



The Subud Boston Newsletter

Patience, Sincerity, Submission and Courage

May/June 2000 • Volume 7/Number 5

Editorial

The word "nafsu" belongs to the lexicon of Indonesian words we use in Subud. Generally, I think this word means the "lower forces," including the emotions of the heart and rationalizations of the mind, that we must manage so that they become tools for our use, not masters of our actions. And one way to manage these nafsu is to do the latihan. The beautiful and amazing thing about the latihan is that it works without (and despite) our conscious endeavor. The act of trying to be a more pure person or trying to be less controlled by the nafsu is ironically the work of the nafsu themselves, that is, attempting to affect inner change through an act of will. This is the mind controlling us rather than serving us.

For comparison, consider a brilliant work of art or musical performance. Outstanding artistic expressions such as these are never the result of a person's deliberate intent to be brilliant. Art that moves the observer does so through a sub-conscious communication perceived by the senses, not through a conscious intent perceived by the mind. And

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The following article is the second portion of the transcript from an afternoon session conducted on July 13, 1999 at the Rocky Gap Congress where members of Bapak's family spoke about their experiences growing up with Bapak. This newsletter issue contains words spoken by Ibu Yati, Bapak's younger daughter. In the next issue, Tuti Horthy, Bapak's granddaughter, and Sharif Horthy, Bapak's long-time translator, share their stories. Thanks to Stuart Cooke for recording this session and assisting with the transcription.

Experiences with Bapak

With Ibu Yati

I don't quite know what to say. But the sense is just that of children. I am just one of the family, Bapak's family, which seems like a stone rolling, just rolling. I never tried to think too much, "What should I do?" It's possible that the spiritual process began before I knew anything. I grew up, as you all do, in the ordinary way. I went to school. Bapak took me to school.

Even after I was [an older] student, Bapak would often be in the same car and then my friends would look at me. [They would say], "Oh, you are so spoiled!" Even Ibu [would be in the car], Ibu, Bapak and maybe my sister – I don't remember – the car used to be quite full. I was happy. We were a happy family. Everybody cared for each other.

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PT S Widjojo concludes an out of court settlement with Bank Artha Graha

Press Release by Sharif Horthy

May 10, 2000—S Widjojo Centre—Jakarta— The two year long court dispute between PT S Widjojo and Bank Artha Graha has been resolved amicably. All claims by Bank Artha Graha, in total about \$10 million for loan principal and unpaid interest, have been settled for a one-time cash payment of \$ 4.3 million.

PTSW had received the \$ 6.5 million loan from Bank Artha Graha in early 1997 to finance the acquisition of 2,600 m2 of land adjacent to the site of the S Widjojo Centre in Jakarta. The Indonesian financial and political crisis, which started in the second half of 1997, caused sinking revenues for PTSW and led to a sharp increase in interest rates. Early 1998 PTSW was forced to default on interest payments and the bank called the loan. The settlement means that all of the bank's claims have been settled, that the acquired site is retained by PTSW, that the mortgage held by the bank has been returned, and that the court has closed the case.

The settlement was made possible by a bridging loan from Amal Development Corporation Ltd, a company formed by a small group of Subud members. Following the necessary approvals by PTSW shareholders, including an approval to restructure the company, the loan will be converted into shares and a convertible debenture, two-thirds of which will be offered as shares in PTSW to existing shareholders and new investors at essentially the same price as paid by Amal. The Boards of PTSW will soon present detailed information to shareholders about the transaction

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Note: large portions of the following article were removed due to space constraints. If you would like to see the original text, please contact the editor.

Fundacion Educativa Amor News

April 4,2000 - FUNDACION EDUCATIVA AMOR: AMANECER - ARMENIA

The new Fundacion Educativa Amor headquarters at Fundación Amanecer - Armenia, opened its doors on February 14th 2000.

At the moment, Fundacion Educativa Amor in Amanecer has 150 students and we expect to complete the 275 inscriptions for the year 2001. The reception of this educational project has been very good in the surrounding communities. This happens not only because of the tranquillity felt in Amanecer and its green open areas, but also because of the interest shown in the serious and honest educational service offered by the Fundacion Educativa Amor which follows the same concept used in Soacha-Bogotá. See below for Press Articles.

FUNDACION EDUCATIVA AMOR: SOACHA - BOGOTA FORMAL EDUCATION PROJECT

During 1999 important changes took place at curricular level which helped to consolidate the educational model developed by FEAmor. The growing impact of this model was felt throughout the year at governmental and institutional levels.

The integration of 70 students from the displaced population was a very interesting challenge and a growing and learning opportunity for everyone at the Foundation.

A total of 470 children and youngsters attended classes during 1999 and we had 34 graduations. The community programs gave an opportunity to the young men and women, students at FEAmor to share its philosophy through their work with the elderly, ICDP, teaching to read and write to adults and tutoring younger students after classes.

Through an agreement with the Higher Education Institution ESATEC, 10 annual University scholarships will be provided for our best academic students, to enable them to complete their formal education after leaving the Foundation.

On November 2nd 1999, the 11th graders presented their thesis - the design of an enterprise - at EXPOAMOR, a fair organised by FEAmor. The Nation's First Lady visited the fair as well as the Minister of Education and the UNICEF Director for Latin America,

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In Local News ...

Subud Boston continues to be blessed with new members. **Milton Reilly** of Arlington, MA, was opened on June 4. **Merry Kay Cormier** from Lunenburg, MA was opened May 28, and most recently, **Liz Callanan** who just moved to Wellesley was opened July 5. Welcome Milton, Merry Kay, and Liz!

On April 15th, **Michal Brownell** hosted a delightful dinner party at which **Pierce Butler** read from his recent, highly acclaimed novel, *A Riddle of Stars*. Many attended and enjoyed the reading as well as the opportunity to get to know each other and socialize in a more relaxed manner.

Then about a month later on May 20th, 50 Subud members from all around New England descended on Westborough for our **5th Annual Spring Gathering**. No formal agenda was planned so folks had a day to renew friendships, enjoy good food and, of course, do plenty of latihan! Afterwards it was on to the **Hensleys'** who once again graciously invited the "hangers-on" to their home to continue the festivities.

Almost exactly a month after that a smaller group reconvened at the **Henleys'** June 24th for a pot-luck lunch in honor of **Bapak's birthday**. It was a glorious, warm summer day — we did latihan, enjoyed a delicious meal, then sat together listening to Bapak's talk on forgiveness. It may have been the heat or perhaps the usual extraordinarily calming affect of Bapak's talks, but afterwards everyone felt quite like they'd had a nice nap. Some literally did! It was a lovely afternoon.

Coming up on Aug. 12-13 (19-20 if it rains) is the **annual yard sale** so please start cleaning out your closets and basements! This year **Suzanne** would like to make it more of a "kejiwaan" event so there will be opportunities to do latihan and read from Bapak's talks in addition to the material work of the yard sale itself. Please plan to join us for at least part of the weekend - it's always a lot of fun and this year promises to be even more special.

JakArt 2001

Subud Boston Newsletter received this announcement from Robiyan Easty back in February. We regret its untimely publication.

JakArt@ 2001 is a not-for-profit festival-type event. Inspired by YM Bapak's centenary it will also celebrate the birthday of Jakarta. Its broad *raison d'être* is to benefit the people of Jakarta, to whom it will flow and the participants, from whom it will come. Although it springs from the vision of a Subud member, it is an inclusive project, involving, as it already does, many nationalities, Subud members and those not in Subud, organisers, intellectuals, artists and more. By June 2001 this list will be much longer.

Jakarta in June 2001 will be transformed. The festival will take over most, if not all, the good venues in the city for a few weeks. Apart from concert halls and theatres, it will involve university facilities, empty plots of land, mosques, churches, street corners, cafes, a bus that opens into a stage... and more. The local community will be involved to the maximum extent possible, by taking the festival to them and creating competitive and hands-on events. We want to put those in the same field together to the benefit of all, for example, Wayang puppeteers with puppeteers from abroad. Indonesian culture is incredibly rich, with different languages in an archipelago of over 200 million people on different islands. What we do in Jakarta, the capital, has the potential to affect the whole of Indonesia and beyond.

JakArt@ 2001 is very ambitious, but those Jakarta residents who have been approached think it is doable. It is fitting that we should extend ourselves for our beloved Bapak, for Almighty God, who sought us out and asks us to test ourselves regarding what we can do with the latihan, and not least, for our own development. Also, to get enough exposure to bring it to the attention of every Jakarta resident it must be big. We do not know if every possible element will be part of the final tapestry, but if we limit ourselves at the outset we close the doors to guidance and to the possibility of making this a unique event with a lasting impact.

What it is all about

JakArt@ 2001 will be celebration of human culture. It is not just about the arts. It is using the SICA structure to encompass the whole range of cultural activity. Thus we are working on having intercultural and interfaith activities, international cuisine, health, ecology, etc., dependent on recruiting project leaders with the requisite skills and knowledge to handle these areas.

The separate elements will relate together in new and innovative ways. For example, you might ask how social programs fit in here. Well, our hope that the festival will reflect the internationality of Subud. It could be, for example, that children in Colombia get together a performance, an exhibition of handicrafts, or such, linked to a symposium whereby their carers get together with others doing similar work to discuss common ideas, problems and initiatives. Maybe an

international organisation such as UNICEF would support this. Maybe airlines would give tickets. The possibilities are there.

A major focus of this event will be education. With no arts curriculum in the schools and almost no government funding for the arts in general, the majority of Indonesians have long had little exposure to the major streams of ideas and creativity. Education is therefore a theme which will run through the whole festival, not only in areas such as design and ecology, but also in music, dance, theatre and film, etc. Many of the performers will also give masterclasses, conduct workshops or run seminars. This will meet a great need in Jakarta and has the potential to stimulate lasting changes in the cultural life and awareness of the city. This is recognised by the cultural community in Jakarta to the extent that every prominent person who has been contacted so far has been enthusiastic.

The funding will come from sources such as sponsors, foundations and embassies. Some sponsorship may come from within Subud, but the bulk of the funding will come from outside. The educational aspect is a major factor in our approach to potential sources.

JakArt@ 2001 is an outcome of a resolution passed by the Spokane congress and of the activities of Mikhail David and his wife Ary Sutedja in Jakarta (see next issue). It is also a natural development of our big Subud events. During the Sydney congress there were some activities in public venues. In Spokane there was the wonderful concert involving the Spokane Symphony Orchestra, the art exhibition, Antoine Predock's presentation, and some other events. This project goes much further. It is essentially for the general public, something encouraged by both Ibu Rahayu and Sharif, and has involved people not in Subud from the outset.

In fact we can't say that this is a Subud festival. Can we even know what that is? It would be arrogant to assume that only we in Subud have the possibility of true inspiration from God in our offerings. Because the latihan is spontaneous and dynamic we cannot know when it will manifest. For example, we could not judge in advance that Viviana's speech in Sydney would touch people so profoundly and neither could she herself. We hope and pray that many of the contributions will have inner content that can touch people and remind them of the Power of God, but we cannot plan this. What we can do is to make the opportunities for people to perform, lecture, etc., and so create the possibility for inspiration to come and touch large numbers of people. Not least, we would like people to have fun as this is a birthday celebration. We hope all involved will enjoy themselves. We certainly intend to ourselves.

Participation

The festival will be divided into three sections:

1. Core events involving internationally known and respected names.
2. High quality offerings which may or may not be by known names, but which are adjudged to enhance the festival.

Ibu Yati - Continued from page 1

As Ibu Rahayu said, Bapak pushed me to study. I enjoyed studying. I liked to learn and learn. To me learning is fun. I liked it. I had lots of activities. I liked sports and art. I did a lot of things at school. And I didn't ask whether Bapak liked it or not. Ibu is different. Ibu is the mother; she would get excited, "Oh, did you see that? I like it!" One time she went to my performance, so everybody in the house had a ticket!

I think I was just an ordinary girl, but I always felt that I was different. I had something to carry out. I don't know what, but something, and I had a special bapak, a special father whom I respect and admire. I never complained of having this bapak, you know, I'm always proud of having this bapak, this father. Maybe, sometimes I was rather weird at school, but I didn't care. There were comments among my friends, but I didn't really care. I always had a certain confidence in my heart where, I don't know, there was some guidance that, "Oh yes, it's alright for you to do this, but not that." It's like something — it's inside that happens. [When I was] an adult and had my own children, I always feel grateful for whatever I've got and maybe because I have this gratitude that I feel mostly in peace within myself.

Of course I have problems. I have things to think about or to solve, but I have confidence that God is here, with me. And maybe, as Ibu Rahayu said, Bapak didn't give us special training. It's true. Because many, many times I had questions and I would say them to Bapak and Bapak never answered [laughter]. He just let me be. It was many times like this and Bapak didn't answer. He just [said] "Ah", like that, [laughter] until I got it myself. "Oh thank God," [I would say.] Every time. Maybe this is a kind of training, natural training? or whatever. I never complained about it. Maybe that was the situation. I didn't know whether I was a good girl, a bad girl or what, but that's how I was. I had been accepting. I was ready to accept what Bapak said. I don't know why. Maybe it has been like that since I was very small.

One time, when I was still a student, Bapak was overseas. I read an announcement that anyone who would like to get a scholarship please register or something. And without talking to anyone I did it. I didn't consult my sister or whom-ever; I just did it for fun; I just tried. I passed through certain exams, tests, and everything, and then I got it! I was so surprised! I got it! "What happens now? [I said to myself] What should I do? Bapak is away." There was no way to call, so I cabled to him in India.

"Bapak, I got this scholarship to the states." And then I got his answer, "Not this time." [laughter] "I'll send you later," he said, "Not now." [more laughter]. So I went to the American Embassy. It was so hard for me to find a reason why I couldn't go. I just said some reason. So later on, I said to myself, "Oh dear, she just refuses like that, after all the tests and everything? But, never mind, never mind." Sometimes I don't understand myself. I always followed Bapak. Just accepting. So to be honest, Bapak is very, very disciplined. He

never said, "You must not do that." But we, we tried very hard to be good children. That again, I don't know why... it's nice to be a Subud member! [laughter] Of course, I did the latihan. All through the latihan, I'm always in a state of peace and I have strength. And it's not only you who have problems — I have problems, lots of problems — small and big, just like everybody.

With Bapak, with Bapak among his children, there was a feeling of caring. We always feel that there was lots of care from Bapak, even though there was a distance. Bapak loves us, loves his children, like any children who come to his house would be attended with love and talked with, small children, all the children. And later on, when I had my own children Bapak also loved them. And I think my children were also like me with Bapak. They love Bapak. They admire Bapak. But they also have respect, and scared maybe, but they come to Bapak's house some weekends. We'd sing to him even if they sang badly [laughter]. It is true that Bapak always wanted us to learn, to have wide knowledge, to have sufficient provision to live. And maybe because I was used to be in such a way that I also showed my children how they should be good children — that they should study hard, work, not to be lazy. Bapak doesn't like lazy people. Everything should have a good *nyat*, a good intention [purposeful].

So about my personal relationship with Bapak. It's just like all Bapak's children, we have this certain distance — we love him, we love Bapak — but we have a certain distance.

One time, a long time ago, before Bapak passed away, I remember almost every year Bapak would go overseas and I was alone. Bapak would always say, "You stay. You take care of the house. You be nice to the girls." Like I said before, I just accepted. "Yes Bapak. I'll do it." But one time, sometimes you need a close feeling to your father and, there's a small thing; it's within yourself; and I was quiet in myself — and Bapak was there. So that experience went on and on [each time Bapak went away]. I got used to it. So it's a grace of God that after Bapak passed away, I always feel that closeness as soon as I quiet myself, I feel Bapak is there. And Ibu Rahayu is right that Bapak is responsible for our spiritual life. And hopefully, God willing, it will continue. And I hope that you have the same feeling and feel the closeness of Bapak even if he is already passed away. Until now, in the latihan we feel his presence. So this is all I can say.

On Depression

The following letter is from Siti Rahaju to a member regarding depression. It can be found in a booklet published by SPI called "Subud and Human Welfare."

Indeed your feeling of depression comes from the time when you were a child. Indeed in childhood until maturity if something happens in a family or at school which shocks the

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Many times I had questions ...
and Bapak never answered. He
just let me be ... until
I got it myself

Editorial - Continued from page 1

one's definition of art need not be limited to the ordinary visual and performance media, but should be broadly interpreted to include any work emanating from the inner spirit. In any art form, the heart and mind take second stage.

As human beings, we are each a work of art, and all of us are works in progress. Personally, both figuratively and literally, I've felt much like a blocked writer who's trying too hard to create something beautiful with words. The literal manifestation is the difficulty I've had writing this particular editorial, having been dogged by numerous false starts and an entire throw-away draft. I was "trying" – not necessarily "too hard" even – but trying none-the-less to write something profound and interesting and I found that even trying a little bit in this way is completely counterproductive.

Figuratively, for several years now, I've been trying very hard to affect progress on my inner self – the novel of my soul, if you will. Recently, the idea that this effort is also completely counterproductive is beginning to crystalize for me. One can't endeavor to write an inspired article and one can't *endeavor* to be their true self.

Like so many people, I've become quite comfortable with letting my mind dictate and rationalize my actions. The mind dominates western philosophy as well as the recent economic affluence in the U.S. Prosperity in the U.S. is predicated on the disproportionate amount of mental energy we put into technological advancement, particularly electronics, computers and genetics. And to a large degree, this technology and affluence frame and define our society. Furthermore, our future prosperity most certainly depends on expanding this technology. My fear is that our present economy, with its dollar-based measures of success, will bankrupt both our outer and inner world's natural resources to the extent that long term sustainability becomes impossible. But I digress toward a whole new editorial – my point is that we're immersed in a murky soup of mental energy and this situation is particularly well-suited to self-perpetuation. Wrenching oneself out of the mind-based paradigm is particularly challenging in this mind-oriented society.

Ironically, as all-powerful as the mind thinks it is, it is incapable of turning itself off. This can only be done by the action of a higher power. And there could be as many perceptions of what this higher power is as there are individuals, but for me it is the element of universal creative energy that manifests through the human spirit or soul. It is this human spirit awakened, nurtured, and energized through the latihan that is strong enough to quiet the mind (and in general, the nafsu) and to transform the mind from master into servant.

The original idea or question I had that gave rise to this column was, "Why does it seem like the less attached to material things I become, the more boring I get?" I noticed that part of what made my friends fun to be with were qualities such as finding pleasure in spending money, a playful concern for appearances, or a recreational enjoyment of alcohol or even certain drugs, to name a few. These qualities punctuate their personalities giving them uniqueness and character. I saw myself turning into this uniformly peaceful, unattached, uncolorful, unperturbable and unexcitable person – in a word: boring. Vices and personality quirks, while linked with the nafsu and supposedly best overcome, are lively sources of mutually

fun times spent with friends and removing these traits would render time spent together flatter, less enjoyable.

On the one hand, this is still a dilemma for me, but on the other hand, the fact that I haven't figured it out is precisely my point. To ask oneself from the head, "Am I having fun yet?" is to sabotage the whole fun-having experience. To rank yourself and friends on an imaginary scale of nafsu-dependence is entirely inappropriate. To let go of mental assessments that validate or invalidate a given experience is to be more in the moment and therefore enjoy the moment no matter what it is (of course, I'm referring to experiences generally considered fun, not tragic experiences of loss, for example).

My conclusion therefore is to paradoxically try not to try, to think less about thinking, and to call on my inner guidance through the latihan to affect that change because I know I can't do it on my own. The less we act the way we think we should, the more we become a reflection of our inner nature and the more fun we are to be around. We become free to be truly present in each moment. One only needs to watch children play, unencumbered by the tendrils of the mind, to see how much fun it is to live from the inner and laugh with complete abandon. As adults we need our mind to be a tool to help carry out our inner purpose, but the mind is useless as the primary means to determine what that purpose is.

FEAmor - Continued from page 2

amongst other distinguished guests.

We finished the year richer and with the experience that allows us to project to the new century, a work that must be done as a team, especially with those that have clarity about the principles and philosophy of "Amor". We are also certain that this educational model will be projected to other places of Colombia and the world.

There are distinct projects underway at FEAmor. These are: Psychosocial Adaptation Project, Integral Prevention Project, Enterprise Project, PPP - Plan Padrinos Program. These multi-disciplinary projects serve to integrate students, parents and the community in various efforts that are improving the quality of life for everyone involved.

PRESS ARTICLE: NEW EDUCATIONAL CENTRE IN QUINDIO (FROM 'LA TARDE', MONDAY

21 FEBRUARY 2000) From LUZ ELIDA MOLINA M Editor, La TardeFundacion Educativa Amor will implement innovative teaching methodologies for students in the department of Quindio. The students of Quindio, with effect from last Saturday, will be able to call on a new learning centre, promoted by the SUBUD organisation, that will carry out an innovative educational model.

As expressed by the director, Monica Amanda Ramirez, the Fundacion Educativa Amor is bringing a new educational plan to the area in which special emphasis will be placed on enterprise, health promotion and integral prevention, through the humanising work of education. Of fundamental importance in this new centre will be both inner and outer development, and special attention will be given to the integrated management of each student, in which process the mothers and fathers of the families will be directly involved. The proposals for youth leadership and integration will enable the

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JakArt - Continued from page 3

3. A third category of events, similar to the Edinburgh Fringe, which will not be part of the main festival. Our role here will be limited to helping it spring to life and acting as facilitators.

We envisage Indonesian and international events in about 50:50 proportion, but this is flexible.

We would like you to participate

Do you have organising skills for large events?

Do you have fund-raising skills?

Do you have a talent that could be show-cased?

Do you have a proposal for an exciting, innovative or just plain entertaining event?

If you know any talented people who might be interested in participating, Subud members and others, please pass this info on to them.

So far the number of people not in Subud who have committed to participating exceeds those from Subud. We very much hope there will be a large Subud content. If you want to do something contact us soon. The organisational process is complex, so if you follow the Subud pattern of leaving it to the last minute it may not be possible to consider your proposal or to help with fund-raising.

How it is being organised

The lead body in this project is the yayasan (foundation) ProSeni, founded by Mikhail David and his wife Ary Sutedja, together with Debra Yatim and Insiah Effendi, to foster the arts in Indonesia. The main Board (trustees) and Advisory Board consist of prominent members of Jakarta's cultural community.

The organization of SICA with its seven elements provides the underlying structure.

For advisory purposes the seven elements have been consolidated into three groups. The first is visual arts, architecture, design, music, dance, literature, cinema, TV and theatre. The second is interfaith and intercultural. The third is human values and development, health and family care, education and training. Each of these activity groups will have a group of ten advisors who will be prominent members of Jakarta's business, legal and intellectual community, in positions of influence. A senior advisor will head each of these groups. A separate but interacting group of Subud advisors is in the process of being formed.

For coordination purposes, the seven elements have been differentiated into distinct activities. For each one a Jakarta resident prominent in this field will help us with event planning and organisation.

In this way we will get a big proportion of Jakarta's influential people actively behind this event. The process has advanced from selection to invitation and the initial responses are very encouraging; it will be completed when everything is back to normal after Ramadhan.

The organising team will be in a process of formation for some months as the pace picks up and new skills need to be plugged in. The core team is currently Mikhail and Ary David, Raymond Lee, Sharon Eng, Debra Yatim, Hannah Baerveldt

and Robiyan Easty.

Please contact us if you wish to be put on our emailing list.

The address is: Jakart@2001fest.net

Subud Boston Newsletter received this update from Robiyan on June 29, 2000.

Here is yet more news on the JakArt@ 2001 big cultural event. Things are really humming now, with many embassies wanting to support this first ever such event in Jakarta (see Paloma's piece on the SICA website) and many of the top cultural people there either working as program creators/co-ordinators or signed up to contribute in some way.

Below is a short piece I received from Rashad Carre, who is working hard for the festival:

I've been absorbing the whole set up of the festival and with great enthusiasm going out and motivating the artists and others here in Jakarta. The response is fabulous! The project is something the city has been looking for. The way Mikhail has structured it is neutral and inclusive, and it's this with its long-term vision, which excites everyone so much including myself. The many things that are set up or have been tried before here in Jakarta are and were exclusive to a particular audience or niche. This has created and exacerbated a situation of dissatisfaction and the formation of artistic factions.

Many of the artists can see the unproductiveness of this and the stifling of creative expression it's created, but they don't know how to tackle the problem. "No one's been neutral enough and wide enough to take on the challenge", as one of the artists expressed. Another prominent sculptor and dean of the 3d department of the Arts University, was tremendously impressed by what she said was a "democratic" structure.

Additional information about JakArt@2001 can also be found on the internet at <http://johndandlucy.com/JakArt@2001>.

Depression - Continued from page 4

feeling [traumatic experience] while there is no outlet to release the pressure, this can result in depression. And this depression can arrive at any time, whenever you cannot be in command of your feelings. Usually during the times when you are busy or are doing something the circumstances make you forget. Indeed when the mind is depressed it is as if you are useless and hopeless such as a heart that feeds on itself and weakens itself and which in the end becomes sick. Actually, if you can make good use of the latihan, this is the way to become well, because this is help from within.

In the morning after you awaken, try to do latihan yourself for awhile. Before you begin you may ask or make a request, as if you were testing yourself. For example you could say, "God, show me what is the feeling that is alive." Then, with the development of this feeling, hopefully this can open the film which covers your heart. You can do this for 15 minutes, three times a week. Hopefully this will be able to help.

Membership Grapevine

Catching up with Laura White ...

... is not that easy to do. She's not one to warm a chair for very long. Born in Hollywood, CA 69 years ago, Laura shatters the stereotypes that typically characterize women her age. Since arriving Boston in 1995, she has embarked on yet another "second" career as a fitness instructor (her first love is art, primarily painting). Certified in everything from life guard to aerobics instructor, Laura focuses on making movement (she refrains from calling it exercise) more accessible to older people. Through a series of remarkable coincidences, she made the video, "Forever Fit," which is full of simple and functional instructions for movement directed toward less active people. This video has received much critical acclaim, but is not widely distributed due to a lack of marketing support.

Remarkable coincidences characterize Laura's entire life story. She left CA for Cilandak in 1969 under the auspices of observing Ramadan. Through one remarkable turn after another, she has yet to return to LA. Though she's lived many places, Laura considers Cilandak her home. Being an only child who's father died when she was a baby, Laura found a true sense of family for the first time when she arrived in Cilandak. She was met with an outpouring of unconditional love that touched her very deeply. After 18 years, she moved to Istanbul following an inner calling and her passion for Islamic art. She lived in Turkey for 7 years and from there, moved to Boston.

Six months before she actually moved here, Laura visited Tuti and Sharif. During her visit she attended an aerobics class and Tuti remarked, "For all the money you've spent on these classes, why don't you become an instructor?" It was a joke at the time, but little did they realize just how much truth there'd be in it. Today, Laura teaches "Pilates." She was selected for training in this wholistic method of toning the body and working on the spine. Pilates corrects many forms of imbalances and can help lengthen the spine. Laura says it's true - she's grown 3/4 of an inch since she started doing it!

PT S Widjojo - Continued from page 1

and the proposed restructuring in preparation for the upcoming shareholders' meeting.

Konrad Baerveldt, President Director and CEO of PT S Widjojo explained: "The bridging loan has made it possible to save PT S Widjojo's main asset, the S Widjojo Centre. The company's shareholders are the main beneficiaries, since it had become clear that otherwise they would lose their investments in the company. We will now propose a restructuring of PTSW and Amal will offer a buyback scheme to existing shareholders. If the proposal and the offer are accepted, PT S Widjojo will be in a sufficiently stable financial position to survive the present difficult market conditions. We believe that the market will eventually improve, and that valuations and rental rates will appreciate. When this happens it is our intention to find a way for shareholders to liquidate their investments in the company, if they so wish."

FEAmor - Continued from page 5

highest development of the educational community that must assume new positions faced with the development of the cities.

The spokespeople of this Foundation revealed that the integrated educational proposal brings with it around 15 years' validation in the country and that the SUBUD organisation selected the coffee region and especially Quindio, as one of the strategic locations for the implementation of this system which will, it seems, revolutionise the education system of the region.

STRATEGIC LOCATION: The Fundacion Educativa Amor is situated in the rural area of La Tebaida, with a capacity for 500 persons - there are currently 150 students - the figure of 500 will be reached by a combination of children, young people and adults in the grades of basic education and specialisations with emphasis on enterprise. As expressed by the Director, the proposal that will be operated refers to working with low numbers of pupils in each classroom: this is how the Fundacion Amor operates in Santa Fe de Bogota, where it is presently located. The Education Secretary, Jaime Bejarano Alzate, stated that this model is a good option for the students of La Tebaida and Quindio.

The representatives of this Foundation confirmed that at present research is being carried out into the possibility of taking this educational programme to cities such as Cali, Bucaramanga and Cucuta, where they will endeavour to educate students based on the human principles of behaviour and influence.

OPTIMISING EDUCATION: At the inauguration of the new Amor education centre, Jaime Bejarano Alzate announced that his office will be directly linked with the development of this new educational project, with the goal of implementing innovative methods that will bring about clear improvements in the quality of education in the capital of Quindio.

With regard to rural education centres, the Secretary revealed that at this moment the 15 centres that belong to Armenia are undergoing a process of reconstruction as a result of which better provision will be made available to students. In addition to working with the model 'Escuela Nueva' (New School), the education authorities are speeding up the necessary steps to promote the post-primary grades.

In closing, Bejarano Alzate stated that the experiences presented by Fundacion Educativa Amor will be fundamental to the launch of this type of methodology.

*Donations can be made via Susila Dharma International:
Email: feamor@interred.net.co*

Helper/Committee Update

It is with much regret that we announce **Peter Baptiste's** resignation of the Chairmanship of Subud Boston. Lillian will continue as Secretary and **Viviana Mason** has recently assumed the role of Treasurer. Together, Lillian and Viviana will serve as interim chair until a new chairperson is elected at the membership meeting in September.

Lorena Kreda became a candidate helper on April 29 after testing with local and regional helpers during the regional helpers' visit hosted that weekend.

Birthdays

JULY

- 2 Bruce Eckler
- 18 Dorothea Gillim

SEPTEMBER

- 29 Sandy Renna

AUGUST

- 1 Kenton Hensley
- 15 Ludwig von Hahn
- 17 Marja Eckler

Dates to Remember

Visit www.subudboston.org for the most up-to-date information on current events!

JULY

- 12 Men's discussion group after latihan
- 17 Helper/Committee latihan, 7:45
- 28-30 Campout in Woodstock, VT

AUGUST

- 6 Dessert/Discussion after latihan
- 7 Helper/Committee latihan, 7:45
- 9 Men's discussion group after latihan
- 12-13 Annual Tag Sale @ Suzanne & Sandy's
- 19-20 Rain date for the the tag sale
- 21 Helper/Committee latihan, 7:45

SEPTEMBER

- 17 Fall membership meeting/potluck - we will be electing a new chairperson
- 13 Men's discussion group after latihan
- 18 Helper/Committee latihan, 7:45

Quote of Note:

"We only have one goal, that is to worship God through the latihan so that our soul is guided. Even though this is a long process, if you go through it you will get the proof that because God created you as a human being, you should possess a human soul.

And the way to make this happen is that we must do latihan two or three times a week. Don't get the idea that you will get what you hope for just like that. Even though you pray, if you yourself don't make an effort to become clean, or to prepare yourself, it cannot possibly happen."

-Ibu Rahaju, from a talk at Rocky Gap, Maryland 3 July 1999.

Announcements

Just a reminder to visit our web site www.subudboston.org which has links to other Subud websites all over the planet including www.subudportal.org and www.susiladharna.org. These sites are particularly excellent sources of information. Also at subudboston.org, you'll also find access to over 550 talks by Bapak, Ibu Rahayu, some of which are previously unpublished. Those talks that have been re-translated by Sharif and Tuti are updated when the new translation becomes available.

Please write for the newsletter! - We welcome articles from everyone for publication in this newsletter. News articles, creative stories, poems, personal experiences—anything you'd like to share with the group is most welcome! Reminder to subscribers: you will receive three free issues in exchange for any published article!

The Subud Boston Newsletter

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