

## Caring for Victims of Tsunami Sunda Strait #MULAIKEBAIKAN2019



### #MULAIKEBAIKAN2019

is an event hosted by 5 communities, *Komunitas Pecandu Buku*, *Blogger Jakarta*, *Komunitas Bicara Baik*, *Kelas Inspirasi* and *IofC Indonesia*. The program consisted of a workshop, talk show and musical performance and was held on Saturday, 19 January 2019. This is a social project with the theme “Love, Diversity, and Unity for Humanity”. This event was to fundraise for the victims of the tsunami in Sunda Strait.

The session started with a workshop, led by Sarmoko, the chairperson of #MULAIKEBAIKAN2019. Haililah Tri, a lecturer and founder of RedMaroon Communications, who shared about Brand and Urgency of Public

Relations (PR). “Public Relations is about good performance and respect from the public. It is related with performance and reputation. We can show good performance and get compliments by working well and making actions to support a beneficial relationship with the general public.”

The second facilitator, Widhi Sutopo, founder of Banyu Communication, shared about How to Be a Reliable Public Relation Practitioner in the Digital Era. “Nowadays, we face a digital era in which a PR practitioner is expected to be creative and to have strategic thinking skills.”

Ray Rahendra, a creative strategic director of Getcraft shared about How to Be a Positive Influencer in the digital era. “Everyone wants to be heard, but not everyone knows how to be heard.” Indonesia is the largest and fastest growing internet economy in Southeast Asia. Nowadays, we can easily get connected with the internet. With this condition, it can

be said that everyone can be an influencer through the digital media.

Enricko Lukman is a content creator and the co-founder of C2live, a technology platform for Indonesian bloggers. He talked about How to be an Upgraded Blogger. Some people choose to be a blogger because they love to share and to inspire, to think analytically, to have an income, to make new friends, and to refresh their mind.

The event ended with a musical performance called Donation Musical Night.

## Gathering with Barbara Lawler



**"I believe that Indonesia, with the biggest Muslim population in the world, and Australia, a western country, can together model something that the world needs."** — Barbara Lawler

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On 10<sup>th</sup> February 2019, was our first day having a gathering at the new house of lofC Indonesia. Our special thanks to our friend, Nonie and her mother, who willingly share their house to be used for the lofC office. In our gathering, we were grateful to have Barbara Lawler before she returned to Australia.

We started with a Quiet Time session and shared about our life updates. One friend shared, "Being honest and transparent to my eldest son comes to my mind. I learn how to talk honestly and properly to him even though he is still very young." Alifah, one of the participants said, "I have had more quality times with my mother lately. I also feel thankful to be given the opportunity to share my

experience as part of lofC a few days ago at Tanri Abeng University (TAU), where I graduated from. I was there with Barbara and the lofC team for an outreach program." Rama, who had just returned from the International Dialogue at Asia Plateau, shared about his valuable experience during the program. "I felt grateful that I had more Quiet Time during my stay in India and was blessed that my wife and I could visit Kashmir after the program. Indri, one friend who had joined a Peace Circle in lofC Australia, felt grateful that after coming back to Indonesia, she could reconnect with lofC in Indonesia. "I am glad that I could connect with the lofC Indonesia team, after got to know lofC while studying in Australia."

Sharing from Barbara Lawler, "I am very glad to come back to Indonesia; this is my fourteenth visit. It was great that we start today's gathering with Quiet Time. God makes things clear about what I have to do through having a Quiet Time. I believe that Indonesia, with the biggest Muslim population in the world, and Australia, a western country, can together model something that the world needs."

# International Dialogue: Breaking Barriers and Building Trust



The International Dialogue was organized by lofC India. It was open for all who wanted to experience the lofC and Asia Plateau's vibes as it has been mentioned by so many lofC networks in particular. The program had the broad theme, Breaking Barriers and Building Trust. It was for 5 days and there were 44 countries represented.

There are two parts that could be defined as the best part of all and covered all sessions throughout the Dialogue; Inner Listening and Listening to Others. The quotes from some of the great leaders: Shuresh Vazirani, the president of lofC International: "Lack of happiness is lack of trust, the need of society today is to build trust, and lofC is the most suitable space that can

do so."

Barry Hart, a member of lofC International Council: "lofC can be called pra-academic, a very practical work in academics."

Dr. Rao – Director of AP: "To work with lofC, you need to believe in the power of people. Dream (something that) impossible! Remake the world just like Frank Buchman, why not have the world governed by man, governed by God."

**"Lack of happiness is lack of trust, the need of society today is to build trust, and lofC is the most suitable space that can do so."** — Shuresh Vazirani



## Sekolah Cerdas (Smart School)



Smart School is a partnership program organized by Peace Generation Indonesia, LazisMu (*Lembaga Zakat, Infaq and Shodaqah*) Muhammadiyah and MDMC (Muhammadiyah Disaster Management Center). This project aims to educate the public, especially schools about both natural and social disasters. CERDAS stands for CERia (cheerful), DAMai (peace), and SIaga Bencana (Disaster alert).

The program of Smart School was designed very intensively. There was a very tight selection process to select the best volunteers to be sent to 5 cities; Nusa Tenggara Timur, Maluku, Yogyakarta, Surabaya and Cianjur for 3 months. From approximately 200 applicants, only 10 people

were selected, then they had to take a 10-day quarantine process (24 October – 2 November 2018) to be trained about the material and skills related to handling disasters caused by nature as well as receiving the material and skills on how to handle social disasters by learning 12 basic values of Peace. The Inner development values delivered by friends from IofC Indonesia. They learned to understand the importance of reflection and self-evaluation by always listening to their inner-voice, elaborating and getting to know themselves more deeply, learning the importance of forgiveness and moral values for life such as honesty, purity, unselfishness and love.

After the completion of

the service (3 months), they returned to the quarantine site and did the re-orientation, reflected on what had been done, evaluated everything that had been done and shared their experiences. No less important was their personal change story, not only changing themselves, but also society where they served. The small contribution to change in the country is very effective and it has a domino effect.

# Sangam Global Gathering



The Sangam Global Gathering was attended by 79 participants from 37 countries. Most of the participants are the Program Directors and National Coordinators of each country within the lofC International network. At the opening, Imad Karam, the lofC International Council Executive Director led the first Quiet Time with regard to gratitude for those who made it to the gathering and sending prayers for the people who couldn't make it.

My first impression for the gathering was most of the participants are those who have known lofC for many-many years; a short conclusion when I saw many "silver generation" participants. There were also some people from the younger generation who have been devoted to lofC in other parts of the world.

This was how the wisdom of the elderly blends with the freshness and vigor of the youth. I felt hopeful and privileged being amongst them.

## Regional Discussion

To sit with Asia Pacific Coordination Group (APCG) was essential, because these are the closest resources we can easily share with. I wish to have more connections with neighboring countries such as Malaysia, Timor Leste, and Australia. Also to work real close with India with its education initiatives.

## Quiet Time(s)

Each morning at 6.30, tea was served in the dining room and at 7 am, we had our Quiet Time sessions together. The caring friends, the serenity of AP has always brought QT experience to its higher level.

On a personal level, this is always my favorite part although the findings within me are not always pleasant.



## Reflective Thinking Session at SMAN 60 Jakarta



**"I chose to be a teacher because of my former teachers. I want to inspire my students as my teachers inspired me when I became their student."** — Participant of Reflective Thinking Session

*Generasi Cerdas Indonesia* (GCI), one of our partnerships, ran a Reflective Thinking session at *Sekolah Menengah Atas Negeri* (SMAN) 60 Jakarta. GCI has a vision to create Indonesian young intelligent generations having noble morality and character. This vision is in line with lofC in building personal characters. Bahari Lubis, the school principal, warmly welcomed both the GCI and lofC Indonesia teams. He expressed his appreciation to the young and energetic team who facilitated the teachers and school staff as the participants.

This one hour-session was the follow up after the

Positive Teachers Camp which was held in 2018. One of the participants from SMAN 60, who attended the camp, was impressed with the Quiet Time session. She then recommended to the school principal to invite our team to facilitate a Quiet Time session at their school. This program was continued with an internal meeting. Irna Yugaswatie led the session introducing Quiet Time and asked us to evaluate ourselves, using the 4 moral standards: purity, honesty, unselfishness, and love. Having been divided into groups, we shared on our inner reflection with the quiet time. Inputs were, Why I decided to be a teacher/school staff and

Who my inspiring teacher was. One teacher shared, "I was inspired by my uncle who worked as a teacher. He lived peacefully with his family and for me, my uncle was my role model. As a teacher, I don't only educate my students but also my family members."

A teacher shared that being a teacher doesn't only fulfill her passion in education but she also has more quality times with her children after school. Some teachers acknowledged that having self-reflection is so essential that this activity should be continuously applied in our daily lives.

# Workshop: All About Love



**"We can't love other people well, before we are able to love ourselves."**

— Workshop: All About Love #DearMe

The School of Reconciliation (Sekolah Rekonsiliasi) presented a workshop entitled, "All about Love" at Ruang&Tempo building. Sekolah Rekonsiliasi is inspired by the passion to care for others and is also referred to as a companionship program.

This workshop was held on 23 March 2019 with the theme, "We can't love other people well, before we are able to love ourselves." The agenda was to talk about Loving Self, Falling in Love, a One on One Session, and the launching of Sekolah Cinta, a new program of *Sekolah Rekonsiliasi* to share and to deeply talk about love.

This workshop presented Dhuha Hadiansyah, the author of *Falsafah Keluarga*,

a book about a philosophical view of family. He said that people fall in love because of the lack of love. "When we can fall in love, we also have to know how to build love." In his book, Dhuha explained further about family issues; that people who lack affection in their childhood tend to have a lot of difficulty love themselves.

Nenden Vinna Mutiara Ulfa, co-founder *Sekolah Rekonsiliasi* said, "How can we accept God's love, if we don't love ourselves? Love is the core of life." Loving is not giving in but both people winning. Loving each other means we decide to grow together spiritually. Nenden also talked about emotional control such as anger management. Getting angry is normal as long as

we don't hurt people when we are angry. It is a way to release our emotional pressure.

During the workshop, the participants were given space to reflect on their childhood memories, then sharing in groups. This session was aimed to recall their memories, to appreciate what had happened, and to find out that love has grown since childhood.



## Get to Know Indonesia More Closely; Presenting Papuan and North Sumatran Culture



SMP Islam Takwinul Ummal is a newly built private school that is funded through charity located in a remote hamlet, in Karawang city, West Java, Indonesia. This school was built for the poor orphans living around Karawang Area. The school doesn't burden the students to pay and the students receive an education, meals and shelter for free.

This is the first year of the school. In this semester the students learnt about the concept of Unity in Diversity. In order to give them a greater understanding of what it means to live together in peace and harmony with people coming from diverse cultures, religions and other demographic differences. We therefore invited two lofC friends from North Sumatra and Papua to share their experiences. Those two wonderful people are

Ricky Chuan and Ardiyamsi Sarmoko or Moko for short. Ricky Chuan is a university student in Jakarta. He comes from Papua. He is a Christian who is actively involved in the Association of Indonesian Islamic Students (HMI). He is a passionate learner who likes to try something new. He is a typical Papuan with curly black hair and super exotic skin so that people easily spot him as he is totally different from us by appearance.

He began the session by presenting the history of Papua before the Papua region was split into two becoming west and east Papua. Next he explained that there are so many tribes and clans in Papua. Two of the most popular ones are the Asmat and Danni tribes. Ricky himself comes from the Dani tribe. He told

the students some of the unique traditions in Papua, like Barapen. Barapen is one of the oldest traditions in Papua and usually performed as a symbol of brotherhood and gratitude. This tradition is basically an event when people gather and cook together.

The presentation ended with him teaching us the language of his tribe, waaawaa waaa he says and the students responded with great laughter.

The next presentation was the culture from North Sumatra, presented by Moko, a Javanese who lived in Batak land.

He started the session by having the students sing Dari Sabang Sampai Merauke, and he showed us the picture of Lake Toba, the icon of North Sumatra.



# Reconciliation with the Self: Accept, Express, and Live with Our Emotions



**"All emotions must be accepted, and what needs to be managed is how to express your emotions."**

— Dhuha Hadiyansyah

On the 4th March, 2019 IofC Indonesia received an invitation from Purposeful People Community to talk about Reconciliation with the Self. Dhuha Hadiyansyah, a counselor at the *Sekolah Rekonsiliasi* (School of Reconciliation), shared about emotions and how to express them. This workshop was attended by 35 participants. "All emotions must be accepted, and what needs to be managed is how to express your emotions."

"Emotions are natural, but their expressions are usually learned from and passed on by the family," he said. Children whose feelings are usually suppressed will find it difficult to respect themselves. This difficulty in respecting oneself occurs

because of low self-esteem at the level of nature, that is, at the level of being and consciousness, because the ego boundaries have been violated by others; in this case by parents.

"There is a feeling of defeat and submission; both of them are at the conscious and subconscious level. This child in the next stage will find difficulties to make choices. As a result, he will be less responsible because he feels that he is living a life that is not driven by the energy in him."

Dhuha said this child becomes less aware of his inner experience and less responsible for all feelings, hopes, views and wills, including his behavior. In the next stage, he will find it

difficult to grow in harmony and live in conditions of peace, pleasure, happiness, love and connected with his world. His life experience was gripped by negative experiences in the past. If this experience settles into adulthood, people have to carry out a process of awareness. In *Sekolah Rekonsiliasi*, we have some therapies using several methods: meditation, quiet time, writing stories, and writing letters.

# Ethical Leadership Program



**“In the end, we spread the impact to deliver a more life changing experience and to create the world’s future leader.”**

— Rohmatulloh Amirotudin

lofC Indonesia, in collaboration with Tanri Abeng University (TAU), presented a Talkshow entitled “Ethical Leadership” which was held on April 6, 2019. Several times we have been asked to collaborate with TAU in hosting leadership seminars and outreach programs.

Khairul Umam, on behalf of TAU, delivered his speech to welcome all participants. Being the former president of lofC Indonesia, Khairul Umam was the person who created the partnership between lofC Indonesia and TAU. “In this seminar, we will learn how to be ethical leaders, to have emotional strength, and to build networking.”

The agenda started with a sharing session led by Najah Raniyah, the alumnus of TAU, who was also a participant with the Asia Plateau Volunteers Internship Program (APVIP) in India.

Rohmatulloh Amirotudin, the national partnership coordinator of Association Internationale des Etudiants en Sciences Economiques et Commerciales (AIESEC), led a session on Leadership: Millennials and Social Responsibility.

Anne Rufaida, the media and communication coordinator of lofC Indonesia, shared about her dreams and passion. “In our life, sometimes we learn, sometimes we lose”. I found out that I was passionate about technology development.” Anne also shared how she met lofC Indonesia and now she is one of the core team. “I want to spare my times not only for professional work but also for voluntary work.”

Mohammad Arief Julianto, the founder of Nongki Saham, shared about how to take decisions and actions to be agents of change. “Through lofC, I learned to take personal initiatives on

things I am concerned about. I had thought to build a community focusing on investment named Nongki Saham because I am concerned with investing in Indonesia.

To be a great leader, never stop learning, give a contribution, collaborate with people, appreciate people, evaluate yourself, and improve to innovate. To lead is to inspire.”

The second session was Ethical Leadership: The Power of Me. Irna Yugaswatie, facilitated a session on sharing the values we learn through lofC. “In an lofC gathering we start our sessions with a Quiet Time, a moment when we listen to the inner voice of conscience, and we write down the thoughts coming during these times of quiet.”



# Kartini's Day: "Women Talk"



## "After dark comes light"

— R.A Kartini

lofC Indonesia presented a workshop entitled, "Aku Perempuan, Akulah Perubahan" (I am a Woman, I am a Change Maker) on the 27th April 2019 at Tempo Building. This event was held from the 21st to the 27th April 2019. The theme was "Women's Talk", organized by KUMPUL. It consisted of exhibitions, talk show, film screening and seminars. lofC Indonesia participated together with some communities such as: Women Will, SabangMerauke, Rumah Millennials, womenpedia.id, KeluargaKita, and many more.

Kartini's Day is a day commemorated to coincide with the birthday of National Independence Hero Raden Ayu Kartini on 21st April every year since 1964 by all Indonesian provinces. The objective of Kartini Day is to commemorate and honor the struggle of R.A. Kartini to realize the equal opportunity between men and women in the modern era especially in the field of education and in general gender equality in all fields.

The workshop was led by Dinnie H. Firdausi (Nonie) and Anne Rufaida. The agenda was to talk about change within ourselves. The workshop started with an input "Three things that you are grateful for today." A participant shared her thought, "I am blessed because the weather was good today. I met some new friends and I got new network by attending this event". One participant shared that she felt more connected with lofC friends.

After the participants shared their thoughts, Anne shared what lofC Indonesia focused on, what we are doing and how to be involved with lofC movements. She also shared about the 4 moral standards and quiet time. "When people listen to what is deepest in their hearts, insights often come which lead in unexpected directions. Many understand this experience as guidance from God, others as the

leading of conscience or the inner voice. The regular practice of silence can give access to a source of truth, renewal, inspiration and empowerment".

People said that they need more space like this to share and to look deeply about relationships.

# Asia Pacific Regional Gathering (APRG) 2019



The APRG is a biannual gathering which is hosted by the Asia Pacific Coordination Group (APCG) members, under Initiatives of Change (IoC). It was held in South Korea from 27 April to 1 May, 2019. This gathering is aimed at listening to updates from each member of IoC in Asia Pacific regions, to discuss current issues around the region, to select the members of APCG, and to build connections and collaboration among the regions.

As part of the IoC culture, we started each day with Inner Listening. One of the quiet time inputs was “Only an open gate can receive visitors, only open hands can receive gifts, only an open mind can receive wisdom, only an open heart can receive love; as Joan Walsh Anglund said, “How does this relate to you?” One participant said, “Being open can be defined in two different ways; being open to share ideas and being open

to accept feedback. I have learned to be more open and to try to attack fear of being hurt when I am open with people around me.” As a final point, each of us learned we should take time with ourselves (connection), find out what we need to put right (correction), and follow our heart so that we can know which way we should go from our darkness (direction).

It has also been a great journey for APCG members in the past 2 years; supporting teams and programs in Asia Pacific regions. Having outreach programs were more than visiting the local team, but to listen to voices from more different people, to find out the needs and resources from the team, and to build fellowship.

With the spirit of discussion, consultation, and consensus process, we select the new members: Kim Vuth

(Cambodia), Tony Amar (New Zealand), Yofrina Octika Gultom (Indonesia), Yeonyuk Jeong (South Korea), Elise Collins (Australia) till APRG 2023, and Nigel Heywood (Australia) from January 2020 till APRG 2023. Two members continue to serve are Siddharth Singh (India) till APRG 2021 and Patrick Sta Maria (Malaysia) till December 2019.

In the end, we reflected on what we could bring home to the regions after APRG. Many thoughts, ideas and concerns were raised in the APRG; by listening to the inner voice and putting thoughts into actions, that we were filled with hope, prayer, and care.