

**Dear Amelia,**

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This issue of the SEC Newsletter is from the SEC Regional Helpers and will be introducing the new Committee.  
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### **IMPORTANT! CENTER TREASURERS!**

Please send monthly contributions for Subud East Coast to:  
FREDERIC CASILLI  
212 LEMOYNE AVENUE  
PITTSBURGH, PA. 15228  
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### **Two new Regional Helpers needed!**

There is a need at this time for people (both men and women) to volunteer to test for positions as Regional Helpers. Interested people should get in touch with any of the current RH's.  
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### **PITTSBURGH!**

About a year ago, the Regional Helpers began to get a sense that they wanted to visit Pittsburgh. Whenever we mentioned the idea to anyone, we received the same response: "who's in Pittsburgh?" We are happy to report that we have a vibrant group of individuals in Pittsburgh - not one of whom knew of the existence of the other!!

So, on the weekend of Saturday, September 13th, the east coast Regional Helpers sponsored a mini- gathering in the Wyndham hotel in Pittsburgh. It was our idea to possibly attract people from the Midwestern region as well as those from the east coast. And we did. In all, more than twenty people attended, including people from Boston, Philadelphia, Washington, Chicago,

## **From the Chair**

Even though I have been Subud East Coast Chair for only a few weeks, I have been a member of Subud for 24 years. I was opened in Cali, Colombia on November 8, 1984, and I have the Subud Colombia card to prove it! However, that's a subject for another article. In time I will relate more of my history, but for right now you can read a brief accounting elsewhere in this newsletter.

When I tell people about my musical background and where it has taken me in my life, I invariably get the response, "I wish I knew how to play an instrument," or "I used to play \_\_\_\_\_, and I wish I had kept it up." What I want to tell them, if I had time, is that each person carries their instrument with them. Here's my theory: I'll never forget the experience of playing in an orchestra for the first time. I sat in the back row (being a trombone player, that's where we were stationed) and looked over at the violin section. I had never seen so many violins playing together at once. Watching the bows going up and down in complex rhythmic patterns simultaneously was hypnotic. And each INDIVIDUAL person, with completely

Cleveland, and Indianapolis. It was so successful, that Prisca Maier has volunteered to organize a retreat in this area next fall - at the height of the fall foliage. Stayed tuned!

The miracle of the weekend was the attendance of two old-time Subud people who had not attended a gathering in some time. Amelia and Frederic Casilli not only attended the gathering but enthusiastically volunteered and were tested in as Chair and Treasurer of Subud East Coast. (Frederic confided that he had recently found himself, in church, praying that Subud would come back into his life.)

The Committee is rounded out by Ophelia Hurst who will assume the position of vice-chair. The position of secretary is still available. In addition, the Committee is looking for someone to be responsible for the newsletter.

The Regional Helpers warmly welcome the new committee!

Regards,  
*Muftiah McCartin*  
*Joseph Paige*  
*Simon Binnie*  
*Laurie Lathrop*  
*Maria Thomas*  
*Jasmin Webb*  
*Rob Dodson*

### **Information on the Web**

Don't forget to visit Subud's websites:

[Subud East Coast](#)  
[Subud USA](#)  
[Subud Worldwide](#)

### **Introducing Amelia**

There is the usual curriculum vitae: hometown, education, work experience, path to Subud, etc., reading like a job applicant's resume. But as we all know, this does not paint a complete picture of the person behind the words.

I have come to this place as Chair of Subud East Coast by perhaps the most diverse road imaginable, beginning with, unbelievably, learning to play trombone. (Never underestimate the value of music in schools!) I progressed to a degree in music education, and upon graduation, immediately moved in other directions, ultimately reluctantly wending my way through corporate

disparate personalities, backgrounds, education, social status, etc. etc., were working together to produce ONE SOUND, ONE MELODY. I was hooked on orchestral playing from that moment on. Broadening out the metaphor, each individual section, viola, bass, flutes, clarinets, trumpets, etc. each had their own contribution to make to the final musical product. And within each section, each contributed their own talent to the smaller entity of the section. It was a pyramid of individual effort all cumulating in the one sound of the composition. And all sections are listening and aware of each and every other section in order to calibrate their playing in harmony for the final production of the piece.

Playing a musical instrument for one's own enjoyment is wonderful. The self-discipline, personal development and the enjoyment of producing something that did not previously exist and is one's own creation is incredibly satisfying and a noble pursuit. What we don't realize is that we do not have to play an instrument to achieve this goal. Each and every one of us has a unique talent, and that talent is simply BEING WHO WE ARE! In Subud, we have our jiwa to share with others, in addition to improving ourselves. We practice the latihan, the spiritual exercise, but to what end? To worship God in the right way and to cleanse our inner. But what do we do with that? We need to join our efforts, our individualities to create a symphony. Each center in the East Coast is each section of our

Pittsburgh. Feeling the muse again, I returned to school for a Master's in trombone performance at Carnegie-Mellon University where, on a whim, I auditioned for an orchestra in Cali, Colombia. Four months later I found myself in the midst of one of the most beautiful cities in South America as principal trombone of Orquesta Sinfonica del Valle.

While at CMU, Frederic (future spouse) introduced me to Subud. Through the help of an international directory (this was way before Google), I located Subud Cali and was opened three months later (in Spanish!) I spent 18 wonderful months there, with a three-month stint in Bogota with Sinfonica Nacional de Bogota, all the while learning, teaching private students, and doing the latihan.

I returned to Pittsburgh in 1985 and continued with a variety of occupations: teaching, computer help desk, sales, etc. But the two constants have been the latihan, and music. I currently work for University of Pittsburgh Medical Center (UPMC) in a customer service capacity, and lead a very active musical life playing with the Allegheny Brass Band (see [alleghenybrassband.com](http://alleghenybrassband.com)), having a private studio for students from middle school to adult, and singing in St. Bernard's Church Choir.

I had been basically lying fallow for a number of years until the Mini-Gathering in Pittsburgh this past month. I walked in expecting a group latihan, and walked out Chair of Subud East Coast. I received the touch on the shoulder (and a push from behind) indicating that now is the time for me to get busy with Subud work, so I pray for strength, support, patience and guidance as I begin this journey.

I am humbled by the faith and encouragement everyone has shown me. I am committed to Subud East Coast, and I'm looking forward to a new and exciting challenge. I pray forgiveness for anything I say or do that may offend during my tenure. At the same time, I am eager to move forward and work for our region. With love and blessings, Amelia Casilli

### Introducing Frederic

Frederic Casilli has been a member of Subud for 42 years, having been opened in Cleveland in 1966 by Lorne Viers. He has lived most of his life in Pittsburgh. Frederic began playing trombone in the seventh grade, which led eventually to performing in many professional ensembles from symphony orchestras to jazz bands to the house band at the famous Holiday House in Pittsburgh, backing up numerous celebrity acts. Now he enjoys playing in several community bands, and he says he never wants to stop!

In addition to musical endeavors, Frederic has been a public school music teacher, worked in various sales positions from cars to insurance, and finally finishing with 18 years in cemetery sales. Frederic is currently a member of the Financial Advisory Committee for the Pittsburgh Musician's Union, and is very happy to be able to use this expertise in his new job as Subud East Coast Treasurer.

He currently lives in Pittsburgh with his wife Amelia and their 14 year old

orchestra, working in tandem with each other. We practice our individual parts in order to contribute to the section as best as we can, which in turn becomes a contribution to the whole group. When we join each other in a community bringing our own selves and our personal talents to bear, we create a symphony of humanity, more beautiful than any work of art. And this work of art has a real purpose. As Bapak has often enjoined us, we are to contribute to society, to build hospitals, schools, create businesses (i.e. enterprises) for the benefit of each other and society so that we can spread the blessings of the latihan to all, our audience, and to constantly bring new members to our ensemble.

One aspect of music that also fascinates me is the fact that sounds only exist in the moment they are heard. After the perception of sound, it is gone forever. But more is coming. It is a stream of experience with a past, present and future. The future sounds are predetermined by the composition, but do not yet exist until the musicians make them happen. Subud East Coast must create our own music. We must determine the future sounds, work and practice to make them happen in harmony, with each contributing their talents, abilities, strengths and willingness to become part of the whole, and enjoy the beauty and strength of being ourselves to the fullest.

I encourage all to join together to create our "music." We all are part of the whole, but by

daughter Petrina. He also has 3 children from his first marriage, all of whom have Subud names.

### **Introducing Ophelia**

Our new SEC vice-chair, Ophelia Hurst, a long-time Subud member, lives in Bucks county Pa. She is a member of the Philadelphia group.

Ophelia does body-work and massage therapy in the Bucks county area. She has two children, one in graduate school, and one in college. Ophelia is very enthusiastic about her new SEC position.

holding back, neglecting practice, or just by not being there, the ultimate product is diminished, if at least a little - it is good, but not as good as it could be. To be sure, there are many working very hard and diligently towards our composition, but each member adding just a little more enhances the experience, each other, and ourselves. If I have offended anyone by my words, I ask forgiveness. Amelia

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web: <http://www.subudeastcoast.org>