

Annual Report

20

25



“If we do not heal the wounds of the past, we risk reopening them in the future”

Nelson Mandela

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Message from Executive Director



Dear lofC Friends,

In 2025, the Trust building Program of Initiatives of Change (lofC) Indonesia focused on one of the most persistent challenges facing societies worldwide: how unresolved historical wounds continue to shape present-day divisions, grievances and cycles of mistrust. This Annual Report documents our efforts to address these challenges through inclusive dialogue, ethical leadership, and community-based reconciliation processes.

Historical injustices—whether related to conflict, identity-based violence, structural exclusion, or collective trauma—do not disappear with time alone. When left unaddressed, they undermine social cohesion, weaken democratic institutions, and obstruct sustainable peace. Our Trustbuilding Program is grounded in the conviction that healing the past is a strategic investment in the future, essential for long-term stability, social resilience, and inclusive development.

Throughout 2025, lofC Indonesia worked with diverse stakeholders—community leaders, youth, women peace builders, civil society organizations, and local authorities to create safe spaces for truth-telling, mutual recognition, and trust restoration.

These processes emphasized local ownership while aligning with broader peace building and social cohesion frameworks. The outcomes demonstrate that reconciliation is not only a moral imperative but also a practical policy approach that strengthens governance, prevents conflict recurrence and supports peaceful pluralism. lofC's methodology combines inner transformation with collective action, recognizing that sustainable policy outcomes depend on values-based leadership and trust across societal divides.

The initiatives highlighted in this report offer replicable practices and insights relevant to policymakers, practitioners, and partners working in post-conflict recovery, social cohesion and prevention of violent extremism.

I extend my sincere appreciation to our partners, donors, and collaborators who supported this work. Your commitment enables us to bridge grassroots realities with national and global peacebuilding agendas. As we look ahead, we hope this report contributes to ongoing conversations on reconciliation, transitional justice, and trust building; reminding us that healing historical wounds is not only about addressing the past, but about shaping a more just, inclusive and peaceful future.

Miftahul Huda
lofC Indonesia Executive Director

Message from TBP Coordinator



Dear IofC Friends,

I am so very grateful to be part of the Trust building Program Indonesia in 2025 because in 2025, there were many findings during our work. In 2025, the Trust building Program (TBP) still worked on interfaith dialogue but we found the issue of mental health has also risen. Indonesia, with a diverse society, not only faces the difficulty to live in harmony, but also how to trust each other, to share the stories, even the vulnerable ones.

The awareness of mental health still needs more attention as cases of mental illness are increasing but safe space is limited. The Trust building Program has an important role to address this challenge as telling personal stories is related to trust in society. During our work, young people, especially those who are just moving to a new city, either for studying or working, are also facing this challenge and therefore, reaching out to them through many platforms, is crucial.

In 2025, we started to offer creative activities to have a dialogue on diversity. We believe that diversity is not only about religion but it also has intersections with other identities, such as ethnicities, social class, and gender. In 2025, we invited people from minorities and different faiths, and the citizens of Eastern Indonesia and our warm welcome, working together and hospitality gave everyone a safe space to share their stories. From a small pot-luck to a big workshop with a university, we moved step-by-step to create a safe space for people to trust each other.

Here is our 2025 Trustbuilding Program (TBP) report in which we share our experiences to all IofC friends all over the world. We will be so excited to get any feedback from you all and we are also looking forward to reaching out to more people with a better and more creative TBP Indonesia in 2026.

Anisa Eka Putri Kusmayani
Trustbuilding Program Coordinator

Program Coverage

43
Activities

823
Beneficiaries

381 Male
427 Female

312

People Trained
to be Facilitators

Volunteer hours
contribution
(estimated
monetary value)

1054.5h = IDR 221,750,000
(14,016 USD)

In-kind contribution :
food, venue, free classes
(estimated monetary value)

IDR 12,000,000
(800 USD)



TBP in Numbers

	2021	2022	2023	2024	2025	Total
Direct Beneficiaries	687	996	1610	787	823	4903
People Trained	130	165	220	116	312	930
Fund Raised	\$62,313.34	\$28,411.00	\$7,944.00	\$22,499.00	\$11,944.06	\$133,111.40
In Kind Contribution	\$0.00	\$616.88	\$711.10	\$567.00	\$800.00	\$2,694.98
Volunteers Hours	\$6,549.00	\$7,697.94	\$27,623.00	\$4,693.00	\$11,022.75	\$57,585.69
Numbers of Activities	25	28	27	23	43	146
Media Coverage	0	15	5	2	15	37



Learning Media



1 Ngobrol Yuk

2 Pest Attack

3 Friends for Life

4 Inner Listening

5 TBP Module

Highlighted Activities

Documentary Film Screening & Discussion “Beyond Forgiving” with Letlapa from South Africa

In the beginning of 2025, IofC Indonesia had a special guest from far away because Letlapa Mphahlele came from South Africa. He has an important role in South Africa to bring trust and peace. In his visit to Indonesia, the Trust building Program had an opportunity to watch a documentary film titled “Beyond Forgiving” in collaboration with other institutions and communities. In Jakarta, we screened the documentary in the State Islamic Junior High School (MTsN) 1 Tangerang Selatan and The Islamic College (STAI) Sadra. Meanwhile in Bandung, we had the opportunity to show the film in the Pasundan Christian Church (GKP) and to the Musicians’ Islamic Study Community (Komuji). The discussion after the showing highlights that forgiveness is a crucial aspect to reconciliation. The traumatic past memories that stay in our minds lead to many inner-conflicts and even escalate into other physical conflicts. The presence of Letlapa Mphahlele gave a chance for TBP Indonesia to learn that a just and peaceful world after a conflict is possible and reachable.







Speak Up Project

Initiatives of Change (IofC) Indonesia implemented the Speak Up Project: Conversation for Peace, a trust-building initiative designed to bring together young leaders for honest dialogue, active listening, and shared learning with the aim of fostering a world free from hate, fear, and greed. Using the Advocating for a New Story of Our Shared Humanity module, the program facilitated both online sessions (connecting participants from Indonesia and the Philippines) and offline gatherings in Bandung, West Java, where young people met weekly to engage in deep conversations, cultural exchange, and community events such as Botram for Peace and a Human Library that encouraged storytelling, self-reflection, and peace-building.



Training of Facilitator (ToF) Trustbuilding Program Jakarta

In the midst of 2025, Trustbuilding Indonesia held a Training of Facilitators in Jakarta with the company of Mike Lowe from IofC Australia. There were 15 participants, including university students, civil servants and university lecturers. Quiet Time became the highlight for some participants as they said they don't have enough space for themselves and to have people to share with. Trust building interactive tools also became the highlight such as "Friends for Life" and "Inner Listening" cards. Having Mike Lowe in ToF TBP Jakarta brought a new nuance because he gave some lessons related to giving safe space for emotions, and how facilitators can hold space during hard times. In this ToF TBP Jakarta, the participants were not only equipped with diversity literacy but also emotional intelligence literacy.





Gathering: Potluck, Art, and Conversation

Several gatherings were held repeatedly as a series of community-based meetings that brought people together through potluck meals, artistic expression, and open conversation. These gatherings created a safe and inclusive space for participants from diverse backgrounds and regions—Bandung, Jakarta, and Yogyakarta—to connect, interact, and build relationships. Through shared creative activities and communal dining, the gatherings fostered peace, mutual trust, and understanding across differences.



Bandung Peace Week 2025

Bandung Peace Week 2025 was an international program organized by Initiatives of Change (IofC) Indonesia, conducted from 22–27 September 2025 in Bandung and online. The event aimed to revive the spirit of dialogue and solidarity inspired by the 1955 Bandung Conference, promoting peace-building and cross-cultural understanding. Activities included plenary sessions, dialogues, workshops, healing sessions, and cultural programs such as art exhibitions, music, poetry, and intercultural exchanges. The program brought together participants and speakers from various countries, fostering collaboration, mutual understanding and concrete initiatives for sustainable peace at local and global levels.



CoPxTBP: Circle of Peace

Women have a big role in building peace in society, but also to destroy peace; personal revenge, anger, and bitterness can escalate into public areas. Therefore, Creator of Peace (CoP) and Trustbuilding Program (TBP) Indonesia gave women's religious leaders and women's activists a safe space to share their personal stories. Through sharing each others stories, understanding how to listen and their inner-strength to create a new story brought them back to themselves and gave safe space to their circle or community. Many participants shared feedback that they are ready to create a new story and see the past with other perspectives. Women's religious leaders and women's activists were selected because they have a big influence on their communities.



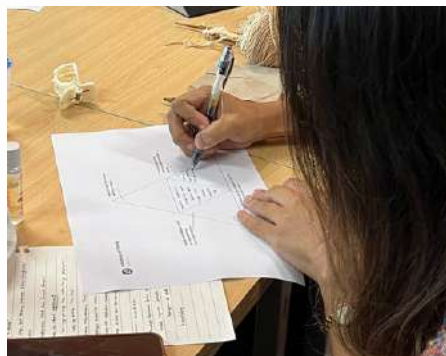




Workshop

“Healing The Past, Hope for the Future” with Binus University Lecturer

On 28 November 2025, the Character Building Development Center (CBDC) of BINUS University, in collaboration with Initiatives of Change, organized a workshop titled “Healing the Past, Hope for the Future” at BINUS Anggrek Campus. The session featured Mike Lowe and Inayah Wahid as speakers, who invited participants to reflect on how past experiences—such as colonialism and social conflict continue to influence mental well-being. The workshop emphasized heart-based education, mental health awareness, healing processes, and the importance of trust-building and peace for creating a better future.



Capacity Building: Engaging Constructively in Challenging Conversation (ECCC) with Mike Lowe from IofC Australia



The second visit of Mike Lowe to Indonesia brought a new nuance for the Trustbuilding Program (TBP) Indonesia. In the agenda for capacity building, Mike brought ECCC to the TBP Team and some new participants who only knew about Trust building and IofC. ECCC equipped participants to understand themselves and how to hold space during conflicts or difficult conversations. Many participants didn't know how to deal with their emotions as Mike mentioned that colonisation had caused many cultures to disconnect with their own feelings. Many exercises were included to connect with our emotions and to be able to keep connected to them. In the ECCC module, engaging in difficult conversations were like dancing because there are many ways to enable us to reconnect to our inner-self. Others: IofC Fellowship, International Talk, Seminar, Collaboration

Impact Testimonials

One of the things I appreciated most about this program is the opportunity to interact with many people I had never met before, especially individuals from different religious backgrounds. I have always enjoyed meeting new people and engaging in meaningful discussions, and this program provided a safe and respectful space for that.

TBP has also helped me understand myself better and strengthened my confidence. I have learned to believe that I am capable of achieving anything as long as I am willing to take action. The program supported me in improving my mental well-being, which in the past was not in a good place. Through TBP, I found a safe space to share my stories and express myself openly, especially with the guidance and support of the facilitators.

I am truly grateful to have joined TBP from the very beginning. The experience has broadened my perspective, enriched my knowledge, and provided me with valuable experiences that I will carry forward.

Intan - Volunteer TBP Yogyakarta

When I get a healing historical wound, I feel it and I adjust it in the Mahabbah Institute for Peace and Goodness (MIPG). I learned how we can re-visit our history. Quiet time is also significant. The games in MIPG are also adopted from the Trustbuilding Camp. Friends for life was also played in our gatherings.

Irfan Arfandi - Volunteer TBP Makassar (Affiliated to MIPG)

I am from a conservative family and I found a lot of people being discriminated against because they are different. I learned a lot from Healing Historical Wounds and Quiet Time in Trust building. It's aligned with my study that all people have equal rights and have different choices but we need to respect and protect them, especially as Indonesia is a pluralistic society. The diversity in Indonesia can become a strength instead of weakness.

Riri - Volunteer TBP Jakarta and IofC Indonesia Communications Team

The most impactful part for me was the historical trauma session. After that, I could feel it throughout my whole body. I became completely weak, and it pushed me to start exploring the unresolved trauma passed down from my parents that needs to stop with me.

I have come to believe that trust is not built from momentary motivation, but from safe and consistent emotional experiences. The Trust Building Program is designed to create psychological safety, open space for honest communication, and strengthen empathy among participants. It is truly worth it. It is not just a casual hangout or an aimless gathering, but a structured process that helps individuals feel seen, heard, and valued.

All this time, many of us have been shaped to become what others expect us to be, rather than who we truly are. This program provides a meaningful space to grow into more fully human and authentic individuals.

Aisyah - Volunteer TBP Bandung

What I enjoyed most about the program was engaging in activities with new friends, exchanging stories, experiences, and perspectives with people from different backgrounds. Those meaningful conversations, along with the quiet time sessions, were especially valuable for me.

I was truly impressed by the flexibility of the TBP program. For example, in TBP 4, the program adapted to the participants' diverse ethnic backgrounds by strengthening discussions around related issues. This was different from TBP 3, which focused more on religious diversity and tolerance. I find it remarkable how the program evolved to respond to the unique composition and needs of each cohort. Overall, I deeply appreciated how TBP continues to grow and improve, making each experience relevant and impactful for its participants

Arisyi - Volunteer TBP Yogyakarta

The most impactful part for me was the historical wound session. It made me realize how everything is interconnected, so I'm less quick to lash out. I also really liked the inner listening and quiet time sessions because they gave me space to pause, breathe, and step back before reacting. As someone who tends to react impulsively, this has really helped me practice taking a moment before jumping in.

Dini - Volunteer TBP Bandung

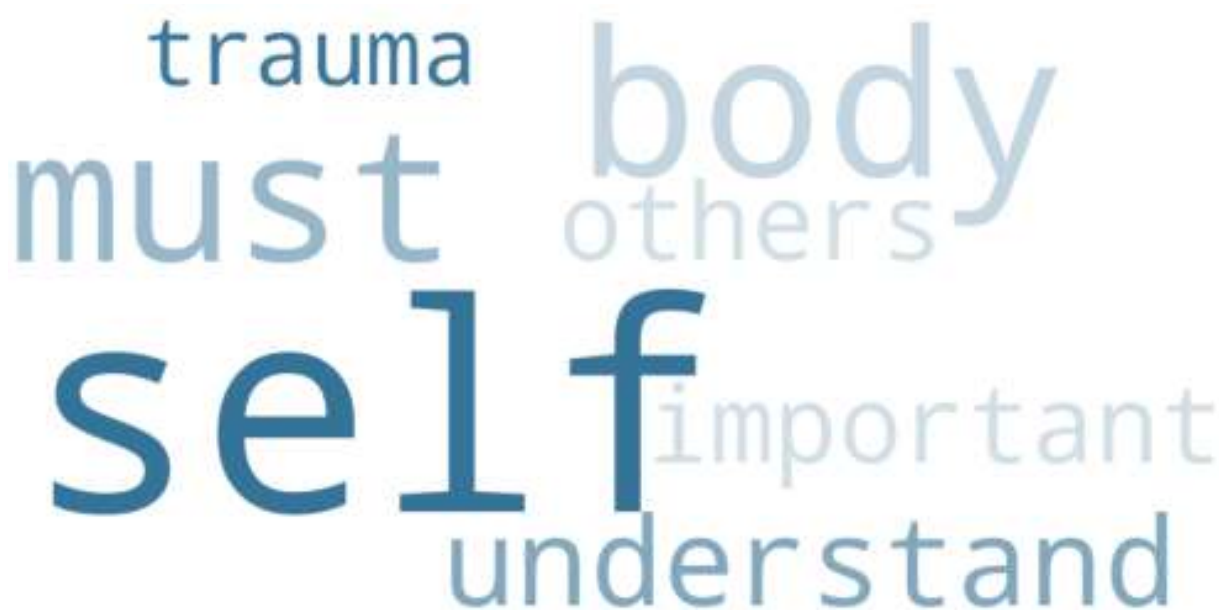
I liked the interfaith and the healing historical wounds sessions but I am more interested in inner healing [in Trustbuilding Program]

Fajar - Volunteer TBP Yogyakarta

Measurement of Impact

Through 2025, Trustbuilding Indonesia was active in promoting peace, sustainability, and healing. The data were taken through reflective open-ended questions and presented in a qualitative format. Here is the impact based on our participants' experiences.

What participants understood



A word cloud visualization showing the most prominent words used by participants. The word 'self' is the largest and most central, rendered in a dark blue color. Other words in various shades of blue and grey include 'trauma', 'body', 'must', 'others', 'important', and 'understand'. The words are arranged in a way that suggests a focus on personal experience and self-awareness.

Most participants demonstrated a significant increase in self-awareness, particularly in understanding the relationship between emotions, the body, and past experiences. In addition, there was a noticeable shift from self-judgment toward self-acceptance, which also influences how participants perceive themselves and relate to others.

What participants are now able to do



understand
emotion
accept self
feel realize
control
response

Participants demonstrated a significant shift from awareness to action, particularly in their ability to manage emotions, regulate responses, and remain calm in challenging situations.

This reflects the development of practical emotional skills, including self-regulation, conscious response, and greater self-acceptance.

How participants feel after



A word cloud featuring the words 'better', 'calm', 'happy', and 'relieved'. The word 'happy' is the largest and most prominent, rendered in a dark blue color. The other words are smaller and rendered in a light blue color, appearing behind and around 'happy'.

After the session, participants reported a strong shift toward positive emotional states, with many expressing feelings of calmness, relief, and inner peace. This suggests that the learning experience not only increased awareness and capability but also provided immediate emotional benefits, including reduced tension and enhanced well-being.

What they will do next

learn
focus
self
practice

Participants demonstrated a strong commitment to continuing their learning journey, with a particular focus on consistent practice, emotional regulation, and personal growth. Many also expressed intentions to apply these learnings in their relationships and daily lives, indicating a high level of engagement and forward-looking behavioral change.

Most Significant Story of Change

Story of Change ToF Jakarta

by Aisyah Rakhmatusyifa



Before joining the Training of Facilitators (ToF) Jakarta as part of the TBP series, I was in a phase of constant movement, yet not fully present. I had been involved in community activities, facilitating safe spaces, and doing social work, but often with limited energy reserves and many energy leaks. There was a strong drive to give, yet at the same time there was emotional exhaustion that I had not fully recognized. I also felt that my role as a facilitator was largely carried out from past knowledge and experiences, rather than from a full awareness of the present moment. (Wounded Healer)

The process during ToF Jakarta became a meaningful pause. I not only learned cognitively, but also went through a deep reflective process.

There were many moments that helped me recognize old patterns: the tendency to suppress emotions, the need to always be strong, and the urge to please many people.

Through the series of processes within TBP, I began to see that being a facilitator is not about always being ready and perfect, but about honest presence and alignment with oneself.

The most noticeable change after participating in ToF was in how I understand my role. I became more attuned to my own condition before showing up for others. There was a new awareness that self-care is not a pause from contribution, but the very foundation of contribution itself.



I am also better able to recognize boundaries—both emotional and energetic—without feeling guilty. This has made me calmer, more grounded, and more whole when facilitating spaces with others.

In addition, I experienced a shift in how I relate to others. I listen more and am less rushed to give responses or solutions. My presence feels simpler yet deeper—be present. I also trust the process more, both my own and those of the people I accompany.

This trust allows me to let go of the need to control outcomes and instead focus on the quality of presence.

Going forward, I want to continue practicing regular self-reflection and maintaining awareness before, during, and after facilitating spaces. I will also keep learning and deepening my competencies so that I can serve others more fully and learn what I still need to learn. I want to bring the values I learned in TBP into the communities and safe spaces I build, with an approach that is more compassionate, conscious, and sustainable. ToF Jakarta not only equipped me with skills, but also reaffirmed my original intention: to show up as a whole human being, in my full humanity, so that I can accompany others in this process with greater honesty and meaning.

Story of Change Emotional Awareness

by Rifqah Najwa Azizah



I believe that life is closely connected to the process of learning. That is why I continuously strive to learn. Learning is not limited to formal settings such as school, but also involves learning about life from different people and various experiences. In this process, having good communication patterns becomes very important. However, communication is not merely theoretical knowledge; it is a skill that requires continuous practice and training.

When it comes to communication, I often find it difficult to initiate conversations with others, whether with people I have just met or even with old friends, including when interacting with lecturers or individuals who hold higher authority than I do. On the other hand, I also frequently feel unprepared to deal with everyday challenges that arise in complex situations. I realize that my communication style tends to be rigid.



I struggle to recognize the emotions I am experiencing and have difficulty empathizing with others, as I have tended to prioritize rationality over feelings. This condition has motivated me to learn more and develop a deeper understanding of communication patterns. Some time ago, I had the opportunity to participate in the Engaging Constructively in Challenging Conversations (ECCC) program organized by Initiatives of Change (IofC) and facilitated by Mike Lowe.

Over the course of two days, I learned how to navigate difficult situations in communication. In this program, six stages or frameworks were introduced, including centering, which involves becoming aware of and recognizing the emotions that arise within the body, and intention, which focuses on being conscious of our inner motives—whether they lead toward building relationships or creating division. Interestingly, the concepts emphasized emotional awareness within oneself and others. When we develop this awareness, we are better equipped to handle challenging conversations.

In this program, we were also taught several techniques for dealing with difficult situations.

First, taking deep breaths. Second, focusing attention on the center of the body. Third, practicing body scanning. Among these, I found that deep breathing works best and is the most effective method for me when facing difficult communication situations. An important reflection I gained from this experience is that communication is not merely about a two-way exchange of words, nor is it simply about agreement or disagreement, right or wrong. Communication also involves the ability to understand our own emotions and the emotions of others, as well as the willingness to be a good listener. Emotional awareness is essential for every individual, as emotions are a natural part of being human. When emotions are not acknowledged or expressed properly, they can be suppressed and potentially lead to negative consequences.

After participating in the ECCC program, I have started to apply several practices in my daily life. These include minimizing the use of “why” questions, which can sometimes come across as offensive, making an effort to listen to others more attentively, recognizing my own emotions, and cultivating empathy toward others’ feelings.

Story of Change

Understanding My Self during Challenging Conversation

by lim Nisak



I realized that the difficult conversations I tend to avoid are deeply rooted in how I grew up. I watched my parents suppress their emotions and avoid conflicts. They rarely expressed anger or disappointment directly. Instead, they talk and complain behind other people's backs. Growing up in that environment, I learned to avoid confrontation and suppress my own emotions too. Over time, I became afraid of emotions that were often labeled as "bad," such as anger, shame, failure, or a sense of loss. Conflict felt dangerous and expressing emotions felt risky.

During the Engaging Constructively in Challenging Conversations workshop, one of the important learnings was the six-step framework: centering, choosing intention consciously, exploring the other, exploring ourselves, expressing ourselves, and concluding. The step that hit me the hardest was choosing intention consciously. It felt like a wake-up call.

I realized that although I often come into difficult conversations with the intention to reconcile or solve the problem, subconsciously I also want to be seen as a good person. I want validation, praise, or reassurance that I'm doing the right thing.

That realization stung a little. I learned that these hidden intentions can actually block genuine connection. The intention that truly matters is a win-win intention, seeking understanding and resolution for both sides, not only personal approval.

Through this workshop, I became more aware of my own patterns in difficult conversations. I tend to avoid them because I'm afraid of losing, afraid of being seen as "not good," afraid that the problem will escalate, and afraid to know that the conflict exists because of me. When a problem feels too overwhelming, my instinct is to flight.

However, when I feel emotionally regulated and mentally clear, I notice that I can face the conversation more bravely and think more logically without being overwhelmed by emotions.

The skill I practice the most lately is centering. I see it as a mindful process which is coming back to myself, noticing my internal reactions, and choosing how I respond rather than reacting automatically.

Centering helps me return to my emotional balance before engaging with the other person. This shift in awareness has also changed my perspective. I've learned that forcing my point of view will never truly resolve conflict. Being mindful of my emotions allows me to be more open to understanding the other person's perspective, to release judgment, and to return again and again to a win-win intention.

Because of this, conversations that once felt intimidating now feel more possible. The discomfort of initiating a difficult conversation is still there, but it's more manageable for me. I'm slowly becoming more confident in starting conversations not just for my own emotional relief. The small changes I want to commit to are being braver in having difficult conversations, being more open to perspectives that differ from mine, and honoring the feelings of others as much as my own.

In one sentence, this workshop helped me understand myself better when entering conflict, and through that deeper self-understanding, I find it easier to understand others too.





Story of Change

A New Point in Building Trust

by Mohammad Arisyi

“It is better to light one candle than to curse the darkness.

Better to let its bright light show where you stand.

For its glow will melt the dark night, like the coming of a new dawn.

And hope will be born from that small flame in your hand.”

The verse above is a quote I took from a song titled It’s Better to Light One Candle than to Curse the Darkness. A song that I later came to know as a spirit within Trustbuilding. It seemed to welcome my arrival when I first came to the Trustbuilding venue. When I first heard it, I did not feel awakened to anything, until I found myself in a moment where we truly lit a candle in the darkness and sang it together with others; it felt like a wake up call.

The skepticism toward reality, that had long confined my thoughts, turned out to be the darkness itself. All this time, I had been cursing it. At that time, I believed that any effort to improve reality, like lighting a candle, would eventually trap me again in chaos and darkness. However, that moment in Trustbuilding changed my perspective on reality.

Yes, we are in darkness, and therefore we must at least light one candle to survive and to keep ourselves from losing direction, at least until dawn arrives with new hope to strive for.

Previously, I was never optimistic in reading reality. I always believed that even as goodness becomes better, bad things will also become worse. It seemed as though no matter how fast we walk or run, our shadow does the same without effort. In other words, I agreed with the idea that humans are not truly moving toward peace, they are only delaying war for as long as they can. For me, ideal realities felt deeply doubtful. Not only does goodness improve, but chaos also grows more chaotic. As light becomes brighter, the darkness in its shadow becomes deeper. From this, I began to see ideals such as peace, justice, balance, and trust as pessimistic. Mentally, I started to lose the drive to act and to struggle for what I believed was right or good, even though physically I remained active in various movements. The only thing that kept me from becoming completely apathetic at that time was faith. The fact that I have God and strive to be a devoted servant helped keep my heart from becoming as skeptical as my mind.

Even so, my heart and my reason often felt like they were not in harmony, constantly caught in endless internal debates.

In this context, Trust building seemed to act as a third party that brought my heart and mind together to sit in silence, a moment of having a conversation with oneself. Personally, this was not entirely new to me. Technically, it is similar to self reflection or muhasabah, which I had practiced before.

Ironically, my skeptical view of reality also came from those reflections. However, through Trust building I learned something new. Having a conversation with oneself also requires guidelines, because it involves peeling back layer after layer within ourselves and reaching the deepest part of who we are.

We must maintain balance so we do not get trapped in extreme polarizations between heart and reason, as I had before. Quiet time in Trust building teaches four principles that I can apply in reflection: honesty, purity, unselfishness, and love.

My skeptical view of reality, which led me to become pessimistic about ideal values, also created trust issues within me. This included distrust toward myself and it made it difficult for me to open up, to trust myself, and to trust others. As a result, I became a more closed person and felt uncomfortable being vulnerable. Of course, this perspective is not the only reason for that condition, as it also emerged from other experiences in my life. When I wanted to rebuild the trust I had lost, I realized I had to begin from my deepest self. This realization struck me when Kak Mer asked during a quiet time session, "Am I willing to pour the water of quiet time into my life, even if I may discover how dark the water in my glass of life is?"



That question unsettled me. I felt vulnerable. Before I had even regained my lost trust, I was being asked to trust myself and others. A few moments later, Kak Mer helped me realize that to trust others, we must first trust ourselves; "Starting with ourselves," she said, "allows you to be vulnerable. Let this be the safest and most comfortable place to be vulnerable." This gave me the sense that here, I could truly be myself, even the parts I had hidden, even from myself.

Now, after participating in a series of Trust building sessions and practicing quiet time several times, I feel grateful to begin rebuilding trust within myself and with others from different backgrounds. I have also come to understand that among the many "families" we belong to, based on identities such as blood, region, community, ethnicity, nation, religion, and even humanity itself, we quietly carry unease toward one another. Because of this, we rarely find a safe space to be vulnerable within those identities.

Today, my view of the skepticism of reality may still remain the same. However, how I respond to it has completely changed. I no longer dwell on the endless cycle of thinking that ideals like peace are pessimistic. It does not matter if, in the end, we are only delaying chaos and never truly reaching peace. What matters is that the absence of hope is the real downfall. And so, the song *It's Better to Light One Candle than to Curse the Darkness*, which once welcomed me into Trust building, also accompanied me as I returned to reality.

"It is better to light one candle than to curse the darkness.

Better to let its bright light show where you stand.

For its glow will melt the dark night, like the coming of a new dawn.

And hope will be born from that small flame in your hand."

Media Coverage

 <p>Progressive Voice</p>	 <p>The Dignity of Difference (Muslims Encounter an Atheist) Publish Date: 21 June 2025</p>
 <p>IofC International Website</p>	 <p>Bridging Beliefs in Indonesia Publish Date: 21 May 2025</p>  <p>TBP Impact Report 2023-2024 Publish Date: 30 April 2025</p>
 <p>uinsgd.ac.id</p>	 <p>Hari Santri Nasional 2025, Magister Studi Agama-Agama Pascasarjana UIN Bandung Teguhkan Moderasi dan Pemberdayaan Perempuan Publish Date: 30 October 2025</p>
 <p>Character Building BINUS University</p>	 <p>Mike Lowe And Inayah Wahid: Healing The Past for The Future Publish Date: 01 December 2025</p>
 <p>pennypost.org.uk</p>	 <p>Letlapa in Indonesia: Exploring the Spiritual Heart Publish Date: 18 March 2025</p>

 IofC
Indonesia
Website



Creating Safe Spaces for Trust and Tolerance: Reflections from IofC Indonesia's Training of Facilitators

Publish Date:
28 August 2025



Human Library: Circle of Peace & Healing. Ruang Aman untuk Mendengar, Merasa, dan Memahami Kemanusiaan

Publish Date:
30 July 2025



Bandung Peace Week 2025: From Bandung to the World, Reviving a Spirit of Dialogue and Solidarity

Publish Date:
02 October 2025



Speak Up Project: Conversation for Peace

Publish Date:
28 August 2025



Fellowship Weekend for Trustbuilding : Ajang Anak Muda Belajar Rekonsiliasi dan Pengampunan

Publish Date:
08 March 2025



Which Way, Indonesia? A Moral Call for Unity, Integrity, and Interfaith Collaboration

Publish Date:
21 June 2025

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Participation of IofC Indonesia in the Trustbuilding Program Gathering

Publish Date:
25 July 2025



Building Trust Across Borders: My Journey in India

Publish Date:
02 August 2025



Learning Circle as a Space for Growth and Healing Together

Publish Date:
26 September 2025



When Women Rise, Peace Begins: The Power of One Woman to Transform Many

Publish Date:
26 December 2025



Learning to Discover and Listen to Oneself: A Reflection on the "Peace Circle"

Publish Date:
26 December 2025



When Forgiveness Becomes the Path to Myself

Publish Date:
29 January 2026

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Indonesia
Website



**Initiatives of Change and BINUS
University Collaborate to Promote
Inner Healing and Resilience for
Sustainable Peace**

Publish Date:
12 December 2025



**The Significant Transformation When
We Acknowledge Feelings During
Conflict**

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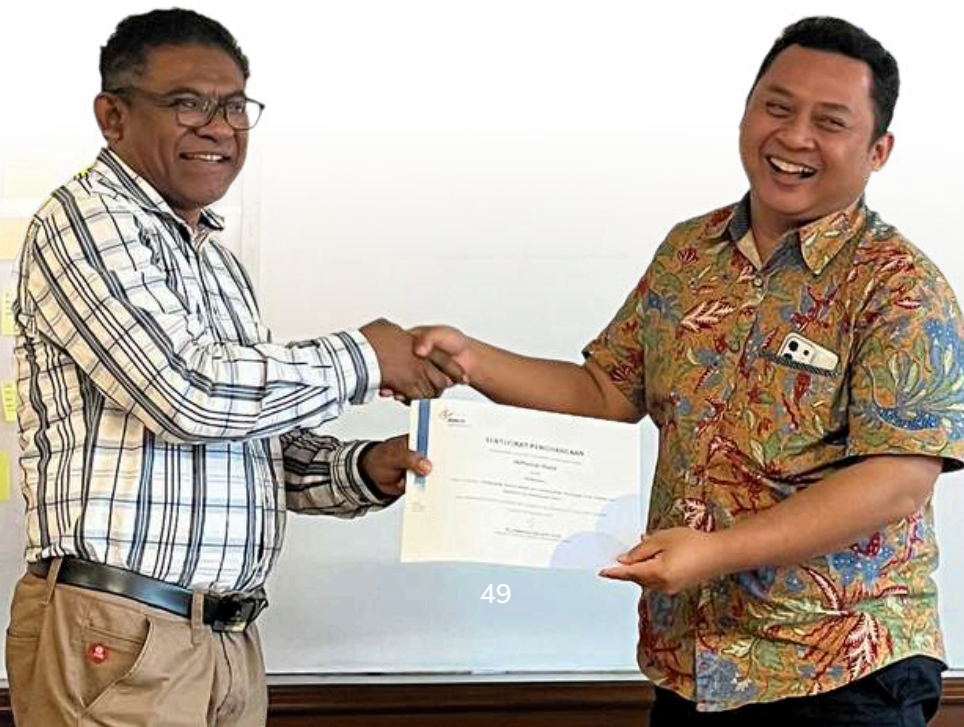
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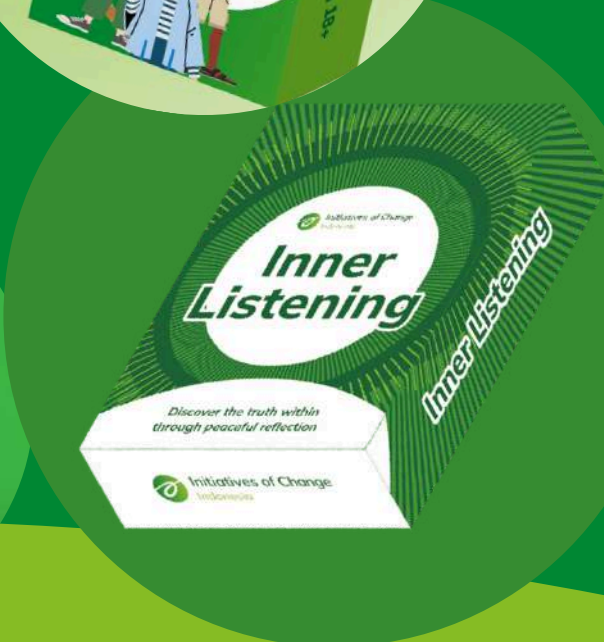
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