SUBUD PACIFIC NORTHWEST

NEWS BULLETIN

Vol I, No. 2 | **Regional News Update** | November 18, 2026

LETTER FROM THE CHAIR



It's been just over a year since Farah and I arrived in the Pacific Northwest. "The Big Dark" was a descriptor we were warned about by people who had lived here for some time. It didn't take long to learn PNW's Big Secret: these words are just a clever ploy to keep too many people from migrating here!

Despite that dire warning, since I tested in as your new regional chair, I have felt very welcome. Most of my impressions of Subud life in this region have been quite positive, but there seem to be some challenges too.

For one, the men and women in Seattle only seem to be at the Subud hall at the same time during the general meeting once a month. They are also facing a challenge on whether to maintain ownership of the current property or sell it.

In Portland, there is no committee, as they do not feel that it is necessary. Perhaps Portland's proposal to invite Kenneth and Latijah Clark to examine testing practices will foster change.

The end of the yearly kejiwaan gathering at Menucha after over thirty years dealt a real blow to members a few years ago, but I was encouraged to see that at the new gathering place at Seabeck, the spirit and grace of Menucha is alive and vital. Seabeck's excellent accommodations, decent food, and very nice facilities for the Latihan, not to mention opportunities for workshops and quiet, personal periods of peaceful relaxation, provide clear evidence of the power of the latihan and the grace of receiving.

I am also encouraged to see regional members getting together when possible. I hope to visit several of you over the coming year. Our regional board, which meets every month, is a troupe of excellent, informed, and willing participants in decision-making that helps us all thrive. They are all a lovely group of people to have as companion caretakers of our material well-being. Not the "Big Dark" at all!

Lucas Hess, Chair

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November Update

by Liza Ramey Wolfgang

We are continuing with our census work, calling and/or texting all PNW regional members. While we've had some nice conversations and connections, many of our calls go unanswered. We hope folks who want to stay in the loop will reach back out to update us! (Regional Helper contact information is on page 8.)

We're working on a Kejiwaan day for the Greater Seattle group, possibly in January. More info to come when details are firmed up.



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.

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

Dear all Cascadian Initiators and all of Subud Victoria!

This is a reminder about our upcoming meeting this Saturday, November 21, both live in Victoria and on Zoom. We're asking participants for your most creative and practical ideas for how we can unite across the pond through mutual events and in other ways, sharing our Subud journey where borders don't matter.

Joint Kejiwaan Gatherings

Locations we've recently pondered: Staying on the Canadian side, preferably near the border (much better USD conversion rate), i.e. White Rock

Note: Vancouver Island is more prohibitive for mainland folks from Vancouver - expensive and time-consuming to cross over to the island.

What about taking over a smallish hotel? Or a VRBO? A place with a pool if kids come?

Timing

Sometime in late March might be a great time to have a joint event. Last fast (29 Ramadan) is Monday, March 8. Eid al-Fitr: Tuesday, March 9.

Theme Weekends

A jigsaw puzzle weekend, or a poetry weekend, or another hobby, or a maybe kejiwaan retreat during Ramadan?

Other Ideas

Joint regional helper/committee meetings regularly on Zoom? 2x year?

Love from Maemunah and our Victoria group

Zoom Detail Links:

Cascadia Meeting

Time: Nov 21, 2026 04:00 PM Pacific Time (Canada), 3:00 PM US

Join Zoom Meeting

Meeting ID: 880 2788 0361

Passcode: 833008

One tap mobile

+17806660144,,88027880361# Canada

+12042727920,,88027880361# Canada

USA Phone In Dial-Ins

(not via computer),

Click the Join Instructions Link Below

Join by SIP

• 88027880361@zoomcrc.com

Join instructions



Hope you can join us on the call!

SEATTLE

by Adira Padilla, Vice Chair

Oswald and Rayma are in Kentucky for the next few weeks (back on December 1), so I'm filling in until Oswald returns.

Our next general meeting and potluck will be Sunday, **November 22nd** (the Sunday before Thanksgiving), right after latihan (12:30 pm).

Marston, Deborah, and Ricardo are currently in Chile for the Gathering of the Americas, and we're looking forward to hearing how it all went when they return.

SAVE THE DATE: Holiday Party!!

This year's holiday party will be on **December 13th** right after latihan (12:30 pm) in the downstairs hall where we'll erect our Christmas tree. Please think 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!



At the Beep...



Five women arrived to do latihan in Seattle last Tuesday only to hear the smoke detector battery in its death throes. Shrill, repetitive beeps spaced at short intervals accompanied our spiritual exercise, testing the depth of our surrender! (Actually, the latihan was great, but we found it hard to remain quiet afterward!)

To the rescue came Seattle's intrepid chair, Oswald Norton, and our mighty regional vice chair, Jim O'Halloran! They ran to the hardware store for fresh batteries, fetched the 20' ladder from its hiding place in the garage, hoisted the heavy, unwieldy device into position in the sanctuary/latihan space, and nimbly climbed to the heights (Jim). Supporting him on the ladder were Lucinda O'Halloran and visiting Roanna Fraval, as well as the prayer team, Insiah Caspers and Rayma Norton. We all held our breath until the operation was complete and Jim had descended from the heights. We're all hoping that the ladder can go back to the garage again for a long, long time!

by Rayma Norton

PORTLAND

by Halima Taylor

Subud Portland continues to maintain good working order thanks to the efforts of several dedicated members. Although we still have no official committee, those members are carrying out the tasks that need to be done.

UPCOMING EVENTS

On **Sunday, November 29th**, we will have a 100-day memorial for **Mary Kimsey, her daughter Rowan and granddaughter Stella**. The celebration of their lives will begin at 12 noon. Please bring a dish or beverages to share. Latihan will be at the usual time, 10 AM.

On **Saturday, December 12th**, **Fayra Teeters** will host her annual Winter Festival of Lights, starting promptly at 6 PM. This combined celebration of midwinter traditions is a potluck and open to all. RSVP fteeters@outlook.com

Both events will take place at:
Subud Portland
3185 NE Regents Drive
Portland, OR 97212
503-928-4945

Portland Latihan Times

Sunday, 10 am quiet time
(both Men and Women)
Tuesday, 12 pm quiet time
(Women only)
Monday and Thursday, 8 pm quiet time
(both Men and Women)

Contacts

Halima Taylor, halimasemail@gmail.com
Samuel Czuba, 503-307-1876
Mo McClellan, 503-313-8007
Lewis Ross, 503-908-1476

BELLINGHAM/ SKAGIT VALLEY NEIGHBORHOOD

Photos by Isabel Gates









Once a month, the Bellingham/ Skagit Valley neighborhood rents space at the Center for Spiritual Living in Bellingham for group latihan and visiting time. This month, we also welcomed Sebastian Tedrow, Insiah Caspers and Isabel Gates.

Our next gathering will be on Tuesday, December 15 from 11:30 am-1:30. Anyone is welcome!!

CODE OF CONDUCT
Update

Dear Subud PNW members,

We now have a code of conduct to help guide our meetings in a harmonious way. Many people have put many hours into this document, and we believe we have a solid, functional guide to refer to when there is potential for disharmony.

You can see our new Code of Conduct in its permanent location on our Subud PNW website.

Many thanks to everyone who provided input, in particular Marston, Rayma, Lisa, Melanie, Liza, Margarite, Akhri, and Morris.

Harmoniously yours,
Jim O'Halloran,
Regional Vice Chair

A Time of Surrender

If November has a particular genius, it's that she reminds us of the beauty of impermanence. The trees release what they have spent months creating, the light retreats, and the earth begins its long turning inward. There's wisdom in this surrender, a reminder that our lives, too, are shaped by moments of change.

Anna Quinn

NEW PNW WEBSITE DESIGN: YOUR FEEDBACK WELCOME

by Jim O'Halloran, Regional Vice Chair

Hello dear regional members!

The SPNW dewan had a lively discussion at our last meeting, with many members sharing what they consider important. I'll try to briefly list those requests below. Additionally, Isabel and I will be meeting this week to sketch out a draft visual look, and Andrew Morgan (developer and webmaster for many Subud organizations) will take our suggestions and modifications and create a visual draft which we'll pass on to the dewan for review in early December.

Here's some of the suggestions we heard last week. What kinds of things would you like to see?

- As simple as possible for ease of use
- A Subud glossary, and a "Word of the month" feature
- Links to and information on Subud archives
- Links to Subud wings, international, zonal, national, etc.
- Listing of regional and local committees and helpers; ideally with photos
- Periodic review of lists to insure they're current
- Confirmation with listed people what level of contact information they want for internet display (Andrew can blur info to prevent data scraping)
- A Subud resource sheet
- A link listing contacts for people wanting to know more about Subud
- A regular news bulletin
- Link to important documents (minutes, code of conduct, legal filings, etc.
- A reminder that Subud USA is currently giving away Subud books
- Visually attractive, maybe a changing display of pictures of the SPNW, of centers, of members.
- Tabs for local centers

SICA USA
SUPPORT CREATIVITY
2026 ANNUAL FUNDRAISER





DONATE ♥

SICA Culture Corner

Working at the Intersection of Creativity and Spirituality

"When you really act according to the qualities within you, you become aware of certain vibrations, the vibrations of the great life force, true culture."

Our fundraiser continues this week. This year we're offering thank-you gifts as our expression of appreciation to donors.

We're inviting Subud creatives of all experience levels to join our Artists' Gallery, subscribe to our weekly newsletter articles, or simply check us out at sica-usa.org.



Anisha's Kitchen Garden Project in India

Susila Dharma

Susila Dharma is the Humanitarian wing of Subud, collecting donations from our members (to support) worthy projects in the United States (and all around the world). Each year, we hold a Fall Fundraiser, and the funds collected are available for distribution at the following February's granting meeting.

We are glad to report that we have met our Matching Fund Challenge (this year) and have received $50,302 in donations. However, we can still accept donations as we (often receive requests from our) various projects. Each year we have emergencies declared in various parts of the world, such as earthquakes, major fires, flooding, etc. This year we plan to put some funds aside to help in these emergency situations without (shorting) the main projects we support.

Thank you all so very much for your generous donations for this Fall Fundraiser and throughout the year! You are putting the Latihan into action.

If you would like to become a monthly donor, support a particular project or to make a donation for this year, visit us here:

DONATE ♥

With deep gratitude,
SDUSA board

Members Welcome at Our Regional Board Meetings

Our next regional board meeting is set for December 8th 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 Library Access

The Subud Library contains over 2,800 talks (many previously unpublished), audio tapes, books and articles by Bapak, Ibu Rahayu, and others in Indonesian with translations in English, Spanish, Portuguese, French, German, Russian, Vietnamese, Serbian, Dutch, and Japanese. Access to the library is restricted to registered Subud members only.

To obtain access: https://subudlibrary.net/ and click "Enter." This will take you to the Library Security Check.

If you are a Subud member who has not yet registered and would like to, click Registration to complete and submit a form. An account will be created for you, and you will receive an email when your account has been activated.



Diamonds in the Montana Sky
Photo by Athena Susan Solbeck

Daily Bapak/Ibu Talks

Subud Indonesia presents Bapak/Ibu talks twice daily, every day, year-round.

When and how to access the talks:
(During Daylight Savings Time)

West Coast: 6 am and 6 pm
East Coast: 9 am and 9 pm

Join the call:
Meeting ID: 6464478692
Password: subud
Or, click on Zoom link here.



Subud Archives

The World Subud Association keeps a Subud Archives Online Database, which gives Subud members access to documents, videos, films, photographs, books, newsletters, interviews, and stories about the history and development of Subud. The collection is large: about 1,300 original talks and 180,000 documents, held in Jakarta and Canberra.

Click here to see the overview page.

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
lizalizasab@gmail.com
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

RECIPE CORNER

An oft-remembered part of Menucha for me in the early years was the memorable meals. Their chef often shared her recipes in the monthly Menucha newsletter, which led me to become a willing subscriber!

If any cooks, bakers or weekend chefs would like to establish a similar tradition here, please feel free to submit a favorite to me at editor@subudpnw.org. To ensure published recipes are clear, I'll be recipe-testing them! To start us off, I'm including one of the ones I saved from Menucha: Lemon Herb Vinaigrette. It's a keeper! Enjoy!

Isabel

PNW News Bulletin

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editor@subudpnw.org
(360) 265-2000
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1st and 3rd Wednesdays
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Wednesday, December 2

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.

LOGISTICS

- 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!

HOW TO SUBSCRIBE

Click the new Subscribe button on the top of the Subud PNW website. Thank you, Andrew Morgan!