



Subud East Coast Newsletter

January, 2013

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Monthly Phone-in Laihan

Monday, January 7, 2013, 9 pm

World Latihan

Saturday, January 5, 2013, 22:00
(10:00 pm)

2013, A New Year?

One can only hope that the coming of the new year brings new help, new hope, renewal and comfort to all those who have been affected in any way by the recent happenings in our country, and in particular in the East Coast. To this hope, I offer the following quote from Ibu Rahayu (with thanks to Melinda Wallis):

"We should truly face the one Almighty God. After doing the latihan, quieten yourselves for several minutes and pray that God will give peace and quiet to all His creatures. And we should ask forgiveness for every sin and mistake, and ask for His guidance for a life filled with love, peace, and one that is useful for your fellow human beings. If this is sincere and truly comes from a noble feeling, I believe God will always listen."

November Subud Florida Gathering in Nokomis

The Nokomis, Florida Gathering, November 10th, was a beautiful experience in a beautiful location. Roseanna Ovington, Chair of Subud Florida, organized a full day of activities for approximately fifteen participants. Florida mirrors Subud East Coast in that it is continually challenged by how geographically dispersed its members are. Nevertheless, Florida members gathered from afar to participate in latihan, conduct a brief annual business meeting, and provide for individual testing. The peace and beauty of the Paige's home, where the meeting was held, was reflected in each member, and Bob and Simone were remembered in a Selamatan luncheon. Manuela Martinaitis provided a brief update of Subud East Coast activities and Margaret Aldis, Secretary and Hussein Aldis, Regional Helper also represented SEC.

Submitted by Manuela Martinaitis, SEC Vice-Chair

Matthew Mayberry

From Melinda Wallis:

Our long-time Subud brother Matthew Mayberry is still enduring difficulties in his long recovery from esophageal cancer. Extensive radiation treatments got rid of the cancer, but the radiation treatments have also caused his esophagus to fuse shut. Since July he has been fed through a "tummy tube" (as he says).

Periodically others in North Carolina go to do latihan with him, which he appreciates so much. Melanie, his wife, is his faithful caregiver.

Matthew will have a surgery in January to repair the esophagus.

Let's send our prayers regularly that they both receive whatever they need from Almighty God to get through this. I love the Mayberrys. Matthews strong beliefs sustain him...he is an example to me.(says Melinda)

The Mayberrys' mailing address is:

295 Ivy Circle
Elkin, N.C. 29621

Help Wanted! from Muhammad Isman Kanafsky, SICA-USA Chair

SICA-USA needs regional and local representatives or liaisons. Every region should have one and every center can also have one. We need members who will promote and remind us all about true culture that originates from our human souls and the latihan. SICA-USA reps can remind the regional and local helpers to do talent testing with the members of their regions and groups and promote cultural events in their regions and centers. This is one of the ways to bring Subud into the world.

Only those with enthusiasm need apply. If you have experienced receiving a new talent in the latihan, you are a perfect candidate. Every movement that we receive in the latihan, that is human, such as walking, talking, singing, dancing, praying, etc., is true culture, because it originates from our human souls. These movements or actions, not only help to purify us, they can also be used in our daily lives. If we can do that, then we can feel the closeness of the power of God when we do those activities. Then we will develop a character that is truly Susila, Budhi and Dharma.

So a SICA-USA rep or liaison can really help to deepen our understanding about the latihan and help to bring Subud into the world. Many of Bapak's talks also have explanations about true culture and you can help the members in your region and group to be aware of those talks. You can publish them in your local and regional newsletter. This is a fun job and an educational one also.

" . . . The latihan kejiwaan is first of all the awakening of the human jiwa according to the will of God Almighty, and second it is the awakening of human culture and human know-how [about] living in this world and fulfilling the needs of life in this world." – London, May 23, 1976

". . . Brothers and sisters, . . . the power of God exists in every part of you. It completely fills your own being. When you see, it is in your eyes; when you think, it is in your brain. Every single part of you – every part that moves, that is alive – within it is the power of God. Brothers and sisters, this power is the origin of all that we call culture. . . . and the totality and breadth of human culture is within each one of us and can be received up to the point of our own capacity, both in cultural expression and in the understanding of it." –

Cilandak, June 14, 1986

Contact Md. Isman Kanafsky at isman37@comcast.net.

It's the Next Best Thing to Being There!

According to the census, there are about 115 people out of about registered as members of Subud East Coast that do not belong to a particular group or center. That figures to about 25% of our active membership.

Now those of you who are registered with a group or center have the wonderful opportunity to do latihan with someone else besides your shadow. Hopefully, there are regularly scheduled times that you can put on your calendar when you can take the time out of your week to go and meet up with your brothers and sisters, spend at least a few minutes socializing, and receive the latihan in a group setting.

Sounds like something that everyone should be able to do, right? But wait, you say, I'm way out in the middle of West Nowhere and the closest group latihan for me is a 5 hour drive away.

Hey, I hear you. Ever since my return 27 years ago to the United States from Cali, Colombia, (where I was opened and spent a wonderful year as a member of their group) I can almost count on my fingers how many group latihan I have attended. Now my position as Subud East Coast Chair has fortunately opened up more opportunities for doing latihan in a group, but for many years, my latihan was a solo act. When you're on your own as I was, you know how much dedication it takes to keep the faith and the practice alive. And I know you believe me when I tell you that doing latihan with even at least two more people makes a powerful difference in so many ways.

There is nothing like having a group of Subud Members to do latihan with, worship together, share common goals and dynamics, and I know those 75 percent of members appreciate how nice it is to have that option. Well, the rest of us who are out there doing the latihan *all by ourselves* don't have to feel left out.

If you are an East Coast member who feels "out there," and just hungers for a group latihan once in a while, here is what you need to do.....

JOIN US IN THE MONTHLY CONFERENCE CALL LATIHAN!!

If you have never experienced a latihan via a conference call, I think you'll find it a truly wonderful experience. The call takes place the first Monday of every month. All you need to participate is a latihan space and a phone. And it's simple. To join in, just dial up the conference call number and at the prompt, enter the code for either the men's latihan or women's latihan. Regional helpers are on the call to time the latihan, and are available for discussion or chat afterwards. You can either leave your phone line open (even on speaker) or if you feel to, you may hang up and continue the latihan.

Although the Subud East Coast Helper and Committee Dewan are committed to providing this monthly conference call latihan for the benefit of all those who are "isolated," or without means to get to a group latihan, anyone at all can join in as

well This is for all of Subud East Coast, and even all of Subud USA. And it is so true that the more who join in, the richer the experience.

So, why not try it once? The next Subud East Coast Conference Call Latihan is scheduled for Monday, January 7, 2013 at 9:00 pm. Here are the details:

When, Where and How?

When:	Monday, January 7, 2013
Time:	8:40 - 10:00 PM ET
Schedule:	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
Numbers:	<u>MEN</u> Conference Dial-in Number: (218) 339-3600 Participant Access Code: 531735 # <u>WOMEN</u> Conference Dial-in Number: (218) 339-2500 Participant Access Code: 398661 # Instructions: <i>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.</i>

Amelia Casilli, Chair
Subud East Coast