

VISIT OF THE INTERNATIONAL HELPERS TO SCOTLAND
8 – 15 MAY 09
Andrew Holloway and Farah Czwiertnia

The trip began in Perth which has the great good fortune to possess a spacious Subud house and regional centre in the form of a beautiful house in the centre of town that offers large Latihan rooms, accommodation, and meeting spaces. The house generates income for Subud Britain through lettings and caterings, due mainly to the hard work of a few dedicated members.

Through the careful planning of Sharifah and Howard, the National Helpers for the region, good use was made of our time and we were kept hard at work throughout! As well as a regional kejiwaan day in Perth we were able to visit the Edinburgh group twice, the Borders group in Jedburgh, The Highlands group in Ballock, Perth on two further occasions, the Aberdeen group, and also were able to attend Latihan with the members on Skye. Members from Newcastle and elsewhere were able, for the most part, to attend meetings at other groups.

What we did together in each group was, of course, different but common themes emerged.

One of the most important things we did together was to conduct awareness testing and we wish to encourage the members and helpers to do this together from time to time. Doing this may help us to open our awareness to receive, and hopefully to understand our Latihan better. We would encourage you all to do this sort of testing with each other more often, to take it in turns, and to extend your generous support to the helper conducting the testing.

Other themes were to receive how we prepare for Latihan, the space we make for the Latihan in our lives, how we prepare to receive in testing, and to feel the qualities of patience, acceptance and surrender in our Latihan. Also testing to show how our Latihan is and how we might ask to be shown how to surrender more deeply to receive the Latihan that God wishes to give us.

We tested together our understanding of love and respect for each other, how we forgive, our willingness to do so and let go the past, and the significance of doing so for our lives. This is extraordinary and perhaps you might all do this at some point when the opportunity arises.

Putting the Latihan into practice was also a theme - beginning and ending the day with a Latihan, prayer; and feeling Latihan whilst going about our daily activities. We asked to receive a Latihan for health, to clean the heart, to quieten the mind, and to receive the song that restores a feeling of peace when feeling troubled.

It has been a remarkable privilege to travel among so many dedicated and hospitable members of the Scottish Region. Most of us consider a journey of one hour the absolute maximum we consider 'worth the effort'. Many in this region travel two or three times that amount and some much more!

We hope that these few words will be conveyed to all the members among the groups we visited so that you may all know our feelings of gratitude and appreciation for the many kindnesses shown to us, and pray that the Almighty may bless you many times for your efforts. We pray also that you will always stay close to the grace of the Latihan and bear witness to this remarkable gift.

With love
Farah and Andrew



Sharifah Roberts, Sonia Ray, Andrew and Farah