



# SUBUD VOICE

Number 32 • JANUARY 2014

## H A P P Y N E W Y E A R !

Wishing all our readers the very best for this World Congress year,  
and thank you for your recent support, inner and outer, of our efforts...  
*from the Subud Voice Team*

## WORLD CONGRESS 2014

Frequently asked questions. Many of the questions are answered on: [www.subudworldcongress2014.com...](http://www.subudworldcongress2014.com...) and see excellent Congress video at [www.youtube.com/watch?v=t39nG8BD4Qw&rel=0&width=640&height=191](http://www.youtube.com/watch?v=t39nG8BD4Qw&rel=0&width=640&height=191)

**Q :** What are the dates of the congress?

**A :** 2nd to 17th of August 2014. The 2nd is the arrival day, the 17th is the departure day

**Q :** What is the weather like in Puebla in August ?

**A :** It is sunny and warm but with rainstorms usually in the afternoon. Bring a light rain coat.

**Q :** I have heard Puebla is high up, what are the health incidences?

**A :** Effectively Puebla is at 2.100 mts or about 7.000 feet. Puebla is on a plateau and on the horizon you see Popocateptl looming up to 5.000 mts, so the effect is not quite like when you climb a mountain. Still normal people may feel mildly out of breath if one runs or when walking up a hill. It would be recommended that anyone with a heart condition though consult their doctor.

**Q :** Talking about Popocateptl, how dangerous is it?

**A :** Popocateptl is an active volcano, which regularly smokes and has stronger bursts ever so often. Still some people say that this makes it safer than a volcano quietly simmering underground and finally blowing its top. Popocateptl is closely monitored and research shows that Puebla is NOT within the danger zone, the most would be the discomfort of ash. Statistically though it gives off more smoke and ash in the dry winter season with much less risk during the wet summer season.



*Regarding the volcano, Popocateptl, Puebla is not in the danger zone.*



**Q :** How do I get to Puebla?

**A :** Most European airlines fly directly into Mexico City, there one takes a 2 hour coach ride to Puebla. Congress is setting up coaches for arrivals on the 1st, 2nd and 3rd, you can book on line when registering, also for departures 16th, 17th and 18th. SUBUD coaches will drop off and pick up at hotels directly. If you arrive on another day it is very easy to get onto one of the hourly buses to Puebla, directly at the airport (Estrella Roja). There are >



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“ *Puebla is one of the safest places in Mexico, on par with anywhere else in the world.* ”

flights directly into Mexico City also from Shanghai and Tokyo (as from next year). United and American Airlines have some flights direct into Puebla, from Huston and Washington, check it out on their websites. They are hoping for more direct routes before next summer.

**Q : Do I have to book my coach as soon as I register?**

A : No, you can go back to your registration as many times as you want. First you can simply register for the Congress, at the end you will be given a registration number. Keep it safely and use it to log on again later on, to

book your meals, your coach, or even to buy your TSHIRT.

**Q. I have lost my registration number how can I find it again?**

A: Go to the website ([www.subudworldcongress2014.com](http://www.subudworldcongress2014.com)) go to register now, scroll down and on right side click on already registered, then click on the link confirmation number, there give your email address (the same used for your registration) and you will receive your registration number again immediately. It is important to print and bring your registration number with you for quick check in.

**Q: If I have to cancel at some point, can my registration be transferred to someone else, even if I paid the early bird fee?**

A: Yes, please write to [registration@subudworldcongress2014.com](mailto:registration@subudworldcongress2014.com), giving your registration number and the new name. That person will then acquire everything you have paid for, meals, bus and t-shirt ! (if you bought one) Please make sure the new person fills in their flight details, if the buses have been booked.

**Q : Do I need a visa to go to Mexico?**

A : On the congress website [www.subudworldcongress2014.com](http://www.subudworldcongress2014.com), when you register there is a link to the list of countries that need visas for Mexico. Even if your country does not need a visa, if you are transiting through the USA you must acquire a visa or an ESTA for the USA, if your country qualifies. There no longer exists what were called transit visas, you will not be able to transit without the necessary visa or ESTA for USA.

**Q : What is the Mexican currency?**

A : The currency in Mexico is the peso...the difficulty for many foreigners is that it usually carries the \$ sign next to it (it should really read \$Mex but usually doesn't) so if your hotel says your room is 950\$ a night don't freak out, it is really 75\$. 1 dollar is currently about 12.5 to 13 pesos.

**Q : Where can I stay in Puebla?**

A : There is already an extensive list of hotels and contacts on the congress website, many of which are within walking distance of the Convention Centre. If you do not see something to your liking or need some help with your booking please contact Debbie at [customer.service@subudworldcongress2014.com](mailto:customer.service@subudworldcongress2014.com) >



“ Sunny and warm,  
but rains in the  
afternoon.  
Bring a light  
raincoat...” ”

**Q : Who do I contact if I want to offer a work shop, give a performance, volunteer or sell my crafts?**

**A :** When you register you will be given the option to, perform, give a workshop, sell your crafts and volunteer etc... Reports go out weekly to the coordinators of each aspect of the congress and you will be contacted. If you wish to offer your volunteering services before registering, please write to us at [info@subudworldcongress2014.com](mailto:info@subudworldcongress2014.com) giving details of what volunteering you would like to do, your email will be forwarded on. Bilingual Spanish and English will be particularly useful for volunteering at this congress.

**Q : How safe is Puebla, security wise?**

**A :** The US State Department has declared Puebla one of the top safest states and towns in Mexico, on par with anywhere else in the world. Puebla is over 3.000 kms from the US border where there has been trouble. Recommendation as in any country, "don't tempt " by leaving cash or valuables lying around, most hotels have safes in the rooms, use them. It is also always safer to draw cash as needed at the ATM machines rather than bringing loads of dollar or euros with you. Keep passport and documents on you.

**Q : How big is Puebla?**

**A :** Puebla has around 2.700.000 inhabitants, it is one of the largest university towns in Mexico. Puebla also boasts the largest Volkswagen plant in north America.

**Q : What financial help is there for members in need and young people?**

**A :** The International Youth Travel Fund exists to help young people with their travel costs, the application form exists in five languages, go to [www.subudworldnews.com](http://www.subudworldnews.com) choose WSA executive (left hand menu) scroll all the way down to SYIA where each form can be downloaded. Alternatively write to [youth@subudyouth.net](mailto:youth@subudyouth.net) There is also a travel fund to help delegates and other members come to the congress, if you really want to come and need help, please ask... contact [swcdiscounts@gmail.com](mailto:swcdiscounts@gmail.com)

When entering the online registration, you are first asked if you need a discount. Again, if you need help ask by following the instructions on the site.

**Q : I worry about our carbon footprint, what can we do about it?**

**A :** This Subud World Congress has a whole program called Go Green, where we are endeavouring to do as many things to lower our environmental impact as possible, as well as to create social awareness, by having fair trading partners and social interactions with the town. Subud Mexico also have a longstanding tree planting project at Usaha Mulia Abadi, you can donate to this at the end of the registration form.

**Q : What is the food like in Puebla?**

**A :** Puebla is recognised as one of the gastronomic centres of the world, food there is not going to be your average burritos or fajitas. Spicy sauces (chili) are served separately for those who wish, breakfast usually includes a Mexican version of eggs and bacon! With guacamole, tacos and fried black beans (no bacon usually).

Pork is eaten in Puebla, if you are not a pork eater, be careful – a sandwich Arabe is in fact made with pork (I know surprising !) and if a steak is simply called steak without precision as to Rez or Pollo it could well be pork. Obviously the catering at the congress will be entirely without pork and will cater to vegetarian and gluten free diets. Be sure to mention your needs when registering.

**Q : How is the access to the convention centre for people with walking difficulties or wheelchairs?**

**A :** There are elevators, escalators and ramps. Please also fill in your special health needs on your registration form. We shall have shuttles from hotels that are maybe a little too far for people with walking difficulties.

**Q: Is a programme of excursions being organized for congress participants?**

**A:** Yes we are working with a local travel agent who is preparing all type of day trips as well as longer trips for before or after congress. There are also many interesting things to visit within walking distance of the Convention Centre. Information will be shared as we get closer to the congress. Puebla State and Mexico have beautiful places to visit before and after congress check the tourism brochures links on the website.

**Q: Can I bring my non-Subud partner? What does he/she have to pay?**

**A:** Yes, we are always happy to welcome non Subud partners. If they wish to participate fully in the congress and >



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have access to the meal plan etc...they can ask for a discount and register with the discounted price. Otherwise they can simply come to the congress and be issued a guest pass.

**Q: I can only come to the congress for one week, what must I pay?**

A : the only thing we can offer is the discount rate. Please write to Halimah at [swcdiscounts@gmail.com](mailto:swcdiscounts@gmail.com) giving your arrival and departure dates and you will be granted the basic discount rate.

**Q: What is being organized for kids and young teenagers who are too old for day care? What about baby sitting during latihans or evening events?**

A: Mary Wold is taking care of the family program and is overseeing everything from babies to 17 year olds. There will be numerous options from looking after babies during latihan, part time day care for babies, programs for small children and flexible programs for young adults who do not wish to be 'looked after' all day. Parents will have to sign off as to whether they allow their underage young adults freedom to move around or not. Early next year the general outline of the program will be announced.

**Q : Will there be wifi at the convention centre?**

A : There will be wifi in a number of areas, also extensive information regarding SIM cards and personal internet solutions is being prepared.

**Q : How can I help make this a great congress?**

A : Come to the congress, bring your love, your talent, your generosity and your good humour. Participate proactively in the WSA workshops, share Latihan and testing sessions. Support the ongoing creative process through SICA, Susila Dharma and the enterprise activities on site. Help move Subud in the direction we all wish for it to go. ●

## REGISTRATION FOR THE 2014 WORLD CONGRESS IN MEXICO

*Registration for the 14th Subud World Congress, from August 2-17, 2014, is now live and online. Reduced registration cost has been extended through the end of January.*

*Go to: <http://www.cvent.com/d/rcqvll?lang=en>*

### A QUOTE FROM IBU RAHAYU

"To live according to the Will of Almighty God ... is indeed very wide, and one of the most important aspects is harmony of the self. Harmony of the self means that we are at peace with ourselves and we experience a state where our self is in harmony. For those of you whose situation doesn't yet match your circumstances - your outer situation is not in line with yourself, then you can only find this through the latihan. This state of harmony of the self is the basis on which everything else will develop. (Wisma Subud, Indonesia, Dec.7,1997)



### BUS TO PUEBLA

For those flying to Mexico City and taking the bus from the airport to Puebla, the round trip fare is \$36.

### LEARNING SOME SPANISH FOR THE WORLD CONGRESS *Ruslan Feldman writes...*

Thanks to our National Chair, Shoshanah, I have started using the free, FUN online language-learning program Duolingo ([www.duolingo.com](http://www.duolingo.com)) to brush up my Spanish for next year's World Congress. As a "Yanqui" I would be so proud if everyone of us attending the Congress would spend, say, ten hours on Duolingo to acquire a hundred or so words and phrases to use in Puebla. Talk about "citizen diplomacy"! If you feel like it, please drop me a line at [reynoldruslan@gmail.com](mailto:reynoldruslan@gmail.com) to let me know you are giving it a shot.

!Buena Suerte!"/"Good luck!"

### WORLD CONGRESS AMBASSADORS

If you are interested in sharing information about the 2014 world congress in Puebla, Mexico and would like resources to help you do that, please e-mail [mara.grbenick@gmail.com](mailto:mara.grbenick@gmail.com) Mara is working with the World Congress Organizing >

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Team to help create awareness, share information, and organize fundraisers. By agreeing to be an ambassador, you will receive an email newsletter that will enable you to stay informed so you can update your group about the latest world congress information.

### **SPECIAL LATIHAN FOR THE WORLD CONGRESS ORGANIZING TEAM (WCOT)**

This is an invitation to all of you to join together to do one special latihan a month to pray for the World Congress Organizing Team as they continue their preparations for the world congress. The latihan occurs on the second Sunday of the month. The next one will be held on January 12, 2014. Quiet time is at 5:45pm Pacific time; latihan begins at 6pm Pacific time. Your inner support is greatly appreciated.

### **YES QUEST IN PUEBLA, MEXICO**

Young people will be able to enjoy two events with a single airfare in 2014, the World Congress and YES Quest. The YES Quest will involve a classic YES Quest experience before Congress in Puebla (July 26 - August 1), involvement in the Youth Program at Congress, and a "let-your-hair-down" adventure (think mountains and waterfalls) after Congress (at Usaha Mulia Abadi, August 18-20). Subud USA is offering a grant of \$500 for one young Subud person to attend the event. This should cover the full program, transport, food and accommodation for the pre and post Congress components. For more information and to get an application form, contact [silvana@yesquest.org](mailto:silvana@yesquest.org) with "Please send me a Mexico Quest Application" in the subject line.



### **HUMAN FORCE VOLUNTEER CAMP IN PUEBLA**

Human Force will be running its fifth camp in conjunction with "A Child's Garden Of Peace" during the last week of July, in Puebla, before the world congress begins. Volunteers will help create a garden at a pre-school for disadvantaged children in Puebla. They will also have the chance to play with and organize activities for the children, experience team-building and self-exploration, go on trips, and partake in a global awareness component.

### **SEED GRANTS TO YOUTH WITH AN ENTERPRISE**

The Subud Youth fellowship has recently launched an offering of seed grants to young Subud members. Recipients of a grant will get free registration to the World Congress and the chance to show off their enterprise. The International Youth Travel Fund can assist with travel costs.

Click here for more details: <http://subudyouth.wordpress.com/apply-no/the-subud-youth-fellowship/>

### **WORLD SUBUD ASSOCIATION E-NEWSLETTER**

The November 2013 World Subud Association eNewsletter full of the latest news from around the Subud world is now online. You'll find it on the website at [www.subudworldnews.com/index2.php](http://www.subudworldnews.com/index2.php) When you get there, select WSA/WSA-EXEC in the left column. Then, at the top of the page, select English.

### **BAPAK'S ADVICE & GUIDANCE FOR HELPERS**

The 1988 version of Bapak's Advice and Guidance for Helpers has just been reprinted after being out-of-print for some time. You can purchase this for \$15 through our special link to By the Way Books which is not accessible to the public. The latest volume of Bapak's Talks is listed here as well (#24). [www.bythewaybooks.com/cgi-bin/btw455/subudtalks](http://www.bythewaybooks.com/cgi-bin/btw455/subudtalks)

### **SUBUD PRAYER NETWORK *Malama MacNeil writes...***

Any member who wishes may join the Subud Prayer Network [subudprayernetwork@googlegroups.com](mailto:subudprayernetwork@googlegroups.com) by searching googlegroups, or by sending a request to [subudprayer@gmail.com](mailto:subudprayer@gmail.com) and accepting the invitation that will be issued.

### **SUBUD WEB SITES... QUICK GUIDE**

- [www.bythewaybooks.com](http://www.bythewaybooks.com) has books about Subud and by Subud authors
- <http://www.bythewaybooks.com/cgi-bin/btw455/subudtalks> is a link for books of Bapak and Ibu Rahayu talks
- [www.subudbooks.net](http://www.subudbooks.net) is for Bapak and Ibu Rahayu talks
- <http://www.subudbooks.net/catalog/category/view/id/7> allows you to receive into your email account, free, one Bapak talk each week
- [newsletter@subudusa.org](mailto:newsletter@subudusa.org) is the address for submitting articles to the national newsletter, Subud USA News
- [www.subudlibrary.net](http://www.subudlibrary.net) provides access to Bapak and Ibu Rahayu talks

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- [www.subudvoice.net](http://www.subudvoice.net) is the link to Subud Voice, a free, online, independent monthly Subud magazine
- <http://www.subudworldnews.com> provides the latest international Subud news, contact information and more
- [www.subudprojects.net](http://www.subudprojects.net) lists projects, artistic endeavors, and businesses of Subud members
- [subudprayernetwork@googlegroups.com](mailto:subudprayernetwork@googlegroups.com) is an on-line Subud Prayer Network where prayers and requests for prayers can be shared. Apply first.
- [www.subudusa.org](http://www.subudusa.org) - Subud USA website
- [www.YesQuest.org](http://www.YesQuest.org) - Yes Quest website
- [www.subudusa.org/sica-usa/sica-usa.html](http://www.subudusa.org/sica-usa/sica-usa.html) - Subud Cultural Association-USA website
- [www.SusilaDharmaUSA.org](http://www.SusilaDharmaUSA.org) - Susila Dharma USA website
- [www.sesusa.biz](http://www.sesusa.biz) - Subud Enterprises Services USA website
- [www.MSubuhFoundation.org](http://www.MSubuhFoundation.org) - Muhammad Subuh Foundation website
- [www.SusilaDharma.org](http://www.SusilaDharma.org) - Susila Dharma International website
- [www.Subud-SICA.org](http://www.Subud-SICA.org) - Subud International Cultural Association website
- [www.subudenterprise.com](http://www.subudenterprise.com) - Subud Enterprise Services International website
- [www.subudyouth.worldpress.com](http://www.subudyouth.worldpress.com) - Subud Youth blog
- [www.subud.org](http://www.subud.org) - World Subud Association official website
- [www.subud.com](http://www.subud.com) - World Subud Association website

## ICDP AROUND THE WORLD



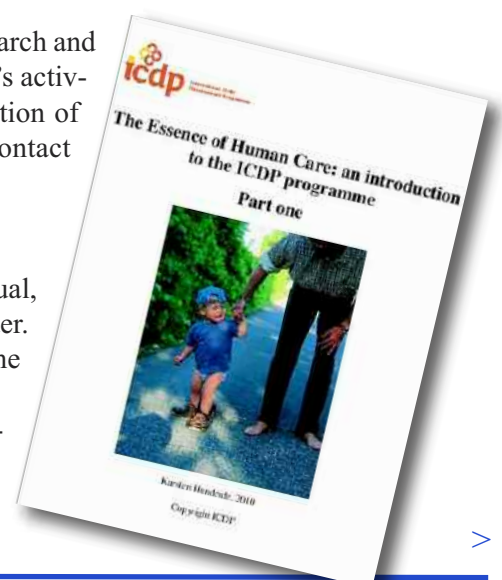
*ICDP in Brazil*

The [ICDP November 2013 Newsletter](#) contains articles received between March and November 2013. It gives a most interesting and impressive picture of ICDP's activities in many countries around the world. Here we publish an edited selection of just a few of the articles. To obtain the complete Newsletter contact [lailah@icdp.info](mailto:lailah@icdp.info)

### ICDP Manual– now available

In 2010, Karsten Hundeide finalized his latest version of the ICDP manual, which he meant for international use. This manual is now available on order. The manual consists of two booklets; part one is about the ICDP programme and part two focuses on the implementation of it.

Some of our colleagues who are currently working with the ICDP programme may wish to order this manual; it can be posted to you - contact ICDP: [icdp@icdp.no](mailto:icdp@icdp.no) or [lailah@icdp.info](mailto:lailah@icdp.info)





### NORWAY – ICDP for Fathers

During 2012, a small scale pilot project, called “Fathers in close relations”, was carried out in Oslo, Norway. The evaluation report was finished in March 2013.

Research conducted in Norway revealed a gradual increase in the number of children and families referred to child welfare and that one of the most common reasons for this phenomenon is the lack of parenting skills.

The project “Fathers in close relations”, was funded by the Children, Youth and Family Affairs and the Ministry of Justice and Public Security and it was conducted jointly by ICDP Norway, RBUP, ICDP foundation, several neighbourhoods in Oslo and the Department of Psychology, at the University of Oslo.

In the project, the ICDP programme was implemented with five groups of fathers, with the average of six fathers in each group. The fathers were recruited from kindergartens and child care where there was an increase in child-related problems.

They reported a decrease in psychological aggression and physical abuse of children and an increase in setting positive boundaries. They felt they had better communication and a better emotional relationship with their child, and that there was more fun and a better atmosphere in the home.

Link to the evaluation report in Norwegian: <http://www.icdp.info/api/media/media/245>

“ They reported a decrease in psychological aggression and physical abuse of children ”

### UKRAINE – New Developments in Anratsit

ICDP held its first workshop in Anratsit, a city in Eastern Ukraine, located in the Lugansk oblast (region).

In 2008, ICDP was invited to Anratsit to present its work at the international conference called Little Things Make Big Changes. The conference was organized by the NGO Women for the Future, in cooperation with the Norwegian Peace Association.

Marianne Fresjara Abdalla from the Norwegian Peace Association was one of the organizers of this conference and she had been assisting the work of several organization in Anratsit for many years.

After the conference Marianne became determined to bring ICDP to Anratsit and she has recently obtained funds for ICDP from the Norwegian embassy in Ukraine.

The first ICDP workshop was held in Anratsit during the last week in March 2013. It was held by Nicoletta Armstrong, with assistance from Oksana Isaeva, from Nizhneynovgorod, Russia.

The participants included directors and staff from a hospital, a school and two centres for disadvantaged children. In addition, three professionals came from an Early Intervention Centre in Kishinev, Moldova. The workshop engendered a lot of enthusiasm and plans were made for pilot projects to take place in several institutions. The second workshop is planned to take place in October.

The future plan is to continue applying ICDP at the Early Intervention Centre and to establish the ICDP approach in five of the ten preschools where ICDP has already been introduced in a more general way.



ICDP facilitators at an ICDP training workshop in Anratsit

### MOLDOVA – A strong start in Moldova

The ICDP team of facilitators (on photo) at the Centre of Early Intervention in Kishinev has recently had an opportunity to share about their work with the ICDP programme at an ICDP workshop in Anratsit, Ukraine. They translated the ICDP materials and have successfully implemented ICDP with children, parents and caregivers at their institute. During this year they also introduced ICDP to ten kindergartens.

From left to right on photo: Sylvia Briabin (psychologist), Mariana Jalba (child neurologist), Marina Kalak (paediatrician) and Ala Bendrerchi (speech therapist) represent a strong ICDP >



team, determined to establish ICDP not only through their own work at the Centre, but also to spread it to many others.

### FINLAND – ICDP material in Finnish

A new set of beautiful materials for parents attending ICDP courses has just been produced by the ICDP team in Kotka.

News about the new materials was received from Hanna Sellergren, from the Federation of Mother and Child Homes and Shelters. To see the samples of the newly produced and published material; link to the 3 dialogues

<http://www.icdp.info/api/media/media/377>

and to the booklet <http://www.icdp.info/api/media/media/373>

### COLOMBIA – ICDP and The Programme “De Cero a Siempre”

The ICDP programme is part of the government initiative "Cero a Siempre" in the department of Quindio in Colombia.

"Cero a Siempre" (from zero and forever) is a new national strategy created by the Colombian president Juan Manuel Santos, which seeks to combine the efforts of the public and private organizations of the civil society for the promotion of early childhood development.

The Colombian government based this strategy on the notion that investment in early childhood is the most cost-effective contribution to a country long term.

At present only 24% of children under five receive comprehensive care, and the present efforts will target the 1200 000 vulnerable children. A major challenge is to achieve 100% coverage, which requires nationwide coordination. Local and regional contracts are being made with adequate institutions to meet the parameters set by the strategy.

Through our work we have discovered that ICDP could be easily inserted as an enriching component of this new government strategy. We have trained in ICDP a group of 14 professionals: 6 teachers, 6 care assistants, one nutritionist and one psychologist. With this team we reached 242 vulnerable families in 5 municipalities of Quindio, including families of reintegrated guerrilla fighters, indigenous population, and impoverished families in rural areas.

The success of this initiative led us to expand our work to 4 new municipalities, where we will be applying ICDP with 180 families. In order to achieve this goal, we have started the process of giving ICDP training to a new team, which is composed of 10 teachers, one technical coordinator, one psychologist and one nutritionist”.

### BRAZIL – Evaluation and a New Project

During the last week of November, Polyanna Magalhães, the ICDP Brazil country representative, organized several meetings and a workshop to discuss the preliminary results of the evaluation study of the ICDP project in the department of Pernambuco and to make an action plan for 2014. It was attended by representatives of several partner organizations and by the core group of ICDP Brazil trainers (on photo).

### New Project

A new project is now starting in Pernambuco, with ACARI as the implementing partner and with the sponsorship from the Brazil Foundation. ICDP trainers from ACARI will sensitize all the staff (carers of children aged 0 to 6 years old) working at the Lar Feliz Foundation and will also work directly with families from the local community.

"Through the ICDP sensitization process, the adults, whether professionals or family members, will be able to acquire "another perspective" that will improve their caring skills in relation to their children. We will use dance, songs, games, drama and cooperative activities to actively involve caregivers and educators and help them feel like children and understand the depth of their interactions with them.

We will offer support to families with home visits and regular follow-ups. Through their own experiences they will learn new concepts and build new knowledge - this is according to the basic principle of the ICDP approach: "Start with what they know, build with what they have" (Lao Tse, 700 B.C.).





## EL SALVADOR – New Initiative in El Salvador

ICDP has been present in El Salvador as a national programme and implemented through the Ministry for Social Services (ISNA) for over six years now. The programme has already reached 40,270 people and following the new initiative it is likely to reach many more in the future.

In El Salvador, ICDP is being applied mostly by social workers and community volunteers, and to a minor extent by teachers and by staff who work with parents in prisons. A team from Unicef in San Salvador, led by Marina Morales, has been providing support and monitoring the developments, as well as maintaining communication with ICDP.

However, a special office at ISNA (with Carolina Guevarra as director) was assigned the task of providing coordination of the implementation of the programme by the ISNA staff.

There is now a fresh initiative by Unicef and the Ministry of Education to spread the ICDP programme to more educators, families and children by providing ICDP training to the network of teachers. In June the decision was made to hold an ICDP training workshop during the second week of November.

Marina Morales approached ICDP earlier this year to ask for ICDP trainers to come to deliver the training, because she felt that it was important for ICDP to accompany the process of adaptation of ICDP to the new target group in the school context.

Due to high interest in ICDP, it has now become clear that many more educators will participate in the November workshop than earlier envisaged, which means that there is a need for more training workshops.

In order to accomplish the training of the extra groups, Ayda Brigitte Ramirez and Carmen Lucia Andrade, two trainers from Colombia, will join Nicoletta Armstrong who is leading the training, and the three of them will run a series of workshops for a total of about ninety educators and teachers.

The participants were selected by the Ministry of Education to be trained either as ICDP facilitators (who will run ICDP groups for caregivers) or to embark on a longer process of training that will lead them to become ICDP trainers (who will later be able to train new facilitators) - the training of both facilitators and trainers will continue in 2014.



## MOZAMBIQUE – Mozambique Report

The ICDP project in Mozambique works in the area of competence building of the civil society, organizations and networks, in order to promote healthy development and protection for children.

The overarching objective is to help improve the quality of care of vulnerable children, by strengthening the role of caregivers of both genders and enabling them to fulfil their care and educational responsibilities.

This aim is achieved through the implementation of ICDP as a culturally sensitive and easy to implement programme designed to improve the interaction and relationship between adults/caregivers and children.

The main focus of the ICDP work in Mozambique has been on forming a Team of National Trainers who can sustain the ICDP work in the future, consolidating cooperation with the government departments and creating a regional network by creating stronger links with ICDP teams in neighbouring countries, in southern Africa.



## MALAWI AND SOUTH AFRICA – ICDP Welcomes the First Six Trainers in Malawi and South Africa

A group of six trainees (on photo) have recently finished their training in ICDP and have received their ICDP Trainer level diplomas. ICDP's international team warmly welcomes the first trainers in Malawi and South Africa and wishes them all the success in their future work!

This is an important accomplishment as the group represents the first ICDP accredited trainers in Malawi and South Africa. This means that the transfer of the ICDP methodology to a local team >



has now been completed and ICDP has signed a contract for cooperation with each trainer. For more information about ICDP in Malawi and South Africa go to: <http://www.icdp.info/africa/malawi> and <http://www.icdp.info/africa/south-africa>

“Enabling caregivers to strengthen their care and educational responsibilities”

### **GHANA – ICDP in Ghana**

A new project has started to develop in the capital Accra focused on upgrading the quality of care in two orphanages. On the 20th of March 2013, an introductory meeting about ICDP was held in the conference room of the Ledzorkuku-Krowor Municipal Assembly (LEKMA). The meeting was held for stakeholders from the following departments: Lekma District Assembly, Ghana Education Service, Department of Social Welfare, and Department for Community Development.

It was also attended by caregivers and managers from the New Life and Teshie orphanages. Joyce Larnyoh, the ICDP representative in Ghana, gave a presentation about ICDP and afterwards the participants engaged in brainstorming about the way to go forward with the project. Immediately after the meeting, the caregivers from the New Life and Teshie orphanages, attended an ICDP training workshop, which took place on the 21-22nd of March.

Link to a short report by Joyce Larnyoh <http://www.icdp.info/api/media/media/225>

### **AUSTRALIA – Moving Forward in Australia... Renee Goetz writes...**

The ICDP Australia team has successfully completed three training workshops and is in process of finalizing the training of a new group of six facilitators.

The workshops were held at Redland Bay, Brisbane and led by ICDP trainer Ann Oakely. The participants had the opportunity to learn how to: reconnect parents to their children; work with parents and caregivers who are struggling to maintain positive relationships with their children; bring fun back into child care practices; develop and deliver programmes in a range of social services settings.

I am very happy to see that ICDP is actually starting in Cairns, Melbourne and widening in Brisbane, as a result of the training during 2013. The three workshops were attended by 6 participants, who all did very well. Between courses they studied diligently and also found possibilities to apply ICDP in practice.

One of the trainees has just been employed in Central Australia again and is moving back there to start working with indigenous families. Her clients will be parents with children under 18 years old, who are in need of support and in this work she will be able to use ICDP with the parents.

The long term vision is to train up other staff members who work with parents. She will be looking to find an indigenous person who can help her 'translate' the ICDP activities into activities and a facilitation style that will be culturally appropriate. Her hope is that this could then be used as a framework for ICDP to enter into other indigenous communities throughout Australia.

In June a young family in Melbourne gave us a donation of \$10,000 dollars – we will see what this will attract for us in the future, what the fruits of this donation will be.



## **Kadarijah Gardiner Memorial Fund**

As a child and as a celebrated actress, Kadarijah was known as Jean Harvey. Her parents were co-founders of the Birmingham Subud group, and after few months she noticed a difference in them. So she asked to be opened at Coombe Springs, and was present with them at the first Subud World Congress in 1959.

Bapak first gave her the name Riva, but from 1969 on she began to have experiences about Islam, and, after she had entered Islam in ceremony in England, Bapak dictated a letter to her saying “the name Kadarijah is the right one for you, and Kadarijah means that you have been blessed by the One and only God to receive His guidance and direction”. (Later Bapak sometimes referred to her in >





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English as “Bapak’s filem starr.”)

In 1981 when we were in Zimbabwe, we were asked by Hameed Francis, as ISC Chairman, to accompany Rachmaniyah Bowden on a visit to the DR Congo. Characteristically, when we arrived in a walled compound with over 120 people waiting, Kadarijah shook hands with every single one.

The experience of working with her on this trip led Rachmaniyah to recommend that Kadarijah become an International Helper. The resulting ten year stint was her most important contribution to Subud, and was the longest anyone had ever accomplished. She was a member of three different International Subud Councils. The “Zone 2” covered by the team of six spread across Africa, Europe and Israel, and she was a pioneer in taking the latihan to Poland, Ukraine and Russia.

In an account dictated at the hospice a week before she died, she said: “After a huge opening in Ukraine - with about 70 people - when I was accompanied by Istafiah Is’harc and Emmanuel Aronie, an older woman came up to me with tears pouring down her face and said ‘I’ve waited 55 years for this, but don’t forget that God was not allowed during the Communist time’. That made all our travails worth it.”

At the Subud World Congress in Amanecer, Colombia in 1993, she was appointed as Chair of SICA, the Subud International Cultural Association. Her response was “Let’s have lots of fun together.” She was not only an actress, but was devoted to literature and music, and late in life became an accomplished amateur jeweller.

Alas, soon afterwards she was diagnosed with cancer and she had to resign to do battle with it. She did this without drugs, chemotherapy or surgery, and one of her great wishes was to tell her story of how she kept it at bay for nearly 20 years. Three years ago a senior oncologist said: “If you had taken my advice 17 years ago you would not be talking to me now.”

On 19th November we received a message from Muti Lee on behalf of Ibu Rahayu and family "We cannot thank you enough for all she has done for Subud."

Our prayers are with her. May her soul be blessed with God’s Grace and Guide her through the journey she has just begun.

The Kadarijah Gardiner Memorial Fund will be used to support a joint project, still to be determined, of Susila Dharma International and Subud International Cultural Association.

Donations can be made to: SD Britain <http://www.sdbritain.org/how-to-donate> Cheques can be sent to SDB Treasurer Ridwan Treacher, Flat 2 Lindores House, Lindores Road, Holyport, Maidenhead, Berks SL6 2LU

SDIA : <http://www.susiladharm.org/~susil853/gifts> SICA : <http://www.subud-sica.org>

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## PETS, ANCESTORS & WORSHIP

*Harris Smart writes...*

We have not often tackled the subject of pets in Subud Voice. In fact, I can only recall one previous article when Levana MacDonald wrote about the kitten that she rescued from being eaten by ants in Kalimantan.

So perhaps readers will forgive the editor’s indulgence if we begin the New Year with another article about pets. Perhaps pets seem like a trivial subject but they are important to many people both old and young. And doesn’t Subud embrace not just “all of mankind” but actually “all of life”?

Pets are very important to children teaching them about love and how to care for another being and introducing them to the realities of life including death. Pets die and are buried in little ceremonies in shoeboxes in back gardens.

They become once again very important to older people such as myself. While one cannot generalise absolutely about old age, one thing that can happen is isolation and loneliness and pets can provide wonderful love and companionship.

I recently acquired a kitten, Biscuit. I did a film shoot for which a kitten was required. What to do with the kitten afterwards? It seemed wrong to just turn her over to an animal shelter, so she has become mine. She is wonderful company, almost the perfect young girlfriend, affectionate and frisky. I think she has a particularly pretty face.

Of course, she is lacking in certain respects. It is not possible to have an in-depth discussion with her about books and films, or to gossip with her about our friends. On the other hand she never criticises me, appearing to accept me exactly as I am, and has never yet uttered those ominous words, “We must talk.”



*My cat Biscuit.*

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## ANCESTORS

In my opinion, the greatest religious poem in the English language is “My Cat Jeoffrey” by the 18th century poet, Christopher Smart. At one point I tried to conduct some genealogical research to find out if he was my ancestor but the results were inconclusive.

Perhaps not everyone would want him for an ancestor since apart from writing religious poems he led a rather troubled, even dissolute, life. At the age of four the precocious poet wrote his first verse about his thwarted affection for a twelve year old with whom he planned to elope, including some very pretty lines about her breasts.

A few years later, while at Cambridge University, he three times won the prestigious Seaton prize for religious poems about the Supreme Being, written side by side with other poems addressed to barmaids. He had a problem with alcohol and was careless with his money and towards the end of his life was confined to debtor’s prison where he died.

As you may know, a towering literary figure of the 18th century was Dr Johnson, who amongst other things, all by himself, wrote the first English dictionary. And the biography of him by James Boswell is generally regarded as the greatest biography in English.

Boswell’s life of Johnson contains several anecdotes about Smart. In one Boswell goes to Johnson and complains because Smart never changes his underwear and is always falling on his knees in the street and praying.

To which Johnson replies, “I would as lief pray with Kit Smart as any man. And as for clean linen, I have no passion for it.”

On another occasion Boswell tells Johnson that everyone thinks Smart is mad because he prays all the time. To which Johnson replies, “In my opinion it is the ones who don’t pray all the time who are mad.”

During a period when Smart was confined to Bedlam, Boswell reports to Johnson that since going into the asylum, Smart has grown tremendously fat which is strange as he gets plenty of exercise walking back and forth to the ale-house. To which Johnson replies, “I am not surprised he is fat because he may walk to the ale-house but he is carried back.”

In Bedlam Smart wrote his poems with charcoal on the wall of his cell including “Jubilate Agno”, “Rejoice in the Lamb” a great religious celebration of life from which “My Cat Jeoffrey” is excerpted.

Sometimes I watch my kitten rolling in the sun and it does look like she is worshipping. Doesn’t Bapak say somewhere that all creation is engaged in worship?

“  
*Doesn’t Bapak say  
somewhere that all  
creation is  
involved in  
worship*  
”

## MY CAT JEOFFREY

For when his day's work is done his business more properly begins.

For keeps the Lord's watch in the night against the adversary.

For he counteracts the powers of darkness by his electrical skin & glaring eyes.

For he counteracts the Devil, who is death, by brisking about the life.

For in his morning orisons he loves the sun and the sun loves him.

For he is of the tribe of Tiger.

For the Cherub Cat is a term of the Angel Tiger.

For he has the subtlety and hissing of a serpent, which in godness he suppresses.

For he will not do destruction, if he is well-fed, neither will he spit without provocation.

For he purrs in thankfulness, when God tells him he's a good Cat.

For he is an instrument for the children to learn benevolence upon.

For every house is incomplete without him & a blessing is lacking in the spirit.

For the Lord commanded Moses concerning the cats at the departure of the Children of Israel from Egypt.

For every family had one cat at least in the bag.

For the English Cats are the best in Europe.

For he is the cleanest in the use of his fore-paws of any quadrupede.

For the dexterity of his defence is an instance of the love of God to him exceedingly.

For he is the quickest to his mark of any creature.

For he is tenacious of his point.

For he is a mixture of gravity and waggery.

For he knows that God is his Saviour.

For there is nothing sweeter than his peace when at rest.

>

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For there is nothing brisker than his life when in motion.  
For he is of the Lord's poor and so indeed is he called by benevolence perpetually.  
Poor Jeoffry! Poor Jeoffry! the rat has bit thy throat.  
For I bless the name of the Lord Jesus that Jeoffry is better.  
For the divine spirit comes about his body to sustain it in compleat cat.  
For his tongue is exceedingly pure so that it has in purity what it wants in musick.

For he is docile and can learn certain things.  
For he can set up with gravity which is patience in employment.  
For he can jump over a stick which is patience upon proof positive.  
For he can spraggle upon waggle at the word of command.  
For he can jump from an emminence into his master's bosom.

For he can catch the cork and toss it again.  
For he is hated by the hypocrite and miser.  
For the former is afraid of detection. For the latter refuses the charge.  
For he camels his back to bear the first notion of business.  
For he is good to think on, if a man would express himself neatly.  
For he made a great figure in Egypt for his signal services.  
For he killed the Icnumon-rat very pernicious by land.  
For his ears are so acute that they sting again.  
For from this proceeds the passing quickness of his attention.

For by stroaking of him I have found out electricity.  
For I perceived God's light about him both wax and fire.  
For the Electrical fire is the spiritual substance, which God sends forth  
from heaven to sustain the bodies both of man and beast.  
For God has blessed him in the variety of his movements.  
For, tho he cannot fly, he is an excellent clamberer.  
For his motions upon the face of the earth are more than any other quadrupede.  
For he can tread to all the measures upon the musick.  
For he can swim for life.  
For he can creep.



Biscuit in hiding.  
"No one knows  
where I am.  
I am completely  
invisible."

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## THE PASSING OF DELIANA LORETTA FUDDY

*The Subud USA Committee writes...*

Our dear sister, Deliana Loretta Fuddy, died yesterday in a plane crash one half mile off the coast of Molokai, Hawaii. The plane was en route to Honolulu. Many of us knew Deliana as the Chairperson of Subud USA from 2006 to 2008.

A small plane carrying nine people (a pilot and eight passengers) had engine failure and crashed into the water. Deliana, who was director of the state Department of Health since January, 2011, was killed. The other eight survived.

The passengers were returning from their annual visit to Kalaupapa, a remote peninsula on the north side of Molokai. Hawaii exiled people with leprosy or Hansen's disease to Kalaupapa from 1866 through 1969. Some are still living there today. Deliana, in her role as director of the state health department, was appointed mayor of this community.

A Coast Guard helicopter rescued 3 passengers from the water and Maui fire crews picked up others. One person swam to shore to get help.

Deliana became known, for among other things, verifying the authenticity of President Obama's birth certificate. Senator Josh Green, chairman of the committee on health, said "It's so appropriate that just yesterday the stories broke that Hawaii was number one in health again for the country, and I think director Fuddy deserves the credit for that."

Governor Neil Abercrombie said, "Loretta was deeply loved and respected. She was selfless, utterly dedicated and committed to her colleagues in the Department of Health and to the people of Hawaii. Her knowledge was vast; her counsel and advice always given from her heart as much as from her storehouse of experience."

Subud USA will be donating \$50 to our general endowment fund in Deliana's name and sending a card on behalf of all of us.

Many members of Subud USA (e.g. Ralph Davila, Renata Robb, Ruslan Feldman) have forwarded links (next page) to videos and articles about the crash for those who may wish to find out more.

“  
*She was  
selfless, utterly  
dedicated and  
committed*  
”

Click the links:

<http://www.kitv.com/news/hawaii/loretta-fuddy-remembered-as-good-lady-and-genuine-person/-/8905354/23445518/-/8kuqmg/-/index.html?absolute=true>

<http://www.usatoday.com/story/news/nation/2013/12/12/hawaii-obama-birth-certificate-fuddy/3996657/>

<http://www.khon2.com/news/plane-crashes-in-waters-off-molokai>

## PASSING OF RAMAMOORTHY

*S.Sathia, Chair of Subud India, writes...*

We are very sad to inform the Subud Community - (World) that Bro. Ramamoorthy has passed away at 1.30 pm (Indian Standard Time) today. He is known to all the delegates from overseas to India.

For many of us in India he was the living example of practising Subud in daily life. His contribution to Subud India is limitless. To my knowledge for the past 30 years he had completely dedicated his living towards Subud. He was instrumental in getting Subud India a Registered Body. His efforts to promote Susila Dharma projects can not be described.

Kindly pass this information to the Subud Community.

*And Rosanna Hille writes from Susila Dharma International...*

Ramamoorthy was a long time active member of SDIA with his project SRADHA in South India near Bangalore. SRADHA worked to provide health and education services to the villagers for many years and, after Ramamoorthy's retirement, was continued by his family until the project was closed down last year. Rest in peace Ramamoorthy and thank you for all your contribution to the work of Susila Dharma.

“  
*The living example  
of practising  
Subud in  
daily life...*  
”

## NEW NOVEL *Joseph Delcourt writes...*

I am a Subud member living in France. It happens I have just released my first novel (in English) and would like to advertise it in Subud Voice to give it a broad audience worldwide. Although it is presented as a sci-fi novel, it draws sometimes close to an inner experience of some sort. You may find it at the following URLs (click the links below) – a sequel is on its way...

- Paperback :

<http://www.lulu.com/shop/joseph-delcourt/to-the-inside-of-time/paperback/product-21315848.html>

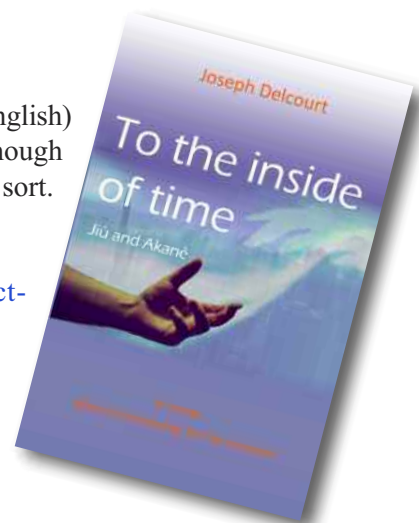
- Ebook (epub format) :

<http://www.lulu.com/shop/joseph-delcourt/to-the-inside-of-time/ebook/product-21341094.html>

- Ebook (kindle format) :

<http://www.amazon.fr/inside-time-Joseph>

[Delcourtebook/dp/B00H5VQ1Y6/ref=sr\\_1\\_1?s=english-books&ie=UTF8&qid=1386502135&sr=1-1&keywords=to+the+inside+of+time](http://www.amazon.com/dp/B00H5VQ1Y6/ref=sr_1_1?s=english-books&ie=UTF8&qid=1386502135&sr=1-1&keywords=to+the+inside+of+time)



## CALLING ALL SUBUD AUTHORS

For the British National Congress, Ilaina Lennard (with the help of the Subud Voice team) produced a four-page, A5 colour leaflet entitled 'Books by Subud Authors' carrying images of the covers of 20 books. Alongside each cover, there appeared a brief synopsis and the author's contact details and/or a 'where to buy' URL and price.

Each author was charged £25 for an entry to cover printing and distribution costs.

The original idea was to repeat the exercise for as many gatherings or congresses as possible, with a final print run for World Congress in 2014.

In practice, we realised that this is an unwieldy way to do it, and that using pdfs and email is probably the best way, with those agreeable home-printing a small run from a pdf and distributing it at their local gathering or national congress. If anyone would like to help do that, please email Ilaina on [ilaine.l@blueyonder.co.uk](mailto:ilaine.l@blueyonder.co.uk) and she'll send you a pdf of the





leaflet. Alternatively, you can view and download the pdf – the link is directly below the link for this month’s Subud Voice on the home page.

However, we still would like to produce a good size run of actual leaflets for World Congress, so, if there are even more authors out there who would like to participate, let Ilaina know as soon as possible. In time, you’ll be asked for a jpg image of your cover, a synopsis and details of where the book can be purchased; then we can price it up to find out what each author has to pay per book featured – the more of us that participate, the cheaper the cost.

*The Subud Voice Team* ●

## PASSING OF SINNEY (V SINNADORAI)

*Robert Goonetillecke writes from Sri Lanka...*

“Our dear brother and National Chair Sinney (V Sinnadorai) passed away this morning”....

V. Sinnadorai, fondly called Sinney by his Brothers and Sisters, came to Subud looking for justice and fair play when his nephew who had come to Subud right at the beginning went into a crisis.

Having talked to some of the Helpers, like Varindra, Joe Perera and Ronald Jayatilaka he went away and returned miraculously not long after asking to be opened. By some odd circumstances I was a witness to his opening and also to the last time he came for group latihan at the Subud House. It was a privilege.

Being a newly qualified British Chartered Accountant he could be seen carrying an imported can of cigarettes and dressed smartly often with a tie. With time he changed and change he did taking the spot of Treasurer. With the influence of the latihan, his dress changed to a bush shirt and leather slippers and one of the most influential Subud brothers for the next fifty odd years had arrived.

His wife Kamala joined Subud about this time. He put Subud before everything and when he passed away a few days ago he had touched the life of many members and even those not in Subud. I am sure he felt closer to his Brothers and Sisters than some of the members of his own family. Sinney was always there when you needed help but he will be remembered for his monumental effort to put up the present Subud house.

Time and again we would face crisis after crisis during construction and it fell upon Sinney to see the way out. As with the Subud house, he had a bigger dream to bring a large number of people to Subud in Sri Lanka. He did not live to see his dream

fulfilled, because no one knows God's will. He has left a vacuum that is not easy to fill and will be missed by his Brothers and Sisters in Sri Lanka and the world over.

All his Brothers and Sisters in Sri Lanka pray that he is safely guided by the grace of Almighty God in his journey ahead.

“  
*Sinney was  
always there  
when you  
needed help...*  
”

“  
*Exemplary  
environmental  
practices*  
”



*The original Sri Lankan Subud House...*



*The new Sri Lankan Subud House,  
achieved largely through the efforts of Sinney.*

# LETTER TO THE EDITOR

Dear Harris,

6/12/13

£100 UK sterling Donation

Thank you for thanking me!... I derived great pleasure in side-lining the Bankers' rip-off charges, and when I'm flush again I've arranged an action replay with Marcus for some creative accounting... Pleased to hear you're in business again.

My advisory/consulting fees are astronomical, but, exceptionally, I enclose an explanatory cartoon for your contemplation. Do contact me if you don't understand!

– Oh! and incidentally, may I remind you that blow jobs could be habit forming – or so I'm told!

V. Kind regards  
Howard Raimbach

## NEVER EVER GIVE UP...



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## IBU RAHAYU VIDEOS ONLINE

NEW Videos of new talks by Ibu Rahayu are on the online Subud library!

Go to [www.subudlibrary.net](http://www.subudlibrary.net)

(If you don't yet have a password, it's easy to get one. Instructions are there.)

On December 8, 2012, Ibu Rahayu talked at length to members in Kalimantan, Indonesia.

See these:  
Ibu Rahayu Questions, Answers & Advice

Ibu Rahayu Talk to Members

## MUSIC BY SUBUD ARTISTS

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## SUBUD VOICE

MONTHLY ONLINE

DEADLINE FOR NEXT ISSUE:

**20 JAN 2014**

Subud Voice is published monthly and the English edition is issued on the 1st of each month at

[www.subudvoice.net](http://www.subudvoice.net)

A Spanish facsimile edition usually appears a little later on the same web site.

### SUBMISSIONS

Send articles, photos, cartoons etc. to Harris Smart, Editor Subud Voice, email: [editor@subudvoice.net](mailto: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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