



The Subud Boston newsletter

Newsletter of Subud Boston Inc.

Patience, Sincerity, Submission and Courage

October 2003 Volume 8 / No 3

Chairma'amly Comments

By Jillian Hensley

In the latest issue of *Outlook*, Susila Dharma's* newsletter, there is an article on Asociation Vivir. This inspiring project, started in Ecuador by Dr. Eliana Garzon in 1983, is now recognized by the World Health Organization as one of the top fifteen health education models in the world.

Dr. Garzon's advice on how to go about starting any project resonated with me because it meshes perfectly with how I feel. Among the points she made were: work with what you've got; don't just look for money; things don't fall on your head—you have to work for them.

What does our group have to work with? Ourselves, of course! We are a collection of strengths and talents vitalized by the invisible bond of the latihan. If we use our gifts

Continued on page 4

Fine Feathers Fly!

A few months ago, Jillian had the idea that we could increase our housing fund by starting an "eyelash-scarf" knitting project with an eye toward having it possibly expand into a Subud Boston enterprise.

This idea has progressed to the point that several dozen scarves have been completed by Jillian, Sonia, Helena and Gene. The name Fine Feathers was selected and a lovely tag was designed by Larissa Hensley.

Eyelash scarves, for the uninitiated, are fancy, often glittery neck scarves, more for decoration than warmth, although they provide that too. They're fabulous and we've got them in jewel colors and neutrals.

A dozen have been sold to Judy, honorary Subud fashionista, to sell in her store, *LOOKS*, in Cambridge. They make lovely holiday gifts. Lillian will soon take another dozen or two to Newbury Street to make more sales (see *NewsFlash* on back page). If anyone else has ideas for sales venues, we welcome your input.

All revenues will go into the Housing Fund, so far \$440 minus material expenses (knitters, please submit your bills to Ruslan).

This has been a successful and energizing attempt at a Subud Boston enterprise. Many thanks to our creative and talented knitters. Its been such fun to see the beautiful works of art that have been turned out so far.

In the interest of having an ongoing enterprise, Ruslan has been investigating starting an import business. Judy has already put in an order for two dozen each of the two types of silk scarves that Ruslan brought back on his last visit to Thailand.

I think we've got some good goods...now we need the marketing and sales. Selling on the internet and/or on E-bay, creating a website – all this needs to be investigated. Anyone interested in helping with this phase, please contact Lillian, Sonia or Ruslan.

IN THIS ISSUE

- 2 Sharing Sao Pedro
- 3 America's Gathering
- 4 Woodstock Camp-In
- 5 Book Review
- 5 Ramadhan
- 6 Birthdays, Dates & Announcements
- 6 Current Financials

Quote of Note:

That is also why within religion – within every religion – there is always charity. So, people's worship of God is the inner aspect, and their generous and charitable actions toward their fellow beings are the outer aspect. Clearly it is God's will that inner and outer should correspond: inwardly we worship God, and outwardly we serve our own lives and the lives of others. So these are the next steps that we have to take, that our *Susila Budhi Dharma* association has to take.

Bapak – Washington DC July 30, 1963

The Subud Boston
Newsletter

Vol. 8 \ No 3 October 2003

**Editor in Chief, Publisher &
Copy Editor**

Ruslan Henderson
241 Wood St., # 2
Bristol, RI 02809
ruslanh@aol.com

Associate Editor

Jillian Hensley
6 Folly Lane
Westborough, MA 01581
jillian.hensley@charter.net

Fashion Editor

Michal Brownell
11 Buena Vista Park
Cambridge, MA 02140
michal@gis.net

Foreign Correspondents

Sharif & Tuti Horthy
ghf@fastnet.co.uk

The Subud Boston **newsletter** is published quarterly 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 a year, foreign subscribers \$23 a year. Address all subscriptions, editorial mail, manuscripts and letters-to-the-editor to:

The Subud Boston **newsletter**
241 Wood Street, #2
Bristol, RI 02809
Phone 401-254-4319

E-mail: ruslanhe@cox.net

SUBUD and its seven circle symbol are registered marks of the World Subud Association

SHARING SAO PEDRO

Jillian Hensley

In the course of my 40 years in Subud, I have seldom felt moved to attend congresses. However, I felt that it was right for me to go to Brazil, so I went. I know from my experience at past congresses not to expect "lightning bolts." I've come to accept that my spiritual life consists of steady "tilling of the soil," which turns up nasty grubs as well as beneficent organisms, and allows a few tendrils and occasional flowers to push their way into the light. (I've always suspected that my affinity to the vegetable force is strong!)

On a social level, this congress was no different from the others I've attended. The congress "regulars" kept to their groups; and representatives of the "wings" and international committees were all there for a specific purpose, only emerging bleary-eyed from meetings in order to attend latihan or meals. For me, emotionally, there was a feeling of loss at not being able to communicate with the many wonderful, warm people from Latin America. (In fact, I've signed up for a Beginners Spanish course, as I'm determined to be better prepared for the '05 World Congress in Spain!) That feeling dissipated when I sat down next to a woman as we were quieting before latihan. She turned to smile at me, and I asked softly, "Where are you from?" She took my hand lovingly in both of her and said in Spanish (I could understand the gist), "We don't need words."

This congress was different in the sense that it was not Euro- or Americo-centric. Holding it in Brazil made it possible for members from the Latin American countries to attend: Peru, Chile, Suriname, Colombia, Venezuela, and Argentina were all represented, and the spirit of the congress was the richer for their energy and their love for humanity.

A highlight, of course, was testing with Ibu Rahayu. The 300+ attendees were divided into four groups, two of each gender. Before starting the testing, Ibu said, "Pray to God to guide your latihan before you start. Other people's sounds will then not disturb you. You will only be aware of your movements." (My recollection of her words here and in the tests may not be 100% accurate, but I believe the sense is.) The first test in our group, "Follow the movement of your soul as it fills with the power of Almighty God," was obviously powerful for many, and "got the juices flowing," as it were. Several awareness tests relating to hands, feet, and voice followed. At one point, Ibu stopped the test to explain that if, for instance, the hands were being tested we should not be singing or moving other parts of our body. Other tests were: "Show how your body moves in order to make it healthy;" "How does your brain feel when your thinking is motivated by desires?" "How does it feel when your thinking is moved by the latihan?"; and, finally, "We are all human beings who have made many mistakes in our lives. Ask God for forgiveness for your mistakes and sins so that you can be guided on your correct path from now on."

Testing for others has, on several occasions, been the most rewarding aspect of a congress for me. On this occasion, an artist from California whom I met on the bus from Sao Paulo airport to Aguas de Sao Pedro, later asked me to join with a friend of hers and an international helper to test about the direction of her work. She truly *did* receive a lightning bolt that illuminated what she should be doing! As you can imagine, it was a powerful experience for the rest of us as well, for which

Continued on Page 3

A Few Words About The Gathering of The Americas

Jacob Drazen

For me, the experience was quite beautiful. I visited both Colombia and Brazil.

Amanacer, Colombia: Soooo visually awesome on so many levels. Huge palm leaves everywhere, mountains, and the warmth of a people. There were so many young people who were genuinely grateful for Subud. It was also a challenge to be a person who couldn't speak the native language! Ahh how the tables were turned on me. It was a blessing to learn a little Spanish and find new ways to communicate with such heart-warming people.

There was much latihan and testing of course, and to do latihan in that hall was really peaceful. You could hear birds chirping above you while commiserating with the Great Spirit. Everyday was sunny, and breezy. My personal highlight was the horseback riding through the hills of Colombia through so much green; it was really unbelievable.

In terms of the content of that gathering, it seemed to be a great boost for Subud Colombia, especially for the youth. There must have been about 100 young people there. We could learn a lot from our brothers and sisters in that land. They are very honest people, who don't seem to hold grudges, but really try to work through whatever needs to be worked on.

Sao Pedro, Brazil: The most incredible thing for me in Brazil was to do the testing with Ibu Rahayu. For the 1st time in testing, I could really feel that my soul was starting to come to life. It is still subtle, but quite a huge difference for me! She did body part testing, and the energy I felt that night was like no other I have ever experienced. When Ibu tests with us, she is really receiving with us. Her Surrender to God's Greatness is so absolutely huge that it touches everyone who is with her. That was the other beautiful thing about it. To see the women come out of the room after testing with Ibu was humbling. People did not just leave; they sat quietly outside the latihan hall as if needing to continue to digest this profound experience they had just witnessed and received.

Those were my hi-points. I would be happy to share more about this time in the Americas with all of you sometime at Subud New York. Also, a special

thank you to those members who contributed to the SYA travel fund which helped bring about 8 young members to Colombia and Brazil.

THANKS GUYS!

←—————→
Sao Pedro from page 2

we felt immense gratitude.

A moving aspect of the congress was the interaction of Subud members with the local community. A student band, ranging in age from, say, 12 to 17, provided entertainment one evening. They were noisy, which is to be expected from a group of brass and wind instruments and percussion, particularly the most enormous drum I've ever seen. But they were also tireless, enthusiastic, and impressively proficient musicians, who got most of us dancing in the aisles of the auditorium. They played for at least two hours—quite a feat when one considers that they had participated in a major competition in Sao Paulo the night before, coming in second (the applause from the audience was deafening when this was announced!) The young people were so impressed by the warmth and love expressed by the Subud members, that they asked to be allowed to play for dance on the last night of the congress. Which they did, rolling out the rousing rhythms of sambas, salsas, congas, and rumbas that kept the energy-level white-hot until well after midnight.

Again, as the Grande Hotel is not only a spa but part of a hotel management school, most of the people serving us were students. The vociferous appreciation our group expressed to chefs and servers at the end of the congress was motivated by appreciation for the quality of the meals and the courteous attention we had received for nine days, no doubt compared in many people's minds with the marginal venues at which many congresses take place in order to keep costs down. (Even though they must have been disappointed in the bar takings, I read somewhere that the management was impressed by the consideration and appreciation shown to the staff by our members.)

So, yes, the Grande Hotel and the little town of Aguas de Sao Pedro were idyllic surroundings in which to spend nine days. And, yes, it was fun to see Subud members of both genders indulging in the cheap massages, mineral baths, facials, hairdos, and nail pampering available at the spa. But it was the feeling of being linked to brothers and sisters from thirty different countries by a bond beyond words, and of knowing that we were all making an effort to reach the same destination, that made traveling to Brazil infinitely worthwhile.

WOODSTOCK CAMP-IN

Lillian Shulman

Peter, Jillian, Dan, Gene and I drove together to Woodstock in the Hensley van. On the way through northern Mass and central NH we saw a bit of the fall foliage transition, all the way singing songs I'd forgotten that I knew. Helena drove up on her own and Ruslan and Emmanuel came up together.

A quick stop at a farmer's market in Woodstock to pick up what turned out to be highly unnecessary extra food, we arrived at the lovely Subud Woodstock House nestled in the woods on a beautiful hillside overlooking a breathtaking view.

In all 19 people including a couple from Montreal, a father and son from Virginia, our contingent from MA and our most gracious hosts from VT were in attendance. We did a latihan Saturday morning and then went into town for lunch, dividing into several groups. I was with Elaine Hinkle, Hanavi and Andrea Hirsh, and Hamid Kaber and his son Rachman.

Woodstock is a historic picture-postcard Vermont village. Despite the rainy weather, there were many tourists in town, but that didn't stop me from checking out the interesting shops and I ended up getting a little head start on my Christmas shopping in particular. A good find was a hand-cut puzzle of endangered animals for my grandson Elijah.

Then back to the Subud House for another meal, the likes of which I haven't seen in a very long time. The food was super-abundant and super-delicious. George Helmer, braving the elements, and with help from Emmanuel and others cooked up a storm of barbecued chicken out on the porch. Inside, there was the setting of many side dishes and desserts, all taking place surrounded by good chat and good vibes. The merriment lasted well into the evening.

Helena, the Hensleys, and I slept at George Helmer's beautiful home and the next morning were treated to a pancake breakfast prepared by Chef Helmer, who then changed hats and showed us a photo album of his trip to Russia in his efforts to save the endangered snow leopard. Before returning to the Subud House, we took a walk around his property and down to his pond, crunching on the new fallen leaves, enjoying the fresh clean morning air.

Back to the Subud House for another latihan where the women enjoyed testing the questions Jillian had brought

back from Brazil. Then lunch and another walk, this time around the Subud property, where we showed Gene the hillside spot we had camped out in previous years.

With Peter's help, I dug up several ferns, which were growing in great profusion and are now growing happily at my place.

It was so nice being with all of our northern Subud neighbors again, seeing folks like the Contessas & Latham Stack who gave us the most delicious apples to bring home.

As we started the drive home, we stopped at the Heijns' and met their newly wedded son Stephen and his Malaysian bride Yati, who promised to stop in at the Hensleys' on their next shopping trip to the Super 88 in Boston. Our last stop before heading home was a visit to the Hinkles' farm where we saw the beautiful Beefalo that Lucien raises. We stocked up on Beefalo meat and then headed home looking forward to our next sojourn north.



Chairma'amly from page 1

mindfully, we can certainly achieve our immediate goals: a place that is ours and that proudly represents Subud; and a social project that gives us a presence in the community.

Slowly, but sure-footedly, we are coming closer to realizing these goals. A facility such as Temple Beth Israel offers us a worshipful space where we can move freely and allow the latihan full expression. This is fundamental to our spiritual growth, which, in turn, influences our ability to reach out beyond our group.

Using our talents is already paying dividends. The knitting group has sold \$440-worth of scarves, bringing in \$275 net for our housing fund. This means that we have raised over \$1000 this year, and can now apply for our matching gift from Emseal; and the Interludes scheduled for January and April should further boost that fund by several hundred dollars.

While we wait for the opportunity to start a social project of our own we can learn how to go about it by working for a worthy cause in Subud's name. "Habitat for Humanity" is doing amazing work worldwide (look it up on the internet!), and we will set up a day when a group of us (not necessarily all Subud members) will work on a house for an underprivileged family. Helping to eliminate homelessness truly makes a difference in society.

And so, dear members, through these small steps we can say we are following Bapak's three-w's path of worship, work, and welfare that he told us was necessary for our spiritual progress in this world. I'm enjoying journeying with you!

* **Susila Dharma** is the charitable wing of Subud.

REFLECTIONS ON DOING RAMADHAN

Lillian Shulman

I want herein to give a personal view of why I do the fast. After many years of doing it I know that it is beneficial for me and worth the effort. It goes beyond that, but hard to describe – it no longer seems like an effort, but a pleasure. When I first began doing the fast I was in some way scared of it and also found it difficult to do – the physical acts of not eating, drinking, smoking, curtailing sleep. I must note that having talked with others I know that there are those who never experienced these difficulties so the experience is different for each person. Anyway, for me, this changed as the years went on and those things have not been much trouble for some time now. What is interesting is to see what moves me, nafsu or inner feeling? To witness a change in myself. To allow this one month out of the twelve to be devoted to God. To hopefully learn something about love, harmony, forgiveness.

Ramadhan began on the evening of October 26, with the first day of fasting being the 27th. Several of us in the Boston group have been keeping the fast for some years. There may be others, but I know that there is usually Suzanne, Marcella, Ludwig and myself. I am writing this just in case anyone in the group wants to join in now, even if they may be getting a late start, never mind, and for any who may be new at it. I want to say that we are available for information, advice, support, etc. Dorothea and Ludwig are doing modified versions and anyone interested in that can ask them about it. I have some Ramadhan cassette tapes, written talks by Bapak (Pewartas) and a few videos, which I am happy to share. I also have written literature on the purpose of and how to do the fast. Nowadays all of this can be had on the computer of course, but for anyone who wants hard copies, feel free to ask.

When I first started doing the fast and for many years, as the time approached I felt trepidation and indecision – Will I do this? Can I carry it out and complete it? Shall I try? What if I fail? Somewhere along the way this changed and now I find there is no question at all. It has become -- like breathing, like the latihan, just something I do. In the month preceding I feel some sort of build-up. I am looking forward to it as a very great opportunity. Even if I don't feel this at the beginning. Even if I feel just ordinary, certainly by the time the fast ends I know and feel grateful that I have

indeed been given a very great opportunity. I now feel that this time is a special dispensation, a gift, similar to the latihan, which enables purification and receiving to proceed. I have learned that there is a long, very long, way to go, but if any Subud member would ask me, what else can be done, besides latihan, to enhance spiritual development, I would most certainly recommend to try keeping the Ramadhan fast. It is, quite simply, another opportunity to learn about surrender.



Book Review

Lillian Shulman

I am reading and have been enjoying *The Memoirs of Mary Saylor Muhlhausen*. (ISBN: 1-4010-4949-4)

The book is divided into three parts, Growing Years, Married Life and On My Own. I've just begun part three. Reading the book has been like taking a breath of fresh air. It's a conversation with Mary – light as a feather.

Mary, who turned 96 on October 3rd, lives together with Elmira Ingersoll in Lyme, CT. They are the stalwarts of the Subud group down there and have latihan at their beautiful home every Monday and Thursday and always welcome visitors.

Part one of the book tells of Mary's idyllic childhood in Long Island, of the background and meeting of her parents and of her happy family life. It is a fascinating view of the details of life in quieter times in this particular place. It continues up through her college years at Vassar and her working life in publishing. It details her early interest in feminism and pacifism and her love for nature and the wilderness that has lasted throughout her life.

Part two is about her married life and it is so exceptionally wonderful to read about a truly happy marriage. Such a thing is so rare and Mary was truly blessed in this and she knows it. But she was not without her doubts and fears and she is adept at honestly and vividly portraying these as well.

I have just started part three, where Mary, after the death of her husband, begins to travel the world and comes into Subud. I am sure that it will be as enjoyable and edifying as the first two parts.

What I am loving about the book are her honesty, her clear and positive outlook and her independence of spirit. She depicts the richness of a life well-lived, and choices well-made. In it are simplicity, and quietness – both her life and her book, a true reflection of her character and spirit.

The book can be bought at www.xlibris.com
1-888-795-4274

BIRTHDAYS

October

3 Andrea Blum
6 Peter Hensley
22 Susan Holbert

December

4 Barbara Stone
7 Sonia Owens
9 Milton Reilly
11 Ruslan Henderson
25 Merry Kay Cormier
30 Viviana Mason

January

18 Hayden Brown

DATES TO REMEMBER

November

9 Helper/Committee Latihan
9 Birthday/Dessert/Let's Talk
16 Member Forum
19 Men's Discussion after Latihan

December

6 Holiday /Birthday Party
14 Helper/ Committee Latihan
17 Men's Discussion after Latihan

January

4 Helper/Committee Latihan
4 Birthday/Dessert/Let's Talk
19 Men's Discussion after Latihan

February

1 Helper/Committee Latihan
1 Birthday/Dessert/Let's Talk
18 Men's Discussion after Latihan

ANNOUNCEMENTS

Ramadhan begins on Sunday evening October 26 and the fasting begins on the following day. For those interested in more information, the Subud Library website, < www.subudlibrary.net > is an excellent resource....Samuel and Kenton will facilitate the fourth in the series of member forums at 5 o'clock Sunday afternoon November 16 before the latihan.....The holiday party is being held at Jillian and Peter's home on Saturday December 6. Invites and directions are forthcoming.....a January *Subud Interlude* is in the planning stages, stay tuned, it looks like another Shakespear afternoon.....

NewsFlash

Lillian has visited stores in Brookline and on Newbury Street and has placed another 21 Fine Feathers scarves which can net us another \$650 for the Housing Fund....many thanks to the knitters for their fine enterprise!

Subud Boston Net Worth October 29, 2003

Cash and Checking

Cash	\$ 1,323.67
Checking	\$ 15.09

Housing Fund

Morgan-Stanley	\$ 21,914.76
----------------	--------------

Total

	\$ 23,253.52
--	--------------

The Subud Boston **newsletter**

241 Wood Street, #2

Bristol, RI 02809

U.S.A.
