



# Subud East Coast Newsletter

November, 2012

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## Happy Birthday, Subud East Coast

Subud East Coast was officially registered in Washington, DC on October 29, 1962. Happy 50th Birthday to us!

## Lucas Boladian New Regional Helper

We welcome Lucas Boladian to the SEC Regional Helper Dewan.

## Mark Your Calendars!

Monthly Phone-in Latihan  
Monday, November 5, 9 pm

World Latihan

## Result and Minutes of Subud East Coast Special Meeting

Thanks to the great attendance of all who came to the Special Meeting of Subud East Coast at the Three Rivers Gathering, and those who supported them in prayers and good wishes, the election of Amelia Casilli as Chair and Manuela Martinaitis as Vice Chair of Subud East Coast was ratified, and the positions are now officially filled. Read more about the Gathering later in this newsletter.

### Minutes

A quorum of forty members having been established at the morning meeting, the membership met in the afternoon to officially elect the chair, Amelia Casilli, and vice-chair, Manuela Martinaitis.

Call to order:

Reading and acceptance of the minutes of the meeting in Atlanta in May, 2012. The minutes were approved.

Voting to confirm the provisional chair and vice-chair. Amelia Casilli was approved as chair, and Manuela Martinaitis was approved as vice-chair, with one abstention in the voting in each case.

Meeting was closed.

Minutes respectfully submitted by Margaret Aldis, SEC secretary, October 25, 2012

Sunday, November 4, 5:00 am  
Saturday, December 1, 3:00 pm

Daylight Savings Time Ends  
Sunday, November 4

## Three Rivers Gathering 2012

A huge thank you to all who came to Pittsburgh to make the 5th annual Three Rivers Gathering a success! The addition of a Special Meeting to the agenda for the weekend that required a quorum of at least 40 Subud East Coast members not only turned out to be just like we had hoped, but was truly amazing. We had initially been told that getting 40 East Coast members to come was not likely to happen, but that was no reason not to try. And YOU CAME THROUGH! Total attendance at the Gathering this year was 68 men and women, 14 from Subud Midwest, 1 from Subud Pacific Northwest, and 53 members of Subud East Coast! Wow!

## Three Rivers Gathering - Report from National Helpers

Friday, 10/19/12

9 am Latihan. East Coast Regional Helpers took charge of this day. There were 27 women helpers and 12 men helpers at this meeting. After latihan, an East Coast Regional Helper asked 2 questions for testing:

"What is the inner significance of this helpers development gathering?"  
"What should my role be at this helpers development gathering?"

The women began with general testing. Elaina Dodson, International Helper, was invited to receive some further questions for the ladies who then broke up into small groups to discuss and test whatever was compelling for them. Lorena Kreda, East Coast Regional Helper, had recorded a list earlier in the large group of the kinds of concerns helpers wanted to address. In the afternoon people practiced awareness testing.

After the general latihan, female and male helpers met together to introduce each other and discussed what they would like to discuss and test at the helper development day:

4 Topics for Discussion and Testings:

1. Practicing awareness testing, talent testing and open ended testing.
2. Talking to members
  1. Follow applicants' support and process during 3 months period
  2. New members follow up
3. Nature of helper roles:
  1. Relationship to the committees
  2. Fostering harmony in the helper and committee dewan
  3. Inner feeling role as helper
  4. Candidate helper and mentorship follow-up during 6 month period
  5. Mixing
  6. More helper development meetings in the future
4. Reading/Listening to Bapak's and Ibu's talks, Bapak's advice and guidance to helpers
  1. Bapak's mission
  2. Latihan with the lower forces

### 3. Surrender, trust and forgiveness

After lunch, the male helpers met together in one group. Everyone wanted to stay in one group because there were not enough helpers to split into groups.

We opened the meeting by testing together some questions. We discussed how to talk to applicants. There is an applicant meetings-checklist on Subud USA website for the helpers to cover all topics to talk with the applicant before opening.

Tests:

"How have helpers communicated with applicants?"

"How can I talk to the applicant through my inner guidance?"

Then we tested together and shared our receivings:

"What is the effect on a member when as a helper, you are really doing your job correctly?"

About old and young members:

"What can helpers do in order to improve the connection on harmony between young and old members?"

"How should an older helper speak to younger members?"

General:

"What is our obligation to Almighty God for being created as a human being in this world?"

"What is our obligation to Almighty God for having received the latihan kedjiwaan?"

"What is our obligation to Almighty God as a helper towards spreading Subud?"

As Bapak said in one testing for helper that helpers can bring peace into the hearts of members so they can easily receive the latihan.

Tests:

"How should we as helpers assist our members through our inner guidance?"

"How have helpers communicated with members during testing session."

All of us here had an experiences to do awareness testing in Vancouver or in different gatherings, so we did not do any awareness testing but did some open ended testing to each other.

We discussed two topics about mixing: Mantra chanting and meditation (Zen). We shared some experiences on this subject. One helper shared his experience about latihan and the lower forces.

Forgiveness:

"How do I forgive myself and others?"

"How would Almighty God have me forgive myself and others?"

"What is forgiveness when it come from the Grace of God?"

"Should I ask forgiveness for my mistakes and I pray to receive a latihan that will help me have the correct attitude in my future work as a helper?"

Reading Bapak's and Ibu's talks:

As Bapak's helpers, we are helping people to connect to this power through the path (Subud) that Bapak received. Ibu has strongly recommended that we read Bapak's talks.

Test:

"How can reading Bapak's or Ibu's talks help us in carrying out this helper work?"

Saturday, 10/20/12

9 am - General Latihan

After latihan, a Midwest Regional Helper did test of 2 questions:

"What is the purpose of this kedjiwaan gathering?"

"What should my role be at this kedjiwaan gathering?"

9:30 am - Opening Circle

10:30 am to noon - Personal testing

Noon to 1 pm - Zone 7 meeting: Shoshana Margolin, Lucian Parshall, Laurie Lathrop and Hoan Toan Phan

1 pm - Subud East Coast Special Meeting:

There were 44 East Coast members at this meeting. Current Subud East Coast bylaws require 40 attendees or 10% of total active membership (400), so there was a quorum. Amelia Casilli was officially confirmed as East Coast Chair. Manuela Martinaitis from Atlanta was confirmed as Vice Chair.

The SEC Bylaws Committee invited people to say what changes they would like to see.

2 pm to 4 pm - Report from Subud USA

Shoshanah reported that the National Office is now moved into Twin Oak house next to Subud Washington DC house project. The National and Susila Dharma USA offices use one of the rooms in the Twin Oak house.

Five wonderful sisters, Barbara Thomas, Rohana Alkaitis, Myriam Ramsey, Sonya Shooshan and Yudith Mills share the tasks of the National Office.

The National Committee filed a form with the Maryland Office of Taxation and Assessment which was approved.

Teleconference call meetings: National Committee and National Helpers twice per month, the National Board of Directors meet either on line or a conference call on an as needed basis. there will be a face-to-face National Board of Directors meeting in Santa Cruz November 1-4.

Lucian Parshall (Committee Councilor) shared about the website and membership database.

Subud DC Project

Ra'uf Ramsey and Damanhuri Alkaitis reported that the old has been demolished, water and grading and site development will begin as soon as the building permit is ready. After submitting to the safety board, they hope they can have a building permit soon.

Subud Durham House

Hassan Bustillo reported that there are about 26 members in the Durham Group. Now they have their Subud house and members come to work on the property. They want to develop it as an instrument of Subud Community.

4 pm-5 pm - Muhammad Subuh Foundation presentation

5pm - 6pm - Communication workshop by Suzanne Renna

Suzanne gave her listening and communications workshop in the late afternoon. There were about 25 attendees. People commented afterwards that they would like to see more of this sort of thing

that addresses taking our latihans into our everyday life.

6 pm - Dinner

7 pm - Final Silent Auction

The auction raised \$1006, of which 2/3 went to the Midwest region to support Mary Wold's travel to the National Board of Directors meeting.

7:30 pm - latihan.

After latihan, testing for new male East Coast Regional Helper. Lucas Boladian from Subud New York is the new East Coast Regional Helper through August 2014.

After that, personal testings for needed members.

9pm - 11pm - Talent Sharing

Laurie and Suzanne went to hear the Casilli's play in the Allegheny Brass Band. What a treat! And later in the evening, for entertainment back at the Kearns Center, we heard a viola and trombone recital with Amelia and Csaba -- instruments talking with each other--that was extraordinary. Shoshana read from a story she had written about her grandmother's experience. Dexter Douglass played a CD of a performance of classical style music he had composed for a string quartet. It was beautiful. David McCormack read a story he had written. Maia Chisholm from Erie, PA. played the harp. Mary Wold's story telling was beautiful and Ra'uf Ramsey. But in general the talent we have among is quite amazing and growing!

With love,

Laurie, Suzanne and Hoan Toan

## National Helper Report for Three Rivers Gathering

First the numbers from the census report :

Active members : 2006

Active helpers : 418

National helpers : 7

Regional helpers : 36

Active local helpers : 375

Inactive local helpers : 222

Candidate helpers : 25

Opening last year : 74

After the Gathering of the Americas in Vancouver the US Congress met in Seattle, WA. At that time we selected a new Chair who is Shoshanah Margolin from Chicago and vice chair is Daniel Stralberg from Greater Seattle. Lucian Parshal from SE Michigan. continues as Committee Councilor. Although it was a busy meeting, we were able to include a lot of kejiwaan activities and helper support as well as testing for Wing positions.

A month after our congress the National Office moved from one Washington to the other, from Seattle to Beltsville, Maryland, which is very near Washington DC. The Helpers and Committee have decided to order 15 copies of Bapak's *Advice and Guidance for Helpers* so we can give one to new candidate helpers to read during their candidacy and keep as a reference.

After the traveling earlier in the summer, the helpers have returned to regular conference calls with

the National Committee and among ourselves as well as with Wings and regions. There have been three regional congresses in August and September attended by National Helpers.

The first was in the Pacific Islands region, which has 34 members and 17 plus 6 guests attended the meeting. This year the meeting was in Hilo on the Big Island rather than in Honolulu on Oahu. A full committee was chosen, and Hardwin is now Chair of the region for the second time. Since the group was small, there was time for socializing, walking on the beach, and visiting some of the tourist sites on the island.

The second regional congress was a Family Camp in the Rocky Mountain Region (RMR) (Arizona, New Mexico, Colorado, Utah) in Crestone near the middle of the state. Crestone is a small town on a high plateau 8,000 feet high and tucked up near where the San Juan Mountains and the Sangre de Cristo Mountains meet. There were about 50 people including children there. It was very informal with lots of socializing among adults and lots of playing for the children. Many people camped near stables run by a Subud member while others stayed in guest rooms in the stables or with friends. Nearby was a stream for building dams and space for art projects. One afternoon the children had a pet show with kittens, ponies, goats, a donkey, and a baby yak, all of whom lived in the stables and nearby pastures. And Saturday night a Subud member and his band played in town where many Subud members and town people danced the night away. In addition to all the fun, 3 people were opened and a Chair (Hamidah Glasgow from Ft. Collins) and Vice-Chair (Michele Stice from Wheatridge near Denver) were chosen.

The third was PNW regional congress (Washington state, Montana, Wyoming, Idaho, Oregon) at the end of September. This was a business congress. On Saturday, people brought delicious food to share and served it up at a nicely set table. The members tested beforehand about the significance of the congress, how to be, and their roles. On Saturday, there were a number of candidates for chair and vice chair. The testing went smoothly and brought Samantha Warden from Spokane in as the new PNW chairperson. More testing was done and Robin Page from Bellingham emerged as vice chair. Sunday is kedjiwaan gathering. Helpers tested with members about the state of their surrender and how it is when they can surrender without holding back. Some further testing on finding their own voice, handling fear, protecting themselves, forgiving themselves and one another, handling shame by turning it over to God.

In the next few weeks National Helpers will attend several events: Other meetings scheduled soon are Menucha gathering and SICA in the west. Also there will be a National Board of Directors (National Committee, National Helpers, Regional and Wing Chairs) in Santa Cruz, California in November. Thanks for all of your inner support during last year.

Laurie and Hoan Toan  
For the National Helper dewan

### New Chair and Vice Chair of Subud New York

Subud New York had a great turn out for their Annual General Meeting and Election, despite the MTA being closed down at 7 pm in anticipation of Hurricane Sandy. Their newly elected board members are Alfia Khasanshina, Chair and Lee Noonan, Vice-Chair. Congratulations!

### Subud Washington DC Wednesday Phone-In Latihan

Subud Washington DC area hosts a phone-in Latihan on Wednesday evenings. Since many people have asked about it, here is the info:

Phone number: 605-475-6700, access code 7969698

Call in about 7:25  
Start by 7:35

### Special Thank You from Lee Noonan

SEC Sisters and Brothers,

I received the loveliest sympathy card today, signed by many of you who attended the Three Rivers Gathering.

Your kindness made me cry some more, to know that so many people are out there in loving support of me in my recent loss.

I thank you deeply.

Lee Noonan

### Monthly Phone In Latihan Monday, November 5

## When, Where and How?

<b>When:</b>	Monday, November 5, 2012
<b>Time:</b>	8:40 - 10:00 PM ET
<b>Schedule:</b>	08:40: Quiet time (don't dial in yet) 08:55: Dial-in, announce yourself and please remain quiet 09:00: Latihan starts 09:30: Latihan Ends 09:35: Greeting and discussion (optional) 10:00: Good night
<b>Numbers:</b>	<b><u>MEN</u></b> Conference Dial-in Number: <b>(218) 339-3600</b> Participant Access Code: <b>531735 #</b>  <b><u>WOMEN</u></b> Conference Dial-in Number: <b>(218) 339-2500</b> Participant Access Code: <b>398661 #</b>  <b><u>Instructions:</u></b> After you dial in you will be prompted to enter the access code. Press the # key afterward. The automated attendant will repeat the access code back to you. Listen carefully to ensure you have entered it correctly. You will be prompted to enter press 1 if it is correct or 2 if you need to enter it again. If it is past 9 PM and no

*one has joined the call, you might have entered the wrong number. Hang up and start again.*



Amelia Casilli, Chair  
Subud East Coast