

AN INVITATION TO THE
Subud USA National Gathering
Albuquerque, New Mexico, July 4-7, 2013

We invite you to join us at this year's Subud USA National Gathering.

All the testing about this upcoming gathering indicates that it is primarily a time for SPIRITUAL RENEWAL AND BOLSTERING - a time for each of us to truly connect with and deepen our latihan.

In addition to providing three daily opportunities to do latihan with a large group, there will be sharing circles each day to talk about the latihan, what we receive, what is being asked of us, and how we can bring the latihan to bear in our outer lives. The national helpers will offer testing opportunities that will include the inner significance of being alive on the earth, our soul's significance and meaning, awakening testing, letting go of the past, forgiveness, acceptance of self and others, taking receiving into our lives, ancestors, personal testing, and more.

National gatherings are the one time each year that we and our families can be together with Subud brothers and sisters from across the country. And, because the zone 7 council meeting is being held at the gathering, there will be Subud members from Suriname, Mexico, and Canada attending as well.

We really look forward to you joining us this year. For more information about the gathering visit the website at <http://subudusa.wix.com/2013gathering> or write to subudusa@subudusa.org.

If you would like to request financial assistance to attend, fill out the form at http://bit.ly/susa_assistance.



A Sampling of Workshops at the 2013 Subud USA National Gathering: Bringing the Latihan into our Daily Lives

CONNECTING

Sharing Circles

Each day there will be an opportunity to come together to share deeply with one another where each of us is on his/her spiritual path. The goal is to create an open space for the expression of where each person is at this time and to have the opportunity to really listen to one another.

We invite each person to share in a circle such things as :

How are you managing getting to latihan?

How are you experiencing the latihan itself?

How are you understanding what you are receiving, and what is being asked of you in your latihan ?

How are you challenged to bring the latihan into your outer lives?

We ask that in the sharing circles we all simply listen openly to one another without interrupting, offering advice or making comments. After going around the circle we will see what test questions arise. We can share again after testing. Some sharing circles may address specific topics beyond those suggested above.

Communication Skills:

Listening and Responding from the Inner

A structured interactive workshop in which participants will be guided in an opportunity to practice one-on-one listening and speaking from a true place within.

Navigating Dating and Relationships:

A Kedjiwaan Workshop for Unmarried Women

Come together with other unmarried women to talk and test about following one's inner path and guidance in the process of dating and navigating intimate relationships.

Intergenerational Ropes Course

The University of New Mexico has a state of the art ropes course. This workshop is led by a trained facilitator and will focus on teamwork and community building as we navigate challenges that are appropriate for all ages, from 6-90!

TALENT & KNOWING ONE'S SELF

Understanding True Culture and Talent Testing

What SICA really is. A deepening of your understanding about true culture and how to put it into your daily life. Testing will be offered at the end of the workshop.

Blessing of the Hands

Our hands can be vehicles through which our true talents are communicated to others. Whether we are artists, musicians, construction workers, welders, auto mechanics, bakers, florists, hobbyists, loan officers, massage therapists, healers or health care professionals, our hands impart our shared journey of imparting the latihan through our work.

The blessing of the hands ceremony consists of pouring warm water gently scented with essential oil over the hands as a symbol to refresh and renew the spirit. An invitation is given for each workshop attendee to come forward to reaffirm their respective talent, and the contribution and caring they bring to others each day, along with the hope that through this ceremony their spirit is renewed. One by one, each participant voluntarily comes forward to receive the blessing with warm water poured over the hands.

Accompanying test questions are:

What is the significance of my hands?

How do I know when my hands are performing my true talent?

The Good Society

The goal of the workshop is to help participants imagine and articulate their vision for a good society. Having clarity about such a vision can help guide one as one moves through the world. The workshop will be a rapid prototyping, using various group processes, of what a good society could look like.

Aging with grace: How can Subud help its own aging members and the local community?

8000 people a day will be turning 65 every day for the next 17 years. There are practical aspects of serving senior needs that could be very successful enterprises.

How will we as an organization serve the spiritual needs of people who perhaps get too old to come to group latihan?
Do we have a responsibility to provide services to aging members?

Do you have needs that you are having trouble meeting as you age?

Are you a young person wishing to make a business out of providing senior services?

This workshop will include a national video on the subject of aging and discussion time to identify needs and assets specific to Subud in this topic area. May include testing about personal attitudes towards the aging process, people older than they are,

or how God would have us be in this chapter of life that comes to all who live long lives.

Community Forgiveness

The workshop is facilitated by Theodore Salisbury, a therapist, and Mary Salisbury, a professor of education who went to Uganda on a Fulbright scholarship in 2002. While there, she learned about the savagery inflicted on the people of Uganda by rebel armies that capture children to make them soldiers and sex slaves. People are working there to reintegrate former boy soldiers, who were forced to commit atrocities, into their families & villages through rituals of community forgiveness, a tradition in many African nations.

Mary will speak about a young Ugandan man she met who was involved in this effort of reconciliation and then show "Fambul Tok," an award-winning documentary about similar work in Sierra Leone after the end of their brutal civil war. This will be followed by a broad and deep discussion about the power of this approach to making peace and preventing conflict, as opposed to punishment and cycles of revenge, retaliation, and war. If enough are interested, we will continue the workshop in a second session to consider how this model of reconciliation & peace-making fits with the latihan, the aims of Subud, and your own experiences, and whether and how we might spread this attitude & practice in receptive regions of the world--starting perhaps with our own Subud groups.

Boatbuilding with Recycled Materials

All ages workshop, building boats with miscellaneous recycled materials and testing them on the Duck Pond.

Contrasting Techniques in Clay: Experiencing Guidance

Experiencing guidance from the inner and outer using two contrasting and guided techniques in clay sculpture of animals.

Food Talk for SICA International Cookbook

A multi-media Food Event: Come watch a famous chef teach how to make cakes on video; make easy, no-bake Peanut Butter Truffles, listen to Hamidatun interview members about their cooking experiences, and fill out the Form for Recipes to enter your recipes in the SICA International Cookbook due to be on sale at the 2014 World Congress in Puebla.

EXPRESSING

Singing For Joy

A discussion of good singing techniques, followed by warm-up and some exercises. We will then have a singalong focused on traditional folk and gospel music. We will encourage harmony singing. We may even prepare something to present at entertainment. This fun workshop will be responsive to the interests of its participants. Available to all ages. Children under 12 should be accompanied by an adult.

Musicians' Confab

Confab stands for confabulation; i.e., come BS with other musicians: mainly for mutual support and encouragement plus networking. All musics are welcome, from hip-hop to ethnic to jazz to classical. We may break into groups, then come back together for sharing for the last half hour--even continue informally after that, space and time permitting. Bring instruments. We hope to have a piano available. If jamming or miniperformances happen, even better.

Theater Games for Non-Actors: Saying "Yes" to the Moment

Theatre games help actors warm up and stay present for their work. These same games can also be used for non-actors to give them a chance to explore their boundaries by experimenting in a safe classroom situation, without pressure to 'perform.' It's always fun, and sometimes growth happens when no one is looking.

Cabaret

An afternoon open mic cabaret for performers - singers, musicians, story tellers etc. – to come together in an informal setting to share, experiment, express, and collaborate. This is suitable for anyone who has something to express – whether you consider yourself a "performer" or not! Bring a song, a poem, a story or a banjo! This is an open, non-judgmental, supportive space.

Writing and Self-Publishing

SICA-USA is sponsoring an information workshop about writing and self-publishing.

MOVING

Evening Walk

A group walk (almost) every evening around campus and adjacent neighborhoods.

Basketball

All ages basketball is offered to anyone with a willingness to dribble and an aspiration to dunk!