



Subud East Coast News

November 2009

Latihan Times

Subud East Coast Latihan

Every Monday 8:00 p.m. Quiet 7:45

Next World Latihan:

Saturday, December 5, 5:00 a.m. EST

Call for Regional Helpers

The term for our wonderful and dedicated Regional Helpers will be over at the time of the 2010 Subud World Congress. They all deserve our prayers of thanks and appreciation for their hard work during their four-year term.

With their terms ending, we have opportunities for any local helper to step up to the plate and put their names forward for testing for Regional Helpers. Speaking from my own experience as Regional Chair, the rewards and spiritual growth of working for our Region are unbelievably rich and wonderful! I believe Almighty God does not give us a task to perform without also giving us the tools. To paraphrase one of our RH's, have you wondered how you can express your gratitude to Almighty God for this wonderful gift of the latihan? Step forward, you can do it! And you won't be alone!

Please contact:

[Rob Dodson](#), [Joseph Paige](#), [Simon Binnie](#), or [Laurie Lathrop](#), [Suzanne Renna](#), [Muftiah McCartin](#).

Thank you! Please, share yourselves with us!

YOU COUNT!

Yes, Folks, it's that time of year! Please complete your census reports! And then, send them to the National Office! So much depends upon having an accurate and complete accounting of all our Brothers and Sisters.

And for all you beautiful Regional Members - Stand up and be counted! We need to know where you are. Also, if you know of someone who has done latihan in the past and hasn't been around lately, let a Regional Helper know and they will contact them. Someone will be contacting you soon. If by chance you don't hear from anyone, LET US KNOW!!!!

This is why we do it: (Melinda Wallis)

The census, for one thing, allows us to update our addresses, letting us send the newspaper to the members, and e-mails to the members. I can easily, at the request of a regional chair, send an e-mail to everyone in your region should you wish it.

The census updates us on who center chairs are, since centers don't tell us this when committees change. Once again, for communication purposes.

The census also lets us get a more accurate count of members in the centers and regionals, so we know how many delegates get assigned to each center and region for the business congress, which determines how many votes each center/region gets.

From our Bylaws:

WHO ARE DELEGATES?

Delegates are representatives of the members at a Subud National Congress.

HOW ARE DELEGATES ASSIGNED?

1. Centers with up to 50 members = 1 delegate (may be the chairperson)
2. Centers with more than 50 members = 1 delegate for every 50 members or fraction thereof (other center officers or an elected member may be the delegates).
3. Established groups with fewer than 10 members who have regularly been doing latihan for one year or more = 1 delegate (elected by group members).
4. In each region, for every 35 regional members, or fraction thereof = 1 delegate (selection of these delegates is organized by the regional committee).
5. Each Regional Committee = 1 delegate (the chairperson or an appointee)
6. National Committee = 1 delegate (national chairperson or an appointee)

-Melinda

Please return your census reports soon!

Call for Feasibility Study Committee for Subud East Coast Property Ownership

Subud East Coast is in the process of forming an exploratory group or committee for the intention of researching the viability of regionally-owned property. This committee will be comprised of 3-5 people. We would welcome those who are versant in real estate transactions and law, but anyone who is interested in helping would be more than welcome. Please contact if [Amelia Casilli](#) if you are interested in this opportunity.

SEC Regional Congress Dates

The 2010 Subud East Coast Regional Congress will be held Memorial Day Weekend, 2010. Friday May 28 to Monday May 31. The Congress this year will be held in Washington DC area. The venue is tentatively the 4H Conference Center in Chevy Chase, MD. This year the meeting is slated to be a business Congress where a new committee should be selected. I would like to ask the local chairpersons to be prepared to present a report for their centers. If you have items to be considered for the agenda, please send them to me.

Three Rivers Fall Gathering - October 2-4, 2009 in Pittsburgh

The Three Rivers Gathering was a great success. Plans are already in the making for next year at the Kearns Spirituality Center. Here is a report from Laurie Lathrop:

The Three Rivers Gathering, just outside of Pittsburgh was wonderful. The retreat building was perfect for us and we filled it with members from both the East Coast and Midwest. There were two latihan rooms, both good spaces although the men said theirs was a little small. Everything was in one building so we didn't have to go traipsing from one building to another. The food was reasonable and lots of it, and the dining room became a good place to hang out and socialize. There was also a nice lobby for relaxing adjoining a space for a well and repeatedly attended auction and bidding wars. Latihan were good (and many). We even had a World Latihan at 11:00 pm that a few night owls attended. Everyone said it was very good, but for one person it was awesome. She said, "I had never done the World latihan with other people, only alone off and on. It felt to me as if the room were filled with people from all over the world and maybe angels too, a wonderful latihan."

The main day was Saturday. It was filled with latihan, in addition to one on Friday night and another Sunday morning. Much of Saturday morning and afternoon was focused on small groups. No themes or suggestions were made; instead groups each discussed what interested them and questions arose from that. One was about our relationship/attitude toward our aging bodies. We asked what attitude we have toward this issue, how would God have it be, and how to get from here to there. The other one was about gifts our ancestors gave us. We asked what were the gifts of our father's line, then the gifts of the mother's. To ask the question this way captured gifts from both men and women ancestors. And then what was the gift God gave us. Receivings were shared in the groups.

Indeed it was a lovely weekend fostered by the many latihan, renewing old friendships and meeting new friends.

- Laurie Lathrop

Report on Jamaica Trip October 29-November 1, 2009

On the last weekend in October, Regional Helpers Laurie Lathrop and Simon Binnie travelled to Jamaica to visit Subud members there. This is just an example of the great work of our Regional Helpers. Here is their report:

Simon and Laurie arrived in Montego Bay late in the afternoon and were met by Joanna Brown and a car with driver. The driver turned out to be a Subud member, Trevor Morlese. We went almost directly (one stop at a bakery) to the Brown's in the low mountains near Montego Bay.

We did latihan Thursday night, both men and women, and got our mosquito nets that hung over the beds squared away so we could sleep. Friday morning was a bit overcast, but nice for driving along the coast to another town, Lucea, where members of the Caribbean (and any others who wish) may meet at the end of October next year. There are members in Trinidad, Puerto Rico, the Bahamas, Jamaica, and Cuba. They are beginning to talk and plan about getting together, and the small hotel and conference center we looked at seemed a very good venue. They showed us around and we checked out some of their food (chicken jerk). There was one large conference room with a capacity of about 130 and one smaller one, capacity about 25-30 as well very nice sleeping rooms with both air conditioning and fans. The owner will send Joanna a list of prices for groups. Since the Caribbean is part of the East Coast, it might make sense for part of the East Coast dewan to attend the meeting.

Joanna's husband Keith was working hard every day we were there. He was moving his cattle on a farm about 25 miles away from one pasture to another where the grazing was better. Unfortunately, his truck

was giving him some trouble by Friday night, and he spent Saturday and Sunday working on it, and still hadn't finished, even with his cousin's help. In addition, he was the chief cook for dinners, and we had wonderful treats for dinner! He is an excellent chef!

On Saturday morning Joanna and Laurie did the usual early morning latihan with Muftiah. Then later with next year's possible Caribbean meeting in mind, Simon and Laurie went with Trevor to check out some falls that are considered a tourist attraction in season for their mineral springs. They are only about five miles from the Brown's farm, but it takes an hour to get there. Since the high season is not here yet, the access was free. We walked down a lot of steps and hiked a short way to where people were bathing, splashing, and soaking in the healing water. They said it was a bit cool, not as we usually imagine mineral springs.

Later Saturday all the current members met at the Browns for latihan and a great dinner. Including all of us, there were four men and three women. Ouida Lewis, a member from Kingston, drove four and a half hours to get there. Ouida was opened in Amsterdam 18 years ago and then returned to her native Jamaica 4 years ago.

The next day, Sunday, our visit came to an end all too soon. We had to leave for the airport about half an hour away shortly after breakfast.

We are very grateful for having had a taste of the real Jamaica and to meet the group members, each of them interesting and special in their own way. Many many thanks to both the Browns who so graciously hosted us and to Subud East Coast for making it possible.

Simon and Laurie

New SEC Vice Chair	Financial Report January - October 2009 From Frederic Casilli, SEC Treasurer																																				
<p>Welcome to Anna Grace as Subud East Coast Vice Chair. Anna graciously stepped forward for testing as vice chair at the Three Rivers Fall Gathering, and subsequently accepted the position. Anna lives in Geneseo, New York and is director of Wadsworth Library in Geneseo. Welcome on board, Anna!</p>	<p>Profit & Loss Statement</p> <p>Ordinary Income/Expenses</p> <table border="0"> <tr> <td>Income</td> <td></td> </tr> <tr> <td>Center Contributions</td> <td>11,270.00</td> </tr> <tr> <td>Private Contributions</td> <td>4,339.38</td> </tr> <tr> <td>Refund</td> <td>-86.98</td> </tr> <tr> <td>Seminars-Registration</td> <td>12,383.50</td> </tr> <tr> <td>Silent Auction Fundraising</td> <td><u>810.83</u></td> </tr> <tr> <td>Total Income</td> <td>28,716.73</td> </tr> <tr> <td>Expense</td> <td></td> </tr> <tr> <td>Bank Service Charges</td> <td>13.00</td> </tr> <tr> <td>Conferences and Meetings</td> <td></td> </tr> <tr> <td>Conference Travel</td> <td>1,394.91</td> </tr> <tr> <td>Helper Travel</td> <td>4,581.73</td> </tr> <tr> <td>Mini Gathering</td> <td>430.47</td> </tr> <tr> <td>Conferences and Meetings other</td> <td><u>10,915.69</u></td> </tr> <tr> <td>Total Conferences and Meetings</td> <td>17,322.80</td> </tr> <tr> <td>Credit Card Processing Fee</td> <td>357.50</td> </tr> <tr> <td>Event Insurance</td> <td>134.00</td> </tr> <tr> <td>Internet Server</td> <td>240.50</td> </tr> </table>	Income		Center Contributions	11,270.00	Private Contributions	4,339.38	Refund	-86.98	Seminars-Registration	12,383.50	Silent Auction Fundraising	<u>810.83</u>	Total Income	28,716.73	Expense		Bank Service Charges	13.00	Conferences and Meetings		Conference Travel	1,394.91	Helper Travel	4,581.73	Mini Gathering	430.47	Conferences and Meetings other	<u>10,915.69</u>	Total Conferences and Meetings	17,322.80	Credit Card Processing Fee	357.50	Event Insurance	134.00	Internet Server	240.50
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<p>Subud Prayer Network</p> <p>To all of our Subud Brothers and Sisters - you are invited to join the Subud Prayer Network. A new service to all of us, established as part of the Caring Initiative of Subud USA, the prayer network is provided in order for Subud members to share prayerful fellowship with one another. Prayer requests are put on a Yahoo Groups network and sent to each of us who are members. In this way, you will be able to post requests for prayers, and to read the prayers requested by your sisters and brothers in Subud. Prayer warriors needed!</p>																																					

You will also be able to reply to prayer requests. Any reply you make will be directed only to the person posting the request, not to the entire group. Attachments are currently not deliverable.

To join the SubudPrayerNetwork, click on groups.yahoo.com/group/SubudPrayerNetwork and click on "Join This Group". Once you join, you will receive the prayer requests of other members. To send requests to the network, send an email to SubudPrayerNetwork@yahoogroups.com. It would be a good idea to put this email address in your email address book.

The form of your prayer should be whatever is authentic for you; God, the Divine One, our Creator knows our longing and our needs before we speak them, but in speaking them we open ourselves to receive what we seek. Please join in this opportunity to experience the power, support, and connection of our Subud community through prayer.

With love and respect, Malama MacNeil,
Coordinator of the Caring Initiative

Office Supplies	241.93
Outside Services	146.65
Postage and Delivery	146.65
SUSA Contribution	<u>8,480.00</u>
Total Expense	<u>27,073.02</u>
Net Ordinary Income	1,643.71
Other Income/Expense	
Other Income	
Interest Earned	<u>64.59</u>
Total Other Income	<u>64.59</u>
Net Other Income	<u>64.59</u>
Net Income	<u>1,708.30</u>

Balance Sheet as of October 1, 2009

ASSETS	
Current Assets	
Checking/Savings	
Bank of America	4,507.14
Riverset Credit Union CD	<u>6,064.59</u>
Total Checking/Savings	<u>10,571.73</u>
TOTAL ASSETS	<u>10,571.73</u>
LIABILITIES & EQUITY	
Equity	
Opening Balance Equity	9,881.15
Unrestricted Net Assets	-1,017.72
Net Income	<u>1,708.30</u>
Total Equity	<u>10,571.73</u>
TOTAL LIABILITIES & EQUITY	<u>10,571.73</u>

Send clarifications, suggestions, comments, etc to:

[Amelia Casilli](mailto:Amelia.Casilli@subud.org)
Subud East Coast