SUBUD PACIFIC NORTHWEST

# NEWS BULLETIN

Vol I, No. 1 Regional News Update November 1, 2026



## INTRODUCING PNW'S TWICE-MONTHLY NEWS BULLETIN

by Isabel Gates, Editor

At our October board meeting, I was honored to be asked to serve as Communications Coordinator for our wonderful region. I'm equally grateful to be surrounded by an extraordinary team on the regional board this year!

As I've thought about how best to keep you all up to date, I keep coming back to something my mom, Melanie Branchflower, and others of her generation often mention. She misses the days when good old-fashioned newspapers were the place to look for a fuller picture of the goings-on in your region.

In the spirit of this idea, I am launching the first issue of a twice-monthly PNW News Bulletin. In addition to having the look and feel of a newspaper, it will hopefully supply you with the latest news in our region and will include clickable links to many things Subud.

See Submission Guidelines, page 7.

## LETTER FROM THE CHAIR

First, let me express my gratitude to several members of the Region who have undertaken daunting tasks. This includes the working group that put together a Code of Conduct and its several iterations, Isabel Gates for her willingness to become our 'Communications Coordinator', and Adira Padilla for stepping into the role of Seattle's Vice Chair.

Many thanks to all the members of Seattle who continue to provide a lovely potluck lunch for our business meeting each month and give voice to proposals that need addressing.

In Portland, Kenneth and Fatijah Clark have been invited to come to their center and provide a testing workshop for members there. Seattle has agreed to have Andre Allen provide a Visioning Weekend to help them determine a common goal for the group and its premises. These efforts show our centers' strength and determination to proceed on a path that consolidates us as a group, instead of letting ourselves be pulled in several directions that simply divide us. We may be taking baby steps, but at least we are all willing to walk.

My best to everyone, and my hope and prayer is unity with patience, trust, and forgiveness.

Lucas Hess

# REGIONAL HELPER CORNER

by Rayma Norton

Your regional helpers are in the middle of returning to the "annual" census which hasn't been completed since pandemic days. Our goal is to reach out by phone or email to all regional members and ask whether you are still doing latihan, if you are currently receiving the Subud PNW news, how you would like to receive news and information, and any other input you'd like to give. If you haven't heard from us by November 20, it's possible we don't have your contact information. We'd love to hear from anyone who feels they have been overlooked or left out. Our contact information is available on page seven. Thanks!



## Join Us for Regional Dial-In Latihan

SPNW Regional Helpers continue to offer Call-In Latihans for those not closely associated with a Subud Center or who appreciate the option to do the Latihan simultaneously with others.

**WOMEN'S NEW Dial-in Number:** (508) 924-2334
NO Passcode or Meeting ID required
**MEN'S Dial-in Number:** (267) 807-9598
Meeting ID: 672-884-087
Members may announce their presence and then either remain on the call, or leave the call, to receive their Latihan. Latihan is sometimes followed by general testing, check in, or personal testing.

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### Sundays

**Women** 10:00 am PST/11 am MT
Quiet on the hour. Latihan at quarter after.
**Men** 11:30 am PST/12:30 pm MT.
Quiet at 11:30. Latihan at 11:45.

### Thursdays

**Women** 11 am PST/12 MT
Quiet on the hour. Latihan at quarter after.
**Men** 8 pm PST/9pm MT
Quiet on the hour. Latihan at quarter after.

### Second Tuesday

of each month, before the Subud PNW Board Meeting
**Men and Women**
5 pm PST/6 pm MT.
Quiet on the hour.
Latihan at quarter after.

Members may announce their presence then either remain on the call, or leave the call, to receive their Latihan. Latihan is sometimes followed by general testing, check in, or personal testing.

**Regional helper testing:** We ask that members give us one week's notice to arrange for other regional helpers to be present.

**Other Subud USA call-in latihans**
If the latihans above do not fit in with your schedule, why not see if other Subud USA call-in latihans might work? Request info from info@subudusa.org

# CENTER UPDATES

## SEATTLE

by Oswald Norton

Seattle had a great turnout at our General Meeting last week and some delicious potluck items too: several casseroles, soup, salad, and apple turnovers delivered fresh from the oven by our Guest Speaker and new Communications Chair for Subud PNW, Isabel Gates, as well.




**New Vice Chair Selected**

The big news is that Adira Padilla was unanimously approved for selection as our new vice chair. The testing was positive for both men and women with a caution for Adira to pace herself and not take on too much. Please welcome Adira and thank her for her willingness to serve!



Adira Padilla

**November Meeting Scheduled**

With Oswald out of the state, our new vice chair Adira will be chairing our November potluck meeting on Sunday November 22nd, (the Sunday before Thanksgiving), right after latihan.

**SAVE THE DATE: Holiday Party!!**

This year's holiday party will be on December 13th right after latihan in the downstairs hall where we'll erect our Christmas tree. We know from last Sunday's potluck that people know how to prepare something delicious!!

**Cookie Exchange**

Please think ahead for the Holiday Party about what favorite Christmas cookie or treat you'd like to prepare and bring so that we can have a cookie exchange and share the great baking talents of our group.

## CENTER REPORTS

Continued from Page Three

### PORTLAND

by Halima Taylor and Morris McClellan

Portland Center is stable financially and spiritually, though helper and committee capacity remains a challenge.

Kenneth Clark's testing workshop is being considered for the region.

The 100-day observance for Lusijah's family is being planned for the Sunday after Thanksgiving.

### BELLINGHAM/SKAGIT VALLEY

by Michael DuBois

We now meet once a month for latihan at the Buddhist Cultural Center and these are well-attended.

Marius Hibbard was recently in and out of the hospital but is now home and doing well.

### MEDFORD

by Andre Allen

I remain the sole member in Medford. I had brief contact with Emil at the National Gathering but no follow-up since.

### ASHLAND

by Margarite Charney

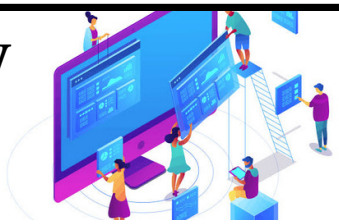
There are only two women in my area, both inactive. Census outreach is planned.

### OLYMPIC PENINSULA

by Melanie Branchflower

Our region lost a member as Hannah Stratton Jones has moved to Redmond to live with her daughter. We will miss her and hope she will find support in her new local group.

## NEW PNW WEBSITE PLANNED



by Jim O'Halloran, Regional Vice Chair

Subud PNW is strongly considering consolidating and redesigning our website to include Subud PNW, Subud Seattle, Subud Portland, and other areas such as Skagit, Bellingham, the peninsula, Southern Oregon, Montana, and Idaho.

We believe doing this could reduce costs, enhance security, and benefit the region.

I have volunteered to be the point person on this project. For this to succeed, it is important to know what you, the members of the region, want.

Here are my initial thoughts.

An aesthetically pleasing website that is easy to navigate, including navigational ease for infrequent computer users.

A site which works well on desktop and handheld devices.

Clearly marked tabs or areas for local and outlying areas.

A highly functional backend with excellent security for the site and for users.

A robust system for the region, centers, and possibly other parties to send updates, newsletters, and announcements to their members and others who request them.

A system to help avoid such updates going to junk mail.

What would you like to see? What is your vision?

Please reach out to me via email at vicechair@subudpnw.org if you'd like to weigh in. I will be scheduling a Zoom within the next few weeks and will be happy to pass on the Zoom information to anyone who expresses an interest.



## SEABECK 2027 IS A GO!

Following some glowing post-Seabeck debriefing sessions with the RHs and organizers, our region voted unanimously to return to Seabeck next year! We have reserved September 16-19, 2027, so hold those dates! Isabel Gates will be returning as next year's Seabeck chair and is looking for a co-chair. Stay tuned!



Click here to read some Seabeck Reflections and More Seabeck Musings published after the gathering.

## A CANADIAN AT SEABECK

by Maemunah Doran

This was my first time coming to the USA from Vancouver Island for the Menucha/Seabeck gathering, even though I've lived in BC for 13 years. I was able to register because the PNW dewan generously reduced the conversion cost from CAD for Adelia and me.

The same largesse of spirit, kindness, and respect was evident throughout all three days, inwardly and outwardly. The big and bold nametag (so you could read it across the room, as Isabel said) with the schedule on the back, all ready with my name on it, my room key, was there at the heartfelt "so-pleased-you-could-come" greeting.

To see the full transcript of Maemunah's wonderful letter, visit More Seabeck Musings here.




## SAVE THE DATE!! November 21: A Cascadia Zoom Meeting

Hoping to explore the possibility of a joint Cascadia gathering next year, our Victoria group had a long discussion this month and are excited to discuss these ideas with our PNW brothers and sisters!

We've arranged for a Kejiwaan day to take place at the First Metropolitan United Church (often referred to as United Commons) on Saturday, November 21st starting at noon with a potluck lunch, followed by latihan, then visiting time followed by the meeting at 4 pm. [Note: it is 4 pm in Canada and 3 pm in the U.S.]

For those who are able to join us in person that day, five Subud families have opened their homes to U.S. travelers. Please reach out to me at MaemunahCD@gmail.com if you would like to ask for a bed with one of them. For travel logistics on the U.S. side, please contact Isabel at gatesisabel@gmail.com.

We also welcome anyone who'd like to join our meeting on Zoom! Let me know and I'll share the link once it's available.

Hope to see you there!! Maemunah

## Members Welcome at the Our Regional Board Meetings

Our next regional board meeting is set for November 10th at 6 pm. Members are invited to attend these meetings. Please email Marston Gregory at treasurer1@subudpnw.org to request a Zoom link if you wish to attend.

## Subud New York Update

**by John Tjia**

Shared by Lucas Hess

Subud New York is at an exciting transition point as we end the 2026 year. We are near the closing of the sale of our Subud Chelsea Center building at West 29th St., a former synagogue that has been our home for the past 30 years. We had to sell the Chelsea Center because construction at the rear damaged the foundation about 7 years ago. Unfortunately, the required repairs are beyond our means, even with the insurance settlement. We plan for November to be the last full month we are at the Chelsea Center.

Article continued here.

## From Member Elizabeth Flanders

I have been diagnosed with Addison's disease. This condition causes extreme fatigue, and my outer life is extremely limited now. When I become discouraged and wonder why I'm still in a body that's so limited, my latihan broadens my perspective. Most recently, I found myself moving through veils and veils and becoming lighter and lighter until I was filled with a Grace that reminded me of holding a newborn baby. I was surrounded in love and told, "Elizabeth, you are on temporary assignment with hazard pay." 🙂



## LITTLE RIPPLES

by Marilyn Schirk




It is with great pleasure that we announce the results of the Susila Dharma Sale/Raffle at the Seabeck Kejiwaan event in September. With your generous help and support, we made $792 to add to our seed money for next year's Subud Portland/Susila Dharma USA Matching Fund.

Our three raffle winners went away with gift cards from Powell's Books in Portland, along with some extra add-ons. Our sale patrons took home some great items for their generous donations.

We are looking forward to our next SD Silent Auction at Seabeck next year. With a year for our fields to lie fallow, we should have lots of lovely items to harvest for our next auction. Deepest thanks for your ONGOING dedicated support for Subud's own Susila Dharma.

## Current Regional Helpers:

### WOMEN

**Athena Solbeck Robel**
619-916-6812
athenasol@live.com
**Margarite Charney**
(541) 840-4333
margaritecharney@yahoo.com
**Liza Ramey Wolfgang**
707-799-7614
lizaramey@comcast.net
**Rayma Norton**
425-246-2568
rayma.norton@gmail.com

### MEN

**David Lynch**
360-742-6211
lynchtune@gmail.com
**Samuel Czuba**
503-307-1876
samuelseazee@gmail.com
**Andre Allen**
(541) 890-4925
andre@jeffnet.org



### FINANCIAL REPORT

by Marston Gregory, Regional Treasurer

Our financial position remains stable, with the housing fund approaching $200,000.

The event fund absorbed a Seabeck deficit of $2,205. A plan to gradually rebuild this fund was recommended.

Seabeck's changed tax status meant sales on lodging/food is an unavoidable new cost.

## PNW News Bulletins

**Editor: Isabel Gates**
editor@subudpnw.org
(360) 265-2000
Deadline for submission:
The Mon before publication
Publication dates:
1st and 3rd Wednesdays

### SUBMISSION GUIDELINES

Content should relate to our Subud community or be useful to people living in a region of the PNW. This includes announcements or reports, kejiwaan gatherings, local news, center events, photos, memories, Subud stories and tall tales, tributes, artwork, news from members traveling to other regions, and inspirations of all sorts.

No Thank You: Political endorsements, commercial ads, or personal disputes.

### PRACTICAL LOGISTICS

- Time-sensitive pieces need to include a specific date and time and say whether late items might run in the next issue.
- Keep things manageable (e.g., 100 words for announcements, 300 for features).
- Text submissions: submit either in the body of an email or in a Word doc
- Photo submissions: in JPG or PNG format
- Not confident in your writing? I'm happy to help--just ask!