



INITIATIVES OF CHANGE INDONESIA

REPORT

2016

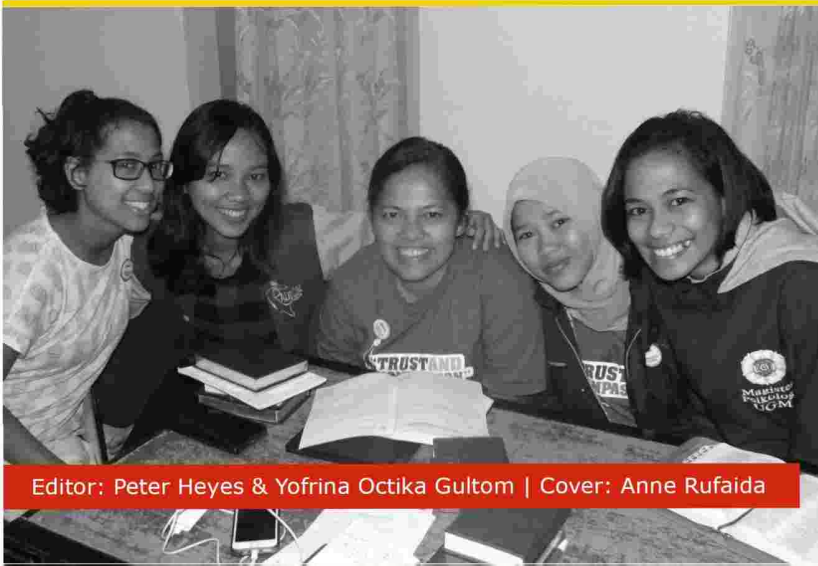


Table of Content

Cover	i
Table of Content	ii
Trust Building Papua	1
Life Matters Workshop	3
Trust Building Yogyakarta	5
National Consultation	7
Japan School Visit Program	9
Creator of Peace	10
The 22 nd Asia Pacific Youth Conference	12
IofC Team Gathering in Jakarta	16
IME Conference	18
Presidential Election	21
IC Forum Japan	22
Visit to IofC Australia	25
Training of Trainer (ToT)	26

TRUST **BUILDING** IN **PAPUA**, INDONESIA

The camp was located at the beach of Krempong, two hours from the city of Jaya Pura, surrounded by forest and mountains and a river running alongside it. It was held in January. I was a little bit surprised as the local team prepared the program at the beach, as it meant a lot of work was needed preparing the kitchen, meeting hall, prayer room, toilet and places to sleep, it really was a camp! The first night that we were there it was humid, the second night it rained heavily and the third night was beautiful.



The program created a safe space for both Muslim and Adventists to get to know each other through sessions and sharing in small groups. I was touched by every story I heard from local Papuans and their genuine desire to live with nature, plus by their hospitality and their faith as Christians.

The camp's design was well thought out, led by young Pastor Oschar from the local church, with the participation of young Adventists, plus Muslims from the Islamic University in the city and some local Muslim leaders

from NU and HMI like Dr Tony Wanggai, Fadhel and the representatives from the interfaith network in Jaya Pura.

During the camp I also had a chance to talk to a Muslim group; most of them are transmigrants from Java Island, Sulawesi and Sumatera. They shared with me that at first they were not sure about the program and had some prejudices as it was all organized by the Christians, but after meeting me they felt safe. One Muslim friend said that he thought that he knew all about Islam but when he was asked about his faith, he said 'Now I need to learn more about my religion. I feel peaceful having friends that are different from me - I used to be judgmental, but now my prejudices and assumptions are broken towards them.'

I came home with a feeling of gratitude and hope. I can see with my own eyes what and how Papua is, as well as meeting Papuan people and being connected to them and appreciating the beautiful nature of Papua. It matters how we, the people of Indonesia, care and listen to each other.

Two weeks after the camp had finished, the participants are still connected via social media, with many continuing to meet in their church or university in order to share and read the Holy books using the scriptural reasoning. They are also putting their thoughts into action by cleaning the mosque and planning for a Community service together in the future.

Andrew, a son of Pastor Daron, visited us for a day and made a video. You may not be able to understand what is being said (Bahasa Indonesia) but you can understand the body language and the view of our camp.

Reported by Miftahul Huda

LIFE MATTERS WORKSHOP **AUSTRALIA**

Spending four days with Life Matters Workshop participants in Armagh, it was worth it than I ever thought. I did appreciate what I experienced and learned during Life Matters (LM) program. I took my quiet time and listened to my inner voice; it was just a month before I decided to be part of LM. I came to the LM Workshop because I realized that I need to learn again how to appreciate myself and people around me as well.



I enjoyed family group and it reminds me the importance of sharing. I learn to be open and realized that it's better to say it out rather than keeping it in my heart. I joined the Music Workshop led by Rob Wood. Rob taught the song called "a New Day. In the depths of my heart that this is not just about me; it is about bringing healing and mending broken hearts.

After LM I stayed at the Wheelers Hill where Rob and Cheryl live. I really enjoyed living in a happy family who help me to adjust to the

environment. On 26 January, I enjoyed Australia Day. I took train to the city. It was great because I just realized I got to do what I wanted and not be beholden to others through solo travelling experience. I could see that Australia is a nation that is rich in diversity and culture. Australia Day has come to mean many different things. I like how Australians make this day special by displaying a flag on cars, painting flags on their faces and were just very happy for being Australian. It was a great feeling to be among people who are proud of their country.

On the next day my host family took me back to the Armagh to attend



the weekly meeting. It was wonderful spending time with IofC Australia seniors. I could see how people grow, learn and work together to make a better world. I hope that IofC Indonesia team can do the same thing. At last, I also had amazing few days with incredible friends.

Reported by Wuri Komari

TRUST **BUILDING** IN YOGYAKARTA, **INDONESIA**

After the success of the Trust Building Camp in Papua in January this year, I received an invitation to facilitate a Trust Building Camp in Yogyakarta. It was held 26-28 February 2016 in Kaliurang Yogyakarta. This time we came with the invitation of our friends Fery and Frisca from SEARAH, an Adventist Community, who



work with young people and students of different faiths in Yogyakarta. Yogyakarta is well known as the City of Tolerance, with its famous monument, Borobudur, the largest Buddhist temple located near to Yogyakarta; the Hindu temple of Prambanan; and the Sultan Kingdom of Muslim and where three religions meet. Over the last two years Yogyakarta has also become known as the City of Students in a country that has been affected by an intolerant group that creates fear, prejudice and discrimination.

The Trust Building Camp in Yogyakarta focused on the Muslim and the Christian "Seventh Day Adventist" faith communities. During the camp we thought about having more dialogues with other faiths too. The camp was created to enable Muslims and Adventists to have dialogue and understanding, including morning reflection, screening of the film "The Imam and the Pastor", family groups, an expression night, reading the Bible and Quran or Scriptural reasoning and most importantly having time together to share the room and food as a family. We also invited leading Muslim community speakers from Pesantren Pandanaran who explained about the messages of Islam in the context of the Indonesian culture, and also

Adventist speakers who explained about Advent and the basic principles of Advent.

We had 40 participants and 10 facilitators for this camp. Here are comments and insights from some participants:

"I didn't know what to expect from this camp, I thought it was only going to be reading the Bible and Quran, but it was also about acceptance, diversity and love. I liked the most the session on forgiveness; it was personal yet a very socially reflective element of the camp. The family group was great to me. Like a real family!" "I can share all my problems, my dreams and we can pray for each other. I also learned much about life from other's stories." "This is my first time reading the Bible and Quran and discussing it with people; I now have a better understanding toward Muslim friends, where I used to be judgmental. The session on Inner Journey reminded me to have a break for quiet, as I have a busy life." "I found we have much in common between Muslims and Adventists". "I like the dialogue; it is not a debate but listening to each other."



Reported by Miftahul Huda

National Consultation of IofC Indonesia "One Team, One Goal"

Initiatives of Change (IofC) Indonesia held the National Consultation in Tangerang. This gathering was held from 25 to 26 March and there were 20 participants. The theme of the two day gathering was "One Team, One Goal". It was an opportunity to talk about and evaluate what IofC Indonesia has been achieving for the last 2 years with various programs such as Saturday Gathering, Creators of Peace (CoP), Inner Growth Companionship Program (IGCP), Trust Building, and Youth Leadership Camps.

The program started with a quiet time and the participants shared their personal update and what inspired them to attend the meeting. We shared our thoughts and listened to each other. After our quiet time and sharing session, the core team presented their report which consisted of the financial, administration, communication and media, and program divisions.



After the core team report session, we had time to share our thoughts, to listen to each other and to give some inputs on the progress of IofC Indonesia. Umam, the former IofC Indonesia president, said that he appreciated what the core team had been doing and encouraged all members to take part in IofC Indonesia. It was a precious moment for us knowing that each of us truthfully expressed our concerns and listened to one another's points of view.

During the session on learning from our experiences, the IofC Indonesia core team had a chance to share their valuable experiences and memorable learnings during their time working with IofC for the past 2 years.

On the second day, we had space to reflect on how IofC Indonesia's members want to see IofC in the future and in which part they want to contribute. We also shared our precious moments with IofC. Miftahul Huda, IofC Indonesia advisor, led a session about how we value IofC within ourselves and how to get involved in IofC as a movement for change. Huda also told us about the focus areas of IofC's International programs, in which we can also contribute. We finally thanked the previous core team for their hard work for the last 2 years. We are looking forward to achieving further change in the future.

Reported by Yofrina Octika Gultom

SCHOOL VISIT PROGRAM JAPAN

I joined School Visit Program together with volunteers from India, South Korea, and Vietnam in Japan. This program was held on 6 May to 6 June 2016. I wanted to gain valuable experience and learn more about education system in Japan.

We visited different schools and universities in 5 cities; Tokyo, Kitakyushu, Fukuoka, Saga, and Tsukuba. We had country presentation, shared our life stories to students and teachers, performed a skit, sang songs, and had quiet time. Some students shared their thoughts and I was glad to listen to their stories.



I am amazed by the security and cleanliness in Japanese schools. The students were so independent. I also admire how Japanese students are so disciplined and show good manners. They had lunch together in the classroom, cleaned up the class after lunch and cleaned their classroom after school. It's superb! We were kindly welcomed by-

school principals and teachers. I learned a lot about discipline from Japanese people.

As a teacher trainer, I loved to share what I learnt in Japan to my community in Indonesia. I felt grateful with the valuable experiences. I won't forget the people, the IofC Japan team, and for sure I will never forget friendship with other volunteers from India, South Korea, and Vietnam. I also thanked IofC Indonesia fellows for their supports. It was really a great moment.

Reported by Dinnie H. Firdausi

CREATOR OF PEACE

LIVING PEACE CONFERENCE, CAUX, SWITZERLAND (CAUX, 4-10 AUGUST 2016)

Women Creators of Peace- Initiatives of Change Caux organized a Living Peace conference which was held on the 4-10 August 2016 and attended by women leaders from 40 countries including Australia, Brazil, Columbia, Burundi, Kenya, Uganda, USA, Switzerland, Egypt, Syria, Taiwan, Indonesia, India, New Zealand, Fiji, Zimbabwe, and etc.

The program took place at Caux Palace, Switzerland and was opened by a beautiful song with the theme of "Living Peace". Greetings from the organizer were conveyed by Jean Brown, Convenor of the Living Peace Conference, "Peace is a dynamic process. Everyone of us has their own meaning. This week would be a process of all of us to hunt what is the meaning of peace and influence each other.



Creators of Peace holds basic values of honesty, purity, love and unselfishness in this world. This conference provided different theme workshops such as "Peace is a verb", "Deep Listening" and "Living peace through forgiveness," other workshops were on leadership and commitment, and there was a night cultural market and performances from the countries represented at the conference.

The President of CoP, Daphrose Ntarataze said, "Promoting peace wherever I lived and starting from my beloved country. CoP is a tool that can help to explore ourselves and to build peace, as well as understanding our community and what the needs are. Burundi is the poorest country in the world. CoP is one way to solve the problem and can create inclusivity. It brings communities to come together and moving. It transforms human worry to something practical and development."

The "Living Peace" conference explored two themes. A deeper understanding of what it means to 'live' peace, in a world that talks so much about it. A journey into the power of 'story', both personal and communal, and how transformation of the stories we live out of can create foundations for peace.

My journey of joining the Living Peace Conference was a big influence for my personal turning point of life. I found a new hope in my life by meeting new people and learning from other stories. I hope that women can be peace creators instead of destroyers in their community by starting self-transformation.

Reported by Dewirini Anggraeni

22nd Asia Pacific Youth Conference (APYC) Bandung, Indonesia

The 22nd Asia Pacific Youth Conference (APYC) was held in Bandung, conducted by Initiatives of Change (IofC) Indonesia. This conference was attended by 90 young people from 13 different countries and backgrounds. On the opening night, Yudi Septiawan, the chairperson of APYC, welcomed all participants and thanked all faculty members for their hard work and contributions to make this prestigious conference happen and expressed his gratitude to IofC in the Asia Pacific Region, all donors, and all individuals who supported this conference.



In giving the key note speech, Irakli Khodeli, the head of Social Human Science Unit at UNESCO (United Nations Educational, Scientific, and Cultural Organization) stated that APYC is a space for youth to build networking, share with incredible diversity, address social issues in each country and region, and take real actions as the young generation. As a Caux Scholar in

2000 with Initiatives of Change in Switzerland, he had developed a commitment to be a changemaker himself. He said youth have a big role in creating peace because they are critical thinkers, changemakers, innovators, communicators, and leaders.

Miftahul Huda, member of Asia Pacific Coordination Group (APCG), said that IofC is a global family from different backgrounds and demonstrates that if we want to see global change, we need to start with ourselves. Dr Agus Mulyana presented on Youth for Change: Ethics, Integrity, and You. He said that we can take initiatives to change by starting within each individual. The motto of Indonesia is Unity in Diversity especially religions. Inayah Wahid, the founder of Positive Movement Indonesia delivered a presentation about Pursuit of Happiness to Create Change. As the youngest child of the former of President of Indonesia, Abdurahman Wahid, she realized that she could take responsibility in creating change for Indonesia.

During the conference, there were six workshops on the themes of: Leading Change for a Sustainable World, Women Creators of Peace (CoP), Conflict Resolution and Global Citizenship, Creative Recycling, Sensitivity Training, and Music, Movement and Art Playshop. Each participant chose one to join. Kexin Lim, Singaporean activist, shared about her life story. 'Many of us look into the mirror but we do not see.' We tend to excuse not doing certain activity instead of appreciating the time given to us. She said life is not only about choice but also how we have balance within our choices and give our full hearts to the things we are doing. In the end, she stated that you can be anyone who you want to be when you believe in your decision.

Nandor Lim, founder of Akasha Foundation Malaysia, shared about how his parents divorced when he was 12 years old. He was too young to understand the reason. He finally ran away from Malaysia and continued his study in Taiwan. He said it is easy to express what changes we want to see in the world, yet it is a big challenge to know what action to take to improve the situation. 'I finally surrendered myself and forgave my parents for what happened in the past and I am ready to move forward to create change within myself, my family, and my country. I believe once we change, we can engage others.'

Budi Rahman Hakim, the owner of Jagat Arsy Boarding School, gave a presentation on Promoting the Wonderful Islam Indonesia. He shared about his life journey and his thoughts related to what he can do for global change. He finally took an initiative to build a boarding school based on his vision for respect for religions, science with love and care, entrepreneurship, and global-mindedness.

In Talking about Peace Session, Francine Berabose, Congolese-Australian and Barbara Lawler, Australian volunteer, shared about prejudices and stereotype issues existing in Australia starting with Barbara asking Francine 'I heard someone say in this conference that they thought of Australia as a paradise. Is that your experience as a migrant?' In a dialogue about the challenges of cultural diversity in Australia, we learnt about the history of racism starting with indigenous Australia and the slow progress of reconciliation and creating a cohesive culturally diverse society.

Irfan Amalee and Erick Lincoln, founders of Peace Generation shared about how they created peace among different religions. Irfan, a Moslem and Erick, a Christian, developed Peace Generation programmes especially for schools and young people. Erick said that if we can embrace others and the diversity, we can reduce conflicts. This can happen when we listen and respect people. Siddarth Singh, from IofC India, led a plenary session about Finding My Calling which inspired people. The participants were asked to reflect, write down, and share their talents and gifts, passions, and the world they want to see. The idea was how to bring the problem to everyone's awareness and believe that change is possible.

Margaret, from IofC Australia, said that it was a golden opportunity for participants who come from various countries to talk with their neighbouring countries about violence, conflict, and war.

The participants were put into discussion groups: Vietnam and Cambodia, India and Afghanistan, Taiwan and The Philippines, Japan and Korea, Indonesia and Malaysia, Australia, East Timor and New Zealand. We had fruitful conversations and thought of steps that we can take. We also enjoyed an outing in one of the tourism destinations in Bandung, Floating Market Lembang, and discussed any current issues around the world, had night

Market Lembang, and discussed any current issues around the world, had night market, and had a cultural night performance.

On the last day of the conference, we started by having quiet time with the inputs: What is my calling? and What is my first step towards my calling? The participants shared their action plans to create change and looked forward to building friendship and taking real action in which we made commitments for our own lives, family and surroundings to make a better world. We believe each of us can take part in creating inspired and needed changes.



Reported by Yofrina Octika Gultom

IOFC TEAM **GATHERING** IN **JAKARTA**



The time spent with the IofC Indonesia team and all those who came to support APYC from different countries was filled with community sharing, co-ownership, co-creation and a lot of fun. It built a good foundation for our work together. We were so warmly included into the fold of the team that we felt completely a part of the program at all times.

Our very amazing sojourn in Indonesia culminated with a time with the IofC team in Jakarta. Team-Indonesia did it once again at Jakarta. We were showered with love. When we were invited to share from our lives at a Saturday meeting, we offered a three-fold community practice of (i) fellowship without agenda, (ii) navigating challenges and (iii) attending to action plans. This is based on our learning from various community engagements in India. We were deeply touched that the team opened up to us facilitating a process of internal communication and expression. We were a witness to unfolding of many honest conversations. Due to lack of time, some of the differences could not be processed during the meeting. This caused us some concern but we felt reassured by the potential of the team members to offer authentic expression in love and sensitivity and receive with understanding and acceptance. We were also inspired to see that this deep searching did not distract the team from caring for new-comers and spending time with them individually. It was deeply inspiring to see differences being kept aside in caring for and supporting each other and us. In our individual interactions we were awestruck by the personal journeys of team members. We saw a consistent strong conviction to seek truth and meaning and contribute to life in multiple ways in the face of life's struggles.

Knowing that this gift is widespread in the team gave us a lot of hope.

As our farewell from Indonesia, we had the opportunity to participate in a time of fellowship with the team. Returning to India, we felt that we had simply moved from one nurturing family to another. It was a delight to have a skype conversation across the two families, a month later. We hope that we can host friends from IofC Indonesia to continue this connection.

Reported by Leslie and Mayuree

IME CONFERENCE: **"ASPIRE TO INSPIRE: INTERNATIONALISM THROUGH NATIONALISM"**

The IME International Conference is the first English speaking conference fully created by students of British School Jakarta which is intended to inspire the future generation to have a greater sense of nationalism as well as willingness to develop Indonesia and their countries in the future. This conference is intended to induce international tolerance amongst students hence the theme being "Internationalism to Nationalism." In the welcoming speech, Simon Denis, the principal of British School Jakarta, congratulated students who made this conference happened. Simon said that Indonesia had just commemorated the 71st anniversary that as an educational institution, British School also wants to take parts for better Indonesia.



Dr. Marty Natalegawa, Former Minister of Foreign Affairs of the Republic of Indonesia, delivered a speech about Understanding Our Interconnected World. Marty Natalegawa said that we need to be aware of local, regional, national, and global issues such as the security domain, health issue, environmental issue, and many more fields. He also uttered that it cannot be denied that development of technology has an impact to the approach we gain information. "Having more information does not guarantee that we are well-informed." Thus, we should be able to be selective in getting and analyzing any information. Besides, understanding our connected world, we need to improve the quality of listening. "Not only to hear, but we should also listen." I got a great chance to ask Marty Natalegawa a question, what young generation can do to take action while on the other we are obstructed by the government bureaucracy such as the educational system. He said that as young generation, we need to find out what our concern and keep taking actions on it. "Don't lose hope." In the end of his speech, Marty Natalegawa said that change is a permanent state of affairs and it is in the hand of everyone.



General Dr. Moeldoko, Former Commander in Chief of the Indonesian Armed Forces, delivered a speech about Innovating the Youth Generation: Turning Indonesia into 'Macan Asia.' We nowadays face the instability of political issue, which youth play big roles in creating change. "Don't feel worried of taking actions as long as you are doing the right thing." In the end of his speech, he stated that challenges are our needs. The third speaker of the conference was Nabel Makarim, the Former Minister of Environmental Affairs of the Republic of Indonesia. Nabel Makariem presented about The

Role of Culture in the Development of Societies. He said that we should start creating cultures of hard work, ethical code, and time management to develop our beloved nation, Indonesia. He concluded his speech by encouraging the young generation to adopt the right work ethics, to learn and talk about it with others, to internalize it, and to spread it with others. "Start now!" "The fate of the nation depends on you!"

Yenny Wahid, a political activist and international advocate for religious tolerance, also the first daughter of Abdurahman Wahid, the Former President of the Republic of Indonesia, delivered a speech about Managing Diversity in an Increasingly Intolerant World. Yenny Wahid said that we cannot just leave any issues in our country in somebody's hand; we need to put our effort. Through Wahid Institution, she has been organizing some programs to promote peace and tolerance such as: youth initiatives, community empowerment program, and day of peace. In the end of her speech, she mentioned the saying of his father, Abdurahman Wahid, "God needs no defense because He's already the Almighty." "Let's defend those who are treated unjustly." The audiences were also entertained by students' performance, namely singing, band, and harp performance.

In the end of the conference, Gustika Jusuf Hatta, the Youth Delegate of IME 2016, presented about Youth Diplomacy: Fighting for the National Goal at an International Platform. Gustika uttered that the qualities needed to become a youth delegate are a profound understanding of issues and projects that are happening globally and in our home country, an awareness of SDGs (Sustainable Development Goals) and MDGs (Millenium Development Goals), languages skills including Bahasa Indonesia, dedication and willingness to learn, and confidence. As the granddaughter of Mohammad Hatta, the Former Vice President of Republic Indonesia, she quoted what his grandfather said, "There is only one country that deserves to be my country." "He grew up with actions and deeds, and the deeds are my deeds". Attending this conference was a good opportunity for Initiatives of Change (IofC) to build networking with British School Jakarta and communities which have same vision in creating peace in the world.

Reported by Yofrina Octika Gultom

PRESIDENTIAL ELECTION OF IOFC INDONESIA 2016

Initiatives of Change (IofC) Indonesia held a democratic party, from the 1 to 29 October 2016, to elect a president for the term 2016 – 2020. This is the second presidential general election for IofC Indonesia since 2014.

To hold this election, Board Members of IofC Indonesia formed a General Election Commission consisting of a chairperson, Yudi Septiawan, and four other members namely Siti Zaetun, Miftahul Huda, Dinnie Hijrie and Anne Rufaida. They worked together for one and a half months for this general election. An online election was applied to this election to accommodate IofC Indonesia friends. The sequence for the general election was - nomination of candidates by voters, confirmation of the selected candidates, open discussions with the selected candidates, and the presidential election.

In the nomination process, there were nine names nominated for the President. Then, the committee verified the names and announced two names, Nenden and Irna, as the selected candidates. Meanwhile, voters nominating the names for president were determined by some criteria such as former core team members and some active members. There were 39 selected voters including both candidates.

On 29 October 2016, the committee officially announced Irna as the new President of Initiatives of Change Indonesia for the term 2016 – 2020. Yudi, the chairperson of KPU, said, "Alhamdulillah, this election has run well as we hoped it would. My expectation is only one, that the new President can engage all IofC Indonesia's team members and other NGOs to work together as partners. No matter who became the president; one thing that we are pursuing is IofC Indonesia's Golden Goal 2020. Let's make it happen together!"

Reported by Yudi Septiawan

IOFC INTERNATIONAL FORUM JAPAN

From 3-8 November 2016, Miftahul Huda from IofC Indonesia (also representing APCG) attended the 38th IofC International Forum. This year's theme was "Have a good look at yourself, Japan and the World". The forum was attended by 80 people including guests and International friends of IofC. Other international guests were Mr. Niketu Iralu (Social and Peace Activist from Nagaland-India), Imad Karam (a Film Maker and Executive Director of IofC International), Dr. Cha (MRA-South Korea), Renjou, and Gace Liu, and Hsiao Yun (Taiwan).



This was my first time to be in Tokyo, Japan to attend this International forum hosted by IofC Japan. I was grateful to be able to come and contribute to the forum, although the weather at that time was cold I felt warm as I was picked up by Hisako Okuma san who is also in the APCG this term. She brought me a new jacket and dropped me at the International House Japan, which was the venue for the forum.

Immediately after I arrived, I was welcomed by Masaki and Azusa, young members of IofC Japan, who were ready to explore Tokyo city with us before we started the forum the next day. I met them in Asia Plateau this year during their internship in India. They are both young and talented and also very committed to see transformation in their lives. Hsiao Yun (Taiwan) who came with her parents, Renjou and Grace Liu joined us.

I was amazed how friendship and IofC can bring people together and to support each other. Last summer APYC was held in Bandung and Japan, where we had good team work and supports from Japan (Ai Yamaoto and Azusa), and now I was able to pay them back for what I received from them last summer where Ai and Azusa were great supporters and facilitators for APYC. We became teammates in charge of quiet time and the singing team. It was great fun to work as a team again.

My first impression of the IofC Japan team is that they are active senior people and most of them in their 70s but they still came to the forum and were eager to learn. Although most of them are retired they are still actively engaged in IofC; most of the members are either from the corporate world or individuals.

I had a chance to meet with the core group of IofC Japan and listen to their stories and to understand how MRA/IofC Japan was established; it was not so much in the details but that they have the strength and legacy as a team in Japan as they met Frank Buchman and were involved in shaping the country after World War II. They also engaged with the corporate world with companies such as The Sumitomo Group, Toshiba, etc.

Apart from that, I also had a chance to interact with Uncle Niketu Iralu who gave the speech about Nagaland and also the issue of the Rohingya refugee community in Myanmar which is also a challenge for NE India and Bangladesh. On the same day, Aung San Kyi visited Japan to meet with the Foreign Minister to discuss the issue of the Rohingya. Hopefully there will be hope for Myanmar for neglected refugees from Bangladesh, the Rohingya.

It was also the second time I met Imad Karam, the film maker and also Executive Director of IofC International. This time we had more time to share about what he did for the films and also his involvement in the Arab

It was also the second time I met Imad Karam, the film maker and also Executive Director of IofC International. This time we had more time to share about what he did for the films and also his involvement in the Arab Coordination group. He had just had a meeting in Lebanon last month, and is now working on a film "The Legacy of Frank Buchman" which he shared with us after the forum; the film is intended to be ready next March. I think it will be very interesting for people to understand the core values of MRA and Frank Buchman's life story through this film. We also had some talks about how APCG and the IC Council could collaborate more in terms of communication and coordination.

Sitting there as a young man with the title of APCG, I received some questions and had a discussion with senior and committed people such as Megumi san and Renjou and Grace Liu as they wanted to get news and updates from APCG. They reminded



me that working for IofC is a life commitment and focused on a life purpose and a bigger vision. I feel refreshed and grateful to see the reality that IofC has for long life learning and friendship for life. It reminded me to look at my relationships with other friends all over the world, how I care and pay attention to them; how not to be busy with my own world, despite the constraints I have and the dynamics of the team and its diversity. Thanks to APCG and Japan team for your support for this trip.

Reported by Miftahul Huda

AUSTRALIA VISIT

SYDNEY, WAGA-WAGA, MELBOURNE

(10th – 30th November 2016)

I felt grateful to visit IofC Australia on 10 – 30 November 2016. One of the programs was attending the national retreat which took place at the Collaroy Retreat Centre, New South Wales (NSW). Fifty-eight people took part in the program, including from Victoria, South Australia, and the ACT, and some from Queensland and Western Australia.

The retreat's main objectives were exploring the core beliefs and essence of IofC; embarking on new directions through discerning possibilities for work over the next three years; developing a new core group that is re-energized, connected and committed.



I also attended training of Life Matter Workshop in Armagh. This training taught us how to be a good trainer and how to facilitate IofC program. We were put into group discussions for some practice. It was a great experience.

Before I went back to Indonesia, I shared my experiences and learnings during staying in Australia to IofC Australia team. I learnt to share stories with people and was inspired by the real actions of the team. I thanked IofC Australia family especially Rob and Cheryl Wood for warmly welcoming and hosting me. I hope that my visit will build partnership between IofC Indonesia and IofC Australia team.

Reported by Iskandar

TRAINING OF TRAINER (TOT)

OF INNER GROWTH COMPANIONSHIP PROGRAM LEARNING COMPANIONSHIP

On 21 December till 30 December 2016, Initiatives of Change (IofC) Indonesia held Training of Training (TOT) of Inner Growth Companionship Program (IGCP) in Bandung. IGCP is a program to understand ourselves better, to reconcile within and with others, and to get the inner peace. This training was attended by 10 participants and was facilitated by Nandor Lim and Wenny, from Akasha Learning Companionship Association of Malaysia and Hsiao Yun, a Taiwanese social activist.

In the welcoming speech, Nenden, the chairperson of Sekolah Rekonsiliasi, which is known as IGCP, said that this is a priceless moment since we have great facilitators and she is looking forward to having new energy after 10 day-training. Nandor expressed his pleasure to come back to Indonesia. 'I am not the main actor in this training but each of you who will experience.' Wenny said that it was her first time coming to Indonesia and is looking forward to interact with the participants. Hsiao Yun said that she was always glad to get connected with IofC Indonesia team and loves to share with this team.



Each of the participant had various expectations in attending this year's TOT. Fikriyah, from Jakarta, said that she felt blessed that she could attend this program with her husband and little baby. 'There is a lot of confusion in my life. I want to know more about myself and learn to be a better mother.' Ukoy, from Bandung, stated that she managed to build communication with her mother after attending the previous IGCP. 'I want to get connected more with my family after this training.' Rini, from Yogyakarta, acknowledged that she got less burden after learning more through IGCP.

Every morning we had quiet time to have self-reflection, listened, shared to each other. During the training, we had a session which is called, Family Reconciliation: Homecoming, in which we read, reflected, and shared on what we got from a book entitled, Homecoming, written by John Bradshaw. Another session which is known as Family Session is a chance for participants to share their family genogram. While sharing, other participants are not allowed to judge, to have projection, to suggest, to deliver question; but they practiced to listen deeply and respect the speaker who is willing to share.

All participants learn to begin a true journey of discovery, to enter places we have never been before, and to move beyond ego. We had self-reflection; what my egoist issues are and whether I am doing myself rather than being myself. The participants also followed a session called Depth Healing, which they got chance to express their feelings to their parents through letter. Nenden acknowledged that she could feel the feeling after writing letters to her parents. 'I was relieved after truthfully expressed my feelings.'

In the afternoon, we had one on one session that a participant shared about his or her life experience while another participant listened to his or her friend's story sharing. Nandor and Weny got a chance to share about their marriage life, their dreams and challenges. Wenny said that Wenny said that once we make a decision, we need to make the decision right.

Rina, from Boyolali, was so blessed to join in TOT of IGCP. She enjoys the process how we grow together, learn how to love each other, and learn how to communicate effectively in the family. 'I love to learn and experience

more on how to achieve never ending joyful life through this training and have opportunity to share this kind of understanding to people around me.'

On the last day of training, we had a morning reflection about seeing life as perfect. The quiet time inputs were: Am I seeing my life as perfect? Why? and What is my struggle in my life? Can I treat this struggle as part of the perfection in life? At last, we are ready to move forward, continue the idea of companionship, and learn to a better person day by day.

Reported by Yofrina Octika Gultom