

YOUR SUBUD AUSTRALIA E-NEWS
February 2008

Please send any articles, notes and letters for the March E-News to Sebastian N:
<sebnych@gmail.com>.

NOTES FROM THE CHAIR

Welcome to the first edition of our monthly email newsletter. This is intended to provide a continuous infill of notices and updates between issues of our more polished flagship, Subud Accent.

In reviewing the Adelaide Congress, I'm amazed at how much came out of it. Going in, I had few expectations. We only had three motions on the table, and the attendance numbers were low. However, the many workshops (including Open Space) and multiple Council meetings did their magic. You will have seen the results in the distributed minutes. (And we had a great time: you should have come.)

As I've said before, and will continue to say: the degree to which we can do things in Subud depends on the degree to which we members choose to participate. We have no cash to speak of. Our principal "liquid asset" is human energy. At the same time, I don't believe in propagandising, pushing, or pulling people into participating (how's that for alliteration?) But I trust that if we create the right kinds of opportunities to participate (those that correspond to what people feel inspired or enthused about), things will move.

The following initiatives emerged from Congress. If you feel, as Council did, that these are important, or if you have something to contribute, please contact the appropriate person:

- We are setting up three working groups. We have several volunteers already, on each. If you are interested in participating in any one of these, email the National Chair: <subudaustaliachair@gmail.com>.

Working Group on Children: How to make Subud Congresses, houses and halls more friendly for children (and thereby for their parents as well).

Working Group on Ageing: How we can better take care of our ageing population.

Working Group on Subud Sustainability: Understanding what we might do to be more open to newcomers, AND might stop doing that might cause people to leave, and in general make Subud sustainable past the current generation.

- Susila Dharma needs reps in every group, and will be bringing the internationally tested and acclaimed International Child Development Program <<http://www.icdp.info>> to Australia. For more information, email the Susila Dharma Chair Renee G: <hexamo2@gmail.com>.
- We will be developing two draft documents: (a) Code of Conduct for behaviour at Subud sites and events, and (b) Applicants and Members Bill of Rights, setting out for new members what they are entitled to expect from Subud. We need inputs and suggestions. Email the National Chair: <subudaustaliachair@gmail.com>.
- Two members from each group will be selected to undertake a Mental Health First Aid training course. For more information, see your group Chair.
- We will be establishing an editor position, and an editorial board, to work with the webmaster to take the website to the next level. For either role (editor or board), email the National Chair: <subudaustaliachair@gmail.com>.
- We have passed a draft Conflict Resolution framework for trial. Be one of the first to give it a test run, and help give those old entrenched tensions the long rest that they deserve. For more information, see your group Chair.

Best

David W
Subud Australia Chair

NEWS

Regional Gathering at Gunnebah, Feb 22 to 24
Hosted by Subud Wollumbin. Come along and join a weekend of friendship, sharing, swimming, craft, games, latihan and testing.
Facilities include: a large hall • a resort style, salt water pool • community lounge and dining area • lovely walks.

Accommodation: Beds in cabins \$30 a night; Camping \$15 a night or \$35 family

Day Visitors: \$10 a day; \$20 family (plus meals)

Meals: Breakfast \$6; Lunch \$8; Dinner \$12. First meal available is dinner on Friday.

Last meal available is lunch on Sunday. Please note that all meals will be provided by Subud Wollumbin.

Children 11 years and under, 50% for cabin accom. and meals; 4 years and under, free (if no bed provided)

Dinner will be served on Friday night from 7pm–9pm (6pm–8pm Qld time) to allow for late arrivals.

Bookings: Please be sure to book early, pay on arrival.

Email to leonora01@gmail.com with your accommodation and meal requirements OR telephone Leonora at Gunnebah 02 6679 1565

Visit Gunnebah's temporary website <www.gunnebah.com.au> for photos and map.

Adelaide Congress Jan 5-12, 2008

The Congress was an enormous success. The site, St. Mark's College, was ideal for the size of our group and everything was in close proximity. Even the city and its lovely river walks and parks were right on our doorstep. We were welcomed by incredible South Australian 40 degree temperatures, which thankfully, eased during the week and then returned to fare us well as we left. I arrived too late in the evening to catch the Welcome to Country ceremony where the traditional landowners were acknowledged. Many members told me how much they enjoyed witnessing the storytelling and dancing provided by the local indigenous people who attended. Could someone who was there write up an account for the next newsletter in 30 days time? Cheers.

The number of people attending, approximately 120, encouraged a sense of intimacy as well as a flow through of conversations and topics from workshops to mealtime and on again to other workshops. There were a lot of discussions around assessing the state of the organisation/group/culture we call Subud and several initiatives begun and furthered which aim to improve the way we are together as a community.

There was good representation from members around the country. Ramzi A, New Zealand's Committee Councilor, attended to promote the upcoming 2010 World Congress in Christchurch and to network with Australian members keen to help out. Laurentia K also attended as a member of the NZ Congress Organising Team.

A lot of energy went into workshops on topics like Leadership training, Conflict Resolution, Developing a Subud Mental Health policy, Property, Growing Subud, Communicating Subud, Helper Issues, and several SICA, Susila Dharma, and SIHA meetings.

There was a delightful Café in the marquee run by the Adelaide members. There were musical jam sessions and sing-a-longs in the chapel that eventually made their way onto the marquee stage; David E organised a rip-roaring dance night with a raucously entertaining local band, the Lonesome Cosmonauts. Wine-tasting. Imron C organised a connoisseur's lunch outing to a restaurant that grows everything it serves. Many members and their children took in a 20/20 cricket match at the stadium over the road one warm evening. From the outside, the volume of the crowd noise was exhilarating. There were outings to see local sites and tours of the neighbouring cathedral with Ian J.

The Adelaide members aren't huge in numbers but you wouldn't know it by the quality of the event they hosted. However, there are too many to thank here by name. It was a phenomenal effort and they seemed to enjoy doing it!

New People in Jobs

Francia R (Melbourne) has become the new Subud International Health Association (SIHA) chair for Australia.

Sebastian F (Brisbane) has become the new Subud International Culture Association (SICA) chair for Australia.

Matthew T (Horsham), after raising the alarm that Rural and Remote members have been forgotten, has become the new Rural and Remote representative.

David A (Melbourne) has become the Property Co-ordinator and will be a member of the National Committee.

Those young and/or young at heart are asked to put their names forward for local and national Youth enthusiasts.

There is also a vacancy for a National Enterprise rep.

Group News

Adelaide members have done an outstanding job in organising a very enjoyable and successful Congress. Congratulations and thank you!

Adelaide South: The group of seven members has established an ongoing relationship with the Kalimantan Subud School, Bina Citra Utama (BCU) in early 2006 and has since donated \$2,385.93 in total in the form of a Scholarship and funds towards the running of the school.

Brisbane: Hilton B, Brisbane Chair. "I thoroughly enjoyed Congress. My congratulations and thanks to the Adelaide group for hosting a productive and enjoyable gathering. I found the workshops and council meetings to be particularly rewarding. The discussions on talking about/answering questions on Subud to non-Subud people were particularly beneficial for me. Since then I have mentioned Subud to many of my clients at work (something I have rarely done before). The key (I think) is to simply talk about Subud "the organisation" rather than trying to explain the Latihan, unless the person shows particular interest and asks further questions. Simple explanations seem to work best, and most importantly you need to be comfortable with what you say. We (Subud Brisbane) also have a new member since Congress. I'd like to warmly welcome Frances to our group! Her husband Lucas has been a member for about 12 years. Francis attended the Adelaide Congress with Lucas and was opened less than 2 weeks ago. So hopefully this is a sign that Brisbane group is growing again :). There really does seem to be a very positive change in the air at the moment. Our premises, the Clearview Centre, is becoming more popular. We have possibly two new clients, and two regular ones have nearly doubled their hours of usage - bellydancing and Irish dancing classes must be the 'in' thing at the moment!. There appears to be a renewed willingness to work together in our group and a much stronger feeling of harmony. I have introduced the conflict resolution draft programme (that Sophia B presented at Congress) to the helpers & committee and will follow up with the rest of the group shortly.

Cairns: Cairns have been in contact with National Helpers by phone and through doing simultaneous latihans and look forward to another National Helper visit.

Canberra: Canberra have submitted their building application for approval and have continued with fundraising efforts. Marcus M presented the building plans at Congress. Sadly, long-time member, Lloyd A, passed away in Canberra on Sunday, January 20 after returning home from latihan. There was a memorial on Friday, January 25.

Melbourne: Rohana F asks that "all groups in Australia remember that the next Australian National Congress will be held in Melbourne. We have allocated various locations for members in the group to get a feasibility study done. This weekend, we will be able to decide as to who will be on our National Congress Committee." They are also researching several possibilities for venues. "Once the venue has been decided upon, registration forms with all the details will be sent to all groups."

Melbourne Northeast: Melbourne NE wishes two valuable members farewell as Hardy T and Marius W head north to pursue a demolition project of sorts.

Northshore: The Northshore group in Sydney was recognised by Congress as a new group that will sit on Council. They have 22 members that regularly latihan at the Mt. Colah Community Centre.

Perth: Perth have been researching ways to make their property profitable in a different way than it has been in the past. Abdullah and Salamah P are looking for someone with fresh energy and enthusiasm that might be interested in joining the Hilltop Centre project in the Perth Hills at Wooroloo. Hilltop is a functioning retreat and conference centre set on scenic acreage. For enquiries, they can be contacted on:
<abdandsal@ozemail.com.au>.

Tasmania: Tasmania will happily welcome any new members. Their former chair, Rizal F, is moving to Perth.

Central Australia: Central Australia (Alice Springs) have two very active and dedicated members. Mardijah S and Irma R have both been contributing nationally and internationally as well as supporting a child through Susila Dharma.

Sunshine Group: Bereny H writes, "On returning from congress, our group has suddenly expanded! We'll be welcoming Erica and Tim who've recently moved here after working with Laksar B in Central Australia. Also, another member, Toni, has become a remote member of our group, from Hervey Bay.

Wollumbin: Wollumbin will be hosting the first regional gathering of the year at the Gunnebah Retreat Centre. See the details in the Calendar below.

Social and Group Projects

Renee G, national Susila Dharma Chair, is flying off to Norway to train up in the International Child Development Program (ICDP) so she can bring it back and establish the program in Australia. ICDP was pioneered and spread around the world by Subud members and is now recognised by the UN or WHO as a highly worthy program. Renee is seeking financial assistance for her and another Brisbane Subud member to make the journey if anyone feels able or moved to help. For more info on ICDP, visit <<http://www.icdp.info/index.html>>. Renee can be contacted at <hexamo2@gmail.com>.

Frederika P, Melbourne's Susila Dharma rep, has a project she would like to direct fundraising towards. "The first project that I suggest that we support for the month of February is the Tirkandi Inaburra Cultural Development Centre. This program has been developed for Indigenous boys between the ages of 12 and 25 years to build their resilience and strengthen their personal and cultural identity. This is an early intervention measure aimed at reducing the instance of indigenous youth in the juvenile justice

system." To find out more, visit <www.tirkandi.org.au> or contact Frederika on: <jayadifrederika@yahoo.com.au>.

HINTS AND TIPS

Conflict Resolution

How do you typically approach conflict in your life?

- If you physically or emotionally withdraw, perhaps from fear of confrontation, you no longer have a say in what happens. Withdrawal can also leave a problem to grow out of all proportion.
- Suppression or refusing to talk about the conflict is what we do when we want peace at any cost. Yet silence means the other person doesn't know what's upsetting you and they have no way to find out.
- If you tend to get into win/lose power struggles, then the loser may not support a decision they didn't take part in, or may even try to sabotage it.
- While compromise seems fair, often resulting in dividing things equally, it may still involve one person inflating their claim or another person giving in more than the other. This can still fall short of what both parties want.

In a win/win solution, both parties discover better solutions; relationships grow better and stronger; both people are more tied to the solution as they both won; it encourages 'repeat business' between the two parties. "I want to win and I want you to win too". For more information see 'Everyone Can Win' by Helena Cornelius and Shoshana Faire, Simon and Shuster. Australia 1989. Or visit <www.crnhq.org>.

Mental Health First Aid

Mental health problems can affect anyone and are now widely recognised in our society, with the most common being depression, anxiety and psychotic disorders. So there is a probability that at some time in the course of our lives we might suffer a mental illness or come into contact with someone who does. This is something that Subud helpers and other members may need to be aware of and learn to differentiate between someone's spiritual purification and mental illness.

In addition to this, there can be a stigma associated with mental illness, which can lead to people being ashamed about seeking help or seeking the wrong type of help. Professional

help is not always on hand, therefore the actions of helpers can play a vital role in determining how quickly a person experiencing a problem receives appropriate help and/or recovers.

Mental Health First Aid training programs were established in Australia in 2000. They provide participants with skills and knowledge about a range of mental health issues. Details of programs offered in each state by accredited trainers are listed at the website <www.mhfa.com.au>. This training will help you manage a potential or developing mental health problem of your own, a family member, a friend or a Subud member.

Like regular first aid training, the twelve hour course will not train you to become professional counselors or therapists, nor diagnose health problems. But it will give you up-to-date information on depression, anxiety, psychosis, schizophrenia and substance use disorders.

In the training you will learn:

- how to recognize the symptoms of mental illnesses
- possible causes or risk factors and the evidence-based medical, psychological and alternative treatments available
- how to give appropriate initial help and support to a person suffering one of these mental illnesses
- how to take appropriate action if a situation arises involving suicidal behavior, panic attack, stress reaction to trauma or threatening psychotic behaviour

For information on Mental Health First Aid visit <www.mhfa.com.au>.

Experiences Communicating Subud

At Congress, I initiated and facilitated a workshop on Communicating Subud. We talked about how to communicate Subud naturally, without awkwardness, and without using "boilerplate" (standardized cliches). Afterwards, I realised that this put the onus on me to try it out. This made me very nervous.

After Adelaide, Farida and I went to Melbourne, where we stayed with her sister Sonya, and Sonya's partner James. In the car from the airport, the first question was: what were we doing in Adelaide. This was my first opportunity, so I explained Subud along the following lines: "We were at the National Congress of Subud. Subud is one of those movements that sprang up in the latter part of last Century, as a result of Western interest in Eastern mysticism. I was born into it, and for many years I stayed away from it, because there were aspects of it that I found frustrating. But eventually I realised it was

my community. The big question I now have is how this meeting of Western and Eastern, this collision of cultures, has shaped us, and where we go to from here."

James, it turned out, is a practitioner of Vajrayana (google will tell you more than I can what that's about.) He could therefore relate to what I was saying, especially about the meeting of East and West. He later gave me a book on Vajrayana, which I have with me, and will certainly read: not because I want to join, but because I want to understand more about the world and people around me.

David W

PEOPLE

A short interview with Murray C in Melbourne
Thursday evening after latihan, speaking with Sebastian N.

Murray, you are someone who has the reputation of being very well networked. How do you talk about Subud with people you meet?

I'm pretty open about it. I mean, I don't go around waving the flag, but as soon as it comes up I'm happy to talk about it. Sometimes I'll bring it up in the context of a particular thing if I find it relevant. I do like to put it out there in a quiet way.

As a result of that, have you had some people wanting to find out more?

Well, when I was first in Subud, I was always trying to get my girlfriends to join. I had lots of them join, but they all disappeared after about six or seven latihan. This might have had more to do with their views about me than the latihan. Then I don't think very many people joined for a number of years from anything they'd heard from me. But now I know a few people that have got involved.

Where were you when you found out about Subud?

Funnily enough, I first heard about it in Melbourne. My sister had a babysitter and I came back from Jakarta very late one night and I crawled through a bedroom window and knocked off the windowsill a packet of kretek cigarettes. At breakfast I asked who smoked kretek cigarettes here in Melbourne. The babysitter put her hand up and said, "I do because I'm in Subud." I had never heard of Subud and I had been living in Jakarta for a few years. And that was Rasunah A. That's how I heard about it. But I got involved later when another lady, who was a Subud member, came to Jakarta to see Bapak in Cilandak. Then I started to get interested. On my very first visit to Cilandak, I had invited this girl to dinner and she was a pretty slow dresser. So I started to read a book about Subud. On the front page of the book was a picture of Harvey B who was, at that time, the chairman of Subud Australia. He had been my boss in the intelligence service and I had never known he was in Subud. I think if it hadn't have been for those two people, I probably never would have become involved. I respected them both a lot.

Do you think Subud is at a crossroads? Where should we be focussing our energy?

You know, there seems, always, to be two sides to this coin. There's the side that always wants to do a lot of things. And there's the side that says, "well, we've all got to get on with our latihan and as we progress in the latihan - so Subud will actually bear fruit in the world. I guess there's a little bit of both that has to come together and the more plotting and planning we do without being serious about our latihan – the less happens. But if we can do the two things in balance, then perhaps some changes will come. But I just read in this week's Subud Voice – Rachmawati B, who must be nearly 100, quoting Bapak about not being worried about the numbers. You hear that kind of thing and then you hear that Bapak would always say how Subud was for all mankind. You hear that and you think, "well, where are all the members?" I'd like to think we could do things to promote Subud but I think it depends on where we're at as to whether it succeeds.

At this stage in your life, how do you spend your free time - what excites you?

Well, I'm very preoccupied with health at the moment and get quite a buzz out of alternative medicine. I'm still very interested in the business things I do. I'm still very interested in Kalimantan, but I don't have the same energy to do the business things that I did have some years ago.

Did your own health needs bring you to alternative medicine?

I think largely, yeah, because I have had some health problems. But, also, one of my business partners had some health problems quite some years ago and I was lucky enough

to discover a natural solution to his problems. That triggered me on the path. So when I had my own problems I looked in a different direction. Now it's become a general interest. There seems to be, in Subud, lots of people interested in this area. The other area I have a developing interest in is interfaith, which could be called interspiritual as well. Subud can really embrace all of these different belief systems so that I think our latihan can really play a role in bringing these things together if we can get it right.

Outside of the latihan hall?

Yeah, outside of the latihan hall. I know that in the World Subud Council at the moment there is a formation of a group to start looking at these sorts of issues. I think that's an area where a lot of us in latihan have the experience of worshipping in different forms of the different religions, and that breaks down your prejudices. And builds a platform to be engaged in discussions in this area without the sort of prejudice and baggage that some of the other people have sometimes.

Thank you, Murray.

CALENDAR

World Latihan Times

Feb 03: 19:00 WA, 19:30 NT, 20:00 QLD, 20:30 SA, 21:00 NSW, VIC, ACT, TAS

Mar 02: 5:00 WA, 5:30 NT, 6:00 QLD, 6:30 SA, 7:00 NSW, VIC, ACT, TAS

Regional Gathering at Gunnebah

Feb 22 to 24

Milestones

Jan: Markus and Akiko F had a baby girl, Sasha. Also, Markus' brother in law, Seton D, from London, has been touring Australia with his band, Fiction Plane, opening up for the Police. Sting's son, Joe, is the lead singer/bass player in Fiction Plane. A group of us enjoyed a recent gig at the Ding Dong lounge in Melbourne, much more intimate than the MCG.

Feb 10: Aisah D's 1000th day since she passed away, falls on Sunday the 10th of February. Many of you knew Aisah since the early days of Subud in Melbourne.

May: Dahlan F and Olivia W of Melbourne are planning a May wedding in Dunedin, NZ.

Please send in MILESTONES for next month's newsletter. There is a 12 month statute of limitations, so anything of note can be included from the past year. People would like to catch up, like at Congress: <sebnich@gmail.com>.

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