



In That Darkness



Over 600 people crammed into the hold of a US Air Force cargo plane leaving Kabul on August 15, 2021.

IN THAT DARKNESS

When I am
most alone,
touched by adversity,
or suffer loss –

When I am
most devastated
and afraid –

In the darkness
I will hear
the voice that says
'It is I, be not afraid'

Then I will know that
in all the circumstances
of my life
it is you, my God
who speaks to me.

Poem by Australian sculptor Tom Bass

SUBMISSIONS AND DONATIONS

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IN A TIME OF UNCERTAINTY

From Anonymous...

This prayer of a Trappist Monk seems appropriate during these times of uncertainty in the world today.

Dear God,
I have no idea where I am going
I do not see the road ahead of me.
I cannot know for certain where it will end.
Nor do I really know myself... and the fact that I think that I am following Your will does not mean that I am actually doing so.

But I believe this:
I believe that the desire to please You does in fact please You.
I hope I have that desire in everything I do.
I hope I never persist in anything apart from that desire.
And I know that if I do this, You will lead me by the right road, though I may know nothing about it at the time.

Therefore I will trust You always, for though I may be lost - and in the shadow of death - I will not be afraid, because I know You will never leave me to face my troubles all alone.

Thomas Merton, Trappist Monk 1915 – 1968

The Way of Uncertainty

A Subud member who wishes to remain anonymous then wrote this article arising from Merton's prayer...

11 January 2013

Today I realised that of the many ways each of us walks through the world, my way is the way of uncertainty. Some people know what they want and set goals and go for their plans. I don't have plans or goals, except that nebulous and unfathomable hope to be able to leave this world as a better person than when I was born and to return to God.

That is my hope, but even that, I set aside on a small altar of my hopes and if it is God's will then I trust it will happen. But if not, then also that is fine, for God's Will is the only way I hope for.

I feel God's love all around me, directing me, showing me the way, through intricate mazes of this world, through entangled emotions and relationships, the joys and the sufferings. I see God's Hand taking my hand, working on me, through me, within me, around me.

I know that I am enveloped by God's Love no matter what darkneses I walk through. God is always there for every one of us and it's only our ego that veils and conceals ourselves from our creator. This world of dualities, the opposites of light and dark, teach us the Truth; that there is only One, and the only way through is to unite the dualities and multiplicities within us into the One.

The way of uncertainty reveals itself to me as an infinite existence of possibilities. The paths are boundless, but the destination is One. The only certainty I have is that I know that I don't know anything.

And I know that even if I think I know, it's very possible that I don't know. I don't have that certainty of knowing as some others do. And what is right for each of us is not that there is a single way to reach God, but that there are an infinite number of journeys and that's why the latihan is so intricately customised for each of us individually.

My uncertainty may be seen as a shortcoming, and a weakness. Surely fortitude and clarity are >

I trust that God will help me resolve the situation...

a higher more noble way. And yet this is what God has given to me. This journey means I must put my hand each day into the hands of the One who Knows me better than I do.

Not knowing compels me second by second to be checking in for guidance and help, for uncertainty challenges me to remember that I know nothing. And if I receive the wrong guidance due to my own faults and shortcomings, I trust that God will help me resolve the situation I am in and realign my path because God knows my only intention within my way of uncertainty is to follow God's Will for me on my journey Home.

A TIME OF RETREAT

The editor writes...

Locked down again!

We were in lockdown last year, and now we are locked down again. When's this going to end?

I live in the countryside in the Australian state of New South Wales. Australia's record with the pandemic is more fortunate than just about anywhere else in the world, but still, we have our problems, thanks to that latest Delta variant which is causing havoc.

The numbers of new cases in New South Wales are still only in the hundreds compared with other parts of the world where they are in their thousands or tens of thousands. Still, our government is trying to get on top of the outbreak.

For a while the tiny pocket where I live, the Northern Rivers area, was just about the last Covid-free area in New South Wales. All around us, one by one, the shires shut down. And yesterday the whole state of NSW including us was locked down.



Lockdown in Australia...

You can feel a change in the atmosphere...

Around about 3 o'clock in the afternoon most of us found out we're gonna have to lockdown and then the lockdown came in at 5 PM. So first, you could feel it in the air, there was a lot of confusion. People trying to figure out what was going on, people hastily rearranging their plans and agendas.

I am lucky, an old man without dependents. Some people really suffer in lockdown. How to keep the children entertained and educated? How to make up the money from the job that has been lost? I don't have a job to lose, but fortunately have a pension. There has been a clear rise in the number of people seeking help for mental health issues.

Compounding our alarm about the pandemic, is this recent intergovernmental report about global warming from the Panel on Climate Change (IPCC) which presents a "striking wake-up call on the need to dramatically accelerate the pace and scale of climate action".

We have a vanishingly small window of opportunity to avoid the worst impacts of climate change -- impacts that are existential for entire nations and pose tremendous economic, health, safety and other risks to everyone. We are in an all-hands-on-deck situation that requires transformational change in the public and private sectors, the likes of which the world has never seen. Fortunately, we already have at hand a range of tools that are needed -- from clean energy technologies to effective policy models -- to get us there.

Already the prophets of doom are talking about "complete societal collapse" and Tasmania has been designated as one of the five safest places on the planet to weather the storm.

“ *When is this going to end...* ”

Our group latihan has been cancelled of course be-

cause of the new regulations. So, I did my latihan alone at home. Then I was moved to write something by hand...

Slow down...

And I realised that I was writing very fast, almost as if I had to get this written before the world ends under the double whammy impact of climate change and the pandemic.

Why was I writing so fast? There was no need for it! It made me realise how while I am an old man who has slowed down a lot, inside I am still very busy. My mind is so busy with all these activities that are not very necessary at all. Self-imposed tasks and duties for the most part.

Slow down, get deeper, quieter. This was message of my latihan this morning. And of course, it corresponds to the message that came from Ibu Rahayu earlier in the year which said that this was a time to be quiet.

So, a positive can be discovered in the lockdown. I know I am a very fortunate person in that I can just put into practice whatever I want to put into practice, I don't have to worry about how it impacts on my wife or my children or anybody else, but I see that I can turn the lockdown into a very positive experience. A retreat. A time of retirement from the world. A time of going inward, of reaching the inner pool of silence.

Suddenly it is easy to retire from the world because nothing is going on in the world. All the things in the world that my desires usually attach themselves to are not on. So, I am in an enforced quietness. So, I may as well make the most of it and make it a CHOSEN quietness. Go into an ever more deeply. Experience the riches it has to offer. Yes, for me, this is not a lockdown...

This is a RETREAT

And of course, by the electronic wizardry of our age I can have a retreat by myself in my house but can also share it with others.

GROWTH & DEVELOPMENT OF SUBUD

Rahman Connelly, Australia, writes...

This is a subject I'm sure many of us think about from time to time, especially when Subud appears to be shrinking rather than growing.

We are all aware that Bapak told us that the latihan is a direct contact with the Power of God and a gift for all mankind, not just for the small group of people we are today. To me this raises the question of what our individual or group responsibilities might be to facilitate the growth of Subud.

Living Proof

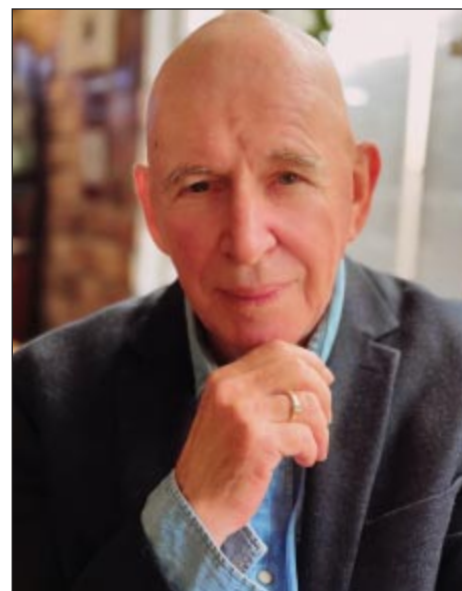
To help answer this question for myself, I tested: what is my role and responsibility for the growth and development of Subud? In essence, the answer was that I need to strive to become living proof of the efficacy of the latihan by showing its benefits in the world.

There is nothing new in what I received. It simply reflects Bapak's advice that Subud will grow via 'proof not propaganda'; that people no longer want to just 'believe', they want to experience something that can bring tangible benefits to their lives.

What could happen

It occurs to me that a Subud member might one day come up with a discovery or initiative of world significance in some field of human endeavour - something that can be traced back to guidance from the latihan.

And if this discovery or initiative becomes well known, that person will inevitably be asked how they made the discovery. If they are able to explain in simple, practical terms that it came through >



Rahman Connelly.

their practise of the latihan, that might lead to widespread inquiries about Subud. This, in turn, would lead to questions about how we might handle such a level of inquiry.

[Your contribution](#)

The purpose of this note, therefore, is to ask you to share your insights or indications from the latihan about what our individual or group responsibilities might be to facilitate the growth of Subud. I would greatly value input from as many members as possible - a few sentences, a few paragraphs, or more if you feel so moved. You can submit your contribution anonymously if you wish.

Once I have a range of responses, I will compile them into a document and share it with all contributors. If all agree, it could be distributed more widely within Subud.

[Send your response to Rahman at rconnelly@izellah.com](mailto:rconnelly@izellah.com)

[A first response to Rahman's article from Harris Smart...](#)

Hi Rahman

Thank you for your thoughts about growth and development in Subud.

I think we're all agreed that the way Subud will spread is by the good example of Subud members since this is what Bapak and Ibu Rahayu have always advised and furthermore it is the experience of we Subud members.

People will see Subud members and think, "they really have something I wonder what it could be" and they will want to find out about Subud and they will join.

That's the way it should work. I guess the problem is not enough of us are yet shining with that kind of radiance.

It is interesting to think of moments where it did happen. Project Sunrise which was developed in Sydney in the 1980s did have a big impact on Sydney. For a time, it looked like something very exciting and valuable was emanating from Subud as we developed this project for the redevelopment of Darling Harbour, a central part of Sydney.

Many important people in politics, the arts, business and other fields were attracted to either join Subud or to be very favourably disposed towards it.

We had a situation here in northern New South Wales 15 years or so ago when Subud members Hamilton and Deya were seen to be very attractive to the many people of the "seeker" variety who congregate in Byron Bay and in a very short period of time, a large number of people were attracted to join Subud. I think there were at least 20 people, maybe more.

So what can we do? Try to be better people? More interesting, more exciting, more able to be seen as having the potential to make a contribution?

I guess it just comes down to an individual answer in every case. Test? How can I be a Subud member who will be a light to the world and attract other people to join Subud? ●



Potential for development. New Year's Eve at the BASARA Gathering in Kalimantan.

30 YEAR ANNIVERSARY

[MSF Chairman Mauricio Castillo writes...](#)

The Muhammad Subuh Foundation would like to invite you to a celebration of its thirtieth anniversary, today, August 13, at 8pm New York time.

There are many reasons to commemorate the journey of the Foundation named in honor of Bapak Muhammad Subuh Sumohadiwidjojo, founder of Subud. Over the years, MSF



has worked hard to build and maintain a solid financial base for the development of Subud around the world and for future generations.

In its 30 years, the Muhammad Subuh Foundation has supported the acquisition of 54 Subud Houses around the world, the WSA archives projects, the travel of International Helpers, and social and cultural projects in our association.

None of this would have been possible without the generosity and trust that many Subud members placed in the Foundation through their donations and bequests, or the work of dozens of MSF trustees and staff throughout these 30 years.

This August 13 at 8pm New York time, we would like to invite you to walk with us through the 30 years of the Foundation's history. It is a path built by and for all of us who have received the immeasurable gift of the Latihan.

Below is the link to the MSF Anniversary for those who would like to view it.

<http://www.youtube.com/watch?v=hNIJzvwRA5Q>

MSF ANNUAL REPORT 2020

MSF awarded USD 51,800 in grants to 4 Subud groups.

Subud Washington, D.C., USA; Subud Bandung, Indonesia; Subud Rungan Sari, Indonesia; and Subud Amanecer, Colombia received MSF grants in 2020.

In 2019 the Muhammad Subuh Foundation stopped giving loans to Subud groups, and now only gives grants. These grants are given to purchase a Subud house or a plot of land, or for a capital improvement. MSF does not fund routine repairs.

The MSF grant policy encourages Subud groups to be self-sustainable in the mid-term and long-term. This is to help ensure the sustainable generation of income for the house and surrounding property's ongoing repair, taxes, emergencies, etc.

Please read the full report: www.msubuhfoundation.org

Kind regards, Amanda Rivera Urrutia, Administrative staff

These stories first appeared in www.subudworldnews.com



INTERVIEWS WITH ENTREPRENEURS

From www.subudworldnews.com

A group of entrepreneurs in South America have been hosting interviews with different Subud entrepreneurs around the world, since lockdown began in 2020. The team is made up of: Gregorio Cárdenas (Colombia) and Benjamín Garzón (Ecuador), generadores de la iniciativa; Margarita Fiscó (Chile); Sofía Parra (Colombia); Sharif Marks (Colombia) y Martín Fiscó (Colombia). They write:

"The idea of having virtual Zoom interviews with Subud Entrepreneurs came up during the Covid19 lock-in in April 2020, with the purpose of organizing interviews where Subud entrepreneurs talk about their experiences to share them with other members and inspire the development of more Subud ventures and reduce the fear of starting a project. Of course, it is always interesting to share Bapak's vision, in many of his talks, about enterprises and the important role they play, both in personal development and in the development of Subud as an organization.

For this purpose, we prepared a questionnaire with some basic questions, oriented to personal experience in the creation and development of enterprises, the relationship with Subud and the ups and downs and achievements during that process. We also created our own flyers to promote the events, which for the convenience of the Latin American membership -the initial target audience- were scheduled on Fridays at 7:00 pm Colombian time. Given the generosity of the invited interviewees and the good acceptance of our interested brothers, it has become a sustained practice over time with a process of improvement from one interview to the next.



It was a great surprise to find from the first interview (May 8), an acceptable turnout, which is generally composed of a mostly Spanish-speaking audience and some English speakers, so to eliminate language barriers, interpretation was incorporated.

To date, more than 25 interviews have been conducted in which our dear brothers and sisters from different parts of the world have shared their stories, many of them surprising and highly illustrative and motivating. Some of the interviewees come from Spain, Canada, the United States, Indonesia, Colombia, Chile, Mexico, Peru, Argentina, etc. We have also opened access to representatives of the Guerrand Hermes Foundation for Peace (GHFP) and the Muhammad Subuh Foundation (MSF), to illustrate their objectives and activities."

Our next interview will be with former WSA Chairlady, Osanna Vaughn, who is involved with E-Lango, a new enterprise focussed on translation and language teaching services. Most of the former interviews have been recorded and can be accessed online: www.subudworldnews.com ●

CoPLAY: A Truly Original Project

From an interview by Hanafi Fraval with Susannah Rosenthal, edited by Levana Fraval...

This is the first of a series of articles we are writing on Susannah Rosenthal's extraordinary CoPLAY project in Muncie, Indiana.

CoPLAY is breathless in its scope and innovation, offering futuristic benefits for education while integrating compelling new technologies. An aerial view of the CoPLAY facility and grounds is shown at the end of this article, but we will start with an overview.

The story begins with a dream that eventually ends up as a reality.

Susannah had a dream in which she chased an architect across a plaza. When she caught up with him, she asked if he would design a house for her. He thought and thought and finally replied, "You know, I am very busy." Then she woke up, but she thought, You know, he didn't say no.

Many months later, at a Mattel-sponsored, toy-design contest at Arizona State University, (ASU), Susannah asked the architecture professor sitting next to her at a pre-contest dinner, "What's new in architecture?" He replied, "There's Frank Gehry in LA, but someone is doing true architecture. I can't remember his name." Then Susannah said, "I'm looking for Antoine Predock." "That's the man!" he said.

The next day, Susannah recognized the ASU campus as the plaza in her dream, so she called Antoine from that very spot. Three weeks later, the two met and Antoine started designing her house. Susannah had it constructed, and it became her first building project, which she named Xanadu.

Some years later...

On December 27, 2019, a unique property in Muncie, Indiana, came up for sale: The PAWS campus was originally owned by Jim Davis, who had created it for his comic-strip character, Garfield, the lasagna-loving cat. Davis had given the property to Ball State University, and now they were selling it. Susannah jumped at the chance to buy and started looking for partners to help her develop a "creative educational retreat in mid-America." She has designed a model website (see link at end of article) to tell the story of the CoPLAY concept and what she hopes to do on its extensive 40,000 ft² grounds.



Aerial shot of studio, main building and warehouse in back.



Atrium.

Susannah has been brainstorming with many others about the highest and best use for this novel property. Please see for the story and link to the sales brochure and article on Jim Davis and the PAWS Team (PAWS was the original name of the CoPLAY campus).

Consultants and others have urged her to write a business plan for the facility. However, Susannah felt she needed to focus on developing a vision that attracted others to bring their skills and operational experience to set up businesses in different parts of the property. This means that her business model must attract partners who see and appreciate her vision for the facility.

Susannah has been open to innovation, recognizing the gift she has been given with this property and hoping that CoPLAY becomes a sustainable incubator for collaboration.

CoPLAY International

There are five main groupings of activity and use planned for CoPLAY.

Event center

CoPLAY is situated in a landscaped rural setting, perfect for relaxing events and special occasions, and very different from other local venues. Nineteen acres allow for expansion for onsite accommodations in the future. A Marriott Courtyard is twelve minutes away.

- Retreats of all kinds
- Conferences
- Weddings
- Camps
- Subud events, like the Midwest gathering at the end of October 2021.

[We will share more details in forthcoming articles in this series.]

Tech hub and AV studio

Discussions are ongoing to attract an audiovisual business to move into the facility, possibly as a partner. The right business would bring equipment and expertise in video production, including augmented and virtual reality experiences, into CoPLAY.

Along with the technologies, a concept called Flow can be introduced and offered at CoPLAY. Flow has taken hold at the top level of professional sports but originally described any peak experience in life. See <https://www.youtube.com/watch?v=v8ten8zWOS4> for a TEDx talk on what Flow is and how it is achieved.

Susannah believes that by integrating these technologies, CoPLAY can offer cutting-edge training in education, gaming and other areas of life.

- AV studio for podcasts and courses
- eSports gallery and broadcast lab
- Virtual and augmented reality lab
- Flow experience rooms.



Cullinary kids cooking show.



Events such as outdoor weddings...



Fitness studio.



*Gap year and school classes
CoPLAY Crew meeting.*

Fitness tech studio, plus locker rooms

A fitness workout space (with men's and women's locker rooms and showers) created by

Jim Davis for his designers meant that they could stay in shape during their workday. CoPLAY can enhance this space with technology to measure and record an individual's performance improvement. Training classes can be added for instruction in total body and mental health.

- equipment
- Sleep and dream monitoring programs
- Special sensory tanks, like sensory deprivation tanks
- Biofeedback devices.



Greenhouse.

Commercial kitchen and greenhouse

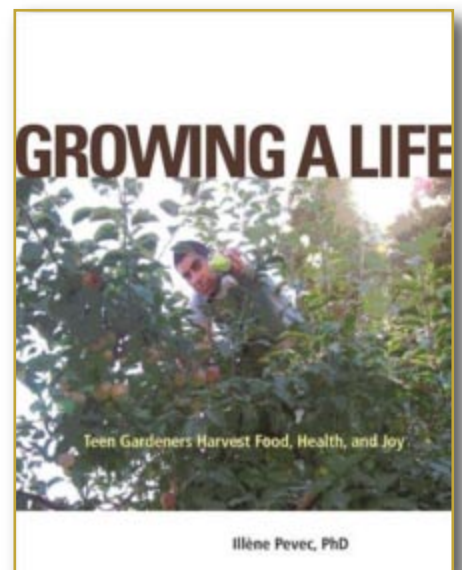
A powerful feature of the facility is its commercial kitchen, with a service hatch to the dining area. The greenhouses across the street can supply the kitchen with fish and fresh vegetables from their aquaponic garden (aquaponics is the integration of aquaculture and hydroponics). CoPLAY's commercial kitchen, with both a walk-in fridge and walk-in freezer, can be a major asset to the events business.

Instead of using a septic field for wastewater on the original campus, Jim Davis had hired a world-renowned designer to install a first-of-its-kind filtration system. Though in need of some repair, the system remains in operation and is an educational experience for local schools.

Illène Pevéc Ph.D., has been consulted on facilitating a collaboration of the greenhouse with the local community. Illène is the author of *Growing a Life*, a book that documents her many international projects on school gardens for students and communities. The book also contains testimonials of students describing a "flow experience" when they garden.

Susannah is in discussions with Ivy Tech Culinary School and Ball State University Hospitality departments to explore how their students can acquire hands-on experience as interns. Well-known chefs can be invited to offer cooking classes. By adding lights and camera, the classes can become cooking shows recorded for broadcast on the Internet. Culinary Kids is a TV show that might be filmed at CoPLAY.

- Catering
- Greenhouse produce for CoPLAY and community
- Greenhouse educational classes
- Cooking courses and shows.



Growing a Life book.

Gap-year programs and school-voucher classes

Following the decades-long YES Quest program started by Peter Jenkins and team, Susannah hopes to work with their new Gap Year Quest by hosting weeklong programs at CoPLAY.

At this time, there can be no greater need in education than to offer alternatives to students for learning more about themselves in these proven programs.

Susannah is hoping to work with Rebecca Burns' exploration of a gap-year type program, envisioned by her years of working with Where There Be Dragons. Examples of other quests planned are family quests and creative quests, and a new Virtual >



Tech room and AV studio.

Quest is currently being designed.

CoPLAY educational experiences will also include mini-credit classes under a school-voucher mandate, which would be recognized by local colleges like Ball State University and Ivy Tech Community College.

- Gap-year programs
- eSports and game-design courses
- Workforce courses as part of the Indiana state government-funded programs
- Other courses: Mentoring; ARxT: Art & Healing; and New Media Storytelling.

CoPLAY: <https://suxanadu.wixsite.com/redesign-paws>

Use links on website. Click “Sales Brochure Link” near the left bottom of the page to sales brochure see lots of great photos. Click “PAWS Article” for Jim Davis’ article, ‘In Dog Years I’d Be Dead’, about the PAWS design team.

Contact Susannah at suxanadu@gmail.com if you have expertise and are drawn to help make CoPLAY International a successful Subud project. Look for CoPLAY online and on Patreon. The next article about CoPLAY will be published here as the project unfolds.

SUBUD ENTERPRISE, ANUGRAHA AND LUTHFI O’MEAGHER

By Sahlan Diver... This article is a tribute to Luthfi O’Meagher, who died in February 2021...

In business, if profits stagnate or a company starts to go inexorably downhill, you don’t keep on recycling the old play-book – you have to adapt to survive. However, it’s human nature to resist change, to believe that the way things have always been done is the one and only true way.

Nowhere is this illustrated better than in the popular TV show, “The Hotel Inspector”, where an expert visits failing businesses in the hospitality and tourism sector and advises them on how to turn around their fortunes.

Even when the people are on the verge of bankruptcy, even when they stand to lose not just their business but their home, even when they pay lip service to the wisdom of the advice they are being given, *still* they are reluctant to make change, *still* they insist on continuing down the same path to disaster.

[Is Subud enterprise like that?](#)

Regarding one important project in the 1980s, it was not. The Anugraha Hotel and Conference centre project was intended to be a flagship for Subud. Members enthusiastically bought shares, a team of Subud directors was appointed, a country house site was identified, well placed within reach of both London and Heathrow, and work began.

Things swiftly began to go wrong. Costs spiralled out of control. The wisdom on the street was that we had been arrogant, that we had not sufficiently “offered up” the project.

That’s the danger of “the spiritual”, isn’t it, that we get fanciful, because it’s so much more interesting to find a romantic, mystical reason for everything, rather than stick with the boring and mundane. The same reason conspiracy theories gain credence, by way of being seductively interesting compared to the facts.

Ironically, in our rush to be spiritual, to be “truly Subud”, we end up achieving the opposite, by unfairly, one might even say maliciously, maligning the innocent. The suggestion, common at the time, that we failed because we were lacking in personal qualities, is an objectionable one. Many members took great risks in support of Bapak’s project, even to the extent of mortgaging their own homes.

I knew the guys who were the original Anugraha directors: hard-working, sincere people who would have given their utmost to make the project a success. Failed because we weren’t sufficiently >



Luthfi O’Meagher.

submitted? Rubbish! We failed because we didn't know enough. Technical mistakes were made. Mistakes equals costs. It's as simple as that.

Unlike the Hotel Inspector example quoted above...

Subud, to its credit, saw that to avert disaster they needed a clean sweep, to bring in new blood and ideas. The team of directors resigned and Luthfi O Meagher was appointed as managing director.

Why Luthfi? Two reasons. Firstly, he had been a successful businessman. Secondly, and uniquely, he had experience of working alongside a professional insolvency practitioner while trading in a business that had been insolvent.

The subsequent pullback of Anugraha from almost certain failure, to solvency and a promising valuation of the business, is extensively documented in Luthfi O'Meagher's "The Governance of Anugraha".

What happened next? Subud sacked Luthfi, against the better wisdom of the Anugraha project's bankers and financial advisers. I am not going to revisit old ground in this article. The reasons Subud gave Luthfi the sack are well covered in *The Governance* and also summarised in my article: "Trial By Feelings", which can be found here:

Needless to say, after Luthfi's sacking, those who took over succeeded only in eventually selling the building at great loss to many investors. Luthfi could have walked away and said "It's your problem", but he did not. He devoted his time and energy to trying to mitigate the effects of the financial hardship caused by Anugraha's collapse, contrasting noticeably with Subud's attitude of "we have to offer it up and be willing to move on".

Since this is a tribute piece, as well as being an article about Anugraha and enterprise, it's necessary to say a few words in praise of Luthfi. He came from a generation, just after the second world war, who had been obliged to undergo compulsory military service.

Luthfi served as an officer in the Royal Marines. He told me several amusing stories about it and I regret he never took up on my urging him to write an autobiography.

One such incident was a training mission hiking over a mountain range in Scotland. Their radio transmitter broke down so they did not receive the message calling them back to base because of bad weather.

Luthfi and his men found themselves stuck in a snowstorm. The natural instinct would be to turn back but Luthfi sought the advice of an experienced sergeant who had been assigned to the team, who said the safer option would be to complete the twenty-mile hike despite the blizzard conditions.

I believe Luthfi's ability to command respect from the people who worked for him, which was especially obvious at Anugraha, came in part from his experience in the military, which taught him to value the abilities of his colleagues, even when of lower rank.

Another unique quality Luthfi brought to



Anugraha.



The Great Hall at Anugraha.

“ Many members took great risks in support of Bapak's project, even mortgaging their homes...”

Anugraha was his interest in the arts, in particular dance and music. He devised the idea of the Anugraha Festival, covering an eclectic mix from classical, through jazz to Egyptian belly-dancing, and employing top professional artists. The festival received critical acclaim, though not in Subud, where many saw it as a convenient scapegoat for creating discontent.

Imagine if Anugraha and the festival had been allowed to continue under Luthfi's leadership. An arts festival showcasing top people in a unique country house setting, within easy reach of the metropolis. Could it have worked? Have you ever heard of a little place called Glyndebourne?

Suppose Anugraha *had* been allowed to continue under Luthfi's leadership? Would Subud have followed a different path from the one that it has? Morale would certainly have been better, though it is doubtful whether the run of good fortune would have continued.

Encouraged by Anugraha's success we would have undoubtedly gone on to bigger and better projects. What are the chances that Subud people would have messed up the success of those projects for the same reasons they messed up Anugraha? ●

MEDIATION AND EFFECTIVE COMMUNICATION

Zone 3 Rep, Hannah de Roo writes...

Some twenty years ago Raymond Lee (translator for Ibu Rahayu and of Bapak's talks) got involved with mediation 'by accident' and he didn't really know what it was about.

The more he got into it, the more he realised it was actually very useful and it made him think: "I wish I had known about this when I was young! Perhaps I wouldn't have made so many mistakes in my work and my communications with other people. I understood that mediation skills would really help me in my role as a helper and in many other situations."

Raymond explains: "In Subud we have this wonderful thing, the Latihan, which can touch us in the feelings. But, until we are very experienced, we're often not very good at dealing with our own nafsu and other people's nafsu in our communications. We can be triggered and fired, and it all happens automatically and instinctively.

We just say things and the other person gets defensive and we often don't really listen to each other at all. In fact, we don't communicate most of the time! And this makes me very sad." He continues saying: "A large part of the mediation I do is about misunderstandings and misreading each other's intentions. A lot of the problems seem to evaporate when you actually start to really listen."

Earlier this year, Raymond noticed messages in a local Subud WhatsApp group that were causing conflict and stress. He felt sorry and decided to reach out. Both senior and junior members were involved in these communications, but recognising the lifelong benefits some new patterns and skills could provide young people, Raymond asked if the newly appointed youth representative was interested in organising a training for young members during Ramadan. This proposal was received with great enthusiasm and that is how it all started.

A group of nine participants, mostly regional coordinators for the youth, joined Raymond and his colleague Hyang Mihadja on Zoom to learn about active listening, showing empathy by paraphrasing, how to ask questions that create a connection, and what actually happens in our brains when we are in conflict.

The size of the group was deliberately limited, so participants had the opportunity to practise together. The goal was not to interfere with what was happening between Indonesian Subud members, but much more to offer an alternative way of communicating that might raise the interest of a few, who would then be able to apply this in their relationships.

"My dearest hope is that maybe one or two people who participated will benefit from this in their >



career and their overall communication in life. But I also do hope that, God willing, in the future some of them can incorporate these communication skills in the Subud organisation, so it will help to create harmony.”



A lot of problems evaporate when you actually start to really listen...



Participants were asked to contribute a modest fee, which was donated to Subud Youth Indonesia. As there was a lot of interest to be part of this training, the plan is to start another group soon. Raymond also wants to offer follow-up meetings for the first group to foster the good relationships that have developed and also because it's easy to fall back into old patterns without actively practising the new skills.

There are already a lot of positive outcomes from the first four sessions.

The new youth coordinator got to know the other members of her generation throughout the country much better, something which was hard to achieve with Covid restrictions. Raymond's colleague who was recently opened in Subud and living far from the group, suddenly had more members to relate to and started coming to Latihan in Cilandak.

Also, in the last session, the youth chair did a role play that lasted for about two hours, and it was very helpful and healing. The group bonded in a deeply supportive and encouraging way. Some seeds have obviously been planted!

No wonder, one of the participants afterwards published this quote by Franklin D. Roosevelt: We can't always build a future for our youth, but we can build our youth for the future.

This article first appeared in www.subudworldnews.com

ISTI JENKINS AND THE BANNERS

Harris Smart continues his series about people and projects in the North Coast NSW Subud group. This time it's about Isti Jenkins who is well-known for her roles as an International Helper and for projects such as her Banners Project and Our Subud Story.

She is the wife of Peter Jenkins, the founder of the YES Quest which for more than 20 years has been helping young people and also adults find direction in life. I began by asking Isti...

First of all, could you tell me a little about your early life. Where you grew up and your family and so on?

I was born in Vaucluse an eastern suburb of Sydney and lived with my five siblings in a magnificent house OKINYA built by my grandfather in 1898. My father was born there and then inherited this half acre waterfront property in Darling Point with a spectacular view of the Sydney harbour. So as children we enjoyed the luxury of a tidal swimming pool, tennis court and sailing boat etc.

Sadly, in September 1953 the house caught fire and was burned to the ground in only 20 minutes. This changed our lives forever. My father's effort to rebuild were short lived and he died of cancer only two years later. We sold of course and moved to the North Shore of Sydney in 1958.

It was in 1964 when I first heard about Subud.

How did you find Subud?

My eldest brother was the first to hear about Subud and was introduced to it while studying Architecture at a University in Melbourne. His first contact was through a member from New Zealand. I was only 14 years old at the time when he invited several of his new friends for a visit to my family home which was then at Castlecrag in North Sydney.

Around that time, I did experience a special spiritual awakening as I was struggling to complete by High School exams. As I returned walking from Church one Sunday I found myself asking the question, 'Why has God not sent someone to bring harmony between ALL races and religions, >



Peter and Isti Jenkins at their 49th wedding anniversary.



Isti worked with young people to come up with their ideas for banner design.

surely He loves the whole of humanity?’ Immediately I received and answer ‘ God has ALREADY sent such a person!

Therefore, after leaving school my interest was rekindled and I then remember being deeply touched in particular by a talk written by Rochanawati in 1965...and I knew then it was my intention and destiny to join Subud.

I made several visits to Melbourne to meet with other Subud members. Then discovered that a young friend of mine whose mother was in Subud was living in London, England. So, I made arrangements in 1966 to fly to London, stay with my Auntie and visit the Helpers in Monmouth Rd. I was opened by Rosanna Sawery-Cookson and Mariam Kibble around June 1966. This was the beginning of my Subud experience

and journey that included working at Redington Rd to help Hartarti Horthy prepare for a six week visit from Bapak and his Indonesian family.

How did you meet Peter?

Peter and I meet at a Sydney Subud centre, probably in 1968, not long after he had arrived as an emigrant from London on Bapak’s advice as to where to live. Although we had no interest in each other at the time, there were now eight of us young members who would hang out together and meet often. Peter was always an active Committee member, helping organise events.

A visit from Bapak was due in January 1972 after which several of us chose a partner and married. We married in April 1972, have four wonderful children, moved to be near a Subud Community in Wollongong where we stay for 20 years in the luxury of a beautiful country environment.

After our third child Fred, we spent almost two years in Wisma Subud from November 1981. Our children all left home by 2001 when we made our first visit to Kalimantan. Yes, we were part of the effort to plan a celebration for 100 years since the birth of Bapak.

Peter was then offered to manage the Kalimantan Meeting Centre that was being built and developed there. We were happy to help fulfil Bapak’s dream for us to build a Subud community on this land called Rungan Sari that Bapak had bought and now that our children were settled in their own lives this gave us the chance to return there in 2002...where we lived and worked.

Next year, 2022, God willing, we will celebrate our 50th wedding anniversary.

Let’s talk now about your Banners Project. How did that begin?

It began in 2002 when we were living in Kalimantan, and I made some backdrops for stage performances put on by the children of Rungan Sari. My idea was to inspire local children to learn English through art and acting.

Then, Ibu Rahayu suggested that I should teach the local women to sew and make saleable products. With the money raised we started the YUM SEWING PROJECT in which I provided sewing machines and trained seven local village women to sew and sell their products.

Then for the Christchurch World Congress in 2010 I created a big wall hanging that people worked on during the Congress. The Banner was 6 metres long and auctioned at Congress it raised US\$6000 US dollars for YUM in Kalimantan

Then Latifah Taormina who was very involved with SICA, asked me if I would co-ordinate the



Isti with the banner she created at the Christchurch World Congress



Many nations contributed to the Freiburg World Congress.

making of Banners World-wide for the Congress in Mexico. I responded by organizing the making of three banners with voluntary help from Subud members at the Australian National Congress.

This set a pattern for other Zones and countries to do the same. So, then many countries and Zones made banners expressive of their nature which were exhibited at Congress. Many were auctioned and thousands of dollars were raised for Subud. The final banner was made by our young Subud members during the Australian National Congress in January 2018.

In the next issue of Subud Voice, Isti talks about her role as an International Helper and the Our Subud Story Project...

YUM ANNUAL REPORT AND MORE...

The YUM Chairperson, Purnama Widjakusumah, writes...

The year 2020 has been a tough year for Yayasan Usaha Mulia (YUM) with the COVID-19 pandemic. Many of YUM's activities had to close temporarily, and some indefinitely. However, we are still grateful to God Almighty that YUM is still able to continue running because in fact, assistance to rural communities is needed now more than ever, especially in the fields of health and education. In fact, this global crisis has pushed more families into poverty.

Thanks to the tremendous support from our donors in 2020, more than 33,000 people were helped, especially for the COVID-19 pandemic assistance program, namely the distribution of masks, soap and food. In addition, YUM focuses our programs on preventing stunting in children under 2 years of age and also on continuing learning outside of school. This pandemic carries the risk of increasing stunting rates as well as long-term learning loss for school-age children. Please download and enjoy the full report:

https://www.subudworldnews.com/userfiles/news/documents/2021/July/YUM_Annual_Report.pdf

In addition, YUM is sharing two videos: <https://www.youtube.com/watch?v=4HKVs1Kkdx>

Ibu Ismana Haryono shares her memories about the beginnings of YUM back in the 1970s, from the activities to the challenges faced over the years. We believe it's important to honour those who paved the way, and Ibu Ismana has certainly been a strong presence in YUM for over 40 years now!

Since the pandemic, schools have been closed and the YUM Community Library in Kalimantan provides various activities that ensures learning continues for the children in the nearby community, such as tutoring and home learning activities. Go to:

https://www.youtube.com/watch?v=G-_tvptRW_k

This article first appeared in www.subudworldnews.com

POSITIVE APPROACHES TO AGEING

As we know, our Subud population is ageing. SV editor, Harris Smart, looks at positive ways of viewing the ageing process...

They say you can prepare for death, but nothing can prepare you for old age.

I guess this is because it is such a shock. We always know in the back of our minds that death must come one day, but despite all the evidence around us, we think we can avoid old age.

Or we just don't know what it's like. We have observed it from the outside in other people but when it comes to us we realise we didn't know a thing, we are totally unprepared.

The best statement about old age...

Comes from- Surprise! Surprise! – Bapak. Abdullah Pope tells this story in his book *Reminiscences of Bapak*. An ambassador from Trinidad came to visit Bapak to complain about the effects of old age.

Bapak received him in his office in Cilandak. After an exchange of pleasantries, the Ambassador came out with his main concern: which was that, although only in his late 'fifties, his memory was failing, and his mind was not as sharp as it had been.



Bapak answered him with a delightful word picture. "You are getting old, and you must not fight it. You have been riding in a Chevrolet and suddenly you find a fine new Mercedes draws up alongside you, and you are instructed to get out of the Chevrolet and into the Mercedes. Your new vehicle will of course be different, and much more suited to your journey to the next world. You may be reluctant, though, to change vehicles!"

This is the most positive and encouraging statement about old age that I know of. There is the promise that something good lies on the other side of all this ruin.



Bapak speaks of 'a Mercedes' designed to take us on our journey into the next world...



Melancholy Jacques from Shakespeare's 'As You Like It'. The losses of old age...

From Melancholy Jacques...

My second favourite statement about old age is by that other great writer, William Shakespeare. Through his character Jacques who appears in *As You Like It*, Shakespeare presents an understanding of the losses of old age that has never been improved upon in this statement about the "seven ages" of human beings..

His acts being seven ages. At first the infant,
Mewling and puking in the nurse's arms.
And then the whining school-boy, with his satchel
And shining morning face, creeping like snail
Unwillingly to school. his big manly voice,
Turning again toward childish treble, pipes
And whistles in his sound. Last scene of all,
That ends this strange eventful history,
Is second childishness and mere oblivion,
Sans teeth, sans eyes, sans taste, sans everything.
As You Like It (2.7.143-70)

There is no avoiding it...

Or papering over it. We have to face the fact that old age at first presents as being about loss. We can add a host more to Jacque's list of things we are "without" in old age.

What about loss of memory? Loss of income? Loss of hair? Loss of health? Loss of status in society? Loss of power? Loss of strength? Loss of friends (who have all died or no longer have the energy to come out of their houses)? Loss of beauty? Loss of sex appeal? etc etc etc.

Bapak's statement is so much more encouraging than this. It suggests yes, the Chevrolet is a bit battered, the tyres are bald, the body work a disgrace, the battery flat, the engine in need of work. But it's what we're used to, so we love it. But there is something beyond this battered beat-up old Chevrolet. There is a gleaming Mercedes awaiting you.

But the trouble is of course, where is the Mercedes? I know the beat-up Chevrolet but where is my Mercedes? What does it look like? How do I recognise it? What does it mean this spiritual Mercedes?

At first when I read this story I said, "yes Bapak I believe you? I believe there is a Mercedes for me but where is it? What does it look like? Tell me of its nature? What are its characteristics so I will know what to look out for?"

Last year 2020...

Around the time of my birthday, I experienced very clearly the difference between this world and the next world. I know I am not unusual in this. I know that many Subud members these days have this kind of experiencing with more clarity the difference between this world and the next. Experiencing it as clearly as if they were two separate rooms and you can move easily between the rooms.

My father died suddenly of a brain tumour. He was in hospital for three weeks all the time in a coma and then he died. When my mother went to the hospital to collect his things, one of the men who had been in the same war as my dad told her that just before he died he sat up in bed and said, "I must go into the other room now."

Dying for him was as easy as that. Stepping into to the next room.

As we approach death the veil between the world gets thinner and thinner so that we can see more the room beyond or even pass between the worlds.

Anyway, this is the Mercedes for me, being more and more aware of the other world and being more aware of being able to live in the next world. The next world is a very calm place. It is a place of great certainty compared with the life of this world, which is more tumultuous, very colourful but often quite painful, the pain mostly caused by our own crazy desires, obsessions and blindness.

So old age is a preparation for death. And out of this deeper sense of the next world flow all the other gifts associated, wisdom, patience and so on.

I still love the world and its beauty and its challenges, but I am letting go of it, or it is letting go of me: we have agreed upon an amicable separation.

A very individual experience...

Old age is a very individual experience. Some have prepared well. But despite the individual differences certain trends are apparent.

Of course, the short-term memory declines. The seniors' moment of walking into the room knowing it must've been a reason you came it was an order was, but even that I can make fodder for comedy routines.

At the same time the long-term memory becomes amazing I can think myself back into things that happen 50 or 60 years ago, and I can imagine them in concrete detail, I know what the weather was like to know what the furniture was like I can completely put myself into the scene.

Positive Aspects of Aging: What is this Mercedes exactly?

I found this exposition of the positive effects of ageing from Shirley Vandyke, Education Consultant, Central Ohio Area Agency on Aging

Isn't it ironic that the idea of having birthdays appeals to most everyone, but the idea of getting older doesn't appeal to nearly as many people? Birthdays are truly a celebration of life. However, straining to see through the nearsighted eyes of a youth-oriented society, many Americans tend to >

consider every birthday past 29 as a forerunner for loss.

Growing older does offer challenges, but it also provides rewards. To assist in dispelling negative stereotypes of aging, we may need to be reminded of the positive aspects of aging.

You Are Wiser: It has been said that there is a mysterious ingredient that occasionally accompanies aging—wisdom. This must be qualified by the fact that aging is a process of becoming more of what we have been. Hopefully, we have learned how to live what we have learned. The first 40 years of life give us the text, the next 40 years supply the commentary.

You Are Mellow: Coping skills have become better. We are more tolerant of the little aggravations of life. We have learned that it is better to take things in stride. This can bring about a reduction in anger, anxiety, and impulsiveness. It is better to be kind than to be right.

You Are Confident: Later years can be a time to enjoy the benefits of experience from the life that has been lived. Many people get satisfaction and security out of reflecting on their accomplishments and realizing they have something to offer others.

You Are Your Own Person: Generally, you don't experience an identity crisis. You know who you are, and you know what you like and don't like. You don't take rejection as personal. It can be liberating to realize the way people treat us is often a reflection of their own insecurities.

You Become a Grandparent: Grandchildren can remind us that we need to nourish the child that is within each of us. Grandchildren provide us with an opportunity to be curious, to be excited about life, and to be playful. As Michael Prichard says, "You don't stop playing because you grow old; you grow old because you stop playing."

Your World Broadens: By fostering friendships and making new ones, there can be a network of old friends and new friends as well as the extended family. It is rewarding to reach out to others and to stay involved in life.

You Are More Motivated: There is an increased awareness of how precious time is and a desire to use it more wisely. There is time for pursuing a variety of interests—such as lifelong learning, leisure activities, and volunteerism. Vital absorbing interests can promote good health and extend life.

Aging may be inevitable, but disease and disability are not. We're not getting older, we're getting better.

Ways of coping well with old age...

From the internet I gleaned this further information about positive ways of viewing old age. There is a moment in all of our lives when the feeling that we are getting older hits us for the first time. It might be when you reach a significant age, when you have a child and move to a new generation or, when you catch yourself in the mirror and see those first lines appear on your face. But there are also many advantages to those feelings of getting older that often go unnoticed.

So here are 5 positive aspects of aging that hopefully you can adopt.

1. Focus Your Time: Feeling older hopefully makes you prioritize what the most important projects



We're not getting older, we're getting better...



in your life are, so that you can focus your time on those assignments and let go of the others that essentially you don't enjoy doing so much, or really don't have that much time to do. By doing this, you

are essentially dovetailing your energy, rather than spreading yourself too thin. This will most likely help you to become more successful at the one or few that you decide to keep.

2. Who Energizes You: Feeling older hopefully makes you realize that your precious time is limited. So, with that in mind, who would you like to spend more of it with? Would you like to see certain members of your family more, or allow a current friendship to develop to a new level?

Get a sense of your energy after you have spent time with different friends. If your energy is lower after being with them, then maybe they are not so good for you to be around. If you feel energized after being with someone, then that is a nourishing friendship, and you will really want to keep him or her in your life.

3. Leaving a Positive Legacy: Feeling older hopefully gives you a sense of urgency that will make you think deeply about what you are meant to be doing on the planet and how you want to leave a positive legacy behind. Not all of us have the opportunity to touch thousands of people's lives at once, like a spiritual leader, president, celebrity, rock star or anyone in the public eye for that matter.

It actually can be just as powerful and even more meaningful to touch the lives of those around you i.e., your family, your friends, and your community. If you can make a difference in one person's life and give to them or teach them something, invariably they will pass it on to other people they come in to contact with and those others will hopefully, in turn, pass it on as well.

So, the effect of you making a difference is like a wave that reverberates out and can touch hundreds of people's lives without you knowing. Also, many of us think of waiting till we're older to be more philanthropic, but there is no time like the present to leave your mark, because you really don't know how long your life is going to last and looking back you want to minimize the amount of regrets that you think you might have.

4. Letting go of Grudges: Feeling older hopefully makes you appreciate every moment of your life more. Maybe now you have a sense that there is no longer time to waste on being at odds with anyone. If you have a disagreement, let go of your ego and patch it up as quickly as you can.

Give as much as you can to your family, friends and associates, especially when they least expect it, and when you come in to contact with new people, please think about what you can do for them, how you can help them, not what they can do for you.

5. Living in the Now: Feeling older hopefully makes you realize that this is your life right now. You are in it. You can no longer plan for what might happen when your life begins i.e., when you grow up. You are grown up. For some, this can be a big shift from thinking, 'oh, I have plenty of time' and 'I'll do that sometime in the future', to realizing that there is no time like the present.

To read more about positive approaches to old age, click here:

<https://www.subudvoice.net/wp-content/uploads/2021/08/CopingWellWithOldAge.pdf>

CITY OF ANGELS

A MEMOIR BY LAURA PATERSON

Chapter 1 HIGHLAND PARK

I don't know it yet, but we are living now in the mean streets of Los Angeles. When we arrived in the early hours of this morning the only view of the city that we could see was of millions and millions of earthbound stars spilling across the horizon. Appropriately enough for the City of Stars.

We briefly glimpsed far below us, through a momentary cleavage in the hills surrounding the 134 freeway, the city lights of Los Angeles, an ocean of lights twinkling below us as if tumbled carelessly onto a jeweler's cloth, sparkling into the distance as far as our eyes could see. The night sky was an inky jet black and the air was warm



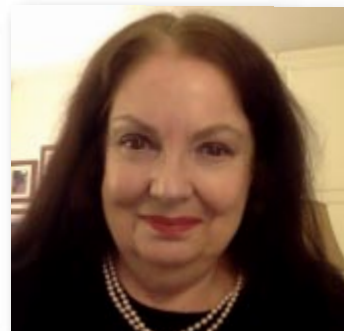
and velvety.

We were traveling east past Glendale and heading toward Highland Park, looking for our exit. Our babies had been asleep in their car seats ever since we left Carmel Valley, picking up the I5, the Golden State freeway, east of Salinas and heading south over the Tejon Pass, known for-bodingly to Southern California drivers as the treacherous Grapevine.

Heavily-laden tractor-trailers screamed past us in the pitch darkness of the late night and early morning hours, bearing to the teeming markets of the Los Angeles basin the abundant produce harvested in the agricultural richness of the Central Valley.

To read the complete chapter, click here

<https://www.subudvoice.net/wp-content/uploads/2021/08/LauraMemoir.pdf>



Laura Patterson.

MOMENTS OF BLESSING

Sebastian Paemen writes...

The older I get, the more I am becoming aware of the truth of the message which all the religions, prophets, saints and sages, including Bapak, have always spread about this world, that this is a place where we are being tested. A lot of it is fake and illusion and meant to tempt us. Everything is about something else.

We are constantly bombarded by things which distract us from being close to our Creator and being good to our fellow human beings. These things disguise themselves as attractive and worthy while in fact they bite back at us and bring us down if we fall for them.

There is of course great opportunity for growth in this when we are strong enough and are able to see through this performance the lower forces constantly put up around us. It never ends until the day we depart from this world.

In the meantime we keep on going, learning and stumbling and learning. And yes, the Merciful, Compassionate One is always ready to graciously pour His blessings over us. Particularly after we have been through difficult times. It's during these moments of blessing that life feels more real. ●

CUBBY SANCTUARY

Irwan Wyllie continues his series of articles on his cubby...

So, our cubby has emerged as if in a pop-up story book of my family's life. Yet, despite its humble origins, the cubby is greater than the sum of its meagre parts - greater than the second-hand windows, the bent nails, the peeling paint, and the greying beams.

Like a much-loved story book, its colours are fading and its edges fraying. The children are long gone. But the cubby has a new role. Gradually, it has become my sanctuary.

A sanctuary is a holy place, a sacred space, a place of worship, a safe place. Yes, my cubby is all of those. But sanctuaries are rarely formed from premeditated intent alone, and certainly not in this case. They emerge over time.

They gather meaning as the metaphorical rock gathers moss, or the much-used kitchen table develops patina. The more time I spend in my cubby, the more it becomes my sanctuary.

In some mysterious way, buildings absorb the activities that take place within them. They manifest the good and the bad. It's a mystery we recognise in Subud. Many of us do a clearing latihan in a new home or apartment. Even allowing for overactive imaginations, there does seem to be something in this.

I remember years ago, accompanying a Subud sister who was looking for accommodation after a marriage break-up. On dusk we walked into a block of flats, her arm in mine for comfort at a trou- >



matic time in her life. Half way down the halled entrance, my legs turned and walked us out. That building had taken on something, or housed something, that was repellent.

And then there was the time, many years after Bapak's death, when I was invited to visit his private rooms at Pernalang. Nothing could have prepared me for what I would encounter. God's presence, God's grace, eternity, peace, another world - no words really suffice.

Why that extraordinary feeling remained in those rooms is a mystery. That building retained something that was sublime, eternal.



[I was not entirely unfamiliar...](#)

With this phenomenon of building's harbouring vestiges of past events and people. Travelling Europe in my twenties, I sometimes entered a cathedral or tiny country church only to be enveloped by a powerful sense of grace. There were few such experiences – I could count them on one hand.

Most of these places were empty vessels, or worse. In these special ones though, thick stone walls had absorbed the tender devotions of worshippers. Their prayers had lingered, over-ridden the cool and damp dustiness of the building's centuries-old provenance.

The outside world dropped away, camera-laden tourists hardly spoke, and if they did, it was a whisper. Adults and children alike walked in awe at the soaring naves of the mighty cathedral, or the miniature reliquaries of the tiny church.

There are no soaring naves in my cubby, that's for sure, but the detritus of the children's habitations is still there - dust-laden reliquaries to our family life. So, to be absolutely clear, the cubby is more akin to those little English churches where it has been said "some mute inglorious Milton here may rest". And like those little churches, the cubby has been cobbled together over time; its developmental stages and misshapen additions are clear for all to see.

And over the last six years, its "mute and inglorious" resident has laboured within its satisfying scruffiness. The cubby has become the "head office" of Dharma Care – the 40-year-old, latihan-inspired charity that I now manage.

For six years I have adopted a monk-like discipline, hunched over my computer keyboard as medieval scribes once hunched over their illuminated manuscripts. At times my endeavours have really felt like holy work (as pretentious as that sounds), but more often, it has just been a lot of hard work - at times enraptured by the moment, in the flow of purpose and meaning; at other times, weary beyond words.

“ *And yet mighty plans
are being hatched
here...* ”

[This is the way sanctuaries are formed...](#)

They emerge like grace notes to a building's original purpose, grace notes formed by the daily demeanours and devotions of its inhabitants. In my case, it has been a devotion to the blessing of the latihan and of Bapak's vision for a more human world – and my tiny contribution to that vision.

After six years, Mrs Faversham cobwebs trail across the room's corners and quiver in the breeze. There has not been much time for cleaning.

When I come in each morning, I feel at home, at peace – and the grace is there, or at least my tiny little portion of it – not the big-G grace of Bapak's bedroom, not the middle-G grace of a cathedral, but a small, cubby-sized grace. It is so quiet – only birdsong. So, it is to the cubby I go with my problems; it is to the cubby I go for my work; it is to the cubby I go for my latihan; it is to the cubby I go to write.

And yet mighty plans are being hatched here. The cubby also serves as a de factor head office for Yes Quest International and the plan shared by brothers and sisters around the world to bring

together our people, our places and our experiences into an enterprise that can help us and others through difficult life transitions, and to help the young find their talent and path in life.

As the wonderful French philosopher, Gaston Bachelard, wrote: “If I were asked to name the chief benefit of the house, I should say: the house shelters day-dreaming, the house protects the dreamer, the house allows one to dream in peace.” The cubby shelters my day-dreaming – be it Dharma Care, Yes Quest, or writing these little missives to unsuspecting brothers and sisters.

And so, I give thanks for my cubby sanctuary.

However, a dictionary will reveal that there is a further application of the word sanctuary: “a place where birds or animals can live and be protected”. In this sense too, my cubby is a sanctuary - for all manner of creatures – an ark, a menagerie of creatures great and small. I am not the only inhabitant of the cubby. But that is another story.

POET, SUBUD MEMBER, ACTIVIST

Paul E Nelson writes from Seattle, USA...

I was 32 when I found that I could read a couple of poems as a bedtime story to my three year old daughter instead of yet another rendering of The Very Hungry Caterpillar and the task would be quick and my little girl would get something my parents never gave me: a background in literature.

There was something in the way these poets expressed themselves I found compelling. I started writing. I interviewed Allen Ginsberg and learned how ignorant I was of American poetry. I read later he treated everyone who interviewed him as a potential bodhisattva.

Sixteen months later I interviewed another US American Beat poet, Michael McClure. He told me the real force of his work was its method, Projective Verse, based on a 1950 Charles Olson essay. That turned out to be partially true, but I read the essay aloud as Michael suggested and listened to a tape recording of my reading many times. It's been a tremendous guide.

Poetry's been a life-changing practice for me. A soul-building practice. Is it a coincidence both Allen Ginsberg and Michael McClure were opened in Subud? “Coincidence is God's way of remaining anonymous” someone very wise once said.

Radio career...

My radio career lasted 26 years and took me from my hometown of Chicago, Illinois, to Baltimore, West Palm Beach, Appleton, Wisconsin, Peoria, Illinois and then Seattle in 1988.

I started a non-profit organization in 1993 to syndicate radio public affairs interviews. “Non-entertainment” programs radio stations were required to run to maintain their licenses when broadcasting was still thought of as having a public interest and airwaves were considered part of The Commons.

Those interviews soon constellated around the notion of Whole Systems approaches. My move from Peoria to Seattle landed me in one of the world's alternative medicine meccas and when not getting a chiropractic adjustment, being treated by a naturopath or getting community acupuncture, I was doing interviews with Whole Systems proponents and authors like Jean Houston, Rupert Sheldrake, Father Matthew Fox, Riane Eisler, Dr. Larry Dossey and others. I was learning a lot, but also beginning to think that poets had the most “juice” in the words of my Igbo friend. (Spiritual potency.)

One of those alternative healers was Solihin Thom, who practiced “ontological kinesiology.” I received several treatments, including the last one by him, in 2014, in Puebla, Mexico, at the Congreso Mundial, inside the tent while people drank coffee and smoked cigars around us. That was ten years after he suggested I consider being opened in Subud.



Paul E Nelson on 12-13.20 at 10.23 AM

My Opening...

My opening was June 27, 2004, at the Subud House in Seattle, but I did not stick. I tried it for 6 or 9 months and dropped out, but came back in 2007, when Solihin urged me to do Latihan in Portland and I told him I couldn't because I "did not have my card."

He laughed, said I didn't need a card and we did Latihan at the Portland Subud House where I had a deep experience of conscience that required me to make an immediate change in my life.

I have been a devoted member since then, holding several Subud jobs, including Local Helper (since 2010), Subud USA Communications Coordinator, Subud Greater Seattle Rental Agent for nine years, webmaster of a few different Subud-related sites and SICA-USA Chair since November 20, 2020.

Poetry has been part of my daily life since about the time I interviewed Ginsberg. He created a form he called American Sentences. Seventeen syllable poems, a sort of USAmerican form of haiku. Forgoing haiku traditions, in many ways the form works like haiku to, in Ginsberg's words "capture the shadow of the moment." I have written one such sentence every day since January 1, 2001. Here's one:

[N.3.2019 - Latihan direction - the deepest level of grateful surrender.](#)

American Sentence practice...

The American Sentence practice becomes like a journal entry of sorts and the vivid ones are remembered for a long time. I can remember exactly where I was when inspired to write certain ones. Most of the time I remember the poems because of reading them extensively at poetry readings, or going through my pocket journals when harvesting them.

[N.9.2019 - Things in Subud you should not test: 1\) What it's like to die in a fire.](#)

[N.14.2019 - It's clear to me thinly-sliced bread's the greatest invention since sliced bread.](#)

Why an "N" for the month rather than the number 11? It is an homage to the WTO protests in Seattle November, 1999. A year later when I was writing a daily sentence, I remembered that event and wanted to mark it in my memory forever, so adopted the practice of using the letter "N."

700 hours of interview programming...

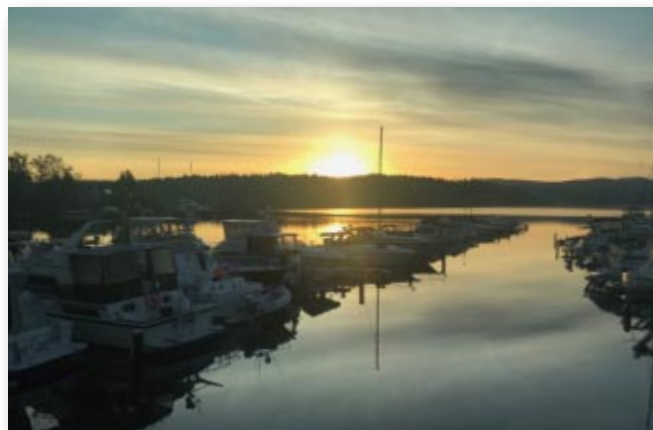
Since 1993 my literary arts-oriented non-profit organization has created over 700 hours of interview programming, over a thousand poetry events, including Teen Poetry Slams, a Visiting Poet Series that has included the likes of Michael McClure, Diane di Prima, Wanda Coleman, Nate Mackey, Brenda Hillman, Jerome Rothenberg, Eileen Myles, Anne Waldman, Andrew Schelling, Victor Hernandez Cruz, José Kozer, Joanne Kyger, Ed Sanders and others. In 2007 we initiated the Poetry Postcard Fest which in 2020 featured 544 participants from 11 countries, 47 states and 3 Canadian provinces. We have produced hundreds of workshops and six iterations of the Cascadia Poetry Festival, a celebration of the confluence of place and poetry most of that time while writing daily American Sentences to note important events.

[N.28.2019 - Nothing as clean as the Creator's own design - goodbye dear Victor. \(Margolin\)](#)

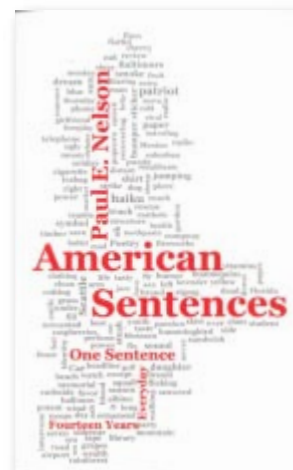
[1.5.2020 - Octogenarian's Latihan sounds like practice to be a ghost.](#)

I maintain a blog at www.PaulENelson.com Many hours of audio interviews are on that site at <https://paulenelson.com/americanprophets/>

The non-profit organization I founded in 1993 will be re-branded this summer. See: www.splab.org. SPLAB stands for Seattle Poetics LAB. We depend on donations to continue our work. Subud may be the best thing that's ever happened to me.



My writing window on Lake Washington in Seattle.



American Sentences will be re-published this Fall in a second edition, taken from 20 years of daily practice.

ANTHOLOGIES

I have two books of poetry of my own published. One came out in an expanded second edition in April 2020:

(2020) A Time Before Slaughter/Pig War: & Other Songs of Cascadia

https://www.amazon.com/Time-Before-Slaughter-Featuring-Cascadia/dp/1627202781/ref=sr_1_2?dchild=1&keywords=pig+war+%26+other+songs+of+cascadia&qid=1622551300&sr=8-2

And American Sentences, a second edition of which is to be published in September

https://shop.aer.io/apprenticehouse/p/American_Sentences_One_Sentence_Every_Day_Fourteen/9781627200677-4208?collection=/0

AS WELL THESE ANTHOLOGIES HAVE BEEN PUBLISHED

(2015) Make it True: Poetry From Cascadia

https://leafpress.ca/Make_It_True/Make_It_True.htm

(2017) 56 Days of August: Poetry Postcards

<https://www.amazon.com/56-Days-August-Ina-Roy-Faderman/dp/1944355405>

(2018) American Prophets: Interviews 1994-2012

https://www.amazon.com/American-Prophets-Interviews-Activists-Visionaries/dp/069203577X/ref=sr_1_2?dchild=1&keywords=American+Prophets%3A+Interviews&qid=1622517328&sr=8-2

(2019) Samthology: A Tribute to Sam Hamill

<https://www.amazon.com/Samthology-Tribute-Hamill-Paul-Nelson/dp/0578496062>

(2019) Make it True meets Medusario

<https://pleasureboatstudio.com/product/make-it-true-meets-medusario/>

Sonetos De Cascadia 16-March-2020

“Being

—no heaven is, no

earth, and the

memory of both extinguished

but for the one

ashtree-believing-nuthatch—,”

- Paul Celan

COVID-19 Sonnet

Earth Closed. Which was the sky's wish the birds, trees, unspoken mammal wish as if heterotrophs had a vote (& shd) & then do when they conspire to halt “human progress” for a few weeks, lighten the air, unclog the cities, add a dash of the duende to the stew we call life without sports without eating out within no closer than six feet of the average human germ-spewing capability. Earth closed. As a reset button as in what's in it besides ratrice for you as in how might you act in prison but still cooking your own meals as in get to enjoy, really enjoy brown rice. Earth first. Finally. We had it coming, we stable geniuses knowing humans have all the answers, all the technology, all the gear except for face masks, hand sanitizer, toilet paper & ventilators. Duendification of life resynchronizes us with the nuthatch and redwing, the coot raft and seagulls and there is no panic buying by the lake, there is no hoarding (except for squirrel) there's nothing but these last three days of winter and a slight sense of the new normal in late capitalism.

THERE IS AN

holiness
to
the

EVERYDAY

as SHE demonstrates:

patience
w/
compost

non-human animal

companions
reinforcing personal myth

Rabbits *banish fear*

the animal card says

& returns to the every
day
.

Everyday there are
stretches
& ECM.

Everyday there is gratitude
for the sun
when sun's here

& the morning
when not.

The day's coming

as Sam knew

when

one

will

have the first morning

w/o the other

IBUT NOT THIS DAY!

This day's filled

with yoga

& oatmeal

Zoom meetings

& egos

French apricot marmalade

& duck splashes

on the lake.

This day, we again
are present,
breathing

& able to harvest
the noble self

& some fat

dandelion leaves

FOR
YOU
KNOW
WHO
!

In Memoriam: Hermia Brockway

Hermia was born in the UK in 1940. She joined Subud in Coombe Springs in 1959 when she was a student at London University. Hermia was highly intelligent, very sensitive, artistic and a good pianist and was very spiritual in outlook. She enjoyed studying for her Psychology degree in London University where she met her first husband Murari who was doing a PhD in philosophy.

They married, had two sons and then lived and worked in Khartoum, Sudan. Hermia later moved back to London, then to Sydney, Australia, with her two sons. It was in Sydney that she first began to work with ISC assisting in the organization of the Sydney World Congress. After the Sydney congress she moved to Tokyo where she also served as ISC secretary for five years.

She always had an interest in alternative therapies and always wanted to learn Japanese. In all, she spent fourteen years in Tokyo during which time she brought together a very large network of alternative health practitioners, working together with her Subud sisters Hermione Elliot and Saodah Hayashi. The BHK foundation that they created has helped fill a need for mental health counselling services across Japan and helps thousands of people to this day.

Hermia then lived in Kalimantan for seven years and eventually made a home in Norwich. She remained independent until the Covid lockdowns after which she had excellent care until she died peacefully on June 15th. We will miss her greatly but know her presence remains nearby. ●



Hermia (Photo by Howard Melder)

A Poem to My Granddaughter for the Occasion of Her Fifteenth Birthday

By Laura Paterson

You are right over there,
Where the sun rises.
Achingly close.
But I have never seen you.
In distance and in time
There is a wide space
Between us.
That separates us.
But in the soul
That encompasses us all
We are together and we are joined.
We are united.
Forever.



Laura and her granddaughter just born.

'THE DAWNING' IN SPANISH

Emmanuel Elliott writes...

Translated by our Cuban brother Samuel Morillas, and with the support and commitment of Lawrence Leetz of the Netherlands and Helen Munoz of Colombia, my book 'The Dawning' is now available in Spanish under the title of *El Contacto* (The Contact) and can be purchased from the American Book Center at:

<https://abc.nl/highlights/self-published>.



THE JOURNEY OF LITTLE TWIG

An inspirational children's story, written by Lynnelle Stewart (Subud USA) and illustrated by Rosanna Mount (Subud UK).

EXCITING NEWS! AMAZON can now PRINT the story of Little Twig's adventures WITHIN AUSTRALIA. Kindle ebook also available.

[Ruth Taylor](#)

This inspiring and moving story about heroism and self discovery is beautifully told, with delightful illustrations that capture the inner and outer journey of Little Twig. This is a wonderful gift to current and future generations. Thank you, Lynnelle and Rosanna.

[Victoria Stiles](#)

A story of courage and determination. This is a magnificently told story of a courageous young man. The illustrations are colorful, bright and help tell the story of Little Twig. As a former teacher, I would highly recommend this book!! It would be an excellent addition to any classroom! If you are looking for a gift for a young person, this is a perfect gift!!!

[Lucy Houbart](#)

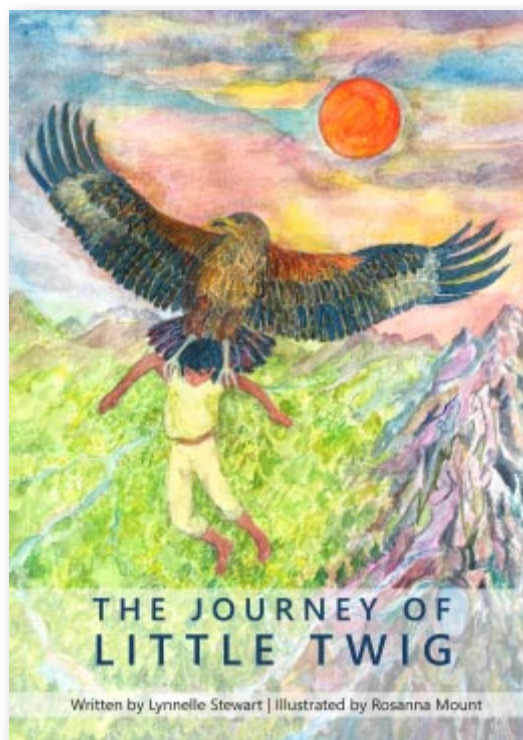
I think it is a book that gives inspiration and comfort to both adults and children... could be read many times over without losing the impact of its powerful message.

[Hasana Birk](#)

A story written from the soul that will leave its imprint on all who join Little Twig in his quest to save his people and discover his true self. The Journey of Little Twig will delight both "our wondrous children and their wise elders". I hope it is the first of a series.

NOW AVAILABLE ON AMAZON

The creation and publication of The Journey of Little Twig is an ongoing harmonious and cooperative project involving the talents of several SUBUD members. It is available on Amazon in countries around the world as both a paperback book and eBook for Amazon Kindle; currently in English. If you enjoy it, PLEASE help us build interest, and support sales, by POSTING A POSITIVE REVIEW on Amazon.



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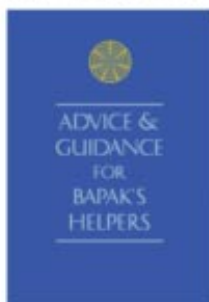
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