

E-NEWS AUSTRALIA SEPTEMBER 2010

BRISBANE

ICDP Newsletter

The most important news come from Anne, which I am forwarding as I received them:

"I am currently working with residents from Moonyah, the Salvation Army Alcohol and Drug Rehabilitation Centre delivering the International Child Development Program

People remain in Moonyah for 10 months while they are being treated and can feel very disconnected from their family during this time. For the first 3 or 4 month they are not permitted to leave the centre although family are allowed to visit but this can be difficult if there are vast distances to travel. Lack of transport and number and ages of children can make travel problematic.

Three programs have been delivered and the results are showing that there is a desperate need for this program for people who have been disconnected from their children or who are struggling at maintaining their relationships with their children.

Participants are introduced to the program and are encouraged to attend by being asked to consider one person in their life who made an impact on them when they were growing up.

Participants do this in small groups and make notes on who the person was and what they did that made them 'a special person' in the participants life.

Everyone then shares their experience and the words they come up with always include statements like:

My Grandma listened to me and always had time to spend with me

My uncle took me fishing and we just spent time together - sometimes we did not even talk - he was just there

My Auntie was always there for me no matter what I needed or what I had done

My teacher believed in me and told me I could do anything

I knew that she loved me

My mum knew I hated my freckles and she always said "A face without freckles is like a sky without stars" This gave me the confidence to stand up for myself when I was teased.

The first time I did this I allocated 15 minutes for the participants to go through the process.

At the end of the 15 minutes they did not want to stop so we kept going and the class ran 1 hour over its allocated time.

At the end of the exercise I told them that if they completed the ICDP program with me that they could be the "special person" in the life of their own child or children. All participants returned to the class the next week!

I was amazed at the openness and sharing that happened during my time with these classes.

They ranged in age from 23 - 57, they were male and many had been in an out of prison for most of their life. All had serious problems with drug and alcohol abuse and they were really concerned about the impact their lifestyle had had on their children.

Many were facing reality for the first time and were struggling to come to terms with life without drugs or alcohol and were in very fragile emotional states. Many had poor literacy skills so I wanted to make everything we did as easy and not threatening as possible.

I took magazines, coloured pencils, glitter, glue and large sheets of cardboard into the class and asked each person to make a collage for their child/children.

I asked them to cut out pictures to express how they saw their children and told them it was an opportunity to say all the things they felt but never had been able to say.

This was a really interesting process.

Most of them got really involved in this process, one went to his room and came back with pictures of his child which he stuck on the cardboard. He then cut out lots of words and pictures and made a beautiful picture. They were all engrossed in looking through the magazines and helping each other find suitable words and pictures to add to their work.

One man put lots of words on the paper and then drew a picture of himself holding his daughter in the middle of the paper.

It was like a kindy class except my participants were big strong men with tattoos and muscles, some with no teeth and some who had spent up to 23 years in prison.

David, one of the participants was flicking through the magazines and did not seem to be engaged.

At the end of the session he asked if he could take the pictures, glitter, glue and scissors with him as he had not finished.

When I spoke to him later he told me that he did not think he would get anything out of the session. But when he had finished his pictures he realised that he had never spent so much time focussed and thinking about his children. He had not given the pictures to his children as he had put them on the wall at the end of his bed and every night before he went to sleep he looked at the pictures and thought of his children and what it would be like when they were all together again. That was a very moving experience for all of us in the class.

The purpose of the exercise was for the men to then share what they had made with their children. Those who had the opportunity to see their children had talked them through the picture and all found it a really rewarding experience.

During the course one of my class came in with a picture his child had done for him and he shared it with the rest of the participants. We were all in tears listening to what he felt when he got this wonderful gift.

Two of the class have now completed their program at Moonyah and have enrolled in Cert IV in Youth Work at TAFE which is an incredible outcome for both of them and a testament to the ICDP Program as they were so motivated to help other young people and had got over their fear of further study.

Their honesty was incredibly humbling and working with them was a privilege."

Now from me: This is a very surprising development of ICDP. It makes me so grateful - it is so unexpected the way ICDP chooses to go. To me it means that there are no boundaries when we simply follow our guidance.

We are awaiting the response of Anne's Manager to give her the time to go to England in order to work for a few days with Lailah and Ruqman Hundeide,(the inventor of ICDP) to prepare for and achieve her Trainer Diploma.

ICDP Australia will fund her travel and course fees as well as costs for her stay at Loudwater farm. When Anne comes back ICDP Australia will have its own Trainer!

We are of course very grateful for donations towards this very special opportunity,

Morningside C.A.R.E.Inc.
Westpac Bank
BSB 032-536
account 156368
Donation for ICDP

With much love
Renee Goetz
ICDP AUSTRALIA

GUNNEBAH:

A share in Gunnebah is for sale

Looking to live in Northern Rivers of NSW where there is an abundance of water, greenery, scenic mountains, fresh air and plenty of space to roam around in?

Close to beautiful beaches

Share in community living, be part of a successful business.

Live on six acres and share with other Subud Members

Interested?

Contact Howard Melder

Email: hmelder@gmail.com

Mobile: 0429 996427

Price provided on genuine interest.

www.gunnebah.com.au

SUSILA DHARMA INTERNATIONAL ASSOCIATION

Sent by Mardijah Simpson:

From time to time Bapak would mention that the longer we do the Latihan the more our inner and our outer lives come closer together. It was in this context that he stressed the importance of sharing our material well being with those less fortunate. We do this in many ways, but Bapak specifically set up Susila Dharma as a vessel through which we can help others as a reflection of our gratitude to God and our thanks for the gift of the Latihan.

Many Subud members find expression of this gratitude in the volunteer work they do in their communities or through setting up SD projects, but most of us do not have the opportunity to give back in this way. The Susila Dharma Network offers you the opportunity to share your material wealth as a donation to your Susila Dharma

National organization and/or Susila Dharma International Association (SDIA). In these challenging times, when many are affected by conflict, natural disasters or are living in chronic poverty, the appreciation of our own good fortune seems even more important.

Some of the SD projects started and operated by Subud members around the world are in their infancy, and others are mature and flourishing and have become striking examples to the local communities and governments that the worship of God through the Subud Latihan bears fruit that can benefit others. Please help us sustain the courageous efforts of our brothers and sisters by making a donation that would support these to your national Susila Dharma organization or SDIA. Your donation will be applied wherever it is needed the most.

- **To donate to your SD national organisation, you will find the contact information on the [MEMBER'S PAGE](#).**
- **To donate now to SDIA, go to the [DONATE NOW PAGE](#).**
- **Learn more about the Susila Dharma Network WWW.SUSILADHARMA.ORG**

The opportunity to give is the other side of the opportunity to receive.

With love and respect from

Lusana Blond,
Vice-Chairperson,
on behalf of the Board of Directors
of the Susila Dharma International Association
and the SD Network

Good wishes to all our brothers and sisters celebrating the Jewish and Muslim New Year festivals.

Obituary:

On Monday 23.8.10, Howard Beeton unexpectedly left his body. He had been a Subud member for 30 of his 54 years, and while more recently from Perth, Western Australia, had also been a member in a number of Groups in UK and Europe.

Subud Perth had two celebrations for Howard. The first was after simultaneous latihan on 29th August, when, after latihan for Howard, we gathered for multi-faith prayers and to share our memories. The second was at his funeral and burial on Thursday 9th September.

Approximately 100 people attended from many overlapping parts of Howard's life. Aisiah, Howard's wife, and their two daughters Heidi and Rafaela, were supported by Aisiah's family. Her eldest brother lead the ceremony and Aisiah and the two girls contributed with the personal recollections that they hold most dear.

Again, prayers from Jewish, Moslem, Buddhist and Christian faiths were offered, and a eulogy mentioned Howard's gentle nature, dignity, open-heartedness, fairness, his love of music and his devotion to his daughters and clients. Simon spoke of Howard's Jewish heritage, of which he only learnt in more recent years. Howard's mother had been evacuated from wartime Germany on a kinder boat, which saved Jewish children from the holocaust, and she lost many family members at this time.

As well as a large number of Perth members, David E. flew in from Adelaide with reminiscences both funny and touching. A Doctor from Swan Valley Psychiatric Clinic, where Howard had been a Senior Social Worker for 14 years, spoke for the staff who were present, stating how Howard was loved by many and his positive influence was felt by staff and patients alike. The sisters of one of Howard's long time patients later spoke with gratitude of the enormous help that Howard had given, not only to their brother but to themselves over this period. Refreshments were served in Subud Hall after the burial.

Howard's passing is mourned by many in the Perth Group and heart-felt condolences are offered to Aisiah, Heidi and Rafaela.

For the next issue of E-News, please submit articles and news items before the 10th of October. Ed.

Postal articles to the editor at address below:

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