



Subud East Coast Newsletter

July, 2013

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New Members

Welcome Azar Bagheri & Bob Perez (Atlanta Center)

Ibu's Q & A's with Helpers at the February Indonesian National Congress

Click [here](#) for a copy of the transcript.

Mark Your Calendars!

Monthly Phone-in Laihan
Monday, July 1, 9 pm

National Gathering - New Mexico
July 4-7

World Latihan
Saturday, July 6, 11 pm

Ramadan
Monday July 8 - Wednesday Aug. 7

14th Subud World Congress
Puebla, Mexico
August 2014

Collaborative Painting at Lewes Gathering

Spearheaded by Wijati Soemantoro at the Subud East Coast Regional Gathering May 26-27, 2013 Virden Center, Lewes, Delaware

Members gathered to participate in this beautiful work of art that will proudly hang in the new DC Center.



Click [here](#) to download the whole story and see the step-by-step process. Thank you Wijati!

"That is what is truly called culture, for its source is the human jiwa and it is received in an inner feeling that has risen free of the sway of the ancillary forces. It is a culture filled continuously with the life force. That is why the work you do will be a means for your worship of the Almighty" (SUSILA BUDI DHARMA, DANDANGGULA 20:2)

Special Latihans - East Coast Helpers

Thank you Hoan Toan Phan and the many men helpers who have been diligently holding special latihans since March 2010 praying for members. Currently latihans are held for Arthur Teichman, Leonardo Soriano, Rayner Von Hohenstein, Matthew Mayberry, Syed Haider, Joe Koach, Jerry Cimmet, Robert Vervoordt, Rashad Mills, Suryadi Mai, Philip Padilla, and Benedict Herman.

If you are a male helper who would like to join in the latihans, these are held every Wednesday at 8:00 PM Eastern time with or without open phone 218-339-3600 (code 531735#). For more information on this special activity please contact Hoan Toan at: hoantoanp@yahoo.com.

Passings

Subud brother Helman Carrasquilla passed away June 9th. Regional helper Lucas Boladian shared that Michael Barber, Anwar Cabrera and Steve Kissner went to Helman's home for a last latihan with him since they knew that his time was near. They finished the latihan at 6:15 PM and they received a phone call from his wife, on their way home, at 6:50 PM that Helman had just passed away. Our prayers are with his family.

New York Celebrates Bapak's Birthday



We had a lovely celebration of Bapak's Birthday. It was wonderful to see more than 35 members gathered together to do a special latihan, have dinner, and watch updated version of Bapak's talks with subtitles at the end. Thank you all for participation and sharing sweet memories of Bapak! Special thanks to Lee and Deanna who set up dining room with so much love and care! More pictures of the event can be viewed here:

share.shutterfly.com/action/welcome?sid=8QcOHDFs5csna

Also at the Friday event, thanks to You, we have raised \$150 for the assistance fund to help the Subud USA members attend the national gathering. Donations will be sent to Subud USA. As of today, 30 people have requested assistance. A team of four SUBUD USA members have tested about the correctness of giving to each individual as well as the amount to give. At this time, the requests exceed the available funds by about \$600. Your assistance in any amount in the spirit of charitable giving is highly appreciated. Donations can be sent to http://bit.ly/susa_assistance. Thank you for any help you can give.

DC Kedjiwaan Sunday, June 2 at Twin Oak house

A Kedjiwaan with the following members was held in DC:

Elaina Dodson (IH) Alexandra and Hoan Toan (NH) Myriam Ramsey, Rohana Alkaitis, and Myra Margolin (w. helpers), with Beata Boccock (member), Barbara Thomas (chairperson), Wijati Soemantoro (secretary) Damanhuri Alkaitis, Ra'uf Ramsey, Vien Man Tran, Mehdi Nasser, Imran Vittachi (m.helpers), Ed Peters (member), Effendy Soemantoro (Treasurer), and Yan Wiramidjaja (new member)

The group tested a variety of questions:

Who is your true self ?

How does your true self express itself in the latihan?

What are my strengths?

How could I use my strengths in my life?

How it is in every day life when I use my thinking, heart and desires in a correct place in order to fulfill my needs in this life?

How is your love and patience for one another at this time?

How would Almighty God have your love and patience be for one another at this time?

What is the meaning of peace?

How is it when we work together in harmony?

The celebration ended with a potluck dinner and celebration of Myriam's birthday.

Are you a Candidate for National Helper?

Dear Brother and Sister Regional and Local Helpers,

The National Helpers are now beginning the selection process for new National Helpers for the coming term. We would appreciate it if you would consider helpers you know in your own regional and local dewans, whom you would like to encourage to step forward to test for this important job. Usually national helpers are chosen from those who have served as regional helpers previously, but local helpers may also be considered. The term of service will begin in August 18, 2014 and will end at the next world congress probably in 2018.

Here is how the job has been described: The Dewan of national helpers provide support to the nation's committee, wings and regional helpers and they are the kedjiwaan link to the zonal and international Subud Association. National helpers are charged with looking into and knowing about the work of the regional helpers, and are charged with participating in addressing members' difficulties that cannot be solved by the regional helper dewan alone. National helpers "must keep themselves informed about the progress of the members and impart to them a deep understanding of the truth of the latihan kejiwaan of Subud so that the inner selves of the members may be truly Subud". (From Bapak's Advice & Guidance for Helpers, "The Helper Structure:Dewans," Candidate Helper Information handbook.)

To really understand what is required to do this job well, please translate the above description into a good amount of time and patience needed to stay informed and in touch through regular email messages and participation on frequent conference calls. There is also a fair amount of travel that is necessary. It is helpful to have a space where one can do latihan without interruption and to have an agreement with one's family, partners and housemates to share your time, energy and attention. here is a great spiritual benefit that comes from being willing to serve in this way.

Those who would like to put their names forward should pretest with their local or regional helpers first. Once pretesting is positive, please send your name to any National helper (Alexandra Boyer, Aminah Ulmer, Laurie Lathrop, Suzanne Renna, Hoan Toan Phan, Humphrey Williams, or Sjarifuddin Harris).

The National Helpers will test with those candidates either over the phone by conference call or face to face at the coming national gathering in July, 2013. Thank you for your help with this. The final step in the process is to select a new dewan that will work well together from the pool of those who received a positive response through testing with the national helpers.

Please feel free to contact us with any questions that come up as you are trying to respond to this request, and please let us know who is putting their name forward.

Your National Helper Dewan

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Manuela Martinaitis

Subud East Coast