

# Subud Greater Seattle House Guidelines

Our Helpers Dewan is united in solidarity to ensure that all of our members have a safe and sacred space to practice their latihan and worship Almighty God. We have agreed upon the following guidelines, to ensure that our house is a welcome place for everyone who enters. Please give your best effort to follow these behavior guidelines.

**Please reach out for help if you are in any kind of distress:** If anyone or anything is causing you to feel uncomfortable or unsafe at our Greater Seattle Subud House, please contact one of the helpers immediately, so the problem can be addressed. Please don't feel hindered if the person you have a concern with happens to be a helper or committee member, as we are all human beings that might say or do things that may need a change of perspective.

**Please refrain from raising your voice in anger, or acting in anger in our house:** Most members are coming to this house to do their latihan, and a large majority of them are hoping for a peaceful and tranquil atmosphere both before and after their latihan. If you feel you are becoming frustrated and angry towards another member please leave the property. After calming down and reflecting on it, if you feel that the situation needs to still be addressed contact a helper about it, so that it can be addressed.

**Please respect the personal space of other people:** When someone lets you know that they are uncomfortable with your conversation, demeanor, or behavior in interacting with them, please disengage your communication and physical proximity with them immediately, and please just leave them alone. We certainly don't want to cause a situation that has any of our members feeling in distress, discomfort, and most of all that they should end up not wanting to come to do their latihan in our house. Please remember that "No means No" in every single instance of this guideline. We should place our trust in God and do our latihan to let things resolve in their proper time.

**Please respect Renters Right to Privacy:** As the Subud House seeks to generate revenue in non-latihan hours, there may be non-Subud people present at the Subud House due to a rental situation. Please DO NOT engage them unless they specifically ask you a question such as "Where's the bathroom?" or "Do you have any paper towels?" Please go about your business and let them go about theirs.

**Compliance with the Guidelines:** If a Helper asks a member to disengage communication and proximity with another member or guest, they should do so immediately. If a Helper asks a member to leave the property they should do so immediately. Regardless of whether or not the member feels that these requests are justified or warranted, please just follow them, and then later we can discuss and test on the how's and why's of this.

Please forgive us if anything we have said here has offended anyone. Our goal is to help all of our members, applicants, and guests to feel welcome and that they have a safe and sacred space to come and worship Almighty God.