



THE SUBUD BRITAIN

Journal

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www.subudbritain.org

Subud Britain National News

*Conrad offers his resignation as Subud Britain National Chair**National Council writes...*

It may seem that we as an organization have come full circle since last year's Congress, as once again we are in the position of having our National Chair resign, but in reality, we have come a long way.

Conrad's decision to resign came about through working closely with his fellow Trustees and although discussions were not always comfortable, they were held with love and respect and what was ultimately right for Subud Britain.

*Conrad explained in his resignation letter:*

I have felt concern about a personal conflict of interest for me by being part of a company proposing the development of Subud properties whilst being Chair of Subud Britain. This concern has grown to become a real issue for me as a result of Subud beginning to look seriously at the development possibilities of its properties using expertise within a company of which I am a director.

I have therefore decided to terminate my role as Chairman of Subud Britain with immediate effect.

One Trustee wrote in response, which expresses so well the love and respect there is for Conrad:
Dear Conrad,

I am so very sad that the conflict of interest has come between you being the Chairperson of SB because I truly felt in good hands with you as a Chairperson and thank you greatly for your wisdom, connections, closeness to the latihan, serenity and huge wide heart that you brought to the role.

I accept your resignation because I do agree that your involvement in the development of the SB properties in the company you are the chair of brought the conflict of interest recently very clearly to the forefront.

I already miss you as a chair and am grateful that we were able to deal with this before congress in a peaceful way.

As a Board of Trustees we have learnt how to challenge and hold each other to account, whilst holding each other in love and harmony.

We have learnt importantly that harmony does not mean that we all need to hold the same views, but that we can challenge each other whilst holding and caring for each other.

What is vitally important in the context of testing for our next Chair, is that the person selected has the capacity to carry this way of working, going forward together.

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NOTE:

The National Secretary will be sending out, via the SB_News email distribution list, requests for applications for the National Chair position.

DELEGATES' CONGRESS

[Kick-starting our property conversation with a property presentation, by Lucas Horton](#)

Conrad's difficult decision to resign has demonstrated the strength of his passion and belief in the potential of developing Subud Britain's properties.

The Board of Trustees agreed to support a property development assessment for the possible development of the Reigate building and options for developing the Brecon hall into a Subud National Centre.

Reigate Hall is an example of a hall, which no longer has a group – and is very rarely used for latihan. The Seventh Day Adventists currently make most use of the hall, along with a few other community groups. Steve Dance has put in planning permission for two houses on the site and is awaiting the results of an appeal.

The Trustees are looking forward to view the results of this study alongside all the congress delegates, to explore together the potential, possibilities and options for the future of our properties.

Is now the right time to seriously consider the best way forward to make the most of the properties we own? Shall we develop Reigate Hall? Or would the best plan be to sell it? Do we want it as seed capital for a regional or even national centre, or do we want to use it as an income stream? The current financial climate could indicate that this is not the best time to initiate any projects – or vice versa.

There is a lot to think about and consider.

[Loudwater Farm](#)

Subud has leased the farm (we do not own it) from the Masons for over fifty years. With the passing of Hadrian Michell, a decision within the next 12 months now needs to be made whether this is to continue. There is a break clause in the lease in September next year, three months' notice being required by the Masons, which is why we do not have a lot of time to consider the best way forward.

A presentation will be made at Congress explaining in some detail the position Subud Britain now finds itself. The farm has been very well used by many members and it is difficult to imagine not having this available for us.

[ZOOM Workshops](#)

Tuesday 2nd August at 7 pm

Review of the current rules for carrying a motion when voted on – it is 75% in favour to pass at the moment. We would propose 51% to 49% (simple majority). Chair: Lorna Dowson-Collins

<https://us02web.zoom.us/j/84492072765>

Meeting ID: 844 9207 2765 - Passcode: 785049

Friday 5th August at 7pm

SICA Zoom Share. Chair: Marianna Lassalle

<https://us02web.zoom.us/j/87200624777>

Meeting ID: 872 0062 4777 -Passcode: 741101

Wednesday 10th August at 7pm

2022 accounts and 2023 budget. Chair: Aleena Flanders

<https://us02web.zoom.us/j/86415294639>

Meeting ID: 864 1529 4639 - Passcode: 550879



FROM BAPAK

70 AKL 1, Auckland New Zealand,
October 2 1970,
Bapak's Talks Volume 35 Chapter 5,
SPI 2019, VT

Selected by Hannah Hurd

People also want to eliminate this nafsu so that it will not disturb them. For instance, some deliberately never marry and seclude themselves far from society and live in solitude. There they become monks or ascetics – male or female – and do not marry. If they do not marry, they will not have children. The aim, if you think about it, is a good one. It means they really purify themselves. But the truth is, it does not work that way. They may be pure, but only for themselves.

Do we live alone? No. Not even God lives alone. Does God live in isolation? If God lived alone, there would be no angels, no universe, and no human beings. God neither wants nor aims to live alone. Why do human beings want to live alone? Who or what wants to live alone, oblivious to anyone or anything else? Think about it. Material things, rocks do. *[Bapak chuckles.]* Rocks live in isolation. A rock can only come together with other rocks if someone moves it; it cannot do so itself. It is alone. Even if it is lined up with other rocks, it is oblivious to them; it wants to live alone.

Therefore, such a noble intention turns out to be wrong. The consequence for someone who does that is they end up in a state which in spiritual terms is called the astral plane, the realm of *sunyoruri*. That realm is directionless; there is no direction or aim. It is like living in a dream. This is the reason religion forbids you from doing that. According to religion, Christ, the Prophets, and Prophet Muhammad all said: 'Do not empty your thoughts; do not practise "living in a state of death",' – or *mati sak jeroning urip* as the Javanese say – 'and do not remain motionless. Do not act that way. Surrender to Almighty God so that you will receive a life within you. It is that life inside you that will take you to where you first lived, to heaven.'

Is heaven like a dream? Is heaven like the fantasies people have with the heart and mind? No. When the messengers said that heaven is more excellent than the world, by 'excellent' they meant it is more real than this world.

Certainly, this world cannot be compared to heaven. When they said heaven is more excellent, more genuine, more delightful, let's give an analogy: we say that eating bread and butter is tasty and delicious, but the deliciousness of eating butter is not even a thousandth of the deliciousness of heaven.

Bapak has a story for you. *[Bapak pauses for the interpreter.]* Now, Bapak will return to the topic of the state of the first human being, Adam.

Once Adam realised that he was accompanied by all the different nafsu inside him and that they were very useful to him in his life in this world, Adam said to himself, 'Yes, I am happy. I am equipped with various nafsu which means that I can lead my life well. With those nafsu, I am able to think things through, I am able to extend my thinking, so I can make this and that – the things that I need in my life. And yet I still feel let down. Before I was sent to earth, why did I feel close to and one with God? Of course, I knew the difference between God and myself; I am God's creation and God created me. But now I live in the world, even though I live well, I feel emptiness, a lack of meaning. My life seems to have no direction.'

So, Adam quietened himself. In his quietness, he prayed to God, 'God, please give me something whereby I can feel my closeness to You, as I did before I was sent to earth.'

In that instant, Adam felt something within him, he felt something that was like a power, which caused him to move and to act and to think and feel. Then Adam said, 'God, now I know, I understand, I can feel now that there is a power inside me that I could not have imagined, that I could not feel before. However, I do not understand what this power is.'

At that same moment, Adam's consciousness of his life opened up, with the result that he finally >

understood. 'Oh, yes, now I understand. This is God's closeness to me. I do not just feel a vibration, a vibration inside me, but every part of my body is now filled with something that makes me move as if I was moving myself.' In his speech, in his seeing, in his hearing, in his sense of smell, in his feeling, Adam was no longer alone.

'I understand now that God's closeness to me is not only inside me, but also envelops every part of my being. Truly, every part of me is filled with the power of God, filled with God's will, filled with God's essence.'

Adam said, 'Now I understand what my life was like before I was sent to earth and what my life is like now that I am on earth. In truth, God is not separate from me. I am always within God's power.'

That being so, brothers and sisters, the blessing that Almighty God has given to us, all of you, is limitless, in that the power of God now manifests within you. The proof is the testing Bapak does with you: 'Where are your legs? Show them and what are they for?' Your legs move!

Before joining Subud, before receiving the latihan, you were unaware of that and you would not have understood it or have been able to receive it. Of course, now, having felt it, it seems like something foreign, something new. In truth, it is neither new nor foreign. It was there all along; it was always there within you. It was just covered up by nafsu.

If your nafsu form an obstacle, why are you equipped with them? As Bapak said earlier, they are essential for your life in this world. Without your nafsu you could not become a human being. But you will only understand and realise how those nafsu influence you, how they affect your feelings, once God's power has come close to you, once God has graced and enabled you to receive the vibration in your being that then spreads to every part of your body.

With that it is clear that when God creates human beings, God does not just create them, then abandon or discard them in this world and leave them on their own. That is not so. God lets human beings go in the same way a child plays with a... What is the name of the thing that you do this with and then it comes back?

Usman: Yoyo.

Bapak: Yoyo. It is a symbol. You let it go, it comes back. You let it go, it comes back. Let it go, and back it comes. It is a symbol. The yoyo is an ancient toy. It has existed for a long, long time. Nowadays people do not use them. It symbolises being let go and returning, being let go and returning. It means that God creates human beings, lets them go in this world, stays in contact and holds on to them constantly. *[Bapak chuckles.]*

Does God hold you by the hand like a person would? No. God is infinitely powerful. God's being envelops the entire universe and all it contains. It means that God can touch all human beings; touch the whole universe; touch all its inhabitants simultaneously. It means you are not the only ones God accompanies, you are not the only ones God loves; God loves and accompanies all creatures that God created.

So, to feel this, to feel and understand your life, draw close to all forms of life. How do you draw close? Love all things. ●

WORLD LATIHAN

Sunday August 7

11am

AREA 2 LATIHAN

Every Sunday

10.00am

Important Notice

All talks of Bapak and Ibu Rahayu are under copyright of the World Subud Association. If you would like to use excerpts or publish a talk – you first need to write to the WSA Executive office to ask for permission. We would like to remind you that these talks are meant as explanations and guidance for Subud members experiencing the Latihan for themselves. Ibu Rahayu repeatedly asked us not to publish Bapak's or her talks online, available to the public. Please respect her wish and our copyright! Thank you. You can contact WSA Secretary at wsa.secretary@subud.org

News from Susila Dharma Britain (SDB)

The SDB Team writes...

SDB are happy to be able to support the Borneo Football Association Foundation (BFIF) in Kalimantan, which works with local children and trains them with football and English language skills. Students learn teamwork and about good self-care in terms of nutrition and education. The foundation has a strong moral code against drugs and alcohol which affect many young people in their community - they've been very successful in giving young people direction and purpose, and have a great track record with both boys and girls.

The program is about so much more than football, and takes a holistic, all-round approach to the children in their care, providing school support, basic English learning and even lifelong skills such as financial literacy; introducing them to the concept of savings and life planning. During the Covid-19 situation, they had to cancel their football programme, but carried out community outreach to families to provide health, nutritional and educational packs to help them stay safe and keep motivated. They also provided 150 families with food packages as part of earmarked donations after the month of fast. They've now started back with the football programme, and have participated in several tournaments this year. The program has gone from strength to strength every year and In 2022 they were able to take on a full time certified nurse, consolidating the health and nutrition program with first aid assistance during trainings.

An exciting piece of news is that they have been successful in obtaining funding towards a new building that they will run indoor sports from, and expand their capacity for running events and attracting investment from the wider community. We're very pleased that we could offer a very generous grant to match fund this new initiative, along with other SD Nationals. If you get to the Subud World Congress in January 2024, you might get a chance to visit this worthwhile project and its grand new facilities will hopefully be open then. In the meantime, they have sent us some photos of the building work in progress which give an indication of the scale and ambition of the project. (see photos below).

More information about the work of BFIF can be found on their website;

<https://www.borneofootball.org>



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I Protect Me

The SDB Team writes...

SDB (Susila Dharma Britain) is very pleased, for the fourth year in a row, to be supporting 'I Protect Me' (IPM), a charity based in South Africa addressing the problems of gender-based violence, high rape culture and peer pressure. IPM aims to achieve empowerment through resilience, self-protection and advocacy so as to provide safe and enriching environments for children and vulnerable adults in schools and communities.

They are empowered to set their own boundaries and respect the boundaries of others. They also learn how to resist abuse in ways that are fun, interactive and educational; IPM is best known for their program of self-defence training in schools but have expanded their vision to include after-school clubs, community support hubs and community outreach campaigns.

The effects of the pandemic in the areas IPM works have been enormous. An increase of the drop-out rate, teenage pregnancies, substance abuse, suicide attempts among youth, traumatized children because of rape (as victims or witnesses) and the challenges of dealing with the loss of a loved one, all added to the inaccessibility to schools and made a shift in IPM's daily prevention work. They have been called on by many schools, organizations and individuals in the community and a lot of time was spent organizing support, e.g. counselling, debriefing sessions and creating support groups at various schools, and arranging "a home away from home" for some of the matriculants to study during their final exams.

During the pandemic, the team also entered communities where the access to governmental services was very low, through a series of informal public addresses and demos and a door to door campaign. Victims dealing with these social ills were referred to relevant professional assistance. Because of IPM's intervention, the Department of Social Development/welfare now assist children facing challenges at home or in cases of child abuse.

This year SDB contributed to the funding for peer educators who, once qualified, can facilitate sessions in schools, thus further expanding IPM's reach in South Africa. As it has seen diverse and increased needs, IPM has expanded to be much broader than Gender Based Violence, setting up sub-stations in the community, bringing services to people who cannot afford to travel to IPM's offices. Here they assist the challenges facing people every day, such as abusive relationships, parenting problems, hunger, and violence. When they cannot help directly, they signpost them to relevant local services. Furthermore, together with 'The Learning Trust', they have supported the establishment of community based, after-school programs including reading, sports, arts and culture. As well as being fun, these clubs create a safe space to keep children off the streets and away from gang culture. Thus IPM is thus working from





the ground up: helping prevent and alleviate the root causes that enable gender based violence to occur in the first place.

You can read more about the work of I Protect Me on their Facebook page:

<https://www.facebook.com/IProtectMe>

The SDB team x

All photos copyright of IPM ●

SICA Britain Touring Art Exhibition

SICA Britain has organised an Arts Exhibition, which is touring the Subud Houses around Subud Britain groups — Bradford, Bristol, Tunbridge Wells, Loudwater, Amadeus Centre London, and Lewes.

This exhibition embodies SICA Britain's aim to showcase the work of Subud artists and reflect the reality of their inner individual existence.

SICA Britain is a member of the International SICA Organisation affiliated to the World Subud Association, working to create local and international opportunities for cross-cultural exchange.

SICA Britain aims to nurture love and respect for spirituality in all forms of life, helping to build a truly humane, harmonious and inclusive future for all life on planet Earth.

There are seven artists represented in this current exhibition. Their work is to be seen on the SICA Britain website: <https://www.sicabritain.co.uk>. Please select the artist from the icons shown to view the examples with details and prices.

REMAINING SICA BRITAIN ART EXHIBITION DATES

- Loudwater hanging 6 August; takedown 3 September
- Amadeus London hanging 3 September; takedown 1 October
- Lewes hanging 2 October; takedown or sending to buyers End of October

To see information about the venues, dates, artists and examples of their work go to:

<https://www.sicabritain.co.uk/#events>

Rohana Darlington

One of the artists included in the SICA Britain touring exhibition is Rohana Darlington from the Central London group. Here is her artist's statement and one of her works included in the exhibition...

I am an artist, textile designer and illustrator living and working in rural Hampshire. I've been in Subud all my life and am married to Subud member Mashud Darlington. We have four children and three grandchildren. Art has always been my way of self-expression in response to the beauty I see around me, and I strive to grow closer to God in the process.

I've worked professionally in these areas since graduating from the Central School of Art & Design and the University of Manchester Institute of Science & Technology. I'm an author, published by A & C Black and a Fellow of the Winston Churchill Memorial



The Visitor.



Trust, awarded a Travelling Fellowship to Ireland and Norway for my work as a writer, designer, and illustrator.

Before moving to Hampshire from Cheshire I worked as a rehab creative therapist running community arts projects at Macclesfield Hospital for 20 years, employed by Age UK.

In 2021, I was selected as a semi-finalist in the international art competition 'In The History' run by the Artists Lounge Gallery for my illustrations of historic buildings in rural settings. In 2022, I was long-listed in the Jacksons Painting Prize international art competition for a series of landscapes.

I'm currently working on more landscapes, scenes from my garden and local village, and on an illustration for an interfaith online magazine *Monotheismus*.

To see the work of other artists in the Touring Exhibition, and for further information. go to <https://www.sicabritain.co.uk/#events>

Don't forget the SICA Zoom Share presented by SICA Britain Chair Marianna Lassalle, on the current situation, 2 future projects and more.

Friday 5th August at 7pm

SICA Zoom Share

<https://us02web.zoom.us/j/87200624777>

Meeting ID: 872 0062 4777

Passcode: 741101

LETTERS TO THE EDITOR

Dear Brothers and Sisters,

Subud Spain will hold their National Congress in Hotel Salobreña, on the Costa Tropical, Granada, an hour's drive along the coast from Malaga Airport. The hotel is on the top of a hill with beautiful views of the sea, the old whitewashed town of Salobreña and the beach. Arrivals on Friday 7th October, the Congress is on Saturday 8th October and departures on Sunday 9th October.

Visitors are welcome and if you are interested email Carla at carlamorenobock@gmail.com

Rashid Rogers

Dear Editor

I subscribe to a magazine called Positive News and have done so for at least 10 years now.

The Magazine does exactly what it says, provide news about positive projects taking place around the world.

Issue 110 [July – September 2022] had so many wonderful matters to report that it struck me that Subud groups should think about subscribing to it.

Instead of groups trying to work out what to get involved with or do, they could connect with or replicate the many ideas and projects that are written about each quarter.

It costs £30 a year for the 4 issues. It is a massive breath of fresh air!

Just a thought.

Lewis Herlitz

Dear Editor

As a Fellow of the Churchill Trust, I've just been sent details of the new Travelling Fellowship funding opportunities that are now available. The categories this year would be suitable for people interested in developing Subud Britain Wings further, and apply to SICA, SIHA and the educational and entrepreneurial Wings. If anyone would like more information, I'm happy for them to contact me at rohana@rohanadarlington.com My own Travelling Fellowship to Ireland and Norway had a huge and lasting effect on my career as an artist, designer and writer.

Very best wishes

Rohana

<https://www.churchillfellowship.org>

The Antagonist

Laurence Shorter reflects on the war in Ukraine...

Like most people I have been swept up in the anxiety and disbelief surrounding the Ukraine situation. I never thought it would happen, and my brain is racing to recalibrate. How – my subconscious is asking – should I respond?

Even on a good day it's hard to get into the relaxed, focused state needed to do our best work. But when the entire collective mental field is caught up in the unfolding narrative of a global conflict that will affect us all, and when someone – call him (let's face it) the enemy – hints at the use of nuclear weapons, it becomes almost impossible to find that zone.

Half my attention keeps wanting to hook back into the mass ticker-tape newsreel of the crisis. At the same time, the entire ancestral fear structure of my body seems to be triggered into a low-grade paralysis. If you met me, I'd seem ok – friendly, perhaps a little distracted or busy – but on the inside I am to all intents and purposes managing a fight-or-flight response. I'm not breathing deeply. My thoughts are swirling, unable to focus on prioritising or thinking strategically about my day.

I grew up in the Cold War, my teen years sobered by the knowledge that other humans had arranged for missiles to be pointed at my head and the heads of my brothers. I drew my own conclusions about human nature and survival from that. These conclusions – judging the universe as essentially meaningless or hostile rather than benign – left their mark on my core OS, impeding my creativity, ease and power and hooking me into belief systems about power and competition. For years I have been working to unwind these beliefs as I transition from hyper analytical business idiot to balanced creative person and net contributor to society.

Much of the rest of the world too, brought up in the longest period of relative peace since history began and quite unaccustomed to war, has been warming slowly – albeit with many a backward step – to a new account of human life as potentially, essentially good (if collectively incompetent).

We know how bullies work...

But we know how bullies work. It's a mind game. They sense a weakness and they go for it. They needle our deepest fear, the part that still believes in the worst. So too with the enemy. We keep a cherished alcove in our hearts, a place of tender vulnerability, intimate beyond even our closest relationships, and we invite them straight on in. Enemies exist to make us go weak at the knees, to outrage us and to jellify our insides so that we want to sink to the floor and plead. Ulti-

mately enemies exist to test our faith and to call us to our strength. By which I do not mean the barricades and AK47s (although it might also mean that) but our knowledge of our own inviolability – our knowing that none of this can affect us if it doesn't hook our hearts.

To support me in my de-escalation process, I remind myself that there have always been enemies of profound and terrifying power – malevolent agents who appear to threaten our very existence – and history shows me that there is always only one of them at a time.

In the period of their most intense manifestation, they almost seem to displace each other in sequence. A few recent examples of this mysterious process of collective manifestation (from a British perspective): The Soviet Union was succeeded briefly by the IRA as public enemy of focus before Al Qaeda stepped on the scene, followed by ISIS, COVID and now Putin.



Laurence Shorter.



Notice how quickly the previous threat is forgotten or fades from the limelight each time. These forces don't disappear when we stop obsessing about them or even when they get 'beaten' (as events in Ukraine perfectly illustrate in relation to the former Soviet Union). Instead, for one reason or another, the narrative focus moves elsewhere. The energetic wind goes out of their sails and a space opens up for a new arch enemy. So, is this about them, or us?

Once we start tracking history, we notice that it is an apparent condition of life that there will always be an enemy whose job is to challenge the core of our being. Whether it's radical Islam, Putin or the ex-spouse, these players take on the mantle of ultimate bogeymen, and are always tagged with the most odious and destructive of values. Typically, they are then used to justify internal forms of tyranny in the name of salvation. Our national histories are littered with examples, from Genghis Khan and the Catholic Powers to Napoleon and Hitler. Every country and every era has its own Great Enemy, often directly mirroring the other (e.g. America / Iran).

Enemies can also be found on a national level. Trump took on the role of Great Enemy for many in the USA while the Brexit / Boris connection did for some in the UK. Note the 'fear gap' between ISIS and COVID – it had to be filled somehow (Iran didn't quite do it).

If you accept my observation that there is some kind of weird collective psycho-projection endlessly playing out, then the terror starts to lose its power. We can start to unhook from the drama (stop watching combat sequences on TikTok), invest less in the oppositional dynamic that is an eternal feature of life and start investing in the spaces of inspiration and hope that give us the lungs to breathe.

For me this is not about turning away, but about recognising the universality of this experience: everyone has an antagonist – and the enemy has its own imaginary villain (in Putin's case 'the West'), inflated, caricatured and manipulated by fear. No power is innocent in war. Neither, unfortunately, am I.

It's clear to me now that I've detested Vladimir Putin for years. I've been using this man who I don't know at all as a dumping ground for the shuttered stores of contempt I still harbour for human nature. Putin is the limp rag doll my ego uses to personify the ruthless and demented bullies of my childhood. I have made him my personal enemy. You can be sure he's done the same for us.

I'm not saying we should start pretending our enemies don't exist in the real world, and just switch off the news (though I wish I was a bit less compulsive in my use of BBC Radio 4). I'm saying we should take ourselves seriously as contributors to the situation, by noticing our own personal investment in the field of conflict instead of being swept up in panic, outrage and horror.

Far from being narcissistic or self-obsessed, this choice has real world consequences. The war in Ukraine is not a bolt from the blue. It is the climax of a breakdown that has been deepening for years, and we have all played our part. Only by paying attention to our inner dramas and locating the psychic hooks that activate our fear and hatred can we see how we've been part of the problem all along. We need to start treating ourselves like humans. We need to attend to feelings, doing the forgiving we need to do – that good old fashioned Christian stuff.

Maybe then the great flywheel of fear, defence and attack will lose its momentum and we can step off the endless cycle of historical samsara. War will end or never start again, and the New Age will be born. Maybe it could happen. Maybe it's ridiculous and impossible. Either way, it's too late now. Isn't it?

Well, no. The war began a long time ago. And Putin – or whichever Great Enemy suits us best right now – needs all our psychic energy to fuel his determination. Like all bullies, he needs to draw from the well of worry, outrage and protest in order to whip himself and his machine into battle.

So, it's time to get to work – stop investing in fear and start investing in the space that births dreams. We must tend our own gardens: these wars are lost and won in our hearts.

Laurence lives in the UK. This article was originally published on his blog during March 2022:

<https://laurences.substack.com>

Please visit him there to comment or subscribe.

The article also appeared more recently in www.goodreed.uk

The Latihan and Illness

Mashud Darlington, Central London Group, writes about the impact and meaning of a car accident...

Since my car crash at the end of November 2020 and my subsequent stay in hospital to recover from my injuries I've been invited to add to the comments I've previously written about this in Subud publications.

This is fortunate, as the road to recovery has been a kind of unfolding inner journey that may be of interest to others. Like many other people confronted by personal suffering, as someone who has received the Latihan since I was eighteen, it forced me to question the meaning of this distressing accident.

I can't describe the crash as my last recollection was of checking my wing mirror and turning in my seat prior to pulling out into what appeared to be a clear road. My next recollection was a coming to, on the far side of the road covered in my own blood and bits of broken glass.

I was then taken to hospital by ambulance accompanied by traffic police officers. After eighteen months I still have no memory at all of the actual crash and am still recovering from the trauma with physical issues of balance. Fortunately, no one else was injured in the accident with no further action to be taken by the police.

I spent three days in a local hospital and the intention of the doctors was to transfer me to Southampton where specialists would repair my smashed sinuses and deal with my brain injuries. However, the hospital doctors considered an operation may do more harm than good and released me to recover at home. My car, however was declared by the insurance company a complete write-off and I'm still unable to drive.

Many people on spiritual paths find the question of why a merciful and all-powerful God should permit such suffering an incomprehensible paradox. Having grown up in a culture influenced by Christian teachings, some time ago I became interested in the ideas of Doctor Bart Ehrman, Professor of Religious Studies at the University of North Carolina and author of thirty books on Christian beliefs.

More than two million of his books have sold world-wide. Professor Ehrman, because of his sincere Christian beliefs, became distressed by the problems of the existence of evil and the suffering he encountered in the world through his work with refugees.

He has written movingly about his loss of faith and his adoption of agnostic atheism. When a man of Bart Ehrman's scholarly stature and sincerity expresses these beliefs, I took them seriously.

A different journey,,,

However, my own journey as a Subud member has been different. I can't deny the reality of my own experience in the Latihan. I saw the light, quite literally, when in Latihan in Manchester a fragment of light broke off from a greater light, fell on my head and burnt its way through my body.

You can't negotiate with something like that, along the lines of 'I'll do this, if you give me that.' You can only surrender to a force overwhelming in its omniscience, holiness and >



Mashud Darlington with his wife Rohana and son Afandi and eldest daughter Juwariah.

transformative power.

So, I was obliged to question why this accident should happen to me after sixty years of Latihan. What could I learn from it? Just before the crash I'd been praying for the gift of a pure and loving heart. The crash jolted me out of habitual patterns of thought and behaviour. I became aware that the only way for me to progress further inwardly was to be in a state of love for my fellow beings.

I knew I should be able to forgive people who had caused me suffering in the past but found this difficult. This raised for me the dangers of forgiveness: would those I forgave take advantage of me? This was particularly acute in the case of Anugraha. I had invested all my hopes in this project because Bapak told us it would be the gateway for Subud in the wider world and I had mortgaged my house to support it. I felt bitterly betrayed by those in charge.

During the Subud Britain Congress in Malvern, after fasting for twenty days of Ramadan, I went to a group Latihan in the evening. This is a special time for Muslims, as Laylat al-Qadir, the Night of Power, is a time when grace and blessings are said to descend on those who have fasted sincerely. I had however no expectation that anything unusual would happen to me as I was aware that there were those at Congress who were fasting for much longer than I was.

During the Latihan I suddenly found myself alone in a vast space.

A voice then spoke the words within my chest, 'Whenever you meet anyone, just say to them, Peace be upon you.' The implication of this was that I should become closer to God than to other people. After this, my Latihan returned to normal. This was just the beginning of a long journey which led to my accident.

Strong enough...

Before the accident, but some years after the Congress Latihan experience, I felt strong enough to bless others inwardly and sincerely. I felt that this experience was in my chest because this was an attitude of the heart, not something I should be doing literally. It was strange, as when I did this, a firewall seemed to descend in my being, separating the past from the present. I felt that nothing that had happened in the past could affect me and I began to see what Bapak meant when he advised...

'This world is a place of suffering, full of danger, full of trials and difficulties. But at the center of this life, which is a life of suffering and a life of trials for man, there is also a great peace and bliss if we are able to surrender at that moment.'

I then understood that this world is a place of evolution and education for the soul, in fact emphatically not an earthly paradise.

Within my suffering I was then able to separate myself from thoughts and feelings of the past and memories of places and incidents that no longer exist outside my own mind.

A continuation of the process...

I now feel that the shock of the car crash was a continuation of this process. As a child I felt dissociated from my family and had difficulty relating to my parents and brother and the family culture. Paradoxically, I now feel a closeness to my forebears and sympathy for their lives led in the dirt and squalor of nineteenth century industrial Manchester.

I feel changed as an individual and more part of an ancestral continuum going back for centuries. I'm now aware that my present blessings are in part the result of my forebears' worship in the churches and non-conformist chapels they attended, and also of my mother's regular church attendance, bringing grace into the painful circumstances they faced.

I'm so grateful that, to quote Shaikh 'Abd al-Qadir al-Jilani, the 11th century Sufi mystic, 'the arrows of fate have scratched me but not killed me.' I could so easily have been in a wheelchair for the rest of my life, or blind, or in a coma. Or I could have lost my life in the crash.

With the loving help of my wife Rohana, children and grandchildren, I'm well on the way to recovery. And hopeful that, unlike my car, I am not beyond an 'economical repair', and that 'God is breaking me down to His oblivion, to send me forth on a new day as a new man'.

Zone 3 Magazine PROJECTS & PROPERTIES,

Summer edition

This issue includes...

· **Assisi 2022...** The latest news about the upcoming Z3 & 4 gathering including the developing programme and a call-out to the youth, together with details about one of our workshop contributors, and their latest project.

· **Supporting Ukraine...** The crisis in Ukraine has moved many Subud members worldwide to find ways to offer their support. Read about some of the responses and efforts being made by SDIA and Subud members to support the Ukrainian people.

· **Properties...** Learn about a proposal currently under development for a Subud European Property Foundation, how the exciting mortgage free milestone for the Lisbon Subud House has been reached, and an investment opportunity in France.

· **Gatherings...** Read about recent national gatherings in Italy, France and the Netherlands.

· **Introducing...** Meet the new Z3 Council members from Britain, Ireland and the Netherlands.

· **World Congress...** Read about the developing plans for World Congress, the WCOT's new podcast series, and a call for proposals to host the next world congress.

To read the magazine in English, click here:

<https://www.subudvoice.net/wp-content/uploads/2022/06/Projects-Properties-Zone3-Magazine-Issue.pdf>



Mark McElroy

We are truly sad to announce the passing of Mark McElroy, beloved husband of Vivian for over sixty years.

After searching from an early age for spiritual meaning in his life, Mark was opened in August 1958.

From that moment on he worked tirelessly and conscientiously for Subud Britain in numerous organizational and helper roles until the very end.

Mark will be so sorely missed by all his family, but he also leaves a lasting legacy and was an inspiration to many.

The funeral was a private family occasion, and, on Mark's wishes, we organised a natural burial in a beautiful woodland area in Derbyshire.

An English oak will be planted on his grave.

If you would like to show a token of affection and respect for Mark, we know he would be delighted for any contributions to go to Susila Dharma.

For any other communication, please feel free to contact Vivian at vivianmcelroy@talktalk.net

From the Editor

Indulge me, if you will, dear readers. It is a well-known phenomenon in psychotherapy circles that approaching anniversaries of traumatic life events often cause inner disturbance and need to be addressed.

Six years ago on August 1st, my wife (and long time Subud member) Rosalyn died. To help myself during the heart-rending grieving, I wrote a lot about my feelings in a 'free verse' form, eventually creating a book called *Bereafian*. Over the page, I republish one of the pieces, which couldn't be finished at the time, because of impending events. Later, I wrote more and include this after the 'poem'. >

Coming Back

Some cultures believe
The soul revisits Earth
Four times after death,
The thousandth day being the last.

Three days after you died,
You snuggled up to me in bed.
I think you were as surprised
(and maybe as unnerved) as I.

Then, three months later,
When pleading for contact,
Arms outstretched,
You touched my fingertip.

I sensed you in the far corner
Of my soul – dressed in white?
And I knew this was special,
The utmost that could be revealed.

Then, on the second anniversary,
Communing with your ashes,
Down by the river Chess,
I felt your presence again.

Like a wave of light,
You were the whole,
But simultaneously
An individual particle.

And you reassured me
That all was and would be well...
Now, I eagerly await, yet dread,
Your farewell visit...

Why dread? Because I sense
By now, you will have shed
Your shyness and hesitancy;
Your holding back, your damage;

And you will manifest purified,
Wholesome and complete
And so full of divine love,
Knowing everything.

And I'll sense that you see
All my imperfections,
My human failings,
While you will have none.

But you will not judge,
Because you are one again
With The All That Is,
You have completed the journey,
You have commended your spirit,
And come home to our Father –
Oh, well done, my love!
So very well done!

The Thousandth Day

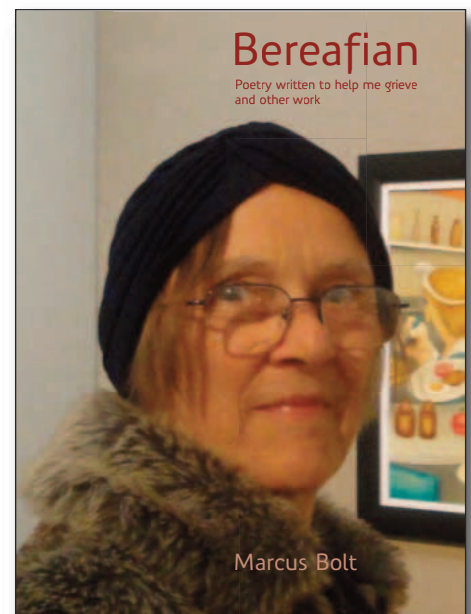
On Rosalyn's thousandth day, my grandson Aaron and I did latihan together at 11 a.m., the time of her death.

This was probably one of the deepest latihan I have ever experienced over my fifty-four years of membership.

I had been feeling, during the weeks running up to this event, a deep remorse turning to guilt over how I hadn't made clear to my wife while she was alive, and over our forty-four years of marriage, how much she meant to me, how much I appreciated and loved her, wondering if I'd even made the 'good enough' standard as a husband and so on – exacerbated by the fact she died so suddenly and we never had that chance to make amends and say our goodbyes.

Half way through the latihan, I was made to stretch upwards as far as my body would spine-crackingly allow, then becoming aware that my wife was 'lifting the burdens of guilt and grieving' from me.

When the latihan came to an end, my grandson and I sat quietly for over half an hour, both feeling, we later shared, a blanket of pure love covering us. Towards the end of this quiet, my 'wife' (in inverted commas because she now seemed more integrated into the 'all that is' and less of an 'individual') told me that death is nothing to fear, it is like sliding into a different state, akin to a snake shedding its skin...



Latihan Updates August 2022

LONDON REGION

Barnet Group. Timed latihans at 8 for 8.15 Mondays and Thursdays. Contacts: Women Harfiyah Haleem 07919 416371 Men David Rose – 07947 030 026

Central London Group. Women: Amelia Pimlott – 07939 522 519. Simultaneous Latihans at the Amadeus: Thursday evenings 7.30 for 7.45pm; Sunday mornings 10.45 for 11am

SOUTH EAST REGION

Tunbridge Wells Group. Sunday latihans at 9.15 for 9.30 for men, 10.45 for 11 for women except the 1st Sunday of the month when latihans are simultaneous at 10.45 for 11. Contact Philip or Veronique 01892 681 835 or 07367 808 958. Please check before you come.

Lewes Group Contacts: Amanda Lloyd 07981 663 913 (women), Lucas Adamson 07971 086 561 (men). Sunday 10.00 for 10.15 and 11.00 for 11.15 (at both Station St. and Talbot Terrace). Monday and Thursday 19.00 for 19.15 (Station St.): Tues 12.15 for 12.30 (Station St.)

South Downs Group. has a WhatsApp group where the helpers message fifteen minutes before quiet begins. We are now doing remote latihan at 18.30 for 18.45, both Mondays and Thursdays and a Tuesday virtual latihan, 11:00 for 11:15. Contact: Emily Faludy.

Hastings Group. 6.15 pm Tuesdays from our own homes, not connected via zoom or other video.

Canterbury Group. Mondays 19.45 for 20.00 women and men (not together). Thursdays 19.45 for 20.00 women and men (not together). Venue, Subud House, Century Road, Faversham ME13 8DP
Canterbury Group. Mondays 19.45 for 20.00 women & men (separate). Thursdays 19.45 for 20.00 women & men (separate). Venue: Subud House, Century Road, Faversham ME13 8DP.

THAMES VALLEY REGION

Oxford Group. Seacourt Hall, Westminster Way Oxford OX2 0LW Latihan For both men and women: Monday - 8.15 pm quiet for 8.30pm Friday - 7.45pm quiet for 8.00pm Women Helper contact: Maemunah Siegmund: 07947 820 334 Men Helper contact: Frederik Siegmund: 07930 066 111

Loudwater Group. Sunday 10.45 for 11am Tuesday 7.45 for 8pm Thursday 10.45 for 11am.

Contact helpers Antony Taylor and Mardiyah Strange (until next month)

Malvern sub-group Men do latihan on Tuesday night 8:00, and women and men Friday 10:30 a.m, simply timing themselves.

Maidenhead Group. has resumed. Monday evening latihans at the Friends' Meeting House. 7.45 for 8 pm. Basic Covid precautions are still being observed.

St. Albans Group. Latihan every Thursday at 8 pm. until further notice in the Transept Hall of St. Marys Church, Hemel Hempstead Road, Redbourn, AL3 7NL. Whilst the men will Latihan in the Transept Hall, the Ladies will Latihan in the "Upper Room", where there is a small kitchen and tea can be made there after Latihan for a social time if needed. There are full toilet facilities and plenty of off road parking in very pleasant and peaceful surroundings. We would welcome any visitors who would care to join us for latihan.

EAST ANGLIA REGION

Bedford Group.

Monday:	65 Ashburnham Rd	1.00 for 1.15	Women
Monday:	Quaker Meeting House.	8.15 for 8.30	simultaneous
Thursday:	65 Ashburnham Rd	1.00 for 1.15	Women
Friday:	65 Ashburnham Rd	8.15 for 8.30	simultaneous

Cambridge Group.

Friday:	St Andrews Hall	8.15 for 8.30
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Norwich Group.

Monday:		8.00 for 8.15	simultaneous
Wednesday:	Lunchtime	1.00 for 1.15	Women
Thursday:		8.00 for 8.15	Women
Friday:	Afternoon	2.15 for 2.30	Men

SOUTH WEST REGION

Cheltenham/Stroud Group (sub-group of Bristol). We have three latihan weekly – Tuesday 7.30 for 7.45 pm (men only) at Shurdington Millennium Hall. Wednesday, 11.00 for 11.15 at Cheltenham Quaker Meeting House (currently women only, but we hope to go back to adding a men's session later in the year). Friday 7.15 for 7.30 pm (men and women) at Painswick Community Centre.

For more details, email Monica Jones, monicaseejay@yahoo.co.uk

Wessex Group. Friday evenings 7.15pm for 7.30pm men and women. Burton Community Centre, Sandy Plot, Burton, Hants BH23 7NH Starting 24 June 2022

NORTH REGION

Chester Group. Our second latihan for the Chester group, men and women, is in Nantwich on Friday mornings at 10.45 for 11 am. The venue is Broad Lane Methodist Church, 125 Audlem Road, Nantwich, CW5 7EB. For access to the Church car park, continue to drive past the church and turn left onto Bishops Wood. Follow the road around to the right to reach the car park.

Sheffield Group. Arrangements are still the same: Saturday 10.30 for 10.45am and Tuesday 7.30 for 7.45pm. We ask that visitors contact us as one of our rooms is quite small and in the unlikely event of getting a coachload we'd have to make latihan consecutive.

Leeds Group (Sub-Group of Sheffield). Gildersome Quaker House, 75 Street Lane, Gildersome, Leeds LS27 7HX. We rent for 2 hours every Wednesday morning 10 to 12 noon.

Contacts: Conrad Aldridge 07747 133 097: Susannah Pemberton 07570 126 088.

York Group. Sunday 14:30 for 15:00 Women & Men. The Friends Meeting House, White Rose Avenue, New Earswick, York, Yorkshire, YO32 4AE. Members also meet weekly in Thirsk on Thursday at 11am: 24 Kirkgate, Thirsk, North Yorkshire, YO7 1PL, We rent for 2 hours every Thursday, 11am to 1pm. Contacts: Helena Papps 07895 732 271: Susannah Pemberton 07570 126 088

Liverpool Group. Men and women simultaneously on Mondays and Fridays at 11.00am for 11.15am. The last Friday of every month is called West of Pennines when we have refreshments after latihan. The building is Subud owned at 16 Bridge Road, Liverpool, L18 5EG. Contact is Margaret Hughes on 0151 228 3790. Mobile: 07960 011 317.

Durham Group. 11 am for 11.15 latihan every other Tuesday at Alington House, Durham.

Helper contact: Solen Lees 07943 663 368

Bradford Group. From 7 March we will have men's and women's latihan parallel again: Mondays 18:45 for 7pm men & women. Thursdays 12:15 for 12:30pm men & women + shared lunch option afterwards. Contact for men: Howerd Haley 07868 05236 - mrhaley@live.co.uk

Contact women: Ilanah Dance 07938 536985

Manchester Group.

Monday optional latihan	09:45 am for 10:00 am	Men
Monday group latihan	12:45 pm for 1:00 pm	Men and Women
Wednesday optional latihan	09:45 am for 10:00 am	Men
Wednesday group latihan	12:45 pm for 1:00 pm	Men and Women

SCOTLAND & THE NORTH EAST REGION

Tayside Group. latihan at Perth is back to meeting in the Perth Subud House. Mondays 1.45 for 2.00pm; Fridays 7.15 for 7.30. Please contact a Tayside member when you np-lan to visit.

Balloch Group (Highlands Sand Islands). Continues to Latihan remotely on the first Sunday of each month at 10.45 for 11:00 am. It has a helpers' WhatsApp group, and arranges Latihan as and when members ask. Any helpers feeling isolated are welcome to join the group.

PLEASE NOTE: If you would like to update your group's latihan times and any change of contact or venue, could you send the information to the National Secretary:

national.secretary@subudbritain.org and to the Journal Editor: marcusbolt240@gmail.com

Publications

Available from your group Secretary:

Subud: A Brief Description. An explanation for those who do not want to join Subud but might want to know more about Subud before, for example, letting halls to us for latihan.

FORMS – Go to:

<https://members.subudbritain.org/forms-for-members>, click the Resources tab and choose Forms from the dropdown menu to download and print many different forms, including:

- Gift Aid Form – Single Donation
- Gift Aid Form – Standing Order
- Member Application Forms

IMPORTANT: Helpers need to promptly complete new Member Forms, sending them to the Membership Secretary – via their Group Secretary (for signature)

- Helper Application Forms **IMPORTANT:** Helpers need to promptly complete parts A and B of new Helper Forms, and then send them to the Helpers Secretary, Ruth Armes, Kingswood House, Wotton Road, Wotton Under Edge, GL12 8RA

MANUALS & GUIDANCE – All available Free. See <https://members.subudbritain.org/manuals-guidance/> to download and print many different manuals, including:

- New Members' Handbook
- Operational Handbook

Other Subud publications are available from Subud Publications International at their two websites:

- www.subudbooks.com MEMBER LOGIN – Bapak's and Ibu's talks, available in different formats, for members to purchase
- www.subudbooks.com Books, etc. by Subud members. Some compilations are of Bapak's and Ibu's words, and some are personal experience books by members. Some titles are available as eBooks to download

Updates August 2022

Deaths

Mark McElroy - Derby Group

Events

National Congress 12 to 14 August, 2022

Loudwater Farm

Second Mini Congress style Gathering Saturday and Sunday – 27th and 28th August, 2022, Loudwater Farm

Pre-Congress Zoom Meetings

Tuesday 2nd August at 7 pm

Review of the current rules for carrying a motion

Friday 5th August at 7pm

SICA Zoom Share

Wednesday 10th August at 7pm

2022 accounts and 2023 budget

See page 2 for Zoom link URLs, meeting IDs and passwords.

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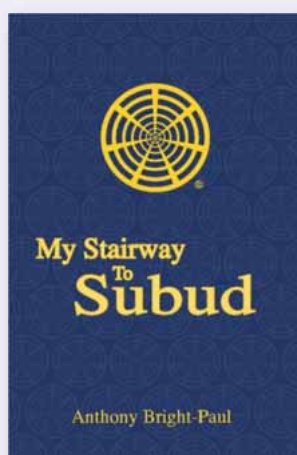
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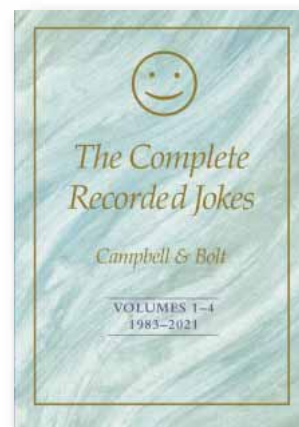
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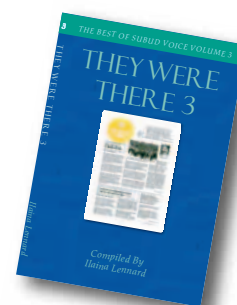
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building with humanity

Susila Dharma Britain is the humanitarian Wing of Subud Britain, and as a separate charity it supports various inspirational projects set up by Subud members here in Britain and around the world. These projects are diverse in their nature, covering the fields of education, community development, health and well-being and the environment. They demonstrate the amazing talents and initiatives that are the fruits of the Latihan in the world. The meaning of Susila Dharma is "guided from within to take action in the world" and we encourage all Subud members in their endeavours to improve their own community.

We rely on your donations to help these projects start and become sustainable. We work closely with our international support team at Susila Dharma International Association (SDIA) and collaborate with other SD Nationals to raise money and support projects. For more information visit our website:

<https://www.sdbritain.org.uk/>

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You can contact us via email on : chairman@sdbritain.org.uk to ask any questions. Please consider helping us by doing some fundraising, or by joining our Board of Trustees – we're a great team of volunteers and it's nice work for a good cause.

Thank you from the Susila Dharma Britain team.



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journal

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