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LITTLE MISS SUNSHINE

Little Miss Sunshine, aka Margaret Foulkes, summed up the essence of Subud Australia's 2013 Congress with her costume for the Inner Magnificence Ball.

Ibu's message to the Australian Congress

Brothers and sisters of Subud Australia whom I love and respect,

In the spirit of the New Year, I wish you all 'Happy New Year'. I hope that our lives this past year gave us experiences in life that were meaningful and that we enter this New Year with the enthusiasm to face all the possibilities as the flowering of our lives in the coming year.

Brothers and sisters, even though we feel fresh enthusiasm, I ask those of you who will work on the committee and the helpers' *dewan* to continue to run Subud in the way Bapak laid out as the founder of Subud. And to make sure that the development of Subud outside Indonesia complies with local laws and regulations to ensure we have legal status in every country. This is to avoid any suspicion that we are not law-abiding people. For that reason, in Subud, the committee and helper's *dewan* must have a good and solid cooperation so that, as they carry out their respective tasks, everyone moves in parallel toward the same goal. [to read the full message, click www.subudvoice.net](http://www.subudvoice.net) and then the link on the home page



Asmaniah Fraval and Committee

Asmaniah Fraval (extreme left) is continuing as National Chair Australia. Peter Jenkins, beside her continues as Committee Councillor. Lukman Bryson-Haynes is the new treasurer, and his son, Steven, takes over SES. *(Photo by Howard Melder)*

Death has been cancelled

Harris Smart writes....

I woke up early one morning to look at the noticeboard at the Subud Australia Congress to see what was on today. I found Peter Jenkins, who is the Committee Councillor, there before me.

I was particularly interested in attending the events to be run by Hermione Elliott who had come all the way from England to introduce us to her “Living Well, Dying Well” workshops.

But, alas, Peter told me that she might not be able to do them as she was quite sick. “Death may have to cancelled,” he told me.

Fortunately, this proved not to be the case as Hermione recovered and was able to do her workshops after all. Death was resurrected and Hermione's workshops were one of many revelatory and inspirational moments in an extremely rich and lively Congress.

Dare I say, echoing the recent Subud Britain Congress, this Congress was “our best ever”?

A Family Congress

This year's Congress was held at the start of January at Tullabudgera on Queensland's Gold Coast – Australia's premier holiday destination. The venue was an excellent low-budget residential conference centre owned by the Queensland Government.

We held Congress there once before about 10 years ago, but since then the facility has been completely renewed. >



Emmaline Anderson, Petrina Speller, Ahliya Farebrother, Jordan Stock, some of the many younger brilliant, vibrant, talented young people who attended the Subud Australia Congress. The presence of people like these brought life and hope and many of them are now moving into positions of responsibility within our organisation.

(Photo by Howard Melder)

The food was good and it is right on the beach and a river making it an ideal family summer location.

About 150 adults and more than 50 children attended. Tullabudgera is such a safe and convenient place for children that the idea has been mooted of holding our Congresses there every second year, while in alternate years it can be held in some other part of Australia.

*We are
achieving a unique
Subud Australia
culture*

Asmaniah Again

Asmaniah Fraval has been the excellent Chair of Subud Australia for the last two years and is continuing in that job.

Lots of Activity

This year's Congress was rich in diverse activity. There has recently been an emphasis in Australia on supporting and funding the Wings. All the Wings held workshops (see following articles) and many additional events were provided, particularly by SICA.

A new feature at this Congress was Community Hour held every night after dinner, drawing everyone together to share the highlights of the day and enjoy videos and performances. Hamilton Barnett, who also organised the Congress opening and closing ceremonies, hosted the Community Hour. We hope it will become a regular thing at future Congresses.

Another special event was the Saturday Night Ball for which people made special costumes to express their "Inner Magnificence". (See the following Photo Gallery on page 4)

Young People

At last! The much longed for, much sought after younger Subud members were present in abundance, and not only present, but many are "stepping up to the plate" and taking on positions in the organisation such as chairs of groups and fully participating in the Congress business.

Being and Becoming

Peter Jenkins and I sometimes joke that after almost every Subud gathering an article appears proclaiming that a "New Direction" has been found. We sometimes wonder if these new directions ever arrive anywhere.

Well, of course, we will always be in a process of becoming but at this Congress it also seemed that we had arrived at BEING fully present in the moment.

There were many moments when I felt "Life doesn't get any better than this. This is it."

One of the most interesting things about our Congress was that it was truly Australia, it was an expression of the unique culture of Australia. We are people of the beach, we are casual, laid-back, with an easy-going camaraderie and this was evident in the Congress. If you came to our Congress, you would find it in certain ways different from any other Congress that you would go to.

Yes, we are achieving a unique Australian Subud culture.

This is what Bapak always talked about. The longer we in Subud, the more we become individuals, and the more we become an expression of that nationality and culture. Subud is for all mankind. This is a beautiful thing. So often, difference between individuals, nations and cultures is a source of division and antagonism. What we celebrate is, Viva la Difference! Difference as a source of pleasure and joy. What could be better than that?

And Australia in particular is a country of difference, a multicultural country. No longer just Anglo-celts we have been enriched by people who have come here from just about every nationality and culture in the world. And on the whole, getting along together reasonably well, the occasional brush or tension, but on the whole getting along reasonably well, learning from each other, enriching each other.

The other thing about the Congress was that we solved (ha ha) two of the major problems vexing the Subud world. Youth (lack of) and enterprise (lack of)! Read on... >



Elina Raven (left) and Kylie Heather. Elina was the main congress organiser along with other members of the Brisbane group and she carried on in a wheelchair after breaking her foot just before Congress.

At the Inner Magnificence Ball

Everyone came up with special costumes and head gear for the Inner Magnificence Ball... assisted by Libby Wroxham in her SICA wearable art workshops...



Mariani New fashioned what was possibly the most spectacular head-dress at the Inner Magnificence Ball from driftwood found on the beach. Roland Blauenstein was delighted by it. (Photo by Howard Melder.)



Dancers at the Inner Magnificence Ball.



Hamilton Barnett made a major contribution to Congress organising opening and closing ceremonies and the Community Hour which was held every evening after dinner. This was such a success that we hope it will become a regular feature. It gave people a chance to talk about what had been their daily highlight as well as presenting performances and videos. (Photo by Howard Melder.)



Biku Wernick expressed his Inner Magnificence by referencing Aboriginal motifs. (Photo by Mariamah Vernon.)

The inner experience at Congress

Rashidah MacDonald writes...

“Can you come do some testing?”

It’s 8 am and these are the first words I hear at the dining hall this morning... My breakfast is on the table, coffee hasn’t yet passed my lips – I need to negotiate some time.

“How about later this afternoon?”

“No, the only time she has is now”

“Okay, I’ll just have breakfast and coffee first. Ten minutes?”

“Okay, see you in the helpers rooms at block 10.”

Ten minutes later the three of us enter the small room lined with bunk beds. The youth, confident, beautiful and outgoing sits quietly weeping as she speaks of the darkness, the pain of the purification process she’s experiencing. The sacred workings of her latihan touches the nerves of her soul as her tears bear witness to the pain.

Together we surrender in latihan and test, knowing that we the helpers know nothing and that only God knows the intimate details and complexity of each person’s life and soul. Our job as created beings is to live, to witness, to experience and to turn to the Creator for help. Our effort is in the taking ourselves to latihan, of becoming aware of our shortcomings and in the asking for Help. Only the one who Created us, can repair and develop our souls.

The special latihan ends, the member smiles and goes to her meeting, while I search for another coffee before the next latihan and testing session begins.

Help this Man

Serendipitously I meet up with one of my heroes, someone I haven’t seen for years. He looks different and his story reveals how we are constantly being tested, even after more than thirty years in Subud. And it reminds me how the biggest tests are reserved for the biggest souls. I’m not surprised to see him almost broken, his old self almost annihilated. Oh Allah, I trust in your wisdom and love, please help this man whose life is breaking open.

As we talk, I feel like a cheerleader, encouraging and reminding him of the benefits of the odyssey we travel. On this journey, we each take turns needing help, support, and encouragement to endure the challenges. Whether as a new member or an old veteran, a test is only a test if it is big enough to match our capacity. As frail creatures, we continue hoping for the easy way out, for the path to be clear and simple... especially since we are on the spiritual path, shouldn’t that make things easier?

Looking all around me, the answer is both yes and no. The tests may get harder, but the volume of Grace and Power also seems to be turned up to help us face the process. "O Allah, we do not ask you for a light burden but for strong backs." The trials strengthen us, teach us and force us to put into practice what we are here for.

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The Talks

Ibu’s most recent talks are played each day in a small air-conditioned sanctuary. A quiet space I run to when I need some relief from the intensity. I find peace in my Indonesian mother’s words. Ibu’s recent talk tells me that as Subud members we are branded by God. I’ve not heard this before, but have experienced it in latihan and her words are a comfort and confirmation. We are branded by God, because when we make that commitment to surrender and worship God, we are saying that we will surrender ourselves to whatever is needed to repair us.

It reminds me of the words of the Al Fatihah : “Only You do I worship, and only You do I turn to for Help”. Only >



LATIHAN PROCESS MONTAGE

Rashidah MacDonald's montage of her latihan journey. In a SICA workshop Rashidah produced a montage which expressed her journey in the latihan. Many of us were also able to identify the essence of our own journeys in the image she made. She explained that the montage showed a journey from cocoon to butterfly through a process of love and organic, natural development. There was a slight flaw in Rashidah's design in that the "l" was missing from the word "natural". It reminded me that when the Navajo Indians do a sand painting they always leave a flaw in the design because "perfection belongs to God alone".

(The Editor)

God can repair us and yet we also have to make the effort to prioritise our lives so we can go to latihan twice a week and, to be willing to surrender ourselves to the cleansing processes we face however difficult or painful. I observe how the journey is strewn with obstacles within and without, the journey tests our faith, our willingness to surrender, our ability to put into practice what we stand for. I witness how so many of us are being tested, the circles of experiences and purification extending out wider and wider as the Subud symbol ripples and expands outwards to show us more of ourselves.

How Blessed

The whole congress was one big highlight for me, a light from high above gifted to all of us. How blessed to do latihan and testing with a young person whose great grandmother was my violin teacher when I was ten years old. How blessed I felt to hear the words of Adam, returning to Subud after ten years away. How blessed to witness the testing of our national chairperson willing to stand again despite the inevitable challenges of trying to herd cats. How blessed to witness the flourishing of wings taking off and flying in workshops well attended. How blessed to meet again a young person whom I last met twenty five years ago when she was just eight years old, and even more amazing was that she still remembered me from that time when I was a young Subud backpacker travelling alone around Australia.

What a great motley crew family we have been gifted with. Even after so many years of not seeing each other, we can still experience the connections despite our shortcomings, warts and all. As in all families, at times we may be hurt and hurt others; we may stand on others toes as we stumble through our own purifications, but I trust in the process and pray that all of us of Subud Australia are guided on our journey home.

The biggest tests are reserved for the biggest souls

Enterprise; don't talk about it – just do it!

Peter Jenkins came up with an extremely creative idea to stimulate enterprise development at this Congress. He made a \$5 investment in every person who wanted to do an enterprise. On the spot, without any discussion of “theory of enterprise”, about 30 people formed themselves into teams which carried out seven profitable enterprises. They were...

PROJECT KOOKA BURRA (Laughing All the Way to the Bank) which sold people much needed coathangers.

PHOTOSHOP which took photos of people and events and supplied them by print or email.

JEWELLERY which sold beautiful jewellery items made from shells and other materials.

EARLY BIRD COFFEE. Breakfast at this Congress venue opened at 7.30 am. Many addicts need coffee before then. This superbly organised activity supplied excellent coffee at 6.45 am.

ART AUCTION. A vibrant landscape painting by Marlena Bassar was snapped up by the Templestowe group.

PRECIOUS MORNING. Showings of a feature film project in progress.

MOVIE SHOW. Children's movies were shown to delighted young audiences.

Peter invested \$235 in these activities which means that 47 people participated in this experiment, about a third of the people attending Congress. All the money was returned to him, and a combined profit of more than \$700 after costs and return of seed capital was made by these ventures.

As well, they provided mini-experiences of just about every aspect of what successful enterprises require such as identification of needs, market research, teamwork, product creation, promotion, marketing and sales. They also showed how enterprise supports Subud by donating all the profits to Youth and Wings activities.

It is hoped that the experiment will be repeated at group level.



Peter and Isti Jenkins. Youthful Isiti is Australia's Youth Co-ordinator. Peter Jenkins is Australia's Committee Councillor but also wore another hat by doubling as SES Chair and organising and funding what was possibly the most revelatory event at this Congress. It is possible to do enterprises! (Photo by Howard Melder)

SES video

Hanafi Fraval writes...

I am happy write that I have now uploaded the new SES video to the SES website. Go to www.sesusa.biz and at the home page click on click to view the SES video link. This takes you to the newsletters page. At the bottom of this page it gives you two choices for downloading the video. The choices of for the high-resolution QuickTime movie version or the low-resolution version. Choose the one you want, click create appropriate link, and take a look at the video. As usual, all feedback would be appreciated.

From Hanafi and Levana Fraval, Co-chairs of SES USA

A Healthy Outlook



Bavali (2nd from right) is not only the SIHA rep. She also spearheaded one of the most successful “Congress enterprises”, providing early morning coffee. Here she is with her coffee team.

Bavali Hill, SIHA Co-ordinator, writes...

Our health affects every area of our lives and therefore it is as important to us as our breath. The Health session at Congress enabled us to individually take our current health ‘temperature’ in five key sectors of a circle, (Spiritual, Physical/emotional, Financial/work, Relationships and Creativity/relaxation), and then in a second circle on the same page to compare this to the level of change in each sector we wanted to vision for ourselves.

Not every area in the circle has to be at full capacity simultaneously, as the events and stages of our lives may dictate that family or health or job requires more focus and energy for a period of time. But as a way to get a helicopter view, the circle exercise was powerful in making our aspirations concrete and to help us pinpoint the degree of change we needed in order to achieve more balanced health.

By sharing personal “Ah-ha” moments of insight in the different health sectors, we gained from other’s experience and courage, which supported a deeper sharing when we broke off into smaller discussion groups. We were all amazed at how quickly people dropped beneath the surface to shine a light on their own personal pain and glory, clarifying through both the telling and the listening how they might move forward to healthier ways of living and caring for themselves.

But then Congress is like that, isn’t it, when the Latihan is very tangibly present and supports us to explore our deeper levels with truth and heart.

If you would like to share other Health (SIHA) exercises and projects in your Groups, now you are back in your everyday lives, please step forward and contact Bavali Hill, the National SIHA Coordinator, for ideas and tools. bavali@iinet.net.au and 08.9335 3847.

SICA at the Australian Congress

Reflections and Positive Outcomes by SICA Co-ordinator, Halimah Russ...

Bringing everyone together in celebration



SICA art workshop.

Over these action packed days most people engaged in some form of creativity, where SICA blended nicely with all the Wings activities, kejiwaan sessions and peoples holiday time on the northern coast of NSW. The Congress Ball with the theme of Inner Magnificence was definitely the highlight of Australian National Congress with party goes at an intersection of creativity, spirituality and good old fashioned community fun.

Bapak told us that culture is an act of the Inner self – an action, not a result, so that we need to be open about the outcomes. The success of the SICA activities was undoubtedly due to the well utilised Art Space where workshops

were run by professional artists, and well resourced kids activities gener-

ated a great ‘doing’ energy. The idea of these designated spaces came from Hamilton Barnett, Deya Dova and Marlena Bassler who set the tone with an all inclusive opening ceremony and the overall structure and organisational concepts for the congress. Special thanks go to them for welcoming us all into this friendly and colourful environment enabling an ease with which to run SICA activities and enjoy congress as a whole.

In my presentation and workshop the intention was to convey what SICA can be, Culture as in the creative energy or life force, and as action and work to express our human values. SICA is YOU & not a bunch of people simply organising events.

The wearable Art workshop, facilitated by artist Libby Bloxham with her abounding enthusiasm for the ‘hat’ and ‘fun’, quickly grew and the Art Space began to buzz as a focal point for so many and culminated in the Ball. This process for me, exemplified SICA at the developmental stage. Fabulously, Art became an expression. At one point on the night, Hamilton and I looked at each other, asking “How did this all happen?” I believe it happened through action, an energy generated bringing everyone together in celebration.

SICA workshops were rich and varied with hope-fully pictures speaking a 1000 words:

- Mark Making and Mandalas workshop with Alena Kennedy,
- Wearable Art workshop with Libby Bloxham,
- Beach Sculptures with Halimah Russ,
- Outlines – Full Self Portraits workshop with Halimah Russ

SICA was also evident and buzzing at the Community Hour in the Hub where musicians and performers shared their talents and touched us with waves of originality. There were performances from far and wide with >



Outline self-portraits by Isti Jenkins and Ruth Mackay. (Photo by Rosamund Dallow-Smith)



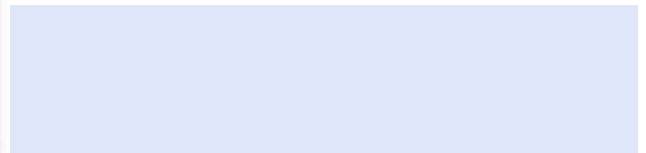
the youth being the stars. In the Congress mix there were National Helper testing sessions that included questions such as, What is true culture?

The next focus is to find ways to contribute to World Congress 2014 and for SICA Australia Reps to keep passing the torch of creativity and culture at a group level so that SICA values and aspirations can become part of our Subud lives.

Thanks to all participants and facilitators and a special thank you to Harris Smart who after many years as SICA Australia's Deputy Chair, and as custodian of our status in Australia as a Cultural Organisation, has handed back the baton... You will be missed.

Please step forward new deputy chair and anyone who would like to be part of our team!

< *Beach sculpture workshop.*
(Photo by Halimah Russ)



What we care about

About 40 people attended the Susila Dharma workshop. They broke up into small groups which first explored what was the "inner spirit" of Susila Dharma for each person by sharing experiences in which they had been the givers and recipients of acts of kindness, care and generosity.

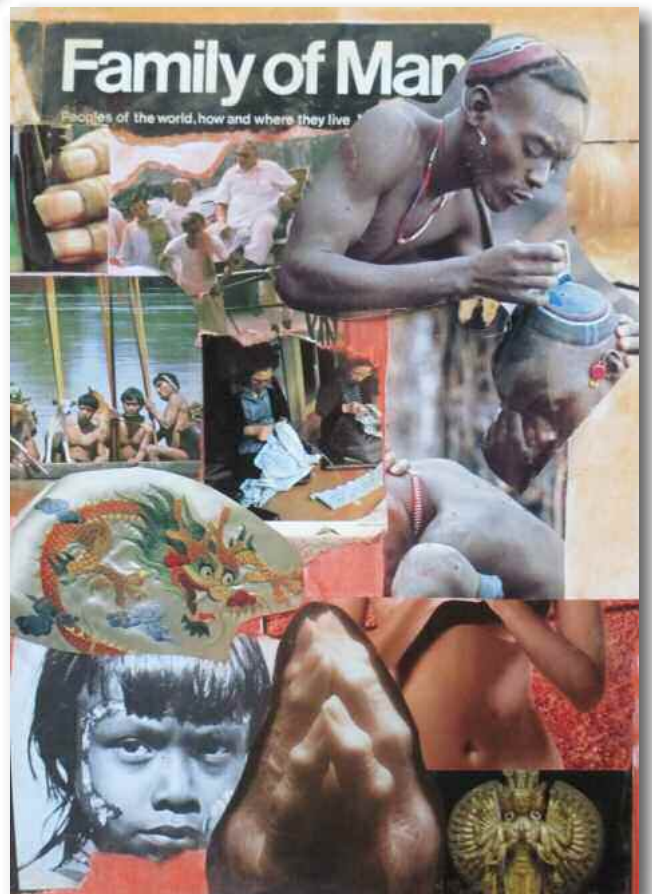
They then considered how this spirit could be given outward expression by defining the needs that they really cared about in contemporary Australia which could inspire future Susila Dharma projects.

ABORIGINAL PEOPLE. Of ongoing concern in Australia is the situation of Australia's original inhabitants whose culture has been devastated by the arrival of the Europeans. Many issues were identified such as health, housing and literacy which need to be addressed in culturally appropriate ways by finding out how they define their needs, not by us imposing our ideas on them.

REFUGEES AND MIGRANTS. As in many other parts of the world, how to address the issue of refugees and asylum-seekers has become a major social and political concern in Australia. How can we help?

CHILDREN AND YOUNG PEOPLE. Drug addiction, homelessness and other problems pertaining to youth were identified. We already have an Australian branch of ICDP. Are there ways its activities can be strengthened and expanded?

ELDERLY PEOPLE. As well as being a general issue of concern in the Australian community, care for the aged was identified as being of particular relevance to Subud as many of us are getting seriously old. >



Petrina Spellman created this montage in a SICA workshop. It expresses the spirit of care that arose in the Susila Dharma workshop.

Are there models for us in other parts of the world such as Wisma Mulia. Recently a number of people in Subud have begun to work in the field of aged care.

PRISONS. How can we help people in prison?

Later in the Congress, an excellent presentation was made by Morningside CARE, the charity founded 30 years ago by Labasir and Munawaroh English. Morningside currently includes two projects...

SINE CERA, a retreat centre in northern New South Wales which can accommodate 90 people in a beautiful bushland setting. In recent years renewed energy and direction in this project has seen many community groups using centre.

ICDP. In an inspirational talk, Anne Oakley explained about her work in prisons and other settings helping people come to better relationships with their children. She will shortly be running a training program (at the home of Renee Goetz who founded the Australian branch of ICDP).

At the Congress a total of \$1202 was given or promised to Susila Dharma.. Thank you particularly to Rasanah Alston, Renee Goetz, Mariamah Vernon and the Sunshine Coast group, to all who contributed to the Susila Dharma items table, and to Sarah Straub who contributed a decorative felt item which was auctioned.

Harris Smart, Susila Dharma Australia Co-ordinator

ICDP TRAINING IN AUSTRALIA

DO YOU WANT TO MAKE A DIFFERENCE IN A CHILD'S LIFE? DO YOU WANT TO HELP PARENTS AND CARERS TO BE ALL THAT THEY CAN BE? IF SO, YOU CAN BECOME AN ICDP FACILITATOR BY ATTENDING THREE WORKSHOPS.

WHEN: 16TH AND 17TH FEBRUARY 2013 16TH AND 17TH MARCH 2013 1ST AND 2ND JUNE 2013

WHERE: 22 WILSON ESPLANADE, REDLAND'S BAY, QLD 4165

INVESTMENT: \$300

MORNING AND AFTERNOON TEA PROVIDED.

REGISTER YOUR INTEREST BY E-MAIL AT "<mailto:wayang29@gmail.com>"WAYANG29@GMAIL.COM

THE PROGRAM

THE INTERNATIONAL CHILD DEVELOPMENT PROGRAM IS SIGNIFICANT FOR CHILD CARE, CHILDREN'S DEVELOPMENT AND THE DEVELOPMENT OF DEMOCRATIC ATTITUDES IN CHILDREN'S UPBRINGING.

THE PROGRAM IS PARTICULARLY RELEVANT TO CAREGIVERS OF CHILDREN 0-6 YEARS, BUT IT IS ALSO APPLICABLE TO OLDER CHILDREN AND TEENAGERS.

ICDP WORKS BOTH IN THE AREA OF PREVENTION AND REHABILITATION WITH PROGRAMS ADAPTED FOR USE IN DIFFERENT CONTEXTS INCLUDING:

- COMPETENCE BUILDING OF STAFF IN CHILDREN'S CENTERS.
- TRAINING OF PRESCHOOL AND SCHOOL TEACHERS.
- SUPPORTING FAMILIES IN GENERAL, AND SPECIFICALLY MINORITY GROUPS, BY WORKING THROUGH NETWORKS SUCH AS PRIMARY HEALTH CARE AND SOCIAL SERVICES.
- ASSISTING PARENTS WHO ARE DISCONNECTED FROM THEIR CHILDREN DUE TO ALCOHOL AND OTHER DRUG ISSUES, MENTAL HEALTH ISSUES OR INCARCERATION.

THE AIM OF THE ICDP PROGRAM IS TO ENABLE CHILDREN TO ACHIEVE THEIR FULL POTENTIAL THROUGH POSITIVE RELATIONSHIPS WITH PARENTS AND CAREGIVERS.

AS AN ICDP FACILITATOR YOU WILL LEARN HOW TO:

- RECONNECT PARENTS TO THEIR CHILDREN.
- WORK WITH PARENTS AND CARERS WHO ARE STRUGGLING TO MAINTAIN POSITIVE RELATIONSHIPS WITH THEIR CHILDREN.
- BRING FUN BACK INTO CHILD CARE PRACTICES.
- DEVELOP AND DELIVER PROGRAMS IN A RANGE OF SOCIAL SERVICES SETTINGS.

REGISTER YOUR INTEREST BY E-MAIL AT wayang29@gmail.com

Youth at Congress



At the end of the Congress all the young people gathered for a group photo. There were more of them standing than us older ones sitting. (Photo by Mariamah Vernon)

Isti Jenkins, Australia's Youth Co-ordinator, writes...

In spite of the rising heat and humidity happening at the end of December, the PRE CONGRESS YOUTH CAMP I believe was a great success, and the GUNNEBAH RETREAT with its large pool provided suitable comfort.

Clearly this time was needed for relaxation and therefore plans were made on a daily basis which seemed to work well. A daily Latihan was held in the GUNNEBAH Hall.....cooking and cleaning chores were dutifully shared each day also.

There were several highlights, HAMILTON BARNETT took a group of guys on a JUNGLE WARRIOR ADVENTURE off the beaten track around the base of Mt. Warning while also videoing the whole experience which will be shown on a website soon.

The girls arranged a day on the waterways around TWEED HEADS with two motor boats for anyone who wanted to go, taking with them a PICNIC PACK, FISHING GEAR and swimmers. This was a FIVE HOUR experience, they caught a few fish and had a great time together.

On NEW YEARS EVE, we constructed a flotilla of boats, from rafts to a pirate ship. They were all made of banana leaves, carried lighted candles, and we're launched on the huge swimming pool. Meanwhile, the macho brigade were building a bonfire and making very impressive fireworks by taping packets of sparklers together. As the pyrotechnics announced the arrival of 2013, the pirate ship had sunk, but the rest of the fleet survived.

Almost everyone decided to climb MT WARNING leaving Gunnebah at 3 am in time to arrive at the summit by the crack of dawn on the 1st January 2013.

The photos of this occasion can be seen on face-book for you to view.

All in all it was a very pleasant and bonding time for both the young and older members who joined them on the last two days for a WINGS MEETING.

What I would have liked to have done as the YOUTH COORDINATOR was to arrange a meeting where a suitable PROGRAM for Congress could be discussed and shared.....a learning curve for next time!

But the good news is that there is great enthusiasm to hold another CAMP for YOUTH again this year, either a Snow Camp or in Tasmania somewhere.

YES, I feel I have loved, learned and gained a lot from the experience....THANKYOU all and please send me your feed-back on what YOU loved and what was MISSING for you, ●

Creative Quest

First Youth CREATIVE Quest
to be held in Rungan Sari,
Kalimantan.

August 15th – 25th, 2013

Interested?

Contact silvana@yesquest.org
for more information or
download the brochure at
www.yesquest.org



The YES Quest and SYAI are joining forces, offering you the chance to join with other Subud young people to explore all the amazing possibilities that are your life and develop an exciting creative project (which you will take home to further grow) and then bring it to the World Congress in Mexico in 2014.

So, if you have ever wanted to:

1. Come to Kalimantan
2. Experience the Yes Quest
3. Help create a dynamic, youth inspired World Congress

Then, this is the Quest for YOU!

SELF EXPLORATION

As in a classic Quest, you will explore everything that has made you who you are— your family, your experiences, your talents and values.

Then, use this new knowledge of yourself to inspire and inform a creative project, and map how you are going to complete your project and create a plan for getting through the obstacles.

COMMUNITY

You won't be alone. You'll join forces with other young people to develop your creative ideas and make them real. Make friends, have fun, open up and share your hopes and dreams. Receive support from skilled and highly experienced facilitators

CREATIVE EXPRESSION

Take the inner journey, dig deep and find the true creativity inside you. Discover what it is that inspires you. Move your body. Find your voice. Draw your story. Write your truth Rehearse for change. Take big steps toward showing the world your creative expression

ADVENTURE

Have a real Kalimantan adventure ~ travel up-river into the Kalimantan jungle and marvel at the natural beauty. Take the outer journey, experience your ability to face your fears, and overcome personal challenges. Integrate your new awareness, honour the change, celebrate you.

You will leave the Creative Quest with a clear plan

- throughout the following 12 months you will receive ongoing peer support to help keep you motivated and on track
- you will be teamed with a mentor with skills and knowledge tailored to your needs
- in the weeks before the 2014 World Congress, all participants will gather to put the final touches on their projects • finally, you will have the chance to share your creative passion with the world at the 2014 Mexico Subud World Congress!

(See next page for YES Quest scholarships)

YES Quest Scholarships

Subud Australia leads the way in providing four YES Quest scholarships for young Australians, and four more for youth from other countries in the Asia-Pacific Zone

Subud Youth International wants to encourage the National Committees of wealthier nations to provide scholarships for youth in their countries to attend the Yes Quest.

Their first request was to Subud Australia to provide \$2,000 for four scholarships of \$500 each to youth in Australia. However the Australian National Committee decided to double this amount to provide a further four scholarships to youth from countries (other than Australia) in the Asia-Pacific Zone.

The scholarships are for young people who are unable to raise all the money themselves, especially those in full-time study and youth from less wealthy nations.

This will not amount to a 'free ride'. There will still be a need to find return air fares to Rungan Sari, where the Quest will be held from August 15 – 25 this year.

And, because the idea for this particular Quest is to prepare performances and other events for the World Congress in Mexico, there will be a lot more saving for fares and fees.


However, eight young people will be off to a flying start.

Subud Youth International and the Yes Quest Team are delighted with the generosity of Subud Australia, and will now be approaching other countries to allocate funds (in their budgets each year) for Yes Quest scholarships. Their big hope is that, following the lead of Australia, countries will provide funds for their own countries and also for their Zone.

Year by year, the International Youth Team are taking over the running of the Yes Quest, and the hope is to involve as many countries as possible in providing support for this venture, which is now in its eleventh year.

Extra days have been allocated before and after this year's event to train new Yes Quest facilitators. We are specially interested in people under 40, with facilitation experience, especially in the area of personal development. Those with experience in directing performances and events will be especially welcome. For an Expression of Interest form, contact info@yesquest.org

*Peter Jenkins, Founder of the YES Quest,
and Australia's Committee Councillor*



SYAI has new blog

The SYAI team now have a blog that they are using to promote and report on the activities of Subud youth internationally. The blog is currently being hosted on wordpress with the following address:

<http://subudyouth.wordpress.com>. Each week SYAI will post an entry. The entries will vary but will generally be information about World Congress, reports about projects, updates on enterprises or photos from a camp, congress or gathering usually from a different Area each week. Whilst some information posted here overlaps with what you may find on Subud World News, it's a bit different in that it is focused on the activities of Subud Youth internationally. It's the youth forum to share news and information with other youth.


SYAI invites youth and youth-friendly readers to send articles to post. SYAI prefer articles with photos and, where possible, try to keep it short (500 words absolute maximum). SYAI also asks that if you are a youth co-ordinator that you share this blog with as many young people as possible. It's linked to the SYAI facebook page too, so if you 'like' that you will automatically see in your newsfeed when entries are posted.

Otherwise you can subscribe via the blog home screen to receive updates direct to your inbox. Already there are a few posts including an introduction post from both Alex and Lucinda. Introductions of the other youth reps are coming as is an update from Subud Youth Australia and from the recent World Congress planning meeting that Roland and Alex attended. The blog is a work in progress!

SYAI invites and encourages computer/design/communication minded and skilled people to get in touch with suggestions for improvements – even better if you'd like to offer your time to assist! Thank-you in advance for your articles and for sharing and reading!

With Love, Subud Youth Activities International

(Alex, Lucinda, Marcus & Roland) <http://subudyouth.wordpress.com>



AND MEANWHILE IN THE WORLD... AT SANDY HOOK

On December 14, 2012, Adam Lanza, age 20, fatally shot twenty children and six adult staff members and wounded two at Sandy Hook Elementary School in the village of Sandy Hook in the town of Newtown, Connecticut. Before driving to the school, Lanza had shot and killed his mother, Nancy Lanza, at their Newtown home. After killing students and staff members, Lanza committed suicide by shooting himself in the head as first responders arrived.



Police escort children from the scene at Sandy Hook.

Several Subud members have written responses of this event. Rasunah Katz sent this poem...

Storm Full Of Sorrow

Sometimes the dark
Gathers like a force
We can no longer bear
Then we say
Blessed are the children.

Sometimes the weight of so many apples
Waiting to fall
Leaves us flushed with expectation
Then we must say
Blessed be the fruit
And blessed be the children
Eating the fruit.

Sometimes we know things
That makes the mind go silent
Makes the storm come
Full of sorrow
Then we must say
Blessed be the rain
Falling on the children
And blessed be the children.

Sometimes we look out
To see two new lambs
Born after a December rain
And we say
Blessed are the lambs
And blessed are the children.

For they shall carry us forward
To see the Magnolia bloom
To feel our unstoppable hearts
Swell with spring and hope
Then we may finally say
Blessed are you oh children
And blessed are the ones
Who receive you.

Melinda Wallis wrote with this suggestion...

Creating Islands of Peace

Today, on Dec 16, everything is colored by the latest horrible event – the killing of humans at Sandy Hook Elementary in Connecticut. And children are killed in other places around the world all the time.

It seems to me that Subud can help the state of things. In addition to doing regular latihan, I am suggesting that we Subud members make conscious and continuous effort to turn our Subud groups into “islands of peace”.

Let’s keep it simple: This is done by making effort to get to know and understand each other. We can do this by suggesting and helping to create activities that will help members to get to know each other well and to find, express and share their true talents. (It can be simple: have a amateur talent night!)

Do social service projects together.(It can be simple: make sandwiches to give out to homeless people.) Do testing together to discover your true talents, and then explore ways to use those talents in your life.

None of this is brand new – but let’s try again! I suspect that numerous newer members haven’t been part of these activities.

What do you say, folks – shall we see what we can do to Increase The Peace?

(There’s our slogan: Increase The Peace!)

>

and Emmanuel Williams sent this poem...

Christmas Day Poem

They were out there in the nowhere place
stuck like leaves on a stream
so the old man said.
They were screaming
there was fear all over them
such fear as we have rarely witnessed
covering them, tearing and crackling around inside them
and wounds, such wounds
like gaping mouths, like eyes, deep eyes
gazing into the inside of the dark
so the old man said
wounds still bleeding
though their bodies were back down there.

We went to them
we gathered them
we held each one warm and safe
we summoned light and love
we touched the wounds
we summoned springs of healing liquid
and bathed them. The children
oh the beautiful children.
Their pain. We opened.
We were welcoming their pain into our beings
their fear and their pain.

They were no longer screaming
their sobs still shook them
the loss of all they knew and loved still hurt and hurt and hurt.
The old man said it was like a black sky is full of howling and terror
and there were glimpses, there were
shafts of light from somewhere
full of radiance and power.

They are here with us. We are here with them.
They are opening their souls to us.
We will care for them
we will love them
till they are ready to go on.

We asked the old man to tell you.

BUFFALO FIVE

Rasunah Katz writes... I have published poems in anthologies, literary magazines and journals but this is my first collection of poems.

"Rasunah Katz's poems read like a poetic mantra that memorializes and celebrates spirit of place with a power and clarity that is staggering. The gift of these poems is that they allow the reader to go on a visionary journey. The poems chart a landscape of myth, dream, memory, life or death, and ultimately are poems of transcendence for the human spirit. With great poignancy and compassion these poems enliven our spirits with that magical essence that is much larger than our individual lives.

"I know that to open to someone / is to pull an unknown history / right into you / then live with it / growing in you; The gift of the poems in Buffalo Five is that they are inclusive of spirit, nature and family and ultimately transport us to that primal mystery of what it is to be human."

Devreaux Baker, author of Red Willow People and Beyond the Circumstance of Sight.

The book is US\$10.00 and my address is: P.O. Box 128, Elk, Ca. 95432 or rasunah@hotmail.com

MASTER CONTROL – A SUBUD NOVEL

Hanafi Hayes writes... I won't bore you with too much detail of the genesis of my novel Master Control, except to tell you why it was born.

If you've heard this before, I apologise, but, whilst I was working as a journalist and editor for Worldwide Television News in London in 1991, I contracted or just developed an illness which pretty well turned me into a basket case. Just about every part of me was affected, but the worst part, from my perspective, was the loss of concentration and worse still, of words. I could no longer coherently describe anything.

My journalistic career was over and after a year of tests, a Harley street neurologist and a psychiatrist confirmed what I had suspected, I was a victim of ME – Myalgic Encephalomyelitis – and it was suggested that I return to Australia and lie in the sun. We left in 1993 – me in a wheelchair.

About six years later, I had physically put in drainage around our house on the New South Wales central coast, built a big retaining wall to stop the front yard from disappearing through erosion and undergone a triple hernia operation.

Not long after this I was asked if I would edit the national newsletter and I accepted with some trepidation. It was my lifeline though, because the words came back. The miracle for me was complete, when a couple of years later, I received to write a novel and Master Control was born. It was born again not long ago when I republished it.

What can I tell you about it? Well, after 53 years in this game, it is my idea of a Subud book. Not a litany of my spiritual experiences, as most Subud books seem to be, but a book written by a follower of the latihan kedjiwaan. In it, you won't find me relating how I played cards with Jesus, or discussed the Middle East mess with Mohammad.

I can tell you that I did a latihan each day before I sat down to write and through my receiving and a vivid imagination, I will take you out of this world and show you how accidents happen and coincidences occur.

I will show you the dangers of naïveté and of arrogance in human beings and set your mind to wonder just how are we controlled and by whom. Who or what really directs our actions and sometimes leaves us aghast with wonder. Two generations of a family who follow the latihan, are the pillars of my narrative.

I can heartily or spiritually recommend this book, well I sort of wrote it, with a little help, of course.

Available at Book Depository, Amazon – (under my name, Hugh Hanafi Hayes), Barnes and Noble and many other online book retailers or on Kindle. See Hanafi's new web site at www.oneblokesview.com which carries a teaser – part of the first chapter of *Master Control*. ●



THEY WERE THERE – the Best of Subud Voice HAVE YOU ORDERED YOUR COPY YET?

THEY WERE THERE is an anthology of fascinating articles from early issues of Subud Voice, as compiled by Ilaina Lennard. Paperback: 186 pages.

Perhaps there are many Subud members nowadays – especially those who are new to Subud – who don't know very much about its early days in the West, so it is hoped that THEY WERE THERE will help to bring alive for them some of the things that happened at that time. Its chapters include:

- Bapak's horoscope – what a good astrologer saw
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- A talk about Subud's early days, given by Husein Rofé, the first Westerner to receive the Subud contact
- The chaos surrounding Bapak's first visit to the West
- Who was Bapak? and the third secret of Fatima
- Life with Bapak and Ibu
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How to order

Please go to www.lulu.com and type They Were There – the Best of Subud Voice in the search box and follow the on-screen prompts to the shopping basket, setting preferred payment method, delivery and billing address(es) and postage rate. Books normally take 3 – 5 days to arrive depending on postage price paid.

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www.subudvoice.net

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Send articles, photos, cartoons etc. to Harris Smart, Editor Subud Voice, email: editor@subudvoice.net Tel: + 61 3 95118122

Submissions are invited which relate to Subud life or are from Subud members. We cannot guarantee when or if a submission will be published. Preference will be given to articles of about 2000 words or less accompanied by a photograph, well-written in English and dealing with the activities of Subud members, or expressing a Subud member's perspective on a subject.

Articles should be written in such a way that they are intelligible and interesting to both Subud members and the general public. Sometimes this may mean providing an explanatory introduction or notes for the non-Subud reader

There is no payment for submissions. Correspondence about articles will generally not be entered into.

Submissions to Subud Voice may be edited for a variety of reasons including the need to shorten them or improve expression. If you do not want your submission to be edited in any way, please mark it clearly NOT TO BE EDITED.

The opinions expressed in the various articles are the sole responsibility of their authors and cannot be seen as representing the opinion of either the editor or the World Subud Association.

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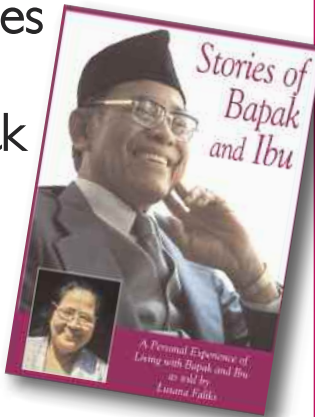
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