

SUBUD PNW Regional Congress May 15th, 2022 Portland Subud House

Oswald meeting opened at 12:50 PM - moment of quiet

Opening remarks by Oswald:

In the Name of God Most Gracious, Most Merciful, I welcome you to the May 2022 Regional Congress of Subud Pacific Northwest. Four years ago, when I was selected as the congress chair, little did I know that I would be serving you 4 years later. I am grateful to be doing so.

I would like to start our meeting with the following acknowledgements and grateful thanks to the following Subud PNW members:

- Hadijah O'Bar for your 4 years of extended service as our chair, having been willing to serve 2 additional years when we were unable to meet in person due to the COVID pandemic.
- Sherwin O'Bar for his 10 years of service as our regional treasurer through 4 different committees.
- Morris McClellan and Nirel Jackson for serving on the communications committee for the congress and for their time and effort in making it possible for members throughout the region to attend virtually through the Zoom application. Also, to Philip Lindstrom for his help in administering the zoom portion of the meeting along with Nirel.
- Our Regional Helpers - Rosalyn Neel, Margarite Charney, Elisa Sunflower for the women and David Lynch, Albert Palmeter and Leonard Dixon for the men – for their 4 years of service, and possibly beyond if there are able to extend to the next Subud International Congress in 2024.

May we please have a round of applause for these members. [Applause]

Lastly, before I go over the agenda, I would encourage those of you who spoke to me of your hope that we could have had a longer congress to discuss the needs of our region that you register and attend our annual Kedjiwaan event to be held November 10-13, 2022 at the Menucha Conference Center in Corbett, Oregon.

Minutes: no previous minutes to approve/review. The agenda was presented.

Reports

Center / Group	Representatives	Report Links
Seattle	Jim O'Halloran - Seattle Chair	SGS Report
Portland	Morris McClennan - Portland Acting Chair	Portland Report
Bellingham Skagit	Rosalyn Neel - Regional Helper	Bellingham/Skagit Report
Olympia	David Lynch - Regional Helper	Olympia Report
Regional		
Financial Report	Sherwin O'Bar - Regional Treasurer	Report Snapshot
Helper Report	David Lynch - Regional Helper	Helper Report
Regional Small Groups	Hadijah O'Bar	Small Groups Report

Selection of New Officers & Next Congress Chair

Chair

Sebastian nominated Daniel for Chair, Phillip seconded:
Daniel was willing to test

Phillip nominated Latham, David seconded:
Latham was willing to test

Aliza volunteered, but unable to test so withdrew

Phillip Nominated Ramon, Ramon declined the nomination

Jim moved to close nominations, Marston seconded. All in favor

Testing Daniel:
Testing with the helpers was negative, Did not go forward with the process

Testing Latham:
Initial testing with the helpers was positive, will go forward with additional testing
Additional testing with the helpers was positive

Short break

Latham was willing to go forward with voting. Latham left the room and the vote was taken. The vote was in favor by a super majority. Latham is our new Regional Chair. The room acknowledged Hadijah as outgoing chair with a standing ovation.

Vice-Chair

Rayma nominated Nirel for for vice-chair. Oswald seconded. Nirel declined

Melanie nominated Maryka, Maryka declined.

Sebastian nominated Hariana, Jim seconded. Rayma phoned Hariana, she declined

Honora Drew nominated Oswald, Daniel seconded. Oswald declined

Marston nominated Hanafi, Jim seconded. Hanafi declined

Nirel nominated Marston, Oswald seconded. Marston declined

Phillip nominated Rayma, Jim seconded. Rayma declined

David nominated Honora Drew, Honora is unable to test, declined

Latham nominated Leana, Rosetta seconded. Leana accepted, willing to test on Tuesday

Honora nominated Michael Dubois David seconded. Michael accepted, willing to test when he has availability to a helper

Jim nominated Lucinda, Oswald seconded. Lucinda declined

At this time it was determined that the voting for vice-chair will be deferred pending testing results for candidates, Leana and Michael. This will be handled via email

Maryka moved we close the nominations, Phillip seconded

Selection of Congress Chair

Sebastian nominated Phillip, seconded. Phillip declined

Marston nominated Nirel, Rosetta seconded. Nirel accepted the nomination

Rayma nominated Jim, Rosetta seconded. Jim accepted the nomination

Phillip made a motion to close the nominations, Ramon seconded. All in favor

Voting for next Congress chair:

Jim 15 in favor

Nirel 16 in favor - Nirel accepted the position of the Congress Chair in 2024.

Ramon Made a motion to adjourn, Latham seconded. All in favor. regional congress was adjourned at 3:45 PM.

end of Regional Congress

Addendum: The following reports on the Vice-Chair selection process was submitted by Regional Helper Rosalyn Neel and Portland Center Helper Halima Taylor after the Regional Congress on May 25st, 2022

Report on Testing for PNW Regional Vice-Chair

Michael DuBois

Wednesday, 25th May, 2022 – Mount Vernon, Washington. Following latihan at 1:30 today, Michael DuBois tested for Vice-Chair of PNW Region for the coming term.

Testing helpers: Paul Woodcock and Luther Schutz

Testing witnessed by Rosalyn Neel and Serena DuBois

After testing the first three questions it was clear that Michael's schedule and responsibilities for the months ahead make it not a good fit for him at this time so no further questions were deemed necessary. It looks like other candidates must be found.

Rosalyn Neel - Regional Helper

Leana McClelland

Tuesday, 17th May, 2022 - Portland, Oregon.

Halima Taylor tested with Leana McClelland. The question was if it would be correct for Leana to put herself forward to serve as vice chair of the region. This was at her request.

She received a no and the testing went no further. This was communicated to the regional helpers.

Halima Taylor - Local Center Helper

As these results did not yield a vice chair candidate that regional members could vote on, Latham will be sending out an email appeal to all members asking for candidates for the vice chair. These candidates will then be tested by the regional helpers.

This appeal will also ask for a volunteer who could start immediately as the regional secretary.

end of Vice Chair testing report

Center and Group Reports

Greater Seattle Center

SGS Report for 2022 PNW Regional Congress

How have your committee and helpers been able to work together during this time of great challenge? e.g. Was there trust and respect? Were you able to work together harmoniously?

Committee Perspective: We have been able to have a helper of both genders at most of our meetings and it has helped with dealing with the needs of the group. Covid procedures have rather dominated the discussions, but hopefully as things return to normal there will be room for other topics that can be related to members spiritual growth.

Helper Perspective:

Women: Working and meeting via zoom during the 2020-2021/2 pandemic shutdown has been very challenging. The committee continued to meet every month and would request helpers to be present at the meeting. This was hit and miss. My opinion was that there was respect and trust among helpers and committee members, but very little interaction.

Helpers tried to set up a monthly meeting schedule on the third Sunday of each month. This worked for a while, but was sparsely attended. At a recent meeting the helpers present (1 man and 1 woman) agreed to start this up again, aiming for a June helpers' meeting.

How has your dewan been able to maintain your relationship the members of your group during this time of separation? Events? Work Parties? Etc.

Committee Perspective:

SGS has held a couple of work parties. We have had fairly regular general meetings, with one being in the park combined with a summer picnic. We have recently made a decision to reserve one Sunday a month for post latihan activities. We hope to enhance our group life with these regular get togethers.

Women helper perspective: We were able to have two picnics outdoors during warmer months each year. There were 2 work parties scheduled for landscape maintenance. The first was attended by about 8 people. The second by 3. We had a lovely Christmas/holiday party in December 2021 which was well-attended by members and some non-members. We had call-in latihans on Tuesdays, but weren't able to sustain local helpers doing the timing. The regional helpers responded to our request for help organizing and timing Tuesday latihans for women.

Women helpers phoned women members during the shut-down to complete the census. We have no particular system of checking in with members who are ill or disabled or who may or may not be doing Latihan alone.

How many latihans do you have a week and what are their locations?

Two Latihans weekly in Seattle at Spring Street Center (Tuesdays at 10AM, Sundays at 11AM).
One Latihan weekly at Bellevue First Congregational Church (Friday evenings, 8PM)

How many members attend the group's latihan: weekly and monthly?

Weekly: Guys: Approx. 11 Sundays, 6 Tuesdays, 4 Fridays.

Women: Tuesday mornings: 2 on average

Friday evenings: 2 on average

Sunday mornings: 4 on average

Do you have adequate helpers to cover each of your latihan?

Men: Yes for the guys, although Friday has been a challenge and we stopped it for 3 months due to lack of attendance, but lately we have had sufficient coverage.

Women: Depends on what is considered adequate. We have 4 currently active helpers. One helper times the Tuesday and Friday latihan. The other three helpers attend the Sunday Latihan only.

Of greater concern to me is that we don't have a system to regularly reach out to members who are ill, disabled, elderly, or simply have dropped from sight.

(helper input here)

Men's' helper report:

The process of asking the men's helpers group to participate in their part of the report helped to surface several issues which the committee hopes the helpers will work on in the during their coming term.

Some of these issues included the impact of not our having latihan at our building due to COVID restrictions, the requirement for vaccinations and masking. Others include how pay for the upkeep of our building through rentals, which prevent our using the house all of the time and whether we should reduce the rentals in order to use the building more.

A lengthier report has been sent to our Regional Helpers for their review.

What group activities has your local dewan done outside of its work for your center? e.g. fun activities, dinners together, etc.

Occasional informally organized attendance at cultural events.

We have had a holiday party but aside from that and general meetings we haven't done any other activities. We hope to change that this year and the next and have reserved several Sundays to make the space for this. Hopefully the momentum will carry and members will feel empowered to plan events and gather.

If your local group could ask the regional board and helpers for one thing that would help your group to flourish, what would that be?

Resumption of Menucha.

Women helpers: Occasionally calling to check in with local helpers and committee and to visit to help encourage regular helper communications. My opinion is that we need more people to be willing to serve as helpers and/or committee members for the group to continue to function. There's not enough person-power or energy to cover all the bases. People try to do their best, get burned out, or alienated, or angry, or just tired.

A request to test these:

1. How is the state of our group at this time?
2. How would God have the state of our group be at this time?

end of Greater Seattle Center report

Report for Regional Congress 2022 from Subud Portland

From Morris McClellan, Acting Chair

For the last two years we have managed our affairs with a three-person council, rather than the traditional committee structure. Currently, this council is made up of Maria Baker, Rebecca Banyas, and Morris McClellan as Chair.

Over the course of the pandemic, we have endeavored to keep our group life alive with general meetings and social meetings, all on Zoom. Typically, we would have a general meeting one month on the second Sunday, and the next month a meeting more focused on community sharing.

Though rentals fell off a cliff with the pandemic, they are beginning to come back now. Our rental manager had accepted a reduced stipend and the elimination of commission while rentals were down. We have reinstated her regular stipend and renewed her commission since February, 2022.

During the pandemic, some among our membership were able to increase their donations to make up for the loss of our rentals. We have always kept a reserve saving account of \$7500 for emergencies, and we did not have to reach in to that source during the pandemic. Despite the turmoil of the last few years, we have managed to maintain our financial situation in relatively good shape.

Currently facing our group is a significant remodeling project to fix a design flaw in our roof that produces a persistent leak when it rains. We have had produced architectural and mechanical engineering drawings, and have progressed toward getting permits issued. We have sent out requests for bids to some contractors. More requests will be sent out shortly. After we get a chance to review several bids, we will assess what our next steps should be.

Recently, we held a dewan meeting to discuss how to re-invigorate our group coming out of the pandemic. As a result of this meeting, we scheduled an in-person general meeting for June 12th to bring this discussion to the whole group.

end of Portland Center report

SUBUD Bellingham/Skagit Group

Subud PNW @ Bellingham/Skagit Valley – Report for Congress May 2022

Subud Bellingham/Skagit Valley has an official membership of 11 people—seven women and four men. We have a partial committee and plenty of helpers. During the covid lock down period, three members (one man and two women) continued to do latihan twice a week in the Subud House. Others did the latihan simultaneously at home or at other times. We keep in touch by phone and email and occasionally the women gather at someone's house for testing or special latihan as needed; or in a park in two and threes for birthdays and social occasions, and this continues

Even before covid the challenge was, for an ageing membership, the distance most had to travel. For a while we rented a space in Bellingham for one latihan a week but that ended when the lockdown began. Last summer in July when covid restrictions lifted for a while we had our first whole group gathering with latihan and a potluck and talked about where we were at as a group.

We finally settled on the following: Men would do latihan two Wednesdays a month and one of those Wednesdays there would be a potluck with whatever women could come. – and three of us would continue to do latihan regularly twice a week. This remains our usual way of operating these days with some adjustments as needed.

We are doing ok financially because of regular donations and a large gift that came to us from a member just before covid. We have been able to pay all our expenses and continue to send money regularly to the Region and to Susila Dharma. Our house is aging but still viable for the time being.

Two of our members operate a class in marbling. This takes place twice a month at a venue in Anacortes and they will also have a presence at a farmers' market when the summer season opens, as they have in the past.

We are most grateful for the latihan, our brothers and sisters, our Subud House and for Bapak and the Subud structure in general.

This report was compiled by Rosalyn Neel, House Manager and Treasurer and Michael and Serena Dubois, our Chair and Secretary and run by the whole group.

end of Bellingham Skagit Group report

Report from Subud Olympia

Regular Latihan every Saturday at 11 am.

2 women regular attendees: Elisa Sunflower, Maryka Ford.

1 regular man attendee: David Lynch

Every other week: Chuck Cary

Twice a year: Benjamin Boyce and Chris Maynard

Robert Baer and Ann Cary are in health rehab and cannot attend.

Plans for adding wheelchair ramp to allow more access for Robert and Ann (and any others of us that need it).

Thank you, David Lynch

end of Olympia Group report

Regional Financial Report

Category	2020 Total	2021 Total	Jan-Mar 2022	2022 Budget-Adopted by SPNW Board On 2-14-2022
INCOME				
Center Contrib.				
Center Contrib.:Bellingham	\$1,800	\$3,000	\$600	\$2,400
Center Contrib.:Portland	\$7,950	\$8,250	\$2,250	\$9,000
Center Contrib.:Seattle	\$6,400	\$9,440	\$2,400	\$9,600
TOTAL Center Contrib.	\$16,150	\$20,690	\$5,250	\$21,000
Financial Assistance	\$414			
Indiv. Contrib.	\$2,434	\$3,864	\$96	\$1,500
Interest	\$65	\$36	\$4	\$20
Interest – Housing Fund	\$337	\$161	\$20	\$80
Sub Total Income	\$19,400	\$24,751	\$5,370	\$22,600
Menucha Income				\$19,000
Total Income	\$19,400	\$24,751	\$5,370	\$41,600
EXPENSES				
Other Regional Expenses				
Other Regional Expenses:Regional Insurance	(\$2,180)	\$974	\$482	\$900
Other Regional Expenses:Transfers to Subud USA	\$18,000	\$19,500	\$4,500	\$18,000
TOTAL Other Regional Expenses	\$15,820	\$20,474	\$4,982	\$18,900
Regional Committee				
Regional Committee:Other Committee Expenses				
Regional Committee:Other Committee Expenses:Bank Chrg	\$30	\$36	\$15	\$35
Regional Committee:Other Committee Expenses:Annual Fee:Oregon	\$50	\$100		\$100
Regional Committee:Other Committee Expenses:Annual Fee:Washington	\$10	\$119	\$56	\$120
Regional Committee:Other Committee Expenses:Misc	\$654	\$87		\$100
Regional Committee:Other Committee Expenses:Telephone	\$60	\$0		
Regional Committee:Other Committee Expenses:Website Design Mainte	\$1,665	\$2,565	\$600	\$2,600
TOTAL Regional Committee:Other Committee Expenses	\$2,469	\$2,908	\$671	\$2,955
Regional Committee:Travel and Meetings	\$180	\$0	\$0	\$0
TOTAL Regional Committee	\$2,649	\$2,908	\$671	\$2,955
Regional Helpers				
Regional Helpers:Travel and Meetings	\$808	\$0	\$0	\$4,000
TOTAL Regional Helpers	\$808	\$0	\$0	\$4,000
Sub Total Expenses	\$19,277	\$23,381	\$5,653	\$25,855
Menucha				\$17,000
Total Expenses	\$19,277	\$23,381	\$5,653	\$42,855
OVERALL TOTAL	\$122	\$1,369	(\$283)	(\$1,255)
Bank Balances at 12-31-2020, 12-31-2021, Q1 2022				
US Bank General	\$3,587	\$7,259	\$7,260	
US Bank Event	\$107	\$107	\$92	
General Fund-Capital one	\$17,825	\$17,859	\$17,863	
Housing Fund-Capital One*	\$84,884	\$84,044	\$75,064	
Total	\$106,403	\$109,269	\$100,279	
*Housing Fund-Capital One --- PDX Roof--Loan				
*Housing Fund-Capital One --- PDX Roof--Matching Grant				
*Housing Fund-Capital One ----unobligated				

end Regional Financial report

Regional Helper Report

Regional Helper Report

- Regular Regional Latihan every Sunday at 11 am quiet time, 11:15 begin, 11:45 finish
- Men's Regional Latihan on Sunday is live from Seattle Spring Street Center regular Latihan. The call-in portion is attended regularly by 1 or 2 men.
- Women's Regional Latihan on Sunday is conference call only and is attended by approx. 10 women regularly with testing afterwards.
- 1st Monday of the month at 7:30 pm Men's regional call in Latihan has 2 or three regular attendees
- 1st Monday of the month at 7:30 pm Women's regional call in Latihan has 4-5 women
- 3rd Thursday of the month at 7:30 pm Men's regional call in Latihan has 1-2 men
- 3rd Thursday of the month at 7:30 pm Women's regional call in Latihan has 4-5 women
- Every Tuesday at 11:00 am Women's regional call in Latihan usually attended by 2 to 4 women
- PNW Dewan meets 1x month with the Regional Board of Directors, 2nd Monday of the month
- Women Regional Helpers meet by Conference call w/Regional Committee Chair & invite the Vice Chair & National Helper Liaison, Loretta Covert, for chat followed by Latihan the second & 4th Friday of the month
- We had one trip before Covid to visit regional members in Spokane on July 22, 23,24 2021 to which approx. 6 men and 8 women attended
- We had two zoom Kedjiwaan days last year one in February and one in November which were well attended and very successful
- We are hoping to have a zoom Kedjiwaan event for helpers sometime this summer and to again offer personal testing over phone or zoom as we did before
- We plan a zoom Kedjiwaan day this spring/Summer
- We are planning a retreat for Menucha planning in the fall

end of Regional Helper report

Small Groups Report

Reports from our smaller groups sent by email to the Congress Chair

Montana Group - Layah Cottonwood

After 32 years of twice a week latihans....,Our group stopped meeting in June of 2021 because of Covid restrictions. We keep in touch as sister friends.

Spokane Group – Renata Robb excerpts

Sebastian Tedrow came to visit and did the latihan with Aaron Mann, Lukas van de Wald and Emmanuel Dorm at the Yoga Studio on Wednesday night at 7:30 - the men are once more meeting for latihan.

They do not remain in touch with us ladies although, at one time we also met at the Yoga studio, when there were more of us. Lydia Tedrow, Roseanna Boyd and I were doing latihan at the Yoga Studio but, before Covid, we stopped. Lydia and I can do latihan at home but Roseanna doesn't like doing the latihan at peoples' homes...

I don't know if I will be going anywhere except on line. Lydia wants to go to Menucha. I do keep in touch with Roseanna Parsons in Idaho, Post Falls is only 23 miles away but we are both approaching our 90th birthdays - actually, I think she's already there and my birthday is coming up - and we both like to stay at home. Love, Renata

Alaska Group – Honora Drew

There are just 5 semi-active Subud members in Alaska at this time. The isolation of the Covid pandemic, geographical distances separating members, and illnesses have each negatively impacted the Alaskan members in recent years. We really miss having a group, like we once did in Anchorage.

There are no longer members (that we know of) in the largest city (Anchorage) or the 2nd largest (Fairbanks). We do always hope that work opportunities will bring Subud individuals to those cities so that a nucleus for an actual group might form again. Maybe we will be fortunate enough to get some Ukrainian Subud members among the expected immigrants to Alaska!

With the challenges mentioned, there have been no in-person latihans or other gatherings since 2019. Several of us were joining the regional call-in latihans on a regular basis, but that has also fallen off with surgeries and health challenges. It may be that no active latihans are occurring (at least outwardly) in Alaska at this time?! The five semi-active members include: one couple in Palmer, Alaska, one couple in Soldotna, Alaska, and one woman in Homer, Alaska - married, with a non-Subud spouse.

Louisa Branchflower (daughter of Frederick and Melanie) and her husband George Hoden, and their two school-age children live in Palmer, AK 60 miles North of Anchorage. Louisa and George are enthusiastic parents and active leaders in their community.

Hosanna Heartsong and Katt Heartsong (formerly Hosanna Lahaie-Lee, and Kathy Pinette) live in Soldotna, Alaska, 150 miles South of Anchorage. Hosanna is a perennial peer advocate - always a thoughtful listener. Despite her MS, Hosanna manages to be a fun, supportive grandmother to two of her grandchildren who are just now teenage boys. She will have a knee replacement in June. Katt just returned from assisting her sister in Idaho through recovery from a double mastectomy for advanced cancer. And she is getting used to her own cardiac pacemaker.

Honora Drew lives with her husband Steve in Homer, Alaska 70 miles further South, on beautiful Kachemak Bay. Still struggling with a mysterious illness, Honora has managed to return to part-time work at a local

medical clinic. She is also a key organizer of the Alaska State Ultrasound Society's October educational conference. Honora is inactive as a helper at this time. Hosanna is the only potentially active helper.

A 6th formerly active member, Rose Beth Levno, was in the Fairbanks Pioneer Home (400 miles North of Anchorage), with cognitive difficulties, but we have lost contact with her.

Regional helpers or incoming committee members should not hesitate to contact each of the Alaska members as individuals, since there is no longer a group or central organizer.

SUBUD Olympic Peninsula – Fredrick Branchflower

The Subud Olympic Peninsula Group is barely a group anymore. We lost Lucia Ryan who passed away last year. We lost Keith Ryan who moved to an Assisted Living Facility near Portland. Robert Knill and Fredrick Branchflower do latihan once a week at Robert's house. Melanie does latihan at our house by herself. Other than that, the group is non-existent. We haven't heard anything from the Regional Helpers and there is very little Regional News. Sorry if this sounds negative but that is the situation here on the peninsula. We welcome any Subud Members who come across the sound and love to do latihan with them.

Love and Cheers, Fredrick

end of Small Groups report

Regional Congress minutes and report compilation by Ramon Hildreth - Regional Congress Secretary June 7th, 2022