

## Report on Poems for Peace -

This year on World Peace Day, September 21, 2013, SICA Canada members participated through getting involved in Poems for Peace , sponsored by SICA International. There were many countries with Subud groups that got involved with Poems for Peace in a variety of ways. SICA Canada chose to get involved through a poetry workshop that would elicit and encourage the creative forces in us, that are fed by our latihan.

Because of the awesome distance that Canada covers, I felt I needed to come up with a transferable format that needed limited preparation, sufficient guidance to be effective, and could be facilitated by a variety of people. Three people (a facilitator, an organizer, and a recorder) were involved in each of the cities (Montreal, Ottawa, Vancouver and Victoria) that participated.

A series of resources were accessed and a program written up. Facilitators had room in this program to vary, follow the lead of the group, and improvise as they saw fit. Organizers found a space, advertised and arranged refreshments. The recorder sent finished products.

The over all response seemed to be that participants had a fun time, the groups ranged from 6-10 people, including 2 non Subud people, some people felt they connected to their creativity in a way not previously experienced, and many moving poems were produced.

SICA Canada learned a lot about its role in such a situation and saw the general format as a way to play a stronger role in Subud, and help bridge Subud into the mainstream world through culture.

-Elfrida Schragen Chair of SICA of Canada

## SUBUD OTTAWA REPORTS

We had a small but fun gathering.

We read the poem from Invictus by William Earnest Henley.....and talked about world peace maker Mandela from South Africa.

One sister shared and read her two poems she had written.

We talked and did the fun exercises sent from SICA Canada.

We wrote poems.....starting from what peace means to an individual, from our community perspective, in our country and in the world.

It became very personal and moving. We were happy to be a small part...

a small part of peace in the world through poetry.

### Personal Peace

Me

No worries, just now

Quiet oneness, happy softness

Sighing stillness

Blissful one endless,

Now.

I find it exhausting, always an effort

Wait.

I find patience.

It shows me the path to peace.

A garden

A good book  
A time in the sun.

A quiet heart  
That knows what it means  
To relax.

### **Peace in Community**

Not Part Of  
Looking into the group  
Feeling, feeling, free.  
But so apart  
To belong or not  
Peaceful lonely, Oneness.

I belong, because I want to.  
I want to work, play, laugh, love.  
Find peace and share it.

A singing group  
Joyful sound  
Hearts joy!

What happened to my family?  
What happened to me!

### **Peace in My Country**

Scary people popping out.  
Jumping around and shouting.  
Is that my country?  
We used to paddle upstream.

Peace in the country.  
In the community.  
In my heart.

Who am I? Canadian  
British, not one  
Or the other.  
Grateful to be  
Part, part of  
This peaceful land in  
A warring world.

### **World Peace**

Earth my mother  
Full of quiet wonders  
Slowly dying.  
Let me hold you.  
Let me truly care.

Not possible, yet not impossible—  
A path to walk along, we try to  
Find out way.

One world  
Goodness abounding  
All people sing and shout  
Impossible or what?

What is world peace?  
I cannot connect or relate to it.  
But what can I do?  
I think I will visit my neighbour—she  
Is not feeling well.

### **FROM SUBUD VICTORIA**

*Word exercises resulted in some interesting creations!!!*

“Surprised is the past tense of surprise”

“Pond fish don’t know the size of whales!

“ Garlands of “paying it forward” adorn the trees in the forest of peace”

## **GROUP POEMS:**

We’re not all on the peace train yet

We begin with respect and move on to love

Opening to the great life force to guide us

Reaching out to make a difference in each others’ lives

Our integration leads to our wholeness



## **PEACE-THEMED INDIVIDUAL WRITINGS:**

### “Moments to Remember” - Exercise

I remember hearing Nelson Mandela speak in the piazza after his release from South Africa And the stillness of

thousands who stood together in silence in his presence”  
- Thalia



“I remember Josephine, the neighbor’s dog, happily presenting me with my chicken that she had killed. And the hurt and betrayal when I beat her for her efforts”- Elfrida

“I remember songs being sung beside a roaring fire and I felt the love amongst us like a big group hug as we basked in the radiance of dying embers.

I remember the clatter of many kids around the table, and the lonely chore of being the last one eating his peas.” -Samuel



## *Peace Within -*

"I remember a time when thoughts and insecurities swarmed my being like swarming mosquitos on a wandering youth and it's hard to believe that I once believed those thoughts were the essential 'me'"

"I remember seeking in bookshelves, mantras and tomes - an unfloundering bridge to the ultimate peace, and I found over time that it was less about taking in and more about letting go" - Shannon

## WarGames - Adelia

I remember the tears I shed when my father went to sea  
And I remember how our household changed,

How my mother opened the doors wide to the other grass  
widows in a warm but uneasy embrace.

I remember how it felt when my father came home again,  
my parents' embrace on the docks

And the new quiet in the household, a sense of balance  
restored

My father home from naval exercises, top secret war games

## FROM VANCOUVER

Facilitated by Carolye Kuchta

Once we got rolling, we had 10 participants, including Carolye, and intermittently, Wally, the reportedly hand-biting Dachshund. Thankfully, in keeping with the theme of peace, Wally adopted his friendly persona.

Carolye ably and gently led us through some group exercises to help us distinguish between abstract and concrete writing.



I believe we all found it an enjoyable and energizing experience. We accomplished a lot in two hours.

Thanks to John and Helen Russell for hosting this SICA event, to Lillea for coordinating, and to Wally, for not biting.



Samples of our writing, distilled from a stream of consciousness process:

*Gold and Silver flakes fall on me gently, shimmering  
I walk on the bottom of the ocean  
On these sandstones, the light is golden and clean  
I am showered with wealth striding through  
my glorious life  
So this is what peace feels like:  
Active, joyous, golden and wet.*

(Rosanna Hille)

*The That peace on my face that smiles  
When you contradict me,  
acceptance of a dog licking my feet  
Patience, tolerance .....*  
*I open a newspaper and read  
about war in many places  
What is it in me that I miss to do  
so I can free my spirit to love?  
(Rohana Von Hahn)*

*Peace of the Ages  
I love the core  
Peace leaves its gentle mark  
on the harshest wounding.  
Peace,*

*I bow to you. (Lucas Hille)*

*I need to find peace within!  
I have enough!  
There is no lack!*



*I love!*

*That is all I need!*

*I am loved!*

*That is all there is!*

*Trust – all is as it is supposed to be!*

*I am grateful! I am at peace!*

*Thank you*

(B)

*Peace –*

*now!*

*Stress, anxiety and*

*wanting to be elsewhere – gone!*

*How grateful I feel*

*for this time of inner*

*peace.*

*Thank you*

(B)



## **FROM MONTREAL**

The six of us had a lovely time at the Poems for Peace workshop. Bernadette guided us through many different writing exercises. Some of them produced silly results and some much needed laughs, while others produced some heartfelt words that were moving. We also discussed what peace meant to each of us and it was nice to hear everybody's point of view.



Some of the poems that were written by our group:

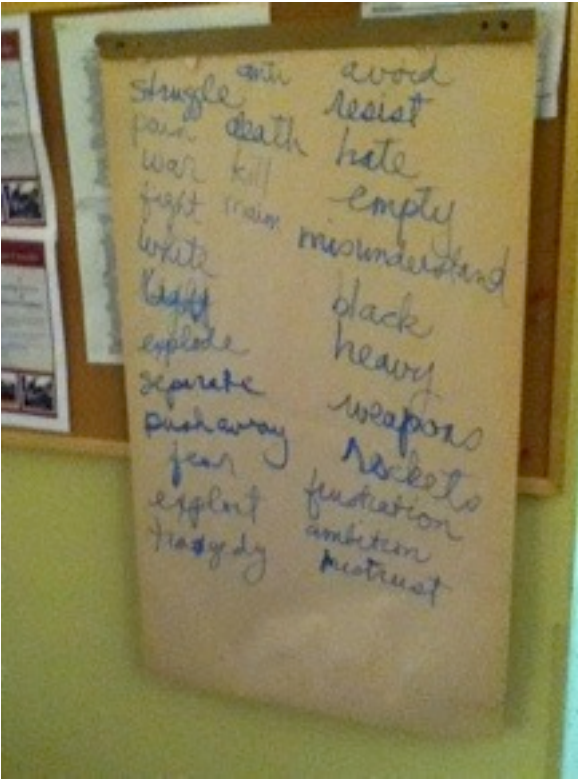
*1) Drifting down the river, breeze on my face  
Flowing from my heart, your heart, our heart  
All of us need laughter.*

*Continue along the road and do not be afraid of  
the*

*fire-breathing, hissing, sparkling wilderness.*

*Angels settled comfortably in the branches of  
the oak tree, and sang hymns of praise.*

2) The entire world brought together by God  
Love continues to be expressed.



Follow the path  
through the forest  
until you reach a  
pool of water that is  
fed by  
a burbling,  
overflowing of  
kindness and love.  
Nevermore to blame  
- we are all the  
same.

3) When children are taught  
by those whose hearts are empty of fear and overflowing  
with love, the seeds of a peaceful world will be planted.

As those children grow, they will teach their parents,  
through words and example, that there is nothing to fear.

Peace can only come to those who prepare their hearts to  
forgive themselves and others, to end tyranny of memory  
and history.



4) Those who pray together as sisters and brothers may find peace within the group, but those who open their hearts in friendship

to strangers and who share food with others whose stomachs are empty, open doors to peace in the larger community. Like beautiful trees that feed and shelter whoever draws near; A community with open hearts that resists being suspicious of others can spread a canopy of peace that welcomes all.



Many Voices  
One Heart