



SUBUD Pacific Northwest

"...For all mankind..." -Bapak

SPNW Bi-Annual Regional Congress

July 4, 2026

Portland, OR

1:00 pm - Quiet led by Danielle Gleeson, Regional Helper

Opening Poem and Prayer offered by Isabel Gates, Congress Chair (see Appendix).

Large Opening Circle: Introduction and Connection Game - name, where you are from, and a memory of what brought you joy as a child. All participants shared. There were 37 members of the Region present at the meeting. A quorum was met for the meeting.

A motion was made and seconded (Oswald Norton/Marston Gregory) to approve the minutes of the 2024 Bi-Annual Regional Congress as sent out prior to today's meeting. Motion approved with 35 yeses and 2 abstentions.

Isabel Gates acknowledged the service and contributions of the Regional Board Members over the last two years: Honora Drew, Chair; Akhri Cutler, Co-Chair; Marston Gregory, Treasurer; and Margarite Charney/Marilyn Schirk, Recording Secretaries.

Deepest thanks for their efforts on behalf of the Region. Honora has been gifted with several gift certificates from the Region. THANK YOU HONORA AND ALL!

Also, it could be added that at the National Gathering, Margarite Charney was asked to test as a PNW Regional Helper to replace Daniella Gleason, who had to step down. The testing was positive, and she has joined the PNW RH Dewan.

Report of current Regional Chair, Oswald Norton, on **Regional Accomplishments** since the last Bi-Annual Regional Meeting in 2024:

Regional Accomplishments Since Subud PNW Congress 2024:

- Supported PNW members in attending 2024 World Congress in Indonesia. Many went.
- Sold Mount Vernon Subud House in 2024 in constructive process for group and region.
- Supported both remaining Centers with Houses in important repairs and upgrades
- Collaborated to create a new Fall 2025 Kejiwaan Gathering at Seabeck, WA
- 2026 Seabeck now in solid planning with registration opening soon.
- Akhri qualified SPNW for free Google Workspace for nonprofits -online storage and many other benefits

- Board strongly supported Regional Helper Activities with funding in budgets.
- Clarified travel reimbursement policy and House Fund Grant & Loan Policy
- Continued open governance meetings and expanded board non-center representatives
- Bylaw changes included move to Regional Council governance.
- Regular Board/Helper Latihan and Committee/Helper Latihan and meetings
- Continued QuickBooks online accounting consolidation of Center and Regional Accounts for better accounting and reporting.
- Continued paid CPA accounting services to assist Regional and Center Treasurers.
- Completed all tax forms due and Annual Reports to maintain nonprofit tax status.
- Established Annual Fund drives and increased support from non-center members.
- Began process of re-evaluating Website and building Communications improvements
- Preserved value of current properties, strengthened reserves, and began to consider other approaches to property ownership and management
- Began Code of Conduct for Regional Council and/or PNW
- Encouraged Goals for Next Leadership: Website Re-design
- Finish Operational Manual
- Complete sustainable accounting plan
- Fill out the PNW Council
- Update Bylaws further
- Great Create/All Ages Event

SPNW Regional Officer Elections

Isabel reported that pretesting for office of Chair of the Region has resulted in two yeses - Oswald Norton and Jim O'Halloran. Andre Allen, new Regional Helper, read from a document outlining Helper guidelines on testing as recommended by Bapak. See the section titled Testing for Regional Chair and Vice Chair (in Appendix below).

Isabel opened the floor for nominations for Chair as follows:

- Salama nominated Jim O'Halloran/seconded by Morris
- David nominated Lucas Hess/seconded by Oswald
- Marston nominated Oswald Norton/seconded by Salama; Oswald respectfully declined to pursue further testing
- Daniel nominated Akhri Cutler; Akhri respectfully declined
- Alisa nominated Hadijah Obar; Hadijah respectfully declined
- Alisa nominated Marston Gregory; Marston respectfully declined

- Alisa nominated Daniella Gleeson; Daniella respectfully declined

With no further nominations being offered, Isabel closed nominations for Chair.

Questions were agreed upon by the Regional Helpers to pretest with each candidate. In the first round, all candidates were tested on: "Will ____ (the candidate) be able to perform the duties of Chair for the coming term?" In the second round, the question was: "How would it be for the SPNW Region if ____ (the candidate) is Chair?". The next round of testing asked: "What qualities does ____ (the candidate) bring to the job of Chair for the coming term?" The final round asked: "What qualities are needed for the Chair of the SPNW Region?" After these various rounds of testing, two candidates remained - Lucas Hess and Jim O'Halloran. The group then felt able to vote on their choice of Chair and Lucas Hess was elected Chair of SPNW Region for the upcoming 2 years (Lucas - 18; Jim - 7; abstain - 2). CONGRATULATIONS LUCAS!

Isabel then opened the floor for nominations for Vice Chair.

- Hadidjah nominated Jim O'Halloran/seconded by David
- Oswald nominated Akhri Cutler; Akhri respectfully declined
- Akhri nominated Maryka Ford/ seconded by David

With 2 willing candidates (Jim and Maryka), and with no further nominations being offered, Isabel closed nominations for Vice Chair.

Testing followed with questions again agreed upon by the Regional Helpers. In the first round, all candidates tested on: "Will ____ (the candidate) be able to perform the duties of SPNW Vice Chair for the coming term?" After testing was done on this question, members were ready to vote. Jim O'Halloran was elected Vice Chair of SPNW Region for the upcoming 2 years (Jim - 24; Maryka - 1; no abstentions). CONGRATULATIONS JIM!

There was general agreement among attendees of the meeting that Helper guidelines had been correctly followed in the election process for both Chair and Vice Chair positions.

Isabel next called for nominations for Chair of the Bi-Annual SPNW Regional Congress in 2028.

- Oswald Norton nominated himself
- Rayma nominated Isabel Gates/seconded by Oswald; Isabel respectfully declined
- Margarite nominated Farah Hess; Sarah respectfully declined
- Marston nominated Akhri Cutler
- Oswald nominated Rachman Cantrell; Rachman respectfully declined
- Sarah nominated Alexandra Boyer; Alexandra respectfully declined

After testing was done for Akhri and Oswald, attendees voted for Akhri Cutler to be Chair of the Bi-Annual SPNW Regional Congress in 2028. CONGRATULATIONS AKHRI!

COFFEE AND ICE CREAM BREAK - 30 MINUTES - THANK YOU ISABEL FOR THE TREAT!

REGIONAL REPORTS

Subud Greater Seattle Center Report

Date: 6/16/2026

Prepared by:

Oswald Norton, Chair
onorton@hotmail.com
425.869.2716

Lucas Hess for the helpers, in collaboration with the other committee and helper members

Helper/Committee Members

<https://www.subudgreaterseattle.com/helpercommittee-members/>

Positions on Center or neighborhood Committee:

Chair **Oswald Norton**
Vice-Chair **Jim O'Halloran**
Treasurer **Sarah Stralberg**
Secretary Needed. **Lisa Allen**

Latihan Schedule:

Seattle Subud House

1101 15th, Seattle, WA 98122

15th & Spring

Men & Women:

Sunday: 11:30am quiet for 11:45am latihan
Tuesday: 10:00am quiet for 10:15am latihan.

Overview:

33 people on membership list, **20** active members
2 Openings in the past 18 months. **1** candidate helper in the past 18 months

Active Local Helpers (Men)

Abadeen Gunitilaka abadeenranjiith@gmail.com
Lucas Hess lucashess71@gmail.com
Rachman Cantrell (Eastside) rachmanc@gmail.com, 425-822-5579

Active Local Helpers (Women)

Halimah Bellows-Rochefort bellroche@earthlink.net, 206-595-7927
Aliza Albornoz alizaalbornoz1@gmail.com, 206-753-9023

Subud Greater Seattle Committee Report

Subud Greater Seattle is graced with members who are willing to serve on our main committee as chair, vice-chair, treasurer, and secretary. We also have a subcommittee that is looking at options which allow us to continue to have regularly scheduled latihan which involve much less effort from the committee. Once the committee feels comfortable with a couple of options, we will present them to the group.

We have learned from past experience that our rental enterprise is a very challenging one for anyone in the position of chair, vice-chair, or treasurer to step into. Ours is an older building and in need of repairs that can come up at any moment. This means that anyone in the position of chair or vice-chair needs to work with our rental agent in a timely manner to solve these issues so that rental income can continue.

Some examples have included bedbugs, clogged sewer pipes, and flooding of our basement when a drain was clogged, and a homeless person left a faucet on that was near the clogged drain – just to name

Our treasurer now has to manage rental and fire permitting, license renewals, and taxes on income along with paying bills.

We realize that we may not always have the skills needed to fill these positions, resulting in delays in repairs, accounting and other functions needed to run our business.

It is the plan of the housing committee to look at other options for latihan space that are not so labor intensive and are able to be managed by those who may not have these skills. The goal of this committee is to present this proposal to the group by next January.

Helper Report

Subud Greater Seattle's Center helpers' dewan has met three times in the last six weeks. At our last meeting we created common testing questions that we were going to test on the 14th. Alas, Halimah's husband Michael fell off his bike on Saturday the 13th, broke his femur and ended up in hospital for surgery.

We agreed to postpone testing until Halimah and other helpers in the Center could be present. We will schedule a time to test the questions we suggested as agreed to at our meeting, and others that may arise.

The men and women helpers Dewan in Seattle are continuing to work on improving their communication and being more in sync with each other. As always, a work in progress.

We were requested to do a special latihan for Michael Rochefort, and the men present at Sunday's 14th latihan did that.

The men do test on a regular schedule as well as often when someone suggests a question.

Latihans are attended regularly by approximately 10 men and 10 ladies.

The ladies are happy to report that we had an opening this month. The helpers attend latihan regularly, two helpers on Sunday and one on Tuesday. And we do group testing according to need and guidance. Always a time for showing support and love for each other!

We are working on having a regular Sunday Kejiwaan day, where we have a potluck and send an open invitation to other groups/members in the region.

We are also working on the National list of local members to call or contact those members not coming regularly to ascertain their status and reason for not attending.

Respectfully submitted,

Lucas Hess for The Helper Dewan of Greater Seattle

Group Activities

Helper meeting 1st Sunday of the month

Helper/Committee latihan and meeting 3rd Sunday of the month

Potluck followed by General Meeting 4th Sunday of the month

Future Activity

Regular kejiwaan days during the year

Requests for community support, or invitation?

Oswald added that preparations are being made to offer a group Visioning Experience for SGS members in October

Subud Portland Center Report

Date: 6/16/2026

Prepared by:

Halima Taylor, Helper at the Subud Portland Center

Subud Portland has about 40 active members at this time and another semi-active number around 10-20.

We have 2 Women Helpers active at this time, and two more women who serve in a regional capacity.

We have no full-time active male helper, but one serving regionally and one serving nationally.

As of June 2026, we have no formal committee. The work of the committee has been divided between a number of active members and helpers. Those tasks are being performed reasonably until we have a committee again.

When he was Chair, Marius Harold began initiating a social/kejiwaan meeting every other month. He also led us in several major construction projects, such as replacing large sections of our damaged concrete sidewalks and replacing the entire wooden front deck of the Subud House.

Marilyn Schirk became our chair and spearheaded the efforts to keep our building standing with the generous support from SPNW Region, SUSA, MSF, and our own Portland members; we completed the project. A new roof, bringing the walls into plumb, fixing the structures underneath the roof, and painting the latihan rooms. We have expanded our rentals greatly. We have a wonderful music school, meditation/yoga class, special social events, rental calendar, etc.

Portland's Susila Dharma Team has raised \$5,000 in 2024 and 2025 for the annual SD USA Matching Fund, and we have almost reached our \$5,000 goal for this year's Match.

Sadly, in the last few years, we have lost a few members - Jasminah Eleanor Ross and Rosetta Koach. We have gained Joshua Behan and Trisha Parks as new members.

Regional Helper Report

June 2025 – June 2026, Presented by David Lynch

PNW Regional Helpers

Athena Solbeck Robel

Daniela Gleeson

Lisa Ramey Wolfgang

Rayma Norton

David Lynch

Samuel Czuba

Andre Allen (New)

The following Regional Helper (RH) Events took place this past year:

May 31-June 1, 2025	RH Retreat in Seattle area for Seabeck Planning.
Sept 11-14, 2025	Seabeck PNW Fall Kejiwaan Gathering in Seabeck, WA
Jan 11, 2026	Portland area Kejiwaan Day
Jan 18, 2026	Greater Seattle Kejiwaan Day
Feb 6-8, 2026	Helper Development Training Workshop at the Subud House in Durham N.C.
Feb 16, 2026	Attended Skagit Valley/ Bellingham Potluck Gathering in Anacortes, WA
May 24, 2026	RH Kejiwaan weekend visit to Spokane, WA
June 13, 2026	Attended Women's Gathering of Olympic Neighborhood/Skagit Valley

In addition to the events above, the RH members:

- Host two call-in latihans weekly for both Men and Women on Sundays and Thursdays.
- Attend the monthly PNW Council meeting and one Committee meeting a month.
- Attend RH meeting every other Wed for Latihan and Planning.
- Continual outreach to regional and isolated members.
- Liaison with national helpers.
- Support local helpers, which includes attending meetings and helper latihans.
- Support candidate helpers.

In summary, we have all served as PNW helpers since the 2024 National Portland Congress. One RH resigned in February 2026 to become Chair of Subud Seattle, and we need another one or two male RH at this time. We have generally been a harmonious group and worked very well together for the successful Seabeck Kejiwaan weekend. During the last six months, we have faced some challenges and our mission for the next year is to restore peace and harmony.

SPNW Region Neighborhood Reports

Subud Southern Oregon

June 9, 2026

Prepared by: Andre Allen andre@jeffnet.org (541) 890-4925

Margarite Charney margaritecharney@yahoo.com (541) 840-4333

No Southern Oregon committee or center

Helpers:

Andre Allen, Margarite Charney, both active

Latihan Schedule:

Call in:

Men: Sunday 11:30 quiet time; Thursday 8:00 quiet time

Women: Sunday – 10 am quiet

Thursday – 11 am quiet

Overview:

There are 5 active members in Southern Oregon, In Ashland, Medford, Grants Pass and Roseburg.

We are all isolated members. We do call-in latihans and meet occasionally,
but not all of us together due to the geographical distances.

Subud Olympic Peninsula

Prepared by: Isabel Gates, gatesisabel@gmail.com, (360) 265-2000

And Melanie Branchflower, mbranchflower@comcast.net, (425) 829-3950

Latihan Schedule:

721 NE Matson Street, Poulsbo, WA 98370

It's usually just us, although there are four active members on the membership list.

Isolation makes it difficult to arrange regular latihans, but they are wonderful when they happen.

Bellingham/Skagit Valley Neighborhood

Prepared by:

Michael DuBois, Julia Hurd, Roosmiwati Reynolds and Nadia Woodcock

Michael DuBois, (360) 724-3405, MichaelDB@wavecable.net

Julia Hurd, (425) 359-1972, hurdjulia@gmail.com

Michael has served as an At-Large Director on the PNW Board for two years.

All others are Regional Members.

Helpers

Nadia and Paul Woodcock, Roosmiwati Reynolds, Robina Page, and Luther Schutz are helpers, with minimal helper activity among us.

Latihan Schedule

We have begun monthly group latihan in June 2026 at the Center for Spiritual Living, 2224 Yew Street Rd., Bellingham. Three-month evaluation in August.

3rd Tuesdays 11:30 am – 1:30 pm In-person consecutive latihans

Overview

11 members; 6 women, 3 men are active

No openings in the past 18 months.

Our strengths are commitment to the latihan, with all having been opened for a long while. Age and distance are the main challenges.

We have occasional group potlucks with latihan at Marius Hibbard's home and women's latihan with other women in the region.

It would be beneficial to set up a Regional Helper visit. And we appreciate any visitors at any time.

Accommodation and/or meeting location can be arranged as necessary.

Subud Alaska

Prepared by Honora Drew and Hosanna Heartsong
Contact Hosanna Heartsong, sunrize@gci.net (907) 575-7677
No committee

Helpers:

Hosanna Heartsong (formerly Hosanna Lahaie-Lee) is an active helper.

Latihan schedule:

Latihan occurs at Hosanna's home whenever there are visitors. 247 W. Katmai, Soldotna, Alaska 99669

Strengths and Challenges

Alaska Subud members are quite separated geographically, with one member in Haines, Alaska being 713 miles away from Louisa Branchflower in Palmer and 900 miles away from Hosanna and Katt Heartsong in Soldotna. Getting together for Latihan happens best by traveling to Subud events!

There was a small but strong Subud group in Anchorage, Alaska from the 1980's to early 2000's. Several members passed away and several moved to other states due to life changes. Maria Wallington now lives in MA, Robyn Lauster now lives in Bozeman, MT, Honora Drew now lives in Boise, ID.

Fredrick and Melanie Branchflower's youngest daughter, Louisa Branchflower and her husband George Hoden, live in Palmer, Alaska with their two children. Katt and Hosanna Heartsong live in Soldotna, AK and Alaska's newest member lives in Haines, AK when she is not visiting family in the Midwest.

Sort of probationers: One woman in Palmer and one in Anchorage have remained interested in Subud and always want to be included in spontaneous local gatherings.

Subud Spokane

Prepared by Renata Robb on behalf of the women only

Renata Robb, (509) 844-8212, active helper

Salamah Dick, (509) 599-9361, active helper

5 people on the membership list, no openings in the past 18 months.

Latihan:

2303 S. Manito Blvd, Spokane, WA 99203

Thursday and Sunday, Quiet Time 11 am

Any woman wishing to do Latihan is welcome anytime, not just Thursday and Sunday.

Strengths: We're here! **Challenges:** A few.

Subud Idaho

No report sent

Subud Montana

No report sent

Financial Report

Marston Gregory, Treasurer of SPNW, reported that the Region is working to consolidate all Regional financial statements into one reporting system on Quickbooks. The Region has hired a new CPA named Shelly Rogers to help with the process. Marston presented 4 financial docs that are included in the Appendix. They are:

- Statement of Financial Position Comparison, As of Dec 31, 2025
- Statement of Activity Comparison, January-December, 2025
- Statement of Financial Position Comparison, As of May 31, 2026
- Statement of Activity Comparison, January 1-May 31, 2026 .

Please contact Marston Gregory with any questions.

treasurer1@subudpnw.org

SPNW Regional Proposals

1. SICA Funding (Jim O'Halloran)

Jim O'Halloran offered a proposal for consideration at the Congress regarding SICA funding. SICA is requesting a recurring monthly donation from the SPNW Region to help defray its expenses. Isabel Gates commented that several Regions have voted to make recurring donations to SICA each month, ranging from \$25.- \$200. Isabel made the actual proposal at the Meeting, asking that the Region vote to make an ongoing regularly recurring donation to SICA, and that the amount be stated. Jim seconded. Discussion followed.

David asked, "What is Subud culture?" Jim said it is "the arts in the USA". Examples were given - visual, performance, literary, etc., including grants for projects, etc. Halima stated that SIHA is an affiliate of SICA. Morris McClellan noted that SICA is in serious need of funds. Marilyn Schirk, although stating her support for the work of SICA, raised the issue that the Region should consider the possibility that other Subud entities (Susila Dharma, etc.) may also make similar requests for recurring funding in the future. Singling out one entity in this way for recurring funding raises precedent issues.

Jim offered an amendment to the SICA funding proposal by asking for a joint proposal from SICA/SD for recurring funding protocols. Marilyn said that that proposal should come from SD, and that SD is not prepared to bring that proposal forward at the present time. Oswald made a motion to table the issue for future consideration, and Akhri seconded. The motion was passed unanimously, with 2 abstentions.

2. Clearer Guidelines for Members at Large (Rayma Norton)

Rayma Norton offered this proposal for consideration: "I propose that a bylaws working committee (to be approved by the Regional Board members) be tasked with creating clear guidelines for the selection and further definition of the role of "Regional Board Members not at Centers..." also referred to as "members-at-large". Full details of the proposal are included in the Appendix of Documents below. Oswald seconded the proposal. Morris expressed support. With no further discussion following, the motion passed unanimously with 22 yeses, 0 opposed, 1 abstention.

Isabel Gates was thanked for her service as Chair of the 2026 Bi-Annual SPNW Regional Congress.

Seabeck Video

Isabel prepared and presented a very lovely video presentation to build interest in attending the upcoming 2026 Seabeck Kejiwaan Gathering, dates of Sept. 17 - 20, 2026, There will be no early-bird special offered. Please watch for announcements on Seabeck.

Meeting Closure: A motion to adjourn was made by Marston, and seconded by Akhri. The motion passed unanimously at 5:15 pm.

Minutes prepared by: Marilyn Schirk Submitted for approval: August 1, 2026

APPENDIX

Three docs included:

1. Opening Poem by Isabel Gates
2. Proposal by Rayma Norton - At-Large-Member Representation
Guidelines
3. Helper Guidelines - Testing for Chair/Vice Chair

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Opening Poem

So Many Thoughts in the Quiet

By Isabel Gates

I had a different poem in mind to open this Congress,
I wanted to inspire people to join our new board
I thought I'd make it funny
Gently prodding and lighthearted
But for weeks on end
In the early morning darkness
Tangled up in my bed sheets
A different poem waited for me

I turned away at first
Does anything good come from 4 am worries?
It's been an exhausting decade
To have a human nervous system in.
When I lay still and tried to clear my mind
All I wanted to do was scream.
The mosquito whining beside my ear
Was the only one who seemed to understand

We are in a time of cataclysmic change
We are losing familiar ground
Crossing swords sometimes even with friends.
Many of us feel like we are on this strange path alone.
Trusting ourselves, God, and each other
Feels like a snake-ridden path.
Our human hearts are no longer
Defining sanity the same way.

How long is the night supposed to last?
Morning, whenever it might come,
Seems too far away each night
Why was my favorite robin always sleeping in?
"God," I begged, "won't you pull me aside
And explain the mysteries of the lower forces properly?"
Silence was always my answer
Even the sounds of forest rain were drowned out by that

What is there to say
When there's so much to say
Last night, I decided to do some personal testing in the dark.
I was unable to avoid some snark
"You know, God,
An occasional note from management saying,
'This is what you do when faced with a shit show'
Would be really nice."

To my surprise,
A voice,
Clear as day
Rang out in the dark.
"There's a town in Norway where nobody has a clock."
I closed my eyes and took that in.
At the same moment,
Several robins began to chirp outside my window.

My face broke into an unexpected smile.
I didn't know exactly what that meant
But I somehow understood
We don't need certainty or for things to fit
We need resilience
And the latihan
We have what we need to carve something new
Out of the mosaic of our broken hearts

The future will be different
Maybe really so
But if we remember to listen
To our inner
And fall headfirst into the new
With curiosity
And joy
I have faith we will find our way.

For the PNW Regional Congress, July 4, 2026

A Proposal to the Membership of Subud PNW, July 2026

submitted by Rayma Norton

Proposal:

I propose that a bylaws working committee (to be approved by the regional board members) be tasked with creating clear guidelines for the selection and further definition of the role “Regional board members not at Centers” (also referred to as “members-at-large” below). The areas to be defined will include but are not limited to:

- i. Qualifications for candidates for said positions of regional member-at-large to the board;
- ii. Process of appointment or selection of candidates;
- iii. How candidates are approved (by testing, vote, both, other?),
- iv. Time or term of service for those approved to serve in this position.

These clarifying definitions are then to be submitted to the general membership for approval and amendment to the existing bylaws.

Background:

Current section of Bylaws referred to in this proposal:

V BOARD OF DIRECTORS

A. MEMBERS — The members of the Regional Board of Directors shall be the current officers of the Corporation (Chairperson, Co-Chair or Vice Chairperson, Secretary and Treasurer), the current Chairperson or Center delegate of each current center, and up to (5) representatives for Regional members not at Centers. Non-voting members shall be the regional representatives of Subud Enterprises Services, Subud Youth Association, Subud International Cultural Association, Susila Dharma, the Regional Housing Subcommittee, and the Regional Congress Chair.

2. Summary: This proposal addresses the need for the bylaws to further define the selection process, term of position, voting privileges, and any additional important functions and responsibilities of the newly created (early 2025) positions of up to 5 for Regional Board “members-at-large” meant to represent regional members not associated with any functioning Subud center.

3. Statement of need: The Regional Board voting membership as currently defined in our bylaws, (see Section V. A) is composed of “...current officers of the Corporation (Chairperson, Co-Chair or Vice Chairperson, Secretary and Treasurer), the current Chairperson or Center delegate of each current center, and up to (5) representatives for Regional members not at Centers.”

- Helper Guidelines - Testing for Chair/Vice Chair:

Testing for Regional Chair and Vice chair

The following is guidance that may be used to test for the positions of Chair and Vice-Chair at regional congresses. Whatever method is used to make these selections, it is very important that the regional helpers clarify beforehand exactly how they intend to conduct whatever testing is required so that the members in attendance feel its validity.

Handled by the regional committee:

An announcement should go out to each of the centers sufficiently in advance of the congress asking those who are interested to pretest to see if they should put their names forward for testing. Ideally, this announcement should describe the duties, time demands, travel requirements, and experience needed for the positions. It's best that pretesting be done only after those members have decided they have the qualifications that will enable them to perform the duties of the offices.

Handled by local helpers:

Those members who feel they have the requisite skills and experience can pretest with the local helpers, "Is it right for (name) to put his/her name forward to be tested at the congress for the position of (name position) for the coming term?" Some candidates may wish to test, "How will it be for (name's) family if s/he becomes (name of position)?" The 'yes' names should then be forwarded to the regional helpers.

Handled by the Congress Chair:

At a plenary session of the Regional Congress, nominations for the open positions are taken from the floor. Prior to the convening of the congress, the regional helpers ask the Congress Chair that an announcement be made at the start of the congress. The Congress Chair would ask those who intend to nominate someone for an office to notify that person so they can pretest in advance of the nominating session.

In response to a question about conducting nominations, Bapak provided this guidance in a letter dated February 26, 1983:

"In choosing a chairman, the first and most important thing is to choose someone who has the skills needed for the job. Therefore, congress-by whatever means—must ensure that the list of candidates nominated for chairman consists of people who are qualified for the job in the voter sense. Then the helpers test about which of these qualified people should become chairman."

Handled by the regional helpers:

The regional helpers arrange to pretest with those who have not pretested. At the time of testing for the regional chair and vice chair positions, the Congress Chair turns the selection process over to the regional helpers. The regional helpers describe to the members the procedure that will be followed and explain how the procedure is a way to gain an inner perspective on the candidates in order to reach a satisfying decision.

It is suggested that if possible the regional helpers do a short latihan with the candidates prior to testing so they can become connected to themselves and disengaged from any desires about the job.

At the time of testing, the regional helpers may want to read to the membership words of Bapak from Pewarta, Vol. XI, #5, pp. 149-151, if the excerpt has not already been made available:

"The members who have been nominated for the office of chair and vice-chair will be asked to sit in front of the meeting. In the meantime, the guides of the session, which as yet is without a chair, are the regional helpers drawn. When the nominees are ready, they should be asked one by one to stand up in turn and do the latihan. Based on a surrender with a feeling of trust and sincere submission to God Almighty. The purpose of doing this latihan is to ask that each one may be shown whether he will be able to perform the duties of chair (or vice chair) perfectly well. Usually if he really will be able to perform the duties well, a happy moment and power will manifest in him, or if he is clear in his receiving, he will smile and say that he is capable of performing the duties to be assigned to him well and that he will devote all of his energy to them. On the other hand, if he will not be able to perform the duties of the office well, signs will become evident and he will say that he is not capable. In this way, the testing can go well, and is not influenced by others. It is best to leave the choice of secretary, treasurer, and other assistants to the one who has been appointed chair. This is necessary so that the chair can choose members who can cooperate with him."

Before the actual testing of the candidates, the regional helpers explain to the membership that the way to prepare to vote is just to observe the candidate's testing in a quiet, patient state, and let the receiving of the candidates and helpers be their guide.

The Testing

The regional helpers read to the membership the questions that will be asked during each round of testing. Each candidate then stands in front of the membership and does a short latihan to prepare for the test questions. Candidates being tested can first be asked to show what is their negative receiving and what is their positive receiving for this occasion.

Some sample test questions:

Round one: Candidates test with the regional helpers in front of the members, and all share their receiving:

"(Name), show through your latihan, will you be able to perform the duties of Regional Chair (or Vice Chair) of Subud (region) for the coming term?"

The regional helpers then ask the members if they feel satisfied about the testing and are ready to vote or if more is needed.

If more—

Round two: Candidates test with the regional helpers in front of the members, and all share their receiving: "How would it be for Subud (region) if (name) were to serve as Regional Chair (or Vice Chair) for the coming term?"

The regional helpers again ask the members if they feel the testing is adequate and are ready to vote or if more is needed.

If more—

Round three: It is the candidates who test and share their receiving: "What qualities does (name) bring to the job of Chair (or Vice Chair) of Subud (region) for the coming term?" The regional helpers then show in their latihan in front of the members, and share their receiving of: "What qualities are needed to carry out the job of Chair (or Vice Chair) of Subud (region) for the coming term?"

Handled by the Congress Chair: At the completion of testing, the Congress Chair conducts the voting to elect the Regional Chair (and Vice Chair).

Subud Pacific Northwest

Statement of Financial Position Comparison

As of May 31, 2026

	TOTAL	
	AS OF MAY 31, 2026	AS OF MAY 31, 2025 (PY)
Assets		
Current Assets		
Bank Accounts		
1010 REG US Bank Reg Check 1656	4,355.39	4,390.69
1015 REG US Bank Savings 5406	605.39	605.15
1020 REG US Bank Event Check 4700	1,273.23	1,925.37
1025 REG US Bank Primary Savings 1107	9,117.71	11,019.34
1030 REG Live Oak CD	132,651.15	127,418.34
1035 REG Live Oak House Fund 0243	55,236.81	84,051.64
1040 SEA Live Oak Savings 6951	8,077.24	9,865.26
1045 SEA US Bank Checking 6307	5,705.59	18,588.16
1050 PDX Reg Checking 4538	8,081.42	9,787.73
1055 PDX Supplies-PayPal 0786	572.95	
1060 PDX Operational Reserves 4546	0.00	
1065 PDX Savings 0205	6,352.01	11,221.57
1110 Zeffy	383.00	1,295.00
1115 Square	0.00	0.00
1120 Regional PayPal	0.00	0.00
Total for Bank Accounts	\$232,411.89	\$280,168.25
Accounts Receivable		
1200 Accounts Receivable (A/R)	1,846.19	0.00
Total for Accounts Receivable	\$1,846.19	\$0.00
Other Current Assets		
1504 Bellingham Loan	0.00	0.00
1507 Prepaid expenses	5,515.00	5,515.00
1508 Seattle HVAC Loan	9,332.00	9,666.00
Total for Other Current Assets	\$14,847.00	\$15,181.00
Total for Current Assets	\$249,105.08	\$295,349.25
Fixed Assets		
1310 Center Houses		
1320 Bellingham	0.00	0.00
1325 Portland	34,098.00	34,848.00
1399 Seattle	202,820.00	202,820.00
Total for 1310 Center Houses	\$236,918.00	\$237,668.00
Total for Fixed Assets	\$236,918.00	\$237,668.00
Total for Assets	\$486,023.08	\$533,017.25

Subud Pacific Northwest

Statement of Financial Position Comparison

As of May 31, 2026

	TOTAL	
	AS OF MAY 31, 2026	AS OF MAY 31, 2025 (PY)
Liabilities and Equity		
Liabilities		
Current Liabilities		
Accounts Payable		
2000 Accounts Payable (A/P)	0.00	0.00
Total for Accounts Payable	\$0.00	\$0.00
Other		
Current		
Liabilities		
2502		
Security		
deposits	700.00	
2504 Passthrough	402.62	1,225.00
2505 SD Pass Through	-40.00	
2507 Grants Owing	0.00	0.00
2525 Fall Retreat Assistance Fund	325.00	325.00
2530 House Fund - Restricted	61,201.74	48,530.90
x3 Bounced Transactions	0.00	0.00
Total for Other Current Liabilities	\$62,589.36	\$50,080.90
Total for Current Liabilities	\$62,589.36	\$50,080.90
Long-term Liabilities		
Long-term business loans		
2601 Seattle HVAC Note	9,833.00	10,000.00
2603 Subud USA Loan for PDX Roof	19,925.97	
Total for Long-term business loans	\$29,758.97	\$10,000.00
Total for Long-term Liabilities	\$29,758.97	\$10,000.00
Total for Liabilities	\$92,348.33	\$60,080.90
Equity		
3000 Opening balance equity	427,691.74	444,331.20
3010 Retained Earnings	35,346.45	62,257.86
3090 Consolidation Clearing-Seattle	-21,659.46	-30,666.39
3095 Consolidation Clearing-Portland	-41,589.06	-22,366.98
Net Income	-6,114.92	19,380.66
Total for Equity	\$393,674.75	\$472,936.35
Total for Liabilities and Equity	\$486,023.08	\$533,017.25

Subud Pacific Northwest

Statement of Financial Position Comparison

As of Dec 31, 2025

	TOTAL	
	AS OF DEC 31, 2025	AS OF DEC 31, 2024 (PY)
Assets		
Current Assets		
Bank Accounts		
1010 REG US Bank Reg Check 1656	1,841.25	5,076.55
1015 REG US Bank Savings 5406	605.29	605.05
1020 REG US Bank Event Check 4700	1,282.23	1,080.37
1025 REG US Bank Primary Savings 1107	10,830.87	11,007.98
1030 REG Live Oak CD	130,516.16	125,267.99
1035 REG Live Oak House Fund 0243	53,764.52	101,808.13
1040 SEA Live Oak Savings 6951	6,826.63	33,489.71
1045 SEA US Bank Checking 6307	13,946.60	-6,022.06
1050 PDX Reg Checking 4538	9,787.73	
1065 PDX Savings 0205	4,350.89	
1110 Zeffy	1,381.00	50.00
1115 Square	0.00	0.00
1120 Regional PayPal	0.00	0.00
Total for Bank Accounts	\$235,133.17	\$272,363.72
Accounts Receivable		
1200 Accounts Receivable (A/R)	423.32	0.00
Total for Accounts Receivable	\$423.32	\$0.00
Other Current Assets		
1504 Bellingham Loan	0.00	0.00
1507 Prepaid expenses	5,515.00	5,515.00
1508 Seattle HVAC Loan	9,332.00	
Total for Other Current Assets	\$14,847.00	\$5,515.00
Total for Current Assets	\$250,403.49	\$277,878.72
Fixed Assets		
1310 Center Houses		
1320 Bellingham	0.00	0.00
1325 Portland	34,848.00	34,848.00
1399 Seattle	202,820.00	202,820.00
Total for 1310 Center Houses	\$237,668.00	\$237,668.00
Total for Fixed Assets	\$237,668.00	\$237,668.00
Total for Assets	\$488,071.49	\$515,546.72

Subud Pacific Northwest

Statement of Financial Position Comparison

As of Dec 31, 2025

	TOTAL	
	AS OF DEC 31, 2025	AS OF DEC 31, 2024 (PY)
Liabilities and Equity		
Liabilities		
Current Liabilities		
Accounts Payable		
2000 Accounts Payable (A/P)	0.00	0.00
Total for Accounts Payable	\$0.00	\$0.00
Other Current Liabilities		
2504 Passthrough	282.62	
2507 Grants Owing	0.00	10,000.00
2525 Fall Retreat Assistance Fund	325.00	325.00
2530 House Fund - Restricted	61,201.74	48,530.90
x3 Bounced Transactions	0.00	0.00
Total for Other Current Liabilities	\$61,809.36	\$58,855.90
Total for Current Liabilities	\$61,809.36	\$58,855.90
Long-term Liabilities		
Long-term business loans		
2601 Seattle HVAC Note	9,833.00	
2603 Subud USA Loan for PDX Roof	20,376.88	
Total for Long-term business loans	\$30,209.88	
Total for Long-term Liabilities	\$30,209.88	
Total for Liabilities	\$92,019.24	\$58,855.90
Equity		
3000 Opening balance equity	423,954.32	434,442.69
3010 Retained Earnings	62,257.86	64,421.73
3090 Consolidation Clearing-Seattle	-21,659.46	-31,045.38
3095 Consolidation Clearing-Portland	-41,589.06	-8,964.35
Net Income	-26,911.41	-2,163.87
Total for Equity	\$396,052.25	\$456,690.82
Total for Liabilities and Equity	\$488,071.49	\$515,546.72

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Subud Pacific Northwest

Statement of Activity Comparison

January 1-May 31, 2026

TOTAL		
	JAN 1 - MAY 31 2026	JAN 1 - MAY 31 2025 (PY)
Revenue		
4200 Individual Donations	21,641.00	30,387.34
4202 PDX Roof Income		24,643.63
4500 Rental Fees	27,260.97	14,588.26
4700 Grants Received		10,358.64
Center Donations		
4104 Portland	2,200.00	3,117.00
4105 Seattle	5,231.19	4,000.00
Total for Center Donations	\$7,431.19	\$7,117.00
Expense Reimbursement		
4902 Insurance	3,857.10	4,233.20
Total for Expense Reimbursement	\$3,857.10	\$4,233.20
Program Income 4502		
Registration Fees		915.00
Total for Program Income		\$915.00
Total for Revenue	\$60,190.26	\$92,243.07
Gross Profit	\$60,190.26	\$92,243.07
Expenditures		
6001 Bank fees & service charges	74.98	40.21
6002 Advertising	315.00	481.88
6032 PDX Roof Payments		24,284.00
6035 Insurance	\$862.38	\$1,693.28
6050 Property Insurance	6,867.56	6,349.80
Total for 6035 Insurance	\$7,729.94	\$8,043.08
6065 Supplies & Materials		
6069 Center Supplies	163.35	818.01
Total for 6065 Supplies & Materials	\$163.35	\$818.01
6073 State Business Registration		125.00
6074 Property Management	2,778.22	2,406.50
6075 Repairs & Maintenance	5,716.36	12,811.16
6076 Internet & Telecommunications	2,824.40	2,586.54
6080 Subud USA	4,000.00	4,100.00
6081 Regional Pledge	6,950.00	6,617.00
6085 Travel - Helpers	8,471.85	4,933.52
6090 Utilities	\$514.67	\$5,160.86
6091 Water	1,274.46	

6092 Electricity	1,313.39	
6093 Phone	185.00	
6094 Natural Gas	2,733.73	
6095 Garbage Collection	783.69	
Total for 6090 Utilities	\$6,804.94	\$5,160.86
7007 Interest paid	252.69	358.64

Subud Pacific Northwest

Statement of Activity Comparison

January 1-May 31, 2026

	TOTAL	
	JAN 1 - MAY 31 2026	JAN 1 - MAY 31 2025 (PY)
Contract Labor		
6005 Accounting Consulting Services	525.00	800.00
6006 Bookkeeping	2,875.73	2,092.75
6007 Communications Management	400.00	1,000.00
6008 Facilities Cleaning	3,210.00	
6009 Grounds Management	225.00	
6010 Rental Management	3,511.18	
6011 Repair Labor	3,300.00	
6015 Miscellaneous Services	100.00	
Total for Contract Labor	\$14,146.91	\$3,892.75
Office expenses		
6061 Office supplies	59.98	
6063 Shipping & postage	234.00	
6064 Software & apps	146.50	196.00
Total for Office expenses	\$440.48	\$196.00
Total for Expenditures	\$60,669.12	\$76,855.15
Net Operating Revenue	-\$478.86	\$15,387.92
Other Revenue		
4903 Refunds		10.00
4904 Interest	2,861.08	4,381.49
Total for Other Revenue	\$2,861.08	\$4,391.49
Other Expenditures		
7012 Property Tax	8,497.14	398.75
Total for Other Expenditures	\$8,497.14	\$398.75
Net Other Revenue	-\$5,636.06	\$3,992.74
Net Revenue	-\$6,114.92	\$19,380.66

Subud Pacific Northwest

Statement of Activity Comparison

January-December, 2025

	TOTAL	
	JAN 1 - DEC 31 2025	JAN 1 - DEC 31 2024 (PY)
Revenue		
4200 Individual Donations	68,154.47	66,094.59
4202 PDX Roof Income	61,093.64	
4500 Rental Fees	44,349.07	46,777.37
4700 Grants Received	14,858.64	
Center Donations		
4103 Bellingham		3,099.82
4104 Portland	7,397.00	8,088.73
4105 Seattle	9,600.00	9,959.00
Total for Center Donations	\$16,997.00	\$21,147.55
Expense Reimbursement 4902 Insurance	10,159.68	10,101.73
Total for Expense Reimbursement	\$10,159.68	\$10,101.73
Program Income		\$0.00
4501 GF Donations	1,775.63	
4502 Registration Fees	23,366.55	
Total for Program Income	\$25,142.18	\$0.00
Total for Revenue	\$240,754.68	\$144,121.24
Gross Profit	\$240,754.68	\$144,121.24
Expenditures		
6001 Bank fees & service charges	161.45	454.77
6002 Advertising	586.88	92.98
6020 Filing Fees		150.85
6021 License & Permits	375.44	489.93
6025 Gift Shop Payments	1,354.75	
6030 Grants & Donations	32,500.00	5,250.00
6032 PDX Roof Payments	92,094.13	
6035 Insurance	\$4,233.20	\$423.32
6050 Property Insurance	16,094.48	17,989.20
Total for 6035 Insurance	\$20,327.68	\$18,412.52
6065 Supplies & Materials		\$773.87
6069 Center Supplies	1,943.57	1,354.26

Total for 6065 Supplies & Materials		\$1,943.57	\$2,128.13
	6073 State Business Registration		284.80
	270.00		13,808.82
6074	Property Management	8,447.89	6075 Repairs &
Maintenance	45,460.89	6076 Internet & Telecommunications	39,599.75
	6,866.42		5,276.15
			13,919.00
6080	Subud USA	19,700.00	18,197.73
6081	Regional Pledge	15,937.00	6085 Travel - Helpers
	7,513.62	6090 Utilities	7,723.94
		12,659.15	11,256.27
6098	Venue Rental	22,461.58	

Subud Pacific Northwest

Statement of Activity Comparison

January-December, 2025

TOTAL		
	JAN 1 - DEC 31 2025	JAN 1 - DEC 31 2024 (PY)
7007 Interest paid	358.64	
7010 Federal Tax		-16.80
8010 Costs of Bellingham/SV Property Sale		11,779.96
Contract Labor		
6005 Accounting Consulting Services	2,800.00	
6006 Bookkeeping	5,686.77	5,259.00
6007 Communications Management	2,000.00	2,400.00
6015 Miscellaneous Services	200.00	
Total for Contract Labor	\$10,686.77	\$7,659.00
Office expenses		
6061 Office supplies		460.17
6062 Printing & photocopying		30.95
6063 Shipping & postage		20.40
6064 Software & apps	839.75	677.13
Total for Office expenses	\$839.75	\$1,188.65
Professional Fees		
6071 Consulting		49.00
Total for Professional Fees		\$49.00
Total for Expenditures	\$300,545.61	\$157,705.45
Net Operating Revenue	-\$59,790.93	-\$13,584.21
Other Revenue		
4903 Refunds	10.00	1,107.65
4904 Interest	8,337.86	5,235.42
7004 Gain on Sale of Real Estate	25,329.16	5,812.10
Total for Other Revenue	\$33,677.02	\$12,155.17
Other Expenditures		
7012 Property Tax	797.50	734.83
Total for Other Expenditures	\$797.50	\$734.83
Net Other Revenue	\$32,879.52	\$11,420.34
Net Revenue	-\$26,911.41	-\$2,163.87

