documenting our work training dayak farmers in Permaculture as part of the One Million Tree Project, as well as our work hosting the Human Force Camp in December 2016.

The videos can be found at.

<https://www.youtube.com/watch?v=FOh72A84jDs&feature=youtu.be>

Documentation of the first intensive Permaculture Design Course (PDC) for Gunung Mas farmers from the One Million Tree Project.

This training is a partnership between Borneo Institute and Yayasan Permakultur Kalimantan.

<https://www.youtube.com/watch?v=bS-yf-wOXa1Y&feature=youtu.be>

Human Force Camp 2016

Finally, we are very grateful to announce that we raised \$1480 last week at the Australian National Congress from the sales of jungle soap and donations which will pay off our new cow (endearingly named Mooana), also a goat and some of our training room roof.

We are very touched and grateful for all this support. Further offers of support are most welcome and will be directed to our training room which will cost approximately \$10,000 (\$9270AU after congress donations) supporting local farmers to learn this sustainable method of land management and agriculture.

Don't hesitate to contact us should you have any questions.

Warmest regards, Frederika Paembonan

On behalf of the entire Permakultur Kalimantan Foundation team

For more information see:

Yayasan Permakultur Kalimantan:

- Facebook page with regular updates, news & links:

www.facebook.com/permakulturkalimantanfoundation

- Website & Blog site:

www.permakulturkalimantan.org

Instagram:

permakulturkalimantan

BCUpermaculture

Email:

Frederika@permakulturkalimantan.org



Community members in Tumbang Mature village standing in front of the community-based nursery



Please meet Mooana, our Subud Australia community sponsored cow. She is helping to complete the integrated permaculture demonstration site in Kalimantan. This site is the first of its kind, available to local people to learn how to practice no burn, organic and sustainable farming and land management. Having her join our team (along with her 50+ neighbour chickens) means that she will be producing organic manure, safe for the thousands of worms in our worm farm. The compost from this worm farm will be used for the One Million Tree tree-planting activities which engages up to 700 local farmers, a partnership with Fairventures Worldwide.

MORNINGSIDE CARE: REACHING OUT...

Harris Smart writes...

During the recent Subud Australia Congress, I had the opportunity to speak to the Board of Morningside CARE which is an Australian charity started by Subud members in the 1980s. The best-known project of Morningside CARE is Sine Cera, a facility that hosts residential retreats, seminars and other events.

Just two years ago, it seemed that the Sine Cera venture was about to collapse. It is located on a 200-acre property between Beaudesert and Kyogle. Sine Cera had problems attracting sufficient customers, maintaining the facilities and grounds. It felt like Sine Cera was losing direction. Yet testing showed that it had importance in the future of Subud Australia.

In a dramatic move, the Board put Sine Cera up for sale. Fortunately, it did not sell and since that time, the charity has grown remarkably. Irwan Wyllie was appointed as the CEO, and supported by a strong and committed Board of Arif Mathee and Davin (chairman) and Denise Shellshear. It is now much better organised and marketed, and is attracting a substantial number of groups to use the facility.

In addition, recent changes in the tax laws in Australia have meant that Morningside CARE can now send money to support projects outside of Australia. Previously Morningside CARE could only assist projects within Australia.

MCI is also working with charitable groups in Australia, for example, groups working with domestic violence, families and children.

All of this has contributed to a healthy financial picture and to a much broader field for the charity to operate in.

Now Morningside CARE is considering the possibility of creating a retirement village in Australia. This would be open to both people in Subud and those not in Subud. It is still very early days, but there is a need for this in Australia, and the proposal received an enthusiastic response from a packed audience at the Subud Australia Congress.

I interviewed Irwan, Davin and Arif at our recent Subud Australia Congress. (Unfortunately, Denise was not able to be present.)

Harris: Two years ago, you were thinking of winding up Sine Cera.

Irwan: Yes, it seemed we had reached the end of the story and the only thing we could do was shut down Sine Cera. The feeling was that perhaps the money from its sale could be used more wisely somewhere else, although nobody had really thought what that money was going to be used for.

We decided that maintaining our charitable status, which is quite a precious thing, was the priority. We did a very thorough review of our situation and it became clear that Sine Cera, far from being a burden, had the potential to become the financial base to enable a more sustainable future for MCI and to support more charitable works.

Harris: What was the start of the turnaround?



The board of Morningside CARE at the Australian Congress. From left: Davin Shellshear (Chairman), Arif Mathee (Director) and Irwan Wyllie (CEO). The board also includes Denise Shellshear (Director),

Irwan: Sine Cera wasn't working for all kinds of reasons. It was proving impossible to get the people that we needed living on site to maintain the large property and to work with groups using the place. The remote location certainly didn't help.

Then we were introduced to a man called Tim who proved to have the right skill sets and the dedicated attitude to become the on-site caretaker at Sine Cera. Tim looks after maintenance and deals with guests. Having an on-site caretaker to do all this meant that I could concentrate on offsite things like finance, marketing and administration and the development of other charitable activities. We also cut out some of the services we were offering. This restructure was vital to the turnaround of Sine Cera.

Harris: What roles do you all bring?

Davin: Irwan brings a lot of strength and power. It's this that's been able to turn the business around. Arif brings financial ability and knowledge of how to run a commercial entity. He's also provided the funds that have made it possible for us to make much-needed improvements to Sine Cera's facilities and infrastructure. We all bring appropriate skills because we have all run businesses in other organizations.

Harris: How did you define the aims of what you wanted to accomplish and what have you accomplished?

Irwan: We didn't want to just be focused on Sine Cera. What we wanted to do was to build Sine Cera while at the same time expanding our other charitable activities. We had to do charity from day one because that would be our path to success.

We have renovated Sine Cera and built up the marketing through social media. We've been doing work in the local community through support of domestic violence services, as well as other community support groups.

We have now established good connections in the community. Previously we were completely cut off from the community which we're supposed to serve. We've also liaised with Susila Dharma International and we've been able to identify projects consistent with our constitution that we have been able to support.

We've been able to fund projects in Nepal, in Java, in Borneo, and in the Congo. They are all relatively small amounts of money, raised through the relatively small membership, but in that way, we've been able to broaden our scope and our thinking. The latest thing we're exploring is to provide housing for elderly members - both Subud and non-Subud members. We're starting to research this possibility as another way through which we can express our charitable purposes.

Harris: There was a change in the Charities Act that enabled you to start sending money to projects overseas?

Irwan: Yes, there was a change in the tax law



Bushland setting at Sine Cera.



The creek at Sine Cera.

whereby public benevolent institutions which have international affiliations, can fund projects overseas. There are some charities, very large charities, that can't do that because they don't have the configuration of approvals and overseas affiliations that we have. That was a big breakthrough.

Harris: What about relationships with local charities?

Irwan: The first one we worked with was a local Women's Center that was focused on domestic and family violence. They had been operating for 25 years and were renowned nationally and internationally for their pioneering work. Without any notice, its funding was suddenly withdrawn, and we have worked with them over two years to renew and strengthen their organization.

The other one is an initiative called Thrive2484 which was started in part, by Marlena Bassar, another Subud member. Its aim is to improve the links within the community that will enable families and young children to thrive in our local postcode area. They do many, many different small projects.

Most importantly, Thrive had a big role to play when the floods came through last year. They got media attention and helped to set up support groups and raise money for people. They have lots of initiatives, which focus on families and children – and this is one of the areas that Morningside CARE is also interested in. I'm on the steering committee of Thrive2484, and it's been a pleasure to be part of it and, again, you make some fantastic community connections. We're now respected in the community from a number of different points of view.

Harris: What about Sine Cera itself? Have you been getting groups in?

Irwan: Thanks to the maintenance of the property by our on-site caretaker, and through our social media advertising campaign, we have been managing to get many more groups through. We also got a \$10,000 a month grant from Google for advertising.

I also did a deal with our marketing and social media people and they created a new website for us very cheaply. It brought an immediate increase in inquiries. See: www.sinecera.org.au. We haven't really looked back since.

Arif: Irwan has reorganized the way that Sine Cera is run, including the administration, and the marketing, and dealing with clients. This restructuring has made a big difference.

Irwan: It was an impossible management job before. Now it's a lot easier.

Harris: Can you put some figures on, first, what the turnover has been at Sine Cera, and second how much money you've been able to send overseas?

Irwan: Yes, so last year which was the year when we were trying to sell Sine Cera, we were only able to turn over \$35,000 worth of bookings between January and December 2016. In 2017 we did \$107,686, so that's a significant improvement, and for this coming year, 2018, we've already got \$86,000 worth of confirmed bookings and \$55,000 worth of inquiries in the



Sine Cera lounge.



Church group at Sine Cera.

pipeline, the latter tends to have about a 25% confirmation rate.

Harris: That's very good.

Irwan: It's been a big turnaround, and our occupancy rate is still under 25% so we're still going for growth. In terms of project support, our members donated about \$10,000 for overseas projects in operation between January – December 2017. In addition, we received about \$10,000 in donations to MCI to support our activities in Australia. These are only small amounts, but in some countries small amounts can make a big difference. It's a start.

Harris: Can you talk in any more detail, about the idea of a retirement village?

Irwan: Yes, on many occasions Bapak encouraged us to look after our older members. When Ibu Rahayu came to Australia she also said that we should look after older members. This has been on a lot of people's minds for a long time - particularly those of us who are getting older!

Morningside CARE is ideally positioned to do that. The first thing we've done is undertake research into the legislative, legal, financial and town planning requirements. That is for a retirement village, as they call it in Australia, a facility for people aged 55 and over.

Our current thinking is that we'd like it to be a mixture of Subud and non-Subud people. We're looking in the northern rivers and north coast/Brisbane areas, because there are Subud groups there. There are some standard models that non-profit organizations use that we can copy so we don't have to reinvent the wheel. There are plenty of experts and consultants out there from whom we can get advice.

We had to do charity from day one, that would be our path to success...

We hope by the end of the year to have completed a feasibility study, that is researched where we might be able to get the land, how much it would cost, which model we can use to finance it and have identified people interested in buying into such a development.

We want it to be a mixture of accommodation: self-contained units, so people can look after themselves when they're still able to and have the resources to buy that sort of facility; and single room accommodation for people who are perhaps on a pension and don't have the assets, but can rent.

Eventually, we will also have aged care facilities on site so that people will not have to move again as they need more care.

That's what we're planning and we're looking for people to form a team, a focused team to make that happen. We're looking for people who are interested in living in such a facility or working in such a facility. People with expertise in that field would be great of course, but anyone with financial skills, business skills, marketing skills, etc. could bring valuable support.

Harris: Okay, would you like people to contact you now?

Irwan: Please contact us, yes.

Arif: We are looking potentially for some sort of a community approach, so it's not just elderly people. If we're able to have a mix of ages, the elderly people could have purpose in looking after younger people, to make their lives purposeful and meaningful. The younger people could interact with the elderly people and give them support. There's a sense of community that may be possible.

At this point in time, our view is completely wide open. We have no closed doors. We are open to wherever we're led. We're very open to collaborative approaches with whoever may come, and who is appropriate to what we're seeking to do.

Irwan: Rahman Connelly has been helping us and we've reached out to David Barker from Wisma Mulia in the UK and he's been helpful. He will continue to give us some help whenever he can. We've taken a great deal of notice of his experience with building a facility that is based on the needs of people. We want to build that team with more people and consolidate it into a focused task by the end of the year.

We're very much looking for a participatory approach with members. We'd like to see a team come together because we can't do this on our own. It's just not possible. For this to happen, we need a team of people who have got energy, experience, and a willingness to work toward a facility that offers something greater than just day-to-day living.

Harris: Arif, anything you'd like to add?

Arif: I'd just like to say that the reason I've been doing this is really because of the way we work together as a Board and with Irwan. We really work well together. That's one motivation, and the other motivation is that we're doing this not just for ourselves, we're doing this for other people. That really is motivating for us, to continue to be involved in this work.

CONTACT DETAILS

Irwan Wyllie: Email: morningside.care.inc@gmail.com

Mobile: +61 (0) 438 300 450

To read the latest issue of "Reaching Out", the Morningside CARE newsletter, click here...

<http://www.subudvoice.net/wp-content/uploads/2018/01/MC-Reaching-Out-No1.pdf> ●

SUSTAINABLE AGRICULTURE AT YUM

How a home garden system can improve food security in Indonesia and the world...



Vanessa Reksodipoetro writes from YUM (Yayasan Usaha Mulia) about a project in sustainable agriculture. She writes...

For the past 6 years, YUM managed a project focusing on sustainable agriculture, funded by the German government in collaboration with SD Germany. Last December, the project finally came to an end and as a result, we have successfully trained more than 600 families in making organic home gardens and 900 participants followed our nutrition classes. Because of the

success of this project, we felt it would be good to share this with our friends around the world.

The project continues as we are committed to making sure those who are taking part in the small-scale agriculture program (sales of vegetables) can market their produce. Also, since our trainers will continue visiting villages as part of the Sanitation & Clean Water project which we just found funding for, we can make sure the families with home gardens still receive proper guidance.

To read the complete article about this project click here...

<http://www.subudvoice.net/wp-content/uploads/2018/02/YUM-Sustainable-Agriculture.pdf> ●

PEOPLE IN SICA

FRANCES MADDEN: SICA spotted Frances Madden's singer/songwriter gifts back in 2014 when we awarded her a \$5000.00 SICA Prize. Now "Australia's rising star in jazz and blues" got another award! A \$10,000 prize from a local FM radio station that took her to Nashville and back. No wonder the Australian press is urging everyone to catch her quickly before she becomes an international star performing on the big stages of the world!



Frances Madden.

ERICA SAPIR: Erica is on our SICA Board, but she's also a co-founder of the internationally famous Puppeteers Without Borders that uses the art of puppetry to empower communities around the world to deal with conflict resolution and sensitive issues. You can catch something she just did with refugees in Europe via this film, *Who Is the Enemy?*, sponsored by Susila Dharma Germany.



Erica Sapiro.

MATTHEW COOKE: Today Filmmaker Matthew Cooke is most known for his social justice and advocacy commentaries — seen over 100 million times on FaceBook — shared and promoted by the ACLU, World Star Hip Hop, Bernie Sanders, Cornel West, Susan Sarandon, Julian Lennon, DL Hughley, Adrian Grenier, RYOT and many more.

In 2016 the Bernie Sanders Presidential campaign engaged Cooke to host endorsement videos with Sanders, Mark Ruffalo, Susan Sarandon, Rosario Dawson, Danny DeVito...

For his social activism Cooke's been invited to speak at NYU, University of Texas, TEDx in Vienna, and was honored to join Sankofa (Harry Belafonte's organization of artists for social change). And Larry King regular asks him to guest host his show Politicking.

Cooke began his work as a pioneer in web development in the late 1990s designing some of the first commercial website for Capital Records, creating sites for the Beach Boys, Grand Funk Railroad and more.

He and his garage based company partners created the first broadband search engine for AOL/Time-Warner and Intel called Rampt in 1999. The site would go on to win multiple awards including Best of the Web from Print magazine and a Webby. Soon after Cooke taught photoshop and digital creative directing at Otis College of Art & Design.



Matthew Cooke.

In 2006 Cooke produced and edited his first feature film: *DELIVER US FROM EVIL*, which earned the Academy Award Nomination for Best Documentary film, made over 100 critics "best of" lists and

is one of Rotten Tomatoes top 100 best reviewed films of all time.

In 2010 Cooke produced and edited the critically acclaimed HBO Documentary **TEENAGE PAPARAZZO** featuring Adrian Grenier, Matt Damon, Whoopie Goldberg, Alec Baldwin, Rosie O'Donnell...

In 2013 Cooke wrote, directed and narrated **HOW TO MAKE MONEY SELLING DRUGS** featuring Eminem, 50 Cent, Susan Sarandon, Woody Harrelson and David Simon (creator of HBO's *The Wire*).

"DRUGS" was bought and distributed by Robert DeNiro's Tribeca Film and shot to #1 on iTunes and Amazon Prime for over 6 weeks. DRUGS was heavily supported by Time / Warner cable on-demand, won the audience awards at every festival it screened and earned the International Documentary Associations "Best Writing Award" for 2013.

Cooke's credits on DRUGS also include: editor, cinematographer, motion graphics designer and art director.

Throughout the late 2000s Cooke and Emmy Award Winning Producer Steve DeVore made commercial documentaries for WGN which included work on the Manhattan Project, the Salem Witch Trials, and the Secrets of Shay Mountain.

In 2017 Cooke and DeVore completed **SURVIVORS GUIDE TO PRISON** (executive produced by Susan Sarandon) featuring The Prophets of Rage: Tom Morello (Rage Against the Machine), Chuck D (Public Enemy), B-Real (Cypress Hill), RZA, Q Tip (Tribe Called Quest), Quincy Jones, Patricia Arquette, Deepak Chopra, Russell Simmons, Brandon Boyd (Incubus), Busta Rhymes, Ice T, Danny Glover, Cynthia Nixon, Warren G and many more. Produced by David and Christina Arquette and Gina Belafonte.

In fiction, Cooke got his start acting and directing short films and comedy sketches for FUEL TV. In 2007 he wrote the screenplay sequel to **THE FALCON AND THE SNOWMAN** which was assigned to A-list agents at ICM.

Since then he's written 5 fiction screenplays that are currently in development including **RAPID EYE MOVEMENT** which was optioned by producers of *Logan* / *Wolverine* / *X-Men* and Amazon Studios.

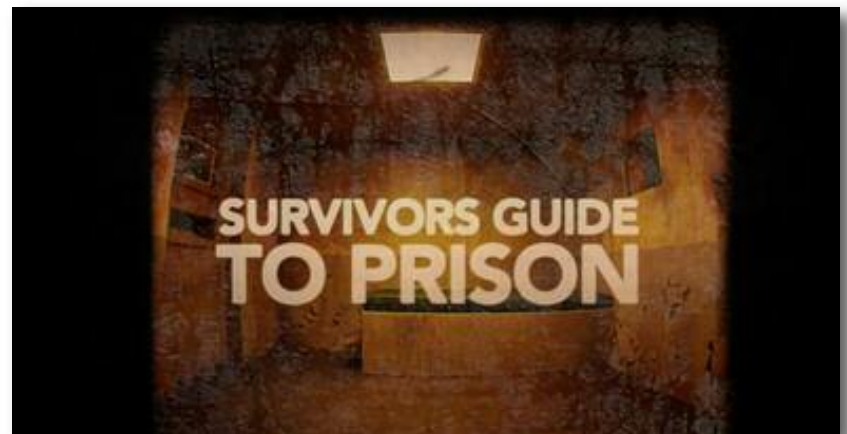
Most recently Oscar nominated, Bafta winning producer Orian Williams joined Cooke to produce **SABOTAGE: A LOVE STORY**, and **NOTE TO SELF(ish)** Cooke's narrative feature debut as writer-director-actor.

This article was compiled from the SICA website:

<http://www.subud-sica.org> and Matthew Cooke's website www.matthewcooke.com



Matthew Cooke with Bernie Sanders.



BOOK REVIEW

Lawrence Brazier reviews...

Early Islamic Culinary Art

Based on Prophetic Traditions

by M. ÖMÜR AKKOR –

www.bluedomepress.com

How do we alleviate, a little, the harshness of our daily round? One may contend that the true reason for art is to offer readers, viewers and listeners the opportunity to forget themselves, which means a quietening of the mind, perhaps even to be stunned, to permit wonder to arise. This is what true artists, creating from their souls, give us. In this same spirit, here is a work for lovers of books and fine art. *Early Islamic Culinary Art – based on Prophetic traditions* – is a joy to have and behold.

M. ÖMÜR AKKOR is a practiced chef and author of note. His books on the culinary traditions within the Islamic canon have been deservedly honoured by a number of awards.

The recipes are often astonishingly simple and magnificent, nay dazzling; colour illustrations are to be lavishly seen throughout the 277 pages of this book. As a writer and ceramist (there are two pictures, among many others, of 10th-century dishes from East Persia that are breathtaking in their simplicity and effect), and as one who appreciates alleviation from self, something arose in affirmation when this book fell to my hand.

Together with the food, shown here in gorgeous colour, there are full-page photographs of early Islamic ceramic table wares. The designs and patterns of the plates and bowls and dishes are purely within the tradition and often decorated with marvellously stylized calligraphy.

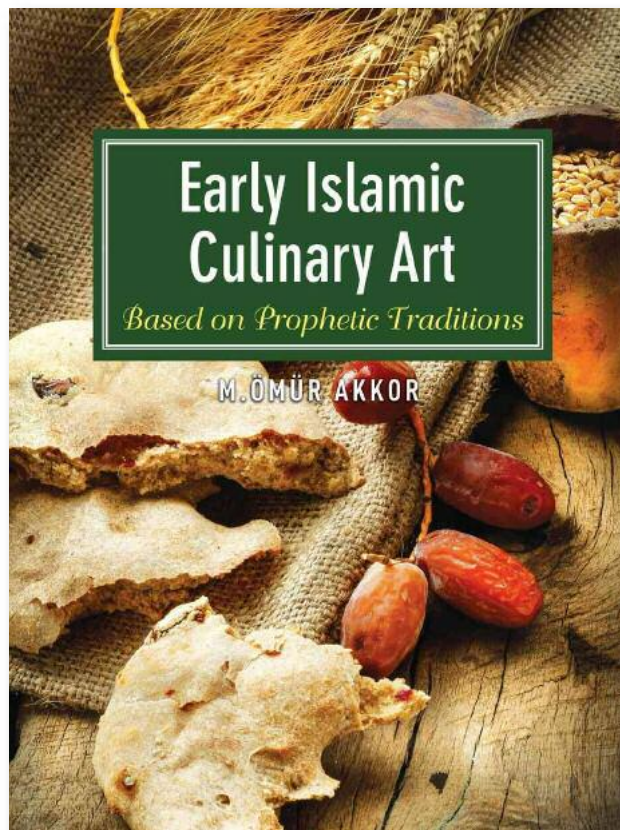
We are offered texts pertinent to culinary culture, kitchen utensils and foods mentioned in the Qur'an and Prophetic traditions. There are delightful quotes, such as the one from the blessed Prophet, who apparently ate very little and was known to have often subsisted on dates and water, and who maintained that '...the food for one is sufficient for two, and the food for two is sufficient for four.' The very last recipe in the book is called BASHI. It is recorded that the Messenger of God also ate 'bashi', in his characteristic modest manner, like this: coarsely milled barley, one cup of water. Swallow them together.

Nevertheless, the recipes, all mentioned in the Qu'ran and within Prophetic traditions, will bring to blossom one's palate and hopefully we will receive the grace to resist a second portion – for it was another mystic who said that one should never attempt to enjoy a pleasure more than once at any one time.

One's lady wife, who has yet to be defeated in the kitchen, gazed thoughtfully at HANIZ. The recipe requires, I quote, 1 goat, salt, half a kilo of clarified butter, flatbread, 1 medium-sized onion. Rub the goat in salt and place it in a copper basin, and cook overnight.

'We could kill the goat and offer it to any passing Bedouins,' I suggested. 'We would have a grand feast, enquire politely after the Bedouins' wells, both water and oil, and pray that their flocks increase.'

'Goats,' she said, 'can be little darlings. I'm unsure about this one.'



Quite naturally there is a prevalence of lamb recipes. We were attracted to TAFAYSHAL, which requires cracked wheat (bulgar), lumps of fatty lamb, water, black pepper, and salt. It is all done in under one hour. A WASHIQA, on the other hand, requires only lamb shanks, water and salt, all boiled up for three hours. SHIWA requires only lamb meat, salt, and black pepper.

Quite the nicest salad given is SHIRAZ BI-BUKUL, which is a medley of fresh mint, celery, leek, mild cream cheese, chopped walnuts, crushed mustard seed, and salt. Preparation would be about five minutes.

There are soups galore, mint tea, of course, and terrific sweet things. The quince with molasses recipe would be a challenge to resist, although the blessed Prophet maintained that quince soothes the heart. SIRKANJUBIN, is a refresher comprising, water, vinegar, and honey. FUQQA comprises musk, rose water, honey, water, and ice. It must stand for an entire day before serving.

The Prophet, blessed be his name, was averse to garlic and onions and suggested they were to be first cooked to remove untoward odour. Nevertheless, our gifted author has added recipes for the same.

It is suffice to say that we are enchanted by this book. It will test our spiritual endeavours, but Mr Akkor, bless him, has also made a book under the title of Delicious Dishes for Ramadan. Thus, our evenings will be doubly blessed.

'It is time,' said one's determined lady wife, 'to untether the goat.'

MY JOURNEY TO THE LATIHAN

Saskia van der Mei writes...

About two years ago a friend invited me to come and stay with her in Suriname. She lives part of the year in Holland, I got to know her because we are both into running. The idea was to run the Srefidensi Marathon together in Suriname.

For some reason my friend cancelled the invitation and I had to look for another holiday destination. One day I found myself thinking about a former colleague whom I used to work with 35 years ago. I managed to find her on Facebook and it appeared that she was living in Yogyakarta, Indonesia where she worked as a travel guide. Via this friend I managed to book a holiday to Java and Bali.



Saskia with Herman and Etme Jatin in Suriname.

At the Borobudur monument a friendly Indonesian offered to take a photo of me with some school children. Later he emailed the photo to me and we became friends on Facebook. His name is Hendra Mukti.

At some point he mentioned Subud, as he is a Subud member. I asked him about this and he gave me a brief explanation. He also gave me the link to the Dutch Subud website. I wasn't particularly interested in spirituality at the time, but I read the information several times though and decided to give it a go. I was opened in Amsterdam six months after my trip to Indonesia.

Last year I went to Indonesia for the second time and met Hendra again, I attended latihan in Blitar and Malang. Back in Holland my Surinamese friend invited me to come over and stay with her again. The day after I arrived it appeared that Subud Suriname celebrated its 50 years of existence.

I was able to attend the celebrations. We had lati-

“ *It seemed the angels worked all this out...* ”

han and testing and talked about the history of Subud Suriname. In 1967 Bambang Saptodewo, General Council at the Indonesian Embassy in Paramaribo brought Subud to Suriname.

We ate lovely Javanese food together and I felt so lucky to be their guest. Several people invited me to their homes as well and took me sightseeing. I really enjoyed my stay in Suriname, it was very special for me, and for them too they said, as I was their only guest. Later I wrote a post about the celebrations in Suriname for the 'Subud Around the World' FB page, I included photos I made. There were many enthusiastic responses to this post from all over the world.

I realized that if I had gone to Suriname the year before, as had been the plan, I would have missed out on all of this. It seemed to me that the angels worked all of this out. First introduce me to Subud via meeting Hendra in Indonesia, then get me opened in Holland and then have this wonderful time in Suriname. I really feel that God loves me and is looking after me because of this.



Subud Blitar group, Indonesia with Hendra Mukti at the very right.

PAK MAT AND KALIMANTAN MINING

Ilaina Lennard has been editing the diaries of geologist Matthew Mayberry who along with Mansur Geiger carried out mining exploration in Kalimantan in the early days of this venture. A graphic account of the first three expeditions will be in Matthew's book which is to be published shortly. The following tribute to Matthew has been written by his colleague, Mansur Geiger...

Pak Mat, as he was fondly known, and myself too, undoubtedly enjoyed and experienced together some of the most exciting and adventurous times of our lives, in those early years of exploration in Central Kalimantan.

This exploration took us to a place which Bapak Subuh had identified, where no outsiders had ever yet been. There were no maps, there was no literature, we mostly had no communications and simply had to follow the river drainages and rely on the extraordinary jungle knowledge and skills of the local Dayak people of the Kahayan River. It truly was the Great Kalimantan Adventure, and something that changed both our lives for ever.

Pak Mat's meticulous and detailed recording of those journeys is a tribute to this passion, love and respect for the work we undertook. Every evening he would sit in his portable camp chair under the camp lantern and record into his journal every detail of the day's events. This type of recording may now never



Pak Mat.

“

Pak Mat's meticulous records are a tribute to his passion, love and respect for the work we undertook...

”

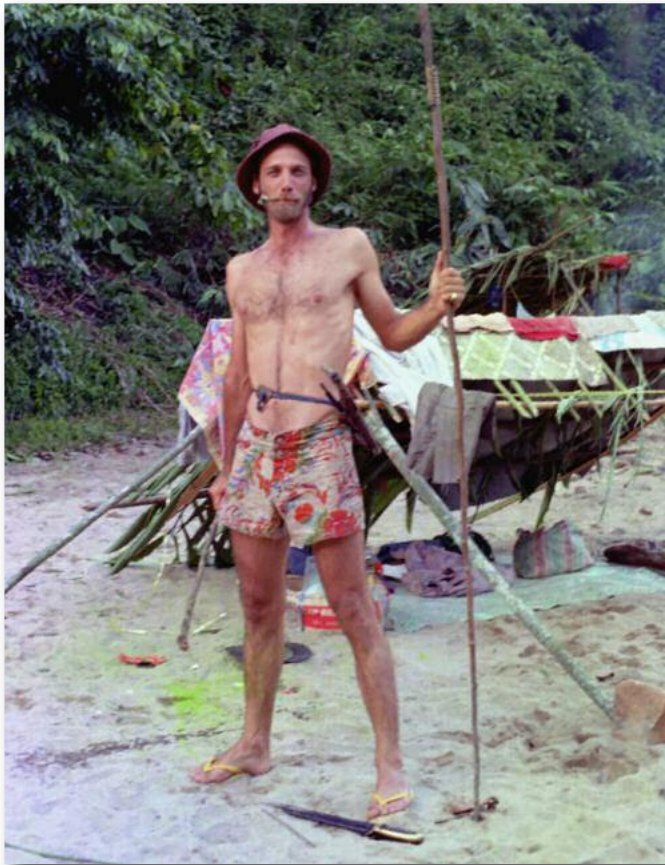
be seen again, in our new world of cybernetics.

Pak Mat was a big hearted, generous, loving, religious and spiritual man. On our journeys he would always take gifts for

the villagers wherever we stayed. He loved giving the ladies mirrors and lipstick – which in many cases, the ladies had never seen before. So then he became very popular with all the ladies along the Upper Kahayan River.

Living so close to him for months obviously had its challenges at times, but it formed a bond between us which went way beyond even that of brothers. Forming what we called the “Jungle Buddies Club” was our acknowledgement of that bond.

I have little doubt that Pak Mat's commitment and passion to completing this valuable and extraordinary



Mansur Geiger in the early days of mining exploration in Kalimantan.

Record of The Great Kalimantan Adventure is what kept him going in his later years, even when suffering from poor health. He completed it and then, soon after, he passed on. God bless you Pak Mat, may God grant you a great and wonder-filled adventure in the hereafter and beyond.

In closing, I wish only to add that the prospect Pak Mat and I found in 1982 called Beruang, is now near to the production of Copper, Lead, Zinc, Silver and Gold. To date a total of approximately \$60M dollars has been expended within the original, “Bapak's Thumb” greater concession area, which started at 1 million ha. in size.

The initial mines at Beruang will occupy an area of approximately less than 600ha including all infrastructure; they contain in ground resources worth close to \$2 billion, which will be mined over a period of around 12 years, employing about 700 local people. These mines will cost approximately \$200m to construct.

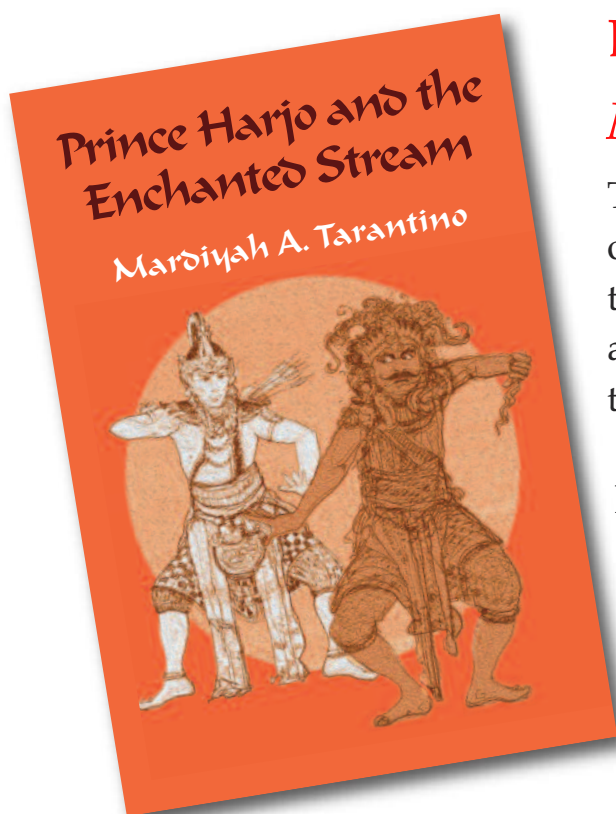
A valuable Subud outcome from all this work has been the establishment and success of the

Yayasan Tambuhak Sinta foundation (YTS), which implements the Community and Regional Development programs within the regency. YTS has received appreciation and acclaim from the local people, local government and international development agencies alike.

However, I have little doubt that the greater “Bapak's Thumb” area will continue to produce many additional resources and mines well into the future, just as he indicated so many years ago. Exploring this area has been like finding a needle in a haystack and when you consider it took one month to get there in canoes in the early days, it is understandable as to why it simply takes so long to build a mine there, as it is in one of the most remote regions of the world.

People interested in the project's development can visit the website:

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



Prince Harjo and the Enchanted Stream

Mardiyah A. Tarantino

This delightful little book is a story for older children. Set in Indonesia, it is a rich tale of discovering one's true self, told by a venerable Dalang (Wayang puppet master) to Michael, a young Westerner.

Mardiyah lived in Indonesia with her husband and five children for over six years. She became quite fluent in the language and deeply interested in Indonesian culture, including the *wayang orang* and *wayang kulit*, upon which this story of Prince Harjo is based.

She is also the author of 'Bapak: Lost in the Amazon'.

To order a copy, go to:

<https://www.lulu.com/shop/search.ep?keyWords=Prince+Harjo+and+the+Enchanted+Stream&type=click> 'Add to Basket' and follow the onscreen prompts.

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On March 8, 2012, Ibu Rahayu
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