

# Annual Report 2023

Change begins with ME,  
from my family





“When man listens,  
God speaks.  
When man obeys,  
God acts.”

**Frank Buchman**

Founder Moral Re-Armament,  
known as Initiatives of Change

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# Message from Principal of School of Reconciliation



Good day!

A feeling of gratitude and relief are with us as we come to the end of 2023. This year we have faced many struggles and achievements.

This year we have an increasing number of students and more of offline classes are being held. Besides holding classes, we were also able to work together with AKASHA to hold the First International Conference in Malaysia. Facilitators and some students contributed to the conferences as moderators, speakers, and storytellers.

As the number of students increases, our system has improved. We sharpened our understanding about curriculum and renamed the classes accordingly. We arranged our online documents and had routine monthly meetings. Besides that, we also are mentored as a team by teacher Nandor Lim from AKASHA.

As a part of IofC, our team also contributed to many programs such as Bandung Peace Week, Training of Facilitators of Trustbuilding Program, and Family Camp.



Abundance of gratitude is offered to our team for their valuable time and effort to work and serve people in SR, to our Mentor teacher Nandor Lim for hosting us during the Conference, internship, and during the year through online meetings. And also give thanks for our students, for your willingness to learn more and contribute more in SR classes.

We would also like to express our gratitude to whomever cares and would like to know more about Sekolah Rekonsiliasi. May this report bring understanding of what Sekolah Rekonsiliasi is doing this year to bring hope to the community.

Know that you are not alone in this world, let's grow together.

Best Regards,  
Rinni Meir Rakmeni

# About Us



# Who are We?



## Our Partner

Refreshment Training



Support system staff,  
morning reflection and sharing.



# Highlighted Programmes



# IGCP (Inner Growth Companionship Program)

The IGCP is an advanced program, building upon all the activities within the Reconciliation School. This year, the IGCP class is specifically designed for the core team of IofC Indonesia and facilitated by teacher Nandor.























# Class On the Family, Homecoming, Inner Bonding & Road Less Traveled

This year, the Reconciliation School has made changes to the classes' names. The first level class was SEKOCI has changed to On The Family class, the second level class is Homecoming, and the third level class is Inner Bonding.



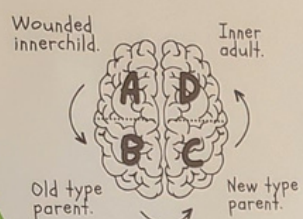




7 Desember 2023

Initiatives of Change Indonesia  
School of Reconciliation

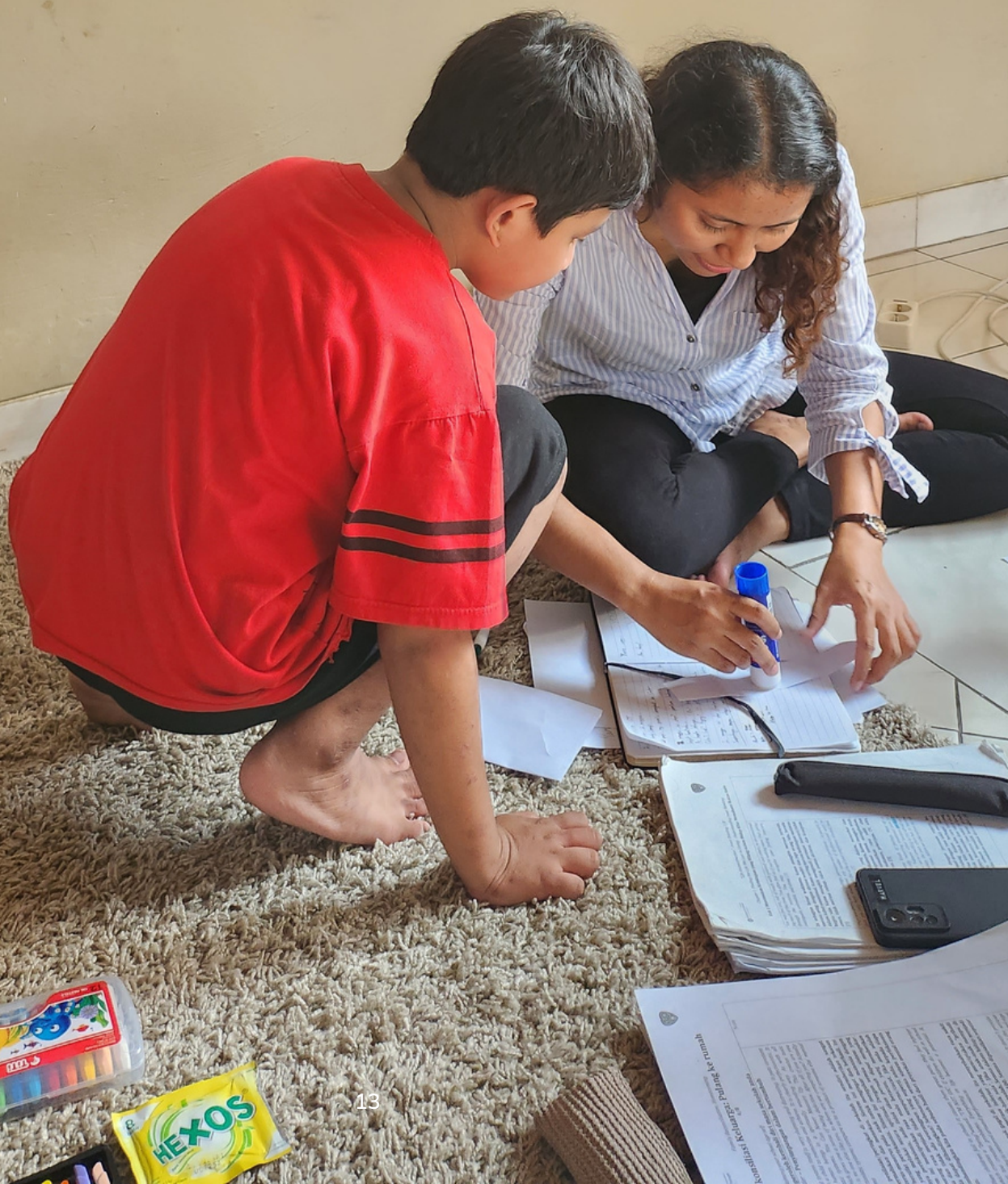
Report 2023



SEMSANG

HOMECOMING

Family 11 was not only okay to make mistakes, it was a requirement for membership. Everyone was equally mutual respect, social equality and rigorous honesty. People were talking about their feelings."











# Beneficiaries

Program	Male	Female
Trustbuilding Program	650	921
Sekolah Rekonsiliasi	12	50
Family Camp	6	17
Monthly Gathering	17	13
Morning Reflection IofC x PG	15	15
Refreshment TNCT IofC x PA	6	10
<b>Total (Male, Female)</b>	<b>706</b>	<b>1,026</b>
<b>Total</b>	<b>1,732</b>	

Class Distribution:

**Jakarta | Bandung | Yogyakarta**

# How School of Reconciliation Operates

No	Name of The Class	Facilitator	Total Students	Hour/ Meeting	Total Meeting/ Student	Duration/ Month	Total Duration of Learning
1	• On The Family (new)	Nenden	12 ♂:3   ♀:9	4 hours	12	4	48 hours/student
	• On The Family (new) - offline			12 hours	1	NA	12 hours/student
2	• On The Family (advanced)	Nenden	6 ♂:1   ♀:5	3 hours	12	4	36 hours/student
	• On The Family (advanced) - offline			10 hours	1	NA	10 hours/student
3	• Homecoming	Nenden	10 ♂:1   ♀:9	4 hours	12	4	48 hours/student
	• Homecoming - offline			10 hours	1	NA	10 hours/student
4	• Inner Bonding	Nenden	7 ♂:1   ♀:6	3 hours	12	4	36 hours/student
	• Inner Bonding - offline			10 hours	1	NA	10 hours/student
5	• On The Family (new)	Meir	8 ♂:1   ♀:7	2 hours	12	4	24 hours/student
	• On The Family (new) - offline			13 hours	1	NA	13 hours/student
6	• On The Family (advanced)	Meir	8 ♂:3   ♀:5	2 hours	11	4	24 hours/student
7	• Homecoming	Meir	6 ♂:1   ♀:5	2,5 hours	9	4	27.5 hours/student
	• Homecoming - offline			15 hours	2	NA	15 hours/student
8	• Inner Bonding	Meir	5 ♂:1   ♀:4	2 hours	11	5	30 hours/student
	• Inner Bonding - offline			17 hours	2	1	17 hours/student

Total  
of Class  
**8**  
**Classes**

Total of  
Participant  
**62**  
**Participants**  
12 Male | 50 Female

Total  
of Meeting  
**100**  
**Meetings**

Total  
of Hour  
**360.5**  
**hours**



# Story of Growth

"It's clear to me that many wounds surfaced when I joined the SR classes, which I eventually addressed. Because acceptance comes after learning and guidance from this class. Courage is driven after joining SR.

I realize and accept that I am indeed hurt, have mental issues, and that's me. Before joining SR classes, I was extremely closed off. Cautious. Because I always felt unsafe. And now, here I am, I dare to acknowledge what I feel, I no longer deny it, I'm starting to accept my flaws. I'm learning not to be perfect. I'm learning to be vulnerable. I realize it's beautiful to acknowledge my shortcomings.

I acknowledge that I do crave attention. I'm needy, I need validation, Yes, it's me! I am a wounded female.

And those are all my issues.

I am a woman with many issues. Even recently, I've discovered other mental issues.

And my mission here is how I can become a better woman.

Sometimes I have a fear, can I get through this? Can I face the classes at SR?

But I'm proud of myself, I'm not afraid to ask for help now.

I'm grateful because what I'm doing now is my starting point to build a brighter future. To change the gray sky to blue. I realize it's painful and difficult now, but learning something is tough at the beginning, especially in the healing process.

I want to continue SR because I need guidance.

SR feels like the answer I've been searching for. I've been seeking this justice since I was a child. Now I feel like my inner child is getting defense and validation."

**- Azka, 30, Artist**





"Before joining SR classes, I felt that my life was okay, just average, and somewhat flat. I felt unable to express emotions, convey feelings, and I couldn't even feel them. I regarded emotions as something normal, never opening up about my sadness or anger. I considered anyone expressing feelings as overly dramatic. I was often seen as mature even though I was still a teenager. Being perceived as 'mature' shadowed me; I felt I always had to appear perfect to others, had to yield to circumstances, and had to be a superhuman who could handle everything. Especially my inability to say NO made me feel guilty towards others.

But after taking SR classes, I realized that when I felt 'okay', it was a soul's call prompting me to figure out why I felt 'okay'. Why did I have to appear perfect to others? Why did I feel guilty and find it so hard to say 'NO'? Was my life really perfect? Entering the Sekota class, I discovered many things. How my relationships, especially romantic ones, often failed. How I always felt the need to be perfect and strong in front of others, and how this 'being okay' feeling would eat away at me if I kept avoiding it. I started feeling a bit relieved when I could express my emotions. In the past, I felt like my emotions were like a ticking time bomb. Today, I validate all my feelings, embrace them warmly, and it's okay if I'm sad, grieving, or joyful. I listen more to my inner voice without waiting for validation from others. I feel that my pain, my joy, feel lighter now, not burdensome. I can say that I don't have to be perfect, and I just want to be the master of myself, with all my feelings. I've also set boundaries for myself and focused more on what I can control, like the core philosophy teaches."

**- Nawangsih, 26, Lecturer**

"Learning in each SR class is like opening a series of vaults containing my wounds, discovering pains that have been hurting me without me truly understanding their form. There have been some significant changes that I've only realized after doing them, like stopping the use of medications to numb the pain and instead embracing and accompanying the pain itself, investing in self-love by nurturing my heart.


I've had numerous counseling sessions with psychologists and psychiatrists so that when I faced significant problems, I'd return to the psychiatrist and be prescribed medication. While on medication, I felt calmer as if the problem shrank, allowing me to resume work. But all the medication did was mask it because the pain kept resurfacing, and I didn't always have the funds or time to return to the psychiatrist. In September 2023, I experienced PTSD due to someone's silence towards me, triggering memories of childhood wounds. It started with relentless crying and ended in a two-day fever. I took two sick days off work to confront this. I allowed my inner child to cry and rage that I'd suppressed, and on the third day, I engaged in an inner dialogue, distinguishing between my present adult self and the childhood wounds, affirming my feelings. After this, facing silent treatment wasn't as severe as before. I knew it wasn't solely about my mistakes but about someone else's nature that I couldn't change. Sometimes I still cry, a reflex when my wounds are triggered, but then I can calm myself.

During the COVID-19 pandemic, I experienced a lot of loss and fell into grief to the point where I didn't want to continue living. It lasted for a long three years, and it still lingers even though I'm in the SR program. Slowly, I've allowed love to grow within me. It's been a slow and gradual process. Sometimes I get frustrated, but I can be patient again because now I have hope and care for myself. I can look forward to it and surpass it. I can answer the question 'What will you do in 5 years?' I can appreciate time and the people around me. If I miss a valuable opportunity, I can reassure myself and believe that there are other opportunities. If someone rejects me or suddenly disappears, I can accompany my pain and accept it because not everything stems from me. I love myself, so I won't let someone hurt me needlessly. Many good things come when I can accept life and my wounds, and nurture my heart, mind, and self. It's not easy, but slowly, I'm getting there."

**- Astrid, 25, Graphic Designer & Visual Storyteller**







"School of Reconciliation or SR changed my life. Before SR, I was someone who felt lost and confused and I didn't realize that I'd been carrying a great deal of pain. I've been to three SR classes and after each one, I gained pieces of myself, like a Lego miniature. Every class was tough for me because I grew up without knowing how to express myself and how to be honest with myself. After 2 years, I no longer feel lost in life, I slowly cultivated myself to be someone wholly aware of my process and determined to keep learning about myself."

**- Ari, 27, Content Writer at a Tech Company**

"Living life without knowledge is like walking in darkness without any light. That's how I felt before I discovered the Reconciliation School. Initially, I believed I was born into an ideal family, making my parents my role models. This made me stubborn and closed off to a world that, I later realized, is rich in diversity. I understood that the diversity written in books wasn't enough to encapsulate the diversity I encountered around me. Reacting to problems with explosive emotions was my habit before knowing about the Reconciliation School, and that's what drove me to continue learning about myself until this moment. I needed a mentor to open my eyes and heart to see the world more broadly and live life with compassion and peace. And I found that teacher in the Reconciliation School.

With all the guidance, directions, and care shown through invitations for reflection and sharing life updates, I felt I wasn't alone and, most importantly, became more connected to myself. This connection made me a person who is free, strong, resilient, unshakeable, yet also more flexible, wise, full of love, and peace.

I felt this change had a very significant impact on my job as a teacher. I started loving this job more. I became more courageous in expressing my opinions during meetings, which was very satisfying for me. I became more confident that being a teacher aligns with my passion, especially after going through an identity crisis where I questioned what I wanted to become. Now, I've dared to step out of my comfort zone and follow my heart's calling to dedicate myself to the eastern part of Indonesia, specifically in Jayapura City, Papua."

**- Bilal, 27, English Teacher**

# Financial Statement

Income

**IDR 121.453.926**

Expenses

**IDR 96.847.258**

Balance

**IDR 25.106.668**



# School of Reconciliation Team

## Facilitator

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**Nenden  
Vinna**



**Rinni  
Meir**



**Dhuha  
Hadiyansyah**

## Co-Facilitator

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**Hayati  
Syafii**



**Desnika  
Alfath**



**Glenda  
Jeanny**



**Stella  
Susanti**



**Hidayatul  
Magribi**

## Administration

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**Anisa**



**M. Raffi  
Sidqi**

## Finance

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**Samrotul  
Mufidah**

# Be part of our movement by purchasing our merchandise



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**(Yayasan Initiatives of  
Change Indonesia)**

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Swift Code: BMRIIDJA



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