



The Subud Boston

newsletter

Newsletter of Subud Boston Inc.

January 1997 Volume 5 • Number 1 & 2

Editorial

We looked up at the thin sliver of the returning moon and felt a slight pang because this Ramadan we are not fasting. But we like to think that we can feel a solidarity with our brothers and sisters who are, and sense a certain joy in the air that feels like Ramadan.

As we mentioned in our last editorial, this year we have decided to devote ourselves to our own cultural heritage by observing the Christian religious calendar. Therefore we spent Advent in a state of quiet fasting that culminated in the rejoicing of Christmas. For the first time we felt we came closer to the purification of Mary before the birth of Jesus. The glory of the twelve days of Christmas followed by the Epiphany at last became more than just words in a Christmas Carol.

The food was good too and we thought we would share with our readers the following celebratory recipe which has been handed down (and sometimes dropped)

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World Congress Youth Program Gears Up

Cassidy Sterling

The youth program for the world congress is looking like so much fun that I am considering forging a birth certificate and going as a six year old. Melinda Pleshe has sent the newsletter a four page flyer detailing all the coming attractions. Unfortunately, it is too long to print the whole thing in the newsletter but it lists activities for children and young adults from infancy to the age of eighteen. There will be "a variety of experiences in art, crafts, sports, gymnastics, drama, music, and nature studies. Two Festivals in the Park with special crafts, music and dancing, as well as one "celebrating the Native American culture of the plateau region." Field trips to waterslides, an amusement park, and a rodeo, not to mention a "Cruise and Swim Day" at Lake Coeur d'Alene. For the older kids there will also be a day of river rafting.

In addition to the programs listed above, for the High School age group there will be intensive workshops available in areas such as photography, wilderness training, mask making, film making, creative writ-

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Chairperson's Corner

Lorena Kreda

Happy New Year Everyone!
It's great to be back! The week ending January 11th was the culmination (hopefully) of an extended period of work-related travel. I was home for the holidays, but with the craziness they entail and a bit of a cold thrown in, it wasn't too much of a break.

Last week, I read an article in the Washington Post that said New Year's resolution making was on the decline because so many people are concerned with self improvement all year long. This theory is borne out by the increasing size of the self-help section in most book stores. I think this is a very positive development, indicative of people who are willing to take more responsibility for themselves. Extensive introspection is also indicative of a strong economy which allows the time for the sort of work which is not directly productive in the sense of meeting a basic need. Of course self-improvement activities are extremely productive for our psyche and therefore indirectly help us be more productive outwardly, but it's not like stamping out widgets all day. The negative way of looking at the rise of the self-help industry is that it's a product of shrewd marketers capitalizing on the dysfunctions of a society that's in its biggest mess ever. The latter is probably true, but if the end result is that more

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Vol V • 1 & 2 / January 1997

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The Subud Boston Newsletter is published monthly by Subud Boston and sent free to all members of Subud Boston and its affiliated regional members.

The subscription rate for all other U.S. subscribers is \$18.00 a year. Foreign subscribers \$23.00 a year. Address all subscriptions, editorial mail, manuscripts, and letters-to-the-editor to:

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Big Turn Out for City Year Serve-a-thon

Dorothea Gillim

This article should have appeared in the last issue of the newsletter but we left it out by mistake. Our apologies to our readers and to Dorothea. —The Editor

The weather was on our side on Saturday, October 26 as 25 members and their friends and family gathered at Bristol House shelter for homeless families in Waltham. To join in the spirit of City Year, the volunteers loaned their talents and energies to help improve our designated site. Some members cleaned out the shelter's basement, hauling a whole truckload of furniture to the curbside dumpster. The rest of the group spent the day with paintbrush in hand, resealing the shelter's deck and fire escape. Besides improving the shelter's condition, the volunteers raised \$946 for City Year! Many thanks to all who participated, and especially Samuel Mattimore, Lorena Kreda, and Kenneth Henderson for organizing the event. Samuel is investigating possibilities to do more community service projects with the shelter, so stay tuned!

Bristol Lodge Revisited

Jillian Hensley

It felt good to return to Bristol Lodge. Our experience there in October, as one of the City Year teams, had been a highlight in Subud Boston's calendar. We certainly felt welcomed as we walked in the door, laden with all the fixings for a holiday celebration: turkeys, mashed potatoes, vegies, dessert, and a collection of musical instruments for the children.

"We" were Samuel, Kayla, and Janna, and their friends, Ed and Helene, as well as Kenneth, Lorena, and me. All of us had been somewhat apprehensive about feeling uncomfortable or awkward, and sensitive to not coming across as patronizing. For this reason,

we decided in advance that to avoid a "soup kitchen" atmosphere, we would create one of sharing by sitting down to the meal together with the guests at the Lodge.

Most of us also expected that children who had suddenly found themselves without a home would be withdrawn and unresponsive. Well, nothing could have been further from what we experienced. Within minutes of walking in the door, six of the younger children, the eldest of whom was eight, had commandeered Kayla and Janna and their musical instruments. In no time at all the strains of "Jingle Bells" and "Rudolph" emanated from the living room, enlivening the tasks of the rest of us who were busily engaged in the kitchen. The children were hungry for activities and for attention. As far as we could see, the six families all consisted of women and children; in any event, no resident men were around.

Consequently, it was a delight to see some of the mites comfortably ensconced on a sofa or in an armchair with one of the men of our group and listening attentively to a story.

Our visit was also a welcome respite for the mothers at the Lodge. One of them (she had recently been laid off from Honeywell) told us that it was a house rule that not more than one night a week could be spent "off campus," and they were expected to be with their children almost 100% of the time. As each family only has one room, it's no wonder they were delighted to have a breather in the form of some adult interaction!

The Lodge has a pleasant and "homey" atmosphere. It is run by a wonderful woman named Margot, who has the demeanor of a sergeant-major combined with an all-embracing heart. When Samuel asked her, at the end of our City Year stint, how we could continue to be of help, she said, "I've been praying for a fairy godmother, and you're it!" (or words to that effect—you'll just have to accept that incongruous title, Samuel! It's more acceptable than being "the Godfather" after all!) So when we left after the party, Margot presented us with a wish list of things that need

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Newsflash

THE JANUARY MEETING that was scheduled for January 26 has been changed to February 2 to commemorate the 50th anniversary of the official registration of Subud in Indonesia. The meeting will be held at Suzanne Repetto's house at 4:30

KENTON HENSLEY has resigned at Harvard and is going to work with his father and brother on the family business, Emseal

BRISTOL LODGE —continued from page 2

doing, such as installing outdoor lights, fixing burners on the stove, etc., and a work group will be going over shortly to take care of some of the chores.

But at the moment we were there for a celebration. To say that the meal was enjoyable is putting it mildly. We all had a ball! Everyone (including the providers of the feast) went back for seconds, and our guests couldn't have been more appreciative, not only of the food, but of the company and the conversation. As Samuel put it, "It was everything that I had hoped. When you talk about service, you don't think of fun—but it was. It didn't feel like charity, and we didn't feel like invaders. The interaction was seamless."

Yes, it felt good—and right—to return to Bristol Lodge. △

Christmas Party '96

Dorothea Gillim

Those who were dreaming of a white Christmas were not disappointed on the night of our annual Christmas party. The Hensley's home looked especially beautiful beneath the 8-10 inches of snow which fell that Saturday, December 7th. While the foul weather kept many party-goers away, a cozy crowd of about a dozen people roused the holiday spirit with good food, conversation, and company. Those who attended left with a special treat—a lightning snowstorm which caused flashes of an aqua velvet blue sky somewhere over the Mass Pike.

Many many thanks go out to our hosts, Jillian and Peter Hensley, who extended themselves, their kitchen, and bedecked home to the group. Thanks, too, to everyone who braved the weather and contributed to the evening. △

Nor'East Business Support Group

Mayer Kirkpatrick

I propose to interested persons to join me in the development of a regional Subud Business Workshop. The model for this Workshop started with a few people in Seattle more than 3 years ago. Currently, participants gather once a month for a three hour workshop. I understand that attendees look forward to each workshop. A potluck is a beloved part of the gathering.

The agenda for each month is determined by the participants. Anyone who is in a small business, or is planning to create one is welcome to attend. Each participant has the opportunity to be listened to and, if desired, receive some response. The challenges each person is facing in his or her enterprise is unique. After the circle is complete, the group selects 3 or 4 issues to be addressed in a brainstorming session. This is when the contributions from others add an exponential benefiting factor to the process.

Any regional group would fall under the guidance and affiliation of Subud Enterprise Services (SES). The North American Zone is known as SES North America. It is chaired by Hanafi Fraval (Littleton, CO Tel/Fax: (303)932-9192, e-Mail: rhf@usa.net). Membership is open to interested persons, and a newsletter was recently produced outlining the directions SES is taking around the world. An SES International meeting is scheduled for March in Mexico.

I would like to have our first meeting in January. Any interested persons are encouraged to contact me and/or Hanafi. Do participate and broaden your business acumen through shared experiences. A network of relationships, social and entrepreneurial, are bound to develop!

Contact me if you would like to receive the 'Notes for Forming a Subud Enterprise Workshop' provide by a founder of the Seattle group. Copies can be found on the bulletin board in Boston meeting place or I would be happy to send one to you. I look forward to hearing from you.

Mayer Kirkpatrick Tel: 413-684-0710 (days); Fax: 413-684-0790. △

Treasurer's Report

Kenneth Henderson—Treasurer

On Sunday September 29, a meeting was held at the church to discuss and decide just what it is that we are going to do regarding Latihan premises, both for the short term as well as the long haul, i.e. purchasing a Subud House.

The majority of the Boston group strongly agrees that the time has come to find premises more suitable to our overall needs. In the short term, we would like the space we are looking for to:

- be attractive and pleasant,
- be located in a safe quiet neighborhood,
- be accessible by public transportation,
- have two unobstructed and carpeted rooms of at least 1000 square feet each,
- provide access to a kitchen,
- provide free and easy parking,
- be available two nights a week and two Mondays a month as well as be available for occasional potluck suppers.

This is a tall order considering that at present our current budget affords us \$185, plus or minus, each month!

In order for us to obtain the facilities we need, it requires a serious commitment, both materially and spiritually, from the membership as a whole if we are to be successful.

At the present time, *(this was written in October)* we expect to receive \$400 monthly from pledges and \$1000 annually (\$65 monthly) from fund-raisers such as the yard sale. We spend \$100 monthly for rent at our current location, \$170 monthly for our pledge to Subud East Coast, \$70 monthly to publish and distribute our newsletter and \$40 monthly on miscellaneous expenses. This means that unless we find other sources of revenue, we have \$185 monthly available for rent.

In order to raise additional funds, there have been some suggestions, such as

- a subscription fee of \$12-15 for the newsletter which could raise up to \$600 extra a year
- for those who choose not to pledge, giving \$1 or \$2 dollars per Latihan that they attend would also raise another several hundred dollars.

We in the committee are here to serve the needs of the membership. In order to do so you, the members, need to communicate with us. And that's how it is! Δ

Pledges

Kenneth Henderson

As you know by now, Subud Boston is primarily supported by the pledges that the membership makes. This past September, forms were mailed to everyone in the group. Eighteen members responded out of a possible forty-seven, not exactly an overwhelming response! Nonetheless, these numbers correspond to previous pledge appeals.

The purpose of the pledge system is that it allows the organization to plan and pay for things such as Latihan facilities, monthly contribution to the greater Subud organization, the newsletter, the housing fund and special occasions.

Let me stress that the act of participation is certainly as important as the amount given. Also, we don't want people to make pledges that they can't honor later. Therefore, when considering a pledge, be realistic about how much you will be able to contribute and then be prepared to honor it. Δ

Quarterly Meeting Feb. 2nd!

Dorothea Gillim

At the Helper-Committee meeting last Monday, January 6th, it was decided to move the quarterly meeting date from January 26th to the following Sunday, February 2 to coincide with the 50th anniversary the official registration of Subud in Indonesia. I have since checked with Suzanne, and she has graciously agreed to host the event. We may want to enact the phone tree when the time comes. Perhaps we can take a few minutes to hone the itinerary at our next meeting coming up this Sunday at 5:30. Start thinking about fun and meaningful ways to mark the occasion. See you Sunday!

Letters

Rachmaniyah Bowden sent this letter to me and I thought I should share it with the rest of the group to whom Rachmaniyah is dear —Cassidy

Dear Brother,
Christmas is a good occasion to get in touch!—I would like to congratulate you on the Boston Newsletter, which has arrived several times in the month in which it was due! I read it always with great interest, as I long to get news of my brothers and sisters with whom I have spent such nice occasions. I don't quite know when my subscription is due and hope you will let me know.

As you probably know, Sharif and Tuti have been to Indonesia and are now back in London, looking for a house and working hard on a lot of things. They suffer from the same world-wide disease as I do, that there never is enough time for all that we feel we ought to do. I myself should be getting on with my book—which the publishers want me to finish by next year—and I think I will have to go into hibernation, so that nothing else can reach me from the outside world. But what about the household? etc. etc.

I wish you—and all brothers and sisters—a merry, peaceful family Christmas and a blessed, successful New Year, in which we can all get together at the World Congress, as a huge family—that we are—and let the latihan be convincing, and spread all over the world!

Your loving sister,
Rachmaniyah

Here are some excerpts from another letter from Rachmaniyah

I have had a few conversations with Sharif and Tuti since they got back to Lewes, they very kindly offer me a room with a computer so that I can write, etc. Well, I might be able to go to them for the first week of Ramadhan, so that I can be there on Sharif's birthday. When you are with the group again, please tell them to make allowance for Sharif and Tuti's silence—they have both of them taken on a huge job, with translating and editing Bapak's talks. They do this together mostly working till late at night. They have a dead-line by which they have to be ready for publishing.. Any doubts they check with Ibu Rahayu. At the same time Sharif has a new job in England.. so you see some kind of "hibernation" on their part is justified.

Just to give you a little taste of our local Subud news: We had a lovely Subud gathering yesterday, Saturday. It all began by a very poor National Congress last month, for which no notifications were sent out—as no one seemed to have time for that. At our insistence a compensating gathering was planned and unknown to me a new willing member was given

the job of sending out the invitations. The other extreme happened: notifications were sent out to all members on the original group-list and even the dead members have received an invitation this time! Some long-absent members appeared. I arranged a sale for our Center-fund for the same day and we also had a selamatan. It turned out to be a big gathering for Lisbon. The ladies latihan was 26 strong. Sales were very good. Muchtar gave us a talk on the Subud world and the coming World Congress.

Rachmaniyah's e-mail address is: ilona@hovione.pt

Garrett Thomson Writes:

We have just had a wonderfully beautiful baby daughter, Verena. She was born on early in the morning of December 28th. Verena was born with lots of black hair and was 19 inches long.

Helena was in labour for 30 hours and was too exhausted to continue pushing. We went to the hospital at 2.00 am which is only across the road—literally—and there it went more smoothly. Helena is resting now and she is well.

It is just gorgeous to be with them.

gthomson@ACS.WOOSTER.EDU (Garret Thomson)

Latham Stack Extends Vermont Ski Invitation!

This is just a quick note, as I'm running out the door. Please put a blurb in the next Boston Newsletter, to the effect that after Ramadan I'm offering a place to stay for anyone looking for a ski weekend in Vermont.

Take care,
Latham

Latham can be reached via e-mail at:
Latham.J.Stack@Dartmouth.edu

CHAIRPERSON'S CORNER—continued from page 1

people are finding more truths for themselves than at least something good has come of it.

For the past several years, I have fallen into that category of people too involved in attempted self-improvement throughout the year to pick one thing to strive for beginning January 1. This year felt different for some reason, and while I'm still doing the ongoing introspection, I've decided to take the occasion of the New Year to set some goals for the next 365 days. The first thing I want to do is see more movies—why not make resolutions that involve having more fun? I also want to be better about staying in touch with friends and family, something I've been fairly awful at. Maybe all that self-improvement stuff has made me too self-absorbed. Soon we'll start hearing people make resolutions to stop being so hard on themselves!

My last big resolution is to re-double my efforts as Chairperson of Subud Boston. This is a great time to reflect on how far we've come as a group and what we'd like to see happen in the future. We have a terrific committee assembled (Viviana, Kenneth, Dorothea, and Cassidy) with a year and 5 months left in our term. In many ways, we've only just begun!

My primary concern for the immediate future is going to be housing and ensuring that we obtain a more functional latihan space. I am also going to concentrate on being a better delegator. I hope to see us continue our involvement with the Bristol Family Lodge and/or begin to reach out to the community in other ways. I'm also looking forward to the upcoming pot-luck/quarterly meeting on February second (especially since I missed the Christmas party, though I guess snow kept many people at home). All the more reason to come to this meeting.

Serving on the committee has been extremely rewarding. I have continuously received more out of the task than I've put in to it. Recently I haven't put in so much (because I've been away), and I feel an emptiness because of that. Now that I'm back, I will embrace the position of Chairperson once again. I've really missed everyone, and I look forward to being together again. △

KIDS AT CONGRESS —continued from page 1

ing, and modern dance. Each of these will meet for six afternoons during the congress. These workshops are an opportunity for youth to explore their talents and interests in depth with professionals in different fields.

It sounds like a great program and, if the last world congress is anything to go by, the kids may have one of the most exciting and profound experiences of their lives. If you are an adult and feeling somewhat envious there is still a need for counselors, workshop presenters and teachers. You can get information in the advertisement below. △

Help Wanted for the World Congress Youth Program

Counselors for the Elementary and Middle School Program:

Counselors are needed to work every morning of the Congress from 8:00 A.M. to 1:00 P.M. (except one free day) and all day (8:00 A.M.–6:00 P.M.) during four field trip days. Some counselors are also needed for five evening activities. Previous experience with children as a counselor or teacher is necessary. This is a paid position at the Congress: \$6:00/hour. Send your resume or a description of your work with children.

Leaders for High School Intensive Workshops:

Fifteen leaders are needed for these workshops, which will be held six afternoons of the Congress 2:30 P.M. – 6:00 P.M. for groups of approximately ten high school students. Registration is paid for these intensive workshop leaders. Send your workshop description and resume.

Share your Interests with Kids!

Please donate four hours of your time at the Congress to share your interests in art, music, story-telling, games, whatever! Class size would be around 25 children ages 6–10 or 11–12, and you would be assisted by adults and counselors. Send a description of your activity.

Youth Lounges:

There are lots of adults who like to “hang out” at Congresses, please do this for a few hours at our Youth Lounges so the kids are supervised. A sign-up list for this important volunteer job will be at the registration area.

For more information on the youth program or to apply for a counselor or intensive workshop leader position, contact:

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Excerpts from the Pewarta

Stuart Cooke

Beginning in 1960, the primary source of published explanations about Subud was the journal or magazine called the Pewarta Kejiwaan of Subud. The Pewarta was edited by the secretariat of the International Subud Spiritual Centre in Indonesia. It contained excerpts of Bapak's letters to members, reports of Bapak's travels to different centers, Bapak's talks to members, and the experiences of several Subud members. The Pewarta also published two original pieces of writing by Bapak, *An Introduction to Subud for New Members* and a fable entitled, *The Light of the Inner Self or The Merchant and Society*.

Since the Pewarta is no longer published and the early issues contain answers to many common member questions, the committee thought it would be good if excerpts from these early Pewarta's were republished. Therefore, along with the talk by Bapak in the Subud Boston Newsletter Supplement, you will find each month one or two of these excerpts. Bare in mind, however, that some of the translations are primitive as there weren't many people available at that time who knew both Indonesian and English well.*

Subud Boston has in its library a number of the old Pewartas as well as books about Subud. Other Books, tapes, and video tapes are also available. If you are interested in seeing any of this material ask Dorothea or another member of the committee.

**The Subud Boston Newsletter Supplement goes out to members of Subud Boston with their newsletter. If any of our out-of-town subscribers would like to receive it, the cost is \$10 in addition to the subscription price for The Subud Boston Newsletter.* △

EDITORIAL —continued from page 1

through the years. It originated, as far as we can determine, with one Mrs. Gerald "Mickey" Sandridge of the Bethel Presbyterian Church in Olive Branch, Mississippi but has developed in subtlety as it was passed on surreptitiously from one cook to another following ancient trading routes. Here it is:

Tuti Horthy's Best Ever Rum Cake

good quality rum	Baking powder
1 c. butter	1 tsp. soda
1 tsp. sugar	lemon juice
2 large eggs	brown sugar
1 c. dried fruit	nuts

Before you start, it is important to check the quality of the rum. Now, go ahead, select a large mixing bowl, measuring cups, etc. Check the rum again, it must be just right. Now, with electric mixer, beat one cup of butter in large, fluffy bowl. To be sure the rum is of the highest quality, pour one level cup of rum into a glass and drink it as fast as you can. Good isn't it? Repeat. Add one seaspoon of thugar and beat again. Add 2 argeLeggs, 2 pucs fried druit, and beat until high. Meanwhile, make sure rum is of highest quadidy. If fruit gets duck in beaters, bry it joose with a drewcriver. Sample the rum again, checking for highest conscisticity. Next, sift 3 cups pepper or salt (it really does not matter which). Sample rum again. Sift 1/2 pt. lemon juice. Add 1 Babblespood brown thugar (or whatever color you can find). Wix mell. Grease oven and turn cake pan to 350 gredees. Now, pour the mhole wess into the boven and ake. Check the rum again and go to bed.

Hoping that this recipe will warn you of the dangers of dissipation inspire increased diligence in your fast, we wish you all the blessings of Ramadan and a Happy New Year. △

Quotes of Note

Brothers and sisters, as Bapak says, this latihan kejiwaan, or this Subud is not a religion but it is a receiving. And actually what we receive in the latihan kejiwaan comes from an atmosphere that is free from the influence of the heart and mind, and this atmosphere we can feel as a state which is beyond the ability of man to receive.

The cleansing that you are experiencing in the latihan is going as fast as it possibly can. There is nothing you can do to speed this up, no effort you can make can effect this cleansing. Your own effort is such that as you take a step to correct this, you are already making another new mistake. You can never advance if you are trying to clean out these mistakes yourself.

Bapak M. S. Sumohadiwidjojo

Birthdays

January

- 17** Sharif Horthy
- 3** Alifah Kirkpatrick
- 2** Neil Pundit
- 11** Hermia Salisbury
- 20** Mitchell Ziegler
- 21** Penelope Sullivan
- 21** Johannes Somerfeld

February

- 4** Cassidy Sterling
- 12** Amalia Natanson
- 20** Lorena Kreda
- 26** Louise Anderson
- 26** Vernon Contessa
- 28** Jacqueline Tierney

Dates to Remember

Anne Gottlieb is performing in "The Forest" by A. Ostrovsky at The New Broadway Theatre in Somerville throughout January. Exact info posted on the Bulletin Board at St. Andrew's.

January 19 Helper/Committee Meeting

February 2 Quarterly Meeting, Suzanne Repetto's house, 4:30

February 3 Helper/Committee Meeting

February 16 Helper/Committee Meeting

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