



Dear Brothers and Sisters,

We are bringing you the first issue of the Journal in 2012 with hope of 'meeting' you regularly on these pages but also we are looking forward to many happy real life encounters in the New Year!

Katie, Margo, Olga, Richard, Sonia, Regina

P.S. As always, we would be delighted to hear from you! Our email addresses are on the last page.

Commitment

*from "The Scottish Himalayan Expedition"
by William H. Murray*

For us It was amazing to discover in someone else's writing something we were blessed to experience in our lives.

*Feodore & Regina
Ruzhenkov-Rodenburg*

Until one is *committed*, there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative (and creation), there is one elementary truth the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then Providence moves too. A whole stream of events issues from the decision, raising in one's favour all manner of unforeseen incidents, meetings and material assistance, which no man could have dreamt would have come his way.

New Year's Wish

by Regina Ruzhenkov-Rodenburg

In recent years I met many people and attended a lot of meetings as youth coordinator. I heard so many creative ideas, wishes and dreams about projects and joined a lot of amazing testings about enterprise ideas. But somehow it seems difficult for us as Subud members to make the steps necessary to implement these ideas and dreams and to bring out potential which we feel in the tests into real life. I was asking God regularly to help me understand if my observations were true and what this patterns means and to show me what to do with these observations as a youth coordinator.

A few months ago someone showed me a piece of Bapak's talk about courage, which struck me enormously:

"The basis for all this is already there: your ordinary every day knowledge, what you have learned. But it remains as it is. There's no development. Because you lack courage. Whereas, there is a saying that one who has received God's grace can do anything, can achieve anything. But why is it then, that people who have the same knowledge that you have, who have not received the latihan, actually succeed more and can do more and achieve

more than you can? It is because you lack courage. And therefore, what you receive remains unused and undeveloped." 87 CDK 5

My first reaction was anger, but after some time it occurred to me that I might be having a wrong understanding about what Bapak meant. After discussion about meaning of the word courage during a kejiwaan day in Kiev I became finally ready to test about it: what is our imagination of courage and what is the true inner meaning of it. It was for all of us a complete surprise. The meaning of courage seemed to be a quality of openness and trust. During my own receiving I felt such intense inner happiness that all "dragons" have disappeared. There were no dangers and obstacles anymore, just because of my own state !

Although my mind is still having difficulty with attaching new meaning to the word courage, I understand that this true inner courage must be an essential ingredient for achieving things.

So I deeply wish for all my Subud brothers and sisters and for myself as well, that we all may develop this inner quality of courage in the New Year, so that many ideas may become reality in 2012.

Active in Enterprise

by Maynard & Freya Harvey from The Walnut Grove Cookery School in Mayenne

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We started our business in 2001, having moved to France the year before. We owned a restaurant in Wales before moving to France, and although we didn't want to start another restaurant (with a young family) we wanted to use Maynard's skills as a chef so the Walnut Grove Cookery School was born!

We set out from the beginning a list of goals we wanted to achieve and more importantly the way we wanted to achieve them. The most important thing we had learnt from our previous enterprise was the need for complete harmony between everyone involved, as to us that seemed to be the key to following the ethos of a Subud enterprise. This isn't always easy at first as obviously everyone has different ideas and different ways of doing things. The best way we found to really hold & keep the feeling of closeness between everyone involved was to do a short latihan at the beginning of each working day, which we still do to this day.

We have also done a lot of testing to help find our right way to work and go forward, a lot of people say you shouldn't test business decisions, which we agree with, but there is so much other testing that can be useful without having to test actual business decisions (a lot of our testing was around how we should be with each other, our roles, how to be in order to attract clients, and how we worship God while we are working etc.). We are sure that without the help of testing it would have been a lot tougher and less harmonious.



After the first couple of years, as we became a little more successful Maynard felt the need to give some of the profits to Subud. Initially we didn't do anything about this but the feeling was persistent so again we tested and the receiving was very clear to us that not only was it good to donate money to Subud but almost essential for our enterprise, for it to have a chance of growth and good content. By not giving any money it was quite clear to us that the business would most probably stay static and have less inner content. This giving to Subud has now become ingrained in our enterprise and I would definitely recommend testing the importance of giving money to Subud as for us we have found it to be fundamental.

Probably one of the clearest signs we see in our enterprise of the effects of Kejiwaan is when clients tell us they have not just enjoyed the course but loved the 'feeling' within the course, and between us, the workers.

A web of lights

An impression of the Irish Congress by Regina Ruzhenkov-Rodenburg

Subud Ireland has a small amount of members. People do latihan in twos or threes. To place this in perspective we did a series of testings about the effect of the Irish congress for Subud, for Ireland and for the world. We also tested about the effect of group latihans and our personal latihan for Subud and the world. It was surprising that even a small group of 2 people or just a personal latihan is really having an effect on the bigger whole. Although I quickly forgot my receiving, some days later I suddenly felt something opening up inside. It became very clear in me that the latihan can bring Light, not only for human beings, but also for all other kinds of creatures and the earth itself: for the whole world ! It felt as if the latihan in me created a warm gentle light shining through me, and doing latihan in a group made it even stronger. This light was not only meant for me, but also for my

surrounding. It was bringing lightness into darkness, into places where it was still unknown and where maybe even was resistance. Then I saw the earth, covered in little lights, all connected to each other. It was still very dark, but all these little lights did bring kind of a shy glow.

For me and in my environment Subud seems to be mostly about personal growth, that is what most testing is about. This new understanding makes me see that we as Subud members actually have quite a responsibility – maybe it becomes time to leave the playground?

Some days later I read a similar story from a Subud member on Facebook. Her conclusion did struck me: *“I feel that I have come out of childhood and that I have the same responsibility as the prophets. Only my capacity is not as great.”*

Susila Dharma Spain

by Edmond Lorot

In November 2011 Susila Dharma Spain organized a meeting against hunger in the old town of Alicante. Food was prepared to raise money for those who do not have enough. I was witness and photographer at this event.



Lady group helpers gathering in Portugal

Editor's note: all lady group helpers of the countries in our zone were invited to a kejiwaan weekend in Portugal in November 2011. It was an initiative of the kejiwaan councillors of our zone who tested about this at the zone meeting in May. The men KC's had also tested and decided against it. Including the international helpers and KC's 48 women from Ireland, Norway, Holland, France, Italy, Spain, and of course Portugal attended. From Belgium there were no participants.

by Elisabeth Harvey

I have to admit, quite a bit of virtual arm twisting was involved in trying to get me to even think about going to Portugal. I count myself as a very inexperienced helper, and I suppose those 'in the know' could see that this weekend would be just what I needed. So after much procrastination, I tested – the results were wonderful... of course!

My arrival on Friday night after a hard day's travelling was a bit of a blur – straight into dinner (felt like I hardly knew a soul), straight to latihan, straight to bed. But, waking to the sun slowly rising over the convent gardens allayed any nervousness I had and was a magical beginning to the weekend.

After splitting into 4 groups, each with a KC and an IH, work began. A lot of our questions centered around our work as helpers, both for specific group situations and also around our work in the wider context of Subud. How can we improve our work and our relationships to members of our groups? How is it to be a helper in this or that country? What is our attitude to our male helpers? What parts of our bodies are alive with the latihan? How is it when we feel love and respect for our brothers and sisters? The list is long.

By the end of Sunday morning, I felt an overwhelming sense of closeness to my Subud sisters, who just 48 hours before, I hardly knew. There were helpers from countries all over the zone and sharing this experience with them created a huge sense of being part of Subud in the world. I am just a member from a small rural Subud group, but I am awed at the powerful sense of harmony we can create when together. And the potential we have when working together in the right way.

So, from a reluctant participant to an energized one! And I say to those who twisted my arm – thank you! I will be joining you in the twisting from now on.



Left: Rosalinde Core, right: Elisabeth Harvey

by Rosalinde Core

The essence of this weekend was the feeling that the latihan is so especially strong when we are all together that nothing else matters. Each group worked together until Sunday morning and developed its own rhythm. We were also blessed to work on specific testings for some of us within our group that allowed us inwardly to unblock certain situations that affected our daily lives. On Sunday afternoon, our Portuguese sisters took the ones that were able to stay on to downtown Lisbon and to Belém and we were treated to the most wonderful pasteis de nata from the best bakery of Lisbon! I had the privilege to visit Roda Viva school in Lisbon on Friday morning and to experience the feeling of the Latihan that emerged when I was with the children and staff of the school. It was the affirmation of the work of the latihan in our daily life. A big Thank you to our Portuguese sisters who gave us such warm welcome and to all our sisters who organized this meaningful weekend!

Upcoming Events

Italian Congress

January 27 – 29, Florence

Zone 4 meeting in Austria

April 4 – 9, Bad Voslau, near Vienna

This is not 'our' zone, but we are all invited. There is a gathering simultaneous with the meetings.

Easter Kejiwaan weekend in Ireland

April 6 – 8, Co Wicklow, Dublin Mountains

An opportunity to take a holiday in the Dublin mountains at beautiful Kippure Estate (less than an hour from Dublin airport). We will have three large halls available to us for the whole weekend, as well as four star accommodation, excellent food, unparalleled scenery and a uniquely Irish welcome. We are offering this as a kedjiwaan weekend with a theme of conflict resolution, and/or an opportunity to look at, face, and overcome our deepest stumbling blocks, as well as time to look at any other issues which may arise.



The cost of the two night package, accommodation and food (two breakfasts, two lunches and two dinners) is 134 euros per person.

If non-latihaning spouses/children wish to come too there are many outdoor activities offered at this estate, follow [this link](#) to see a sample. These activities are fully supervised so suitable for kids over 6 years old.

We would like to hear if anyone is interested in extending their stay to Easter Monday 9th April.

All enquiries by email to Suzanna on susan@irishschooloflandscapepainting.com or phone [00 353 404 42884](tel:0035340442884).

French Congress

May 5 – 8, Parc Naturel Regional des Bauges Lac d'Annecy



This stunning venue can cater for up to 300 people with high class accommodation situated on the lake side. It is some 50 kilometres from lake Geneva and is in the heart of some of the most beautiful scenery in France. We hope to attract many foreign visitors so that our congress can be truly international.

For further information about the venue, please go to 'Les Balcons du Lac d'Annecy'.

Please contact Françoise Ivanoff for further information on francoise.ivanoff@gmail.com

Upcoming Events *(continued)*

Dutch Congress

May 25 – 28, Biezenmortel, between Den Bosch and Tilburg

We hope many of you will come to our congress!

For more information see www.beukenhof.nl or contact Hannah: hannahderoo@kpnplanet.nl

Zone 3 meeting in Holland

May 31 – June 3, Biezenmortel

The zone 3 meeting will take place the weekend after the Dutch Congress at the same venue.



America's gathering

June 26 – July 3, University of British Columbia campus in Vancouver B.C. Canada

For more info www.americasgathering.ca or contact:
info@americasgathering.ca or George Demers georgedemers@gmail.com

*For more information and registration details for all events
see Events section at subudworldnews.com*



Congratulations on becoming a grandfather!

*A happy event for Wouter Hanhart,
KC of Subud Holland –
the first grandchild is born!*

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