



Subud East Coast Newsletter

March, 2010

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Dates and Times to Remember:

East Coast Latihan: Mondays at 8:00

March 1
March 8
March 15
March 22
March 29

World Latihan

Saturday March 6 at 3:00 p.m. EST (20:00 GMT)
Saturday April 3 at 11:00 p.m. DST (April 4, 03:00 GMT)

Subud Boston Annual Gathering

May 15 starting at 9:00
Westborough, Massachusetts
Contact [Cassidy Sterling](#) for more information

SEC 2010 Regional Congress

May 28-31, 2010
Claymont Retreat Center, Charles Town, WV

Subud USA 2010 National Congress

June 30-July 5, 2010
Hilton Hotel, Vancouver, WA

Third Annual Three Rivers Fall Gathering

September 30-October 4, 2010
Kearns Spirituality Center, Pittsburgh, PA

Your New Regional Helpers!

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This past weekend (February 19-21) the new Regional Helpers met with the outgoing RHs for orientation at the home of Joseph and Simone Paige in Philadelphia.

Many thanks go to Joseph and Simone for opening their home, and coordinating the gathering. So many things fell into place for this gathering: the opening of a friend's house at the last minute so that six of us could stay over, Sharifa's and Joseph almost literally bumping into each other at the 30th Street Station after both arrived late. And wonderful conversations, latihans and testings to introduce everyone to each other and their new responsibilities.

What do regional helpers do?

- * Communicate with and develop the regional helper dewan
- * Visit local centers
- * Interact with the local helpers and assist them as needed
- * Perform periodic testing sessions with local helpers for purposes of helper improvement, helper dewan harmony, and understanding the needs of the group and the members
- * Participate in regional helper development testing
- * Interact with the National Helpers
- * Assist the regional committee
- * Contact and care of regional members
- * Schedule and plan regional kejiwaan gatherings, mini-gatherings, and helper gatherings, conduct the kejiwaan sessions at regional congresses
- * Compile reports for the national helpers on the state of the groups and the work of the local helpers
- * Conduct the testing for regional chair and other positions as called for in the bylaws

* Oversee the selection and testing of new helpers and regional helpers

(from: *Helpers Resources*, www.subudusa.org)

Our new Helper Dewan is geared up and ready to go!

SEC 2010 CONGRESS - May 28 to 31

Claymont Retreat Center in Charles Town, West Virginia

Claymont is a year-round 350-acre retreat center nestled in the Shenandoah Valley of West Virginia. It is located just 50 minutes from Dulles International Airport. The country lanes, fresh water springs and winding paths create a tranquil setting for study, relaxation and contemplation. Fashioned after a design by George Washington, the Claymont mansion was built by his grand-nephew, Bushrod Washington in 1820. It is listed in the National Register of Historic Places.

The Congress will take place in what is called the Great Barn. It is situated at the southern end of the estate and has a large dining hall and an expansive meeting room with maple flooring, as well as several rooms designed for meetings of smaller groups. The 9000 square foot octagonal hall at the east end will provide a wonderful space for latihan. Take a look at their [website](#) for a view of the property.

Sleeping accommodations are basic, with rooms ranging in size from 2-7 twin beds. Community bathrooms for both men and women provide ample toilet and shower facilities for guests. Linens and towels are provided.

Claymont will provide complete catering of meals, with homemade breads, locally grown produce and provisions for special dietary requirements. Those members who have attended SEC Congress in 2006 have spoken highly of their home-cooked food!

This year the Regional Congress is a business gathering. This is the time when a new committee will be tested in. If you would like to pre-test the Chair or Vice Chair Positions, (or volunteer as Secretary or Treasurer), please e-mail [Amelia Casilli](mailto:Amelia.Casilli@verizon.net) at Amelia.Casilli@verizon.net. Selections will be made at the SEC Congress in May.

We also have 1 position open for a woman Regional Helper. If you are interested in learning more about serving as a Regional Helper, please contact Sharifa Benepe, Lorraine Arden or Lorena Kreda, our current women Regional Helpers.

Registration forms and schedule of events will be posted shortly on www.subudeastcoast.org and distributed to SEC Centers.

Looking forward to seeing you there!

From the Treasurer

Below is the SEC Profit & Loss Statement and Balance Sheet for the year ending December 2009. A report for the first quarter of 2010 will be published in April.

I would like to let everyone know that the amount of money from the housing fund that had been used to cover the debt incurred in 2004 has been replaced and is now in a CD that is held by Riverset Credit Union. Thanks to an anonymous contributor, CD is

slightly over \$7,000.

Please consider Six or More for SEC to donate to Subud East Coast on a monthly basis. The Six or more refers to SIX DOLLARS OR MORE PER MONTH. This amount is transferred directly from your account to Subud East Coast. Contact [Frederic Casilli](#) to register.

Donations to Subud East Coast enable us to meet our monthly contribution obligation to Subud USA. The money also enables your regional helpers to travel throughout the region to meet with groups and individuals, attend gatherings, and generally be there to help. Some past trips included trips to Jamaica, Pittsburgh, Elkin, and the annual SEC Gathering. Thank you for your support!

From the Treasurer

Subud East Coast Profit & Loss Statement January through December 2009

Ordinary Income/Expense

Income

Center Contributions	13,150.00
Private Contributions	6,691.38
Refund	- 86.98
Seminars-Registration	12,383.50
Silent Auction Fund Raising	<u>810.83</u>

Total Income 32,048.73

Expense

Bank Service Charges	13.00
Conferences and Meetings	
Conference Travel	1,394.91
Helper Travel	6,277.50
Mini Gathering	430.47
Conferences and Meetings - Other	<u>10,915.69</u>

Total Conferences and Meetings 19,018.57

Credit Card Processing Fee	516.76
Event Insurance	134.00
Fees	100.00
Internet Server	260.40
Office Supplies	241.93
Outside Services	36.64
Postage and Delivery	164.25
Professional Fees	99.00
SUSA Contribution	<u>10,180.00</u>

Total Expense 30,764.55

Net Ordinary Income 2,184.18

Other Income/Expense

Other Income

Donations Received	121.33
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Interest Earned	<u>64.59</u>
Total Other Income	<u>185.92</u>
Net Other Income	<u>185.92</u>
Net Income	<u>2,370.10</u>

Subud East Coast
Balance Sheet
As of December 31, 2009

ASSETS

Current Assets

Checking/Savings

Bank of America	3,168.94
Riverset Credit Union	<u>6,065.69</u>

Total Checking/Savings 9,233.53

Other Current Assets

Cash on Hand	2,000.00
Total Other Current Assets	<u>2,000.00</u>

Total Current Assets 11,233.53

TOTAL ASSETS **11,233.53**

LIABILITIES & EQUITY

Equity

Opening Balance Equity	9,881.15
Unrestricted Net Assets	-1,017.72
Net Income	<u>2,370.10</u>

Total Equity 11,233.53

TOTAL LIABILITIES & EQUITY **11,233.53**