



Dear Brothers and Sisters,

Here we go — yet another issue of the Journal!

The good news is that Olga Ramirez, CC of Spain, is really recovering after her illness and is even sharing about her experiences in this issue.

Also we welcome on board another CC in Zone 3 — Richard Harvey from France!

Happy reading!

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.

An incredible surprise

by Olga Ramirez

*“Special things certainly
happen in Subud!!!!”*

My husband and I recently took a trip to Italy. During a week we visited different cities like Rome, Florence, Venice, etc. On our way up north we visited Bologna for a few hours. As we were walking around the town we suddenly came across someone who seemed familiar to me. Right there in front of us I recognized Andrea Vivit... a Subud member and former Kejiwaan Councillor from that town, whom I had only seen once in 2010 at Zone Meeting in Great Malvern. We know absolutely no one in the whole Italy except for 3 or 4 Subud members... and of all the millions of Italians in thousands of cities we come upon a Subud member... Special things certainly happen in Subud!!!!

Wellies, Soda Bread and Yurts...

Summary of Sjarifah Roberts' report about Irish congress



Solihin outside our yurt

We arrived as it was getting dark and were shown to our Yurt, a large circular padded tent affair. We had such a surprise :-

They were away from the buildings, along some other pathways through some young trees and not visible from each other.

Inside it was quite big, was lit by many candle lanterns and tea-lights and the central peat stove was giving out a gentle warmth. There was a double bed, a few easy chairs and a single-bed/sofa. The immediate impression was of a very warm cosy and friendly space. I felt at home immediately and this homely feeling stayed with me throughout congress.

There was a hut nearby which contained a loo and hot (sometimes) shower.

The latihans were strong and some testing was done afterwards. From the testing (women's) it was understood that the Congress was important for not only each person and Ireland, but also for the world. It linked Ireland, also, more strongly to the world Subud network. This was helped by having visitors from abroad.

A local historian called Ruth came and gave a fascinating talk about the area and in particular about a hill called Uishneach which was the ancient centre of Ireland with many tales and legends attached. We all went to this hill. It stands out from the surrounding flat land and is a place where a beacon fire is lit (at the centre of Ireland) and then others light theirs radiating out from this point when they see this one. This is an old tradition that has been revived recently.

We all enjoyed the visit in our wellies and the weather did lift for a while whilst we were there. We even did a short latihan in another yurt there.

And finally, I felt these words from my latihan: "I have breathed in Ireland and will take it with me now wherever I go."



Regina, Sjarifah and Katie on the navel of Ireland

Deep and Luminous Silence...

impressions from a workshop at UK congress in Great Malvern, by Paloma de la Vina

I arrived a little late and saw a group of people, mainly women, seated in a silent circle. There was an object in the middle of the floor between them. Suddenly, a woman stood up, picked up the object (a blackboard eraser), returned to her seat and began speaking slowly and deeply about something. I did not understand her, but that wasn't necessary because her words touched me deeply.

There was quiet again, a very deep silence; and during that silence I felt that inner "click" that always carries me to a sacred space. From time to

time, the silence was broken when someone else picked up the object, then spoke and then returned it to the floor... and then, once more there was that deep and luminous silence...

I remember that one of the youths that were taking part in the session, spoke about what that silence meant to them. Then I recognized something new within me: within that space, within that deep silence, I encounter my own individuality. Within that Space for Grace, I began to know who I was.

My experience with cancer

by Olga Ramirez

Who would have ever told me that such a tough experience would make me grow and come even closer to God???? Well, now that all is over I feel happy to share this experience with all of you with the purpose of helping those of you who may ever have to cope with this. When you feel full of energy and healthy and happy and you get this diagnosis, you simply can't believe that this may happen to you. But at some point you ask God's help and you do latihan and everything comes back into place and you find yourself where you belong.

- You realize you are nothing without God...your plans are not important because God has other plans and he leads you along the way.
A lesson of humility!!!!
- You really understand all the other people who are going through this and suffering like you and you share this experience.
A lesson of humanity!!!!
- You receive the love and care of your family, friends and your brothers and sisters in Subud and you feel how they nourish you.
A lesson of brotherhood!!!!

- You receive God's support with a greater closeness and intensity and His help along the way which gives you strength and hope.
A lesson of GOD ALMIGHTY's LOVE!!!!

Well, now that I am in the process of recovery I want to send you all my Love and thank you all.



My new look!!! After no hair at all, just a little hair makes you feel so happy!!!!

Subud Suriname

by Margo van Maris

During my holiday in Surinam I experienced Subud life there. The two groups have many members and the latihan is well attended. Both Subud houses are property of Subud, given to Subud by members. A lot of work has been done on both houses, and there are plans to build holiday facilities on one of the properties to earn money for Subud. It is a wonderful venue next to the river.

After latihan the group comes together and Patrick, the chair, always does announcements. When I was there he announced I would stay for a three week holiday and I would attend latihan as often as possible. He also announced one of the members brought melons from her garden for sale, half the price was a gift for Subud. And he reminded everyone of the world congress and suggested people would start saving already. Traveling from Surinam to Mexico is more expensive and takes more time than from The Netherlands! And they are both on the Caribbean Sea. The only daily flight from Paramaribo is to Amsterdam! Other flights are a few times a week to Curacao, Brazil and Miami. That's all!

The country of Suriname has most ties with The Netherlands. We speak the same language,



Dutch. And most Surinam families have relatives in our country. The family ties in Surinam are strong, every year millions of euros are sent from The Netherlands to relatives in Surinam. It is no different in Subud. Although Subud Surinam is part of zone seven with North America and the Caribbean, ties are strongest with us. We both make use of translated talks, books etc. And many Subud members in The Netherlands originate in Surinam.

And it was wonderful to experience this; it felt like a genuine family visit!

Susila Dharma Group Book

a SD initiative from Spain (by Olga Ramirez)



A beautiful blank book where SUBUD members could write down everything 'good' that they think or feel, that could be helpful in some way to others.

WHY: Sharing our experiences this with our brothers and sisters.

WHO: At first, the Susila Dharma person in the group, until SUBUD members get used to it and everyone does it when he/she feels to do so.

WHERE: Somewhere in the group where people normally stay or sit to share or talk, like a table or a couch, etc.

WHEN: At any time, maybe before or after latihan or on other special occasions such as salamatans.

HOW: Propose it to your group, and perhaps offer a SD appetizer to introduce it. Then buy a beautiful book and advertise it nicely in the group bulletin board.

Finally, we could share this together every now and then!

Subud in the world

by Regina Ruzhenkov-Rodenburg



I am touched by an article of Stefan Freedman about his experiences as a teacher in circle dancing (It appeared on Subud World News on October 8th and can be read [here](#)).

Stefan is sharing about something I am hoping for so much as a young Subud member: to be changed by the latihan in a way that a true talent comes up which is not only giving satisfaction for myself, but is really bringing something for the world. It is for me a beautiful example of how bringing Subud into the world could really be.

Latihan and Togetherness

by Sonya Ray

The French Congress was held in the heart of France near a small town called Egletons, in the Auvergne, at a lakeside holiday center. Howard and I flew from Edinburgh to Paris and we stayed with Ra'ouf, one of the KC's for France, at his friend's flat. The next day, Heloise Jackson who is French, but lives in England, and her husband Maxwell drove us the 6 hour journey to Egletons. Heloise is a newly appointed MSF Trustee, and it was good to talk during the drive, of the great work that MSF does, and the fact that while France has several MSF representatives working as a team Subud Britain has none as yet. This decided me - I would ask to test on my return home whether I should take on this role in SB.

It was good to arrive at last, and after a meal, to get together with other early arrivals for a latihan. More people arrived the following day and as we latihan together twice each day the close feeling of spiritual support became stronger and all embracing. The women wanted to test questions that were received from the inner during their time together, and this testing was hugely revealing and strengthening.

About 60 to 70 people attended, though the Jacksons, Howard and I were the only visitors from abroad. The program was relaxed, and the French members who are mostly very scattered geographically were able to socialise and catch up with old friends, and we visitors did too. Many people enjoyed walking around the beautiful lake, and others enjoyed swimming in it. France has a very active Susila Dharma wing, and gave an



impressive presentation of the work they support: Mithra in India; in DC Congo contributing to the fund to construct toilets at the Susila Dharma school of Inkisi, (there had been none since the school opened in the 1990's), among other projects there. In Argentina Subud France supports a program by the Tierraviva Civil Association this helps children growing up in prison with their mothers, through, art, education, play and contact with the outside world.

The SICA presentation included some impromptu fun with glove puppets, one of the puppeteers, Pierre, was Georges predecessor as President of Subud France. There was also some beautiful singing, by a young sister.

The feelings that I brought away with me were of the dedication, warmth, love and friendship of my French brothers and sisters, and the strength and support of the latihan and testing there.



Happy 99th birthday!

by Margo van Maris

Helmina Tellegen is our oldest
Subud member in Holland.
She will turn 99 on December 1st
and...
she still attends the group latihan
on Sunday afternoons in The Hague!



26th December-2nd Jan.

Subud Snowcamp
Wildhaus, Switzerland
alwina@leutholds.org



4th-9th April

Z4 Meeting
Austria
Zone4rep@gmail.com



25th-28th May

Dutch congress
Biezenmortel
cc@subud.nl

December

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April

May



8th-11th December

Spanish congress
Alicante
olgaramirez_1986@yahoo.es



31th May-3th June

Z3 Meeting
The Netherlands
cc@subud.nl

[More about upcoming Subud Events](#)

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