



## Programme Overview

### Zone 4 Gathering & National Congress Hübinger, August 4–10, 2025

#### A shared structure for a special week

Our daily rhythm will be guided by our morning and evening Latihans – and of course by our shared meals in the “village restaurant.”

Our first meal together will be on **Monday evening, August 4**, and we’ll share our final meal on **Sunday at lunchtime, August 10**.

👉 **Note:** With more than **200 sisters and brothers** joining us for meals, we’ll eat in **two relaxed groups** to keep things comfortable for everyone.

When you arrive, we’ll ask whether you prefer the earlier or later mealtime – simple and flexible.

**Thank you so much for your support and cooperation!** 🌻

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#### Meal Times in the Village Restaurant

##### Breakfast Buffet

🕒 07:30–09:00

– 07:30–08:15 Group A (early birds)

– 08:15–09:00 Group B (late risers)

##### Lunch Buffet

🕒 11:45–13:45

– 11:45–12:45 Group A

– 12:45–13:45 Group B

##### Dinner Buffet

🕒 17:45–19:15

– 17:45–18:30 Group A

– 18:30–19:15 Group B

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#### Latihan Times

– **Morning:** 09:00–10:00

– **Evening:** 19:00–19:45

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#### A Congress of Diversity

What a treasure trove of ideas, talents, and initiatives!

Many sisters and brothers are contributing with workshops, talks, creative offerings, and sports activities.

Next page you will find a selection of the planned highlights during the Zone 4 Gathering and our celebration of 60 years of Subud Germany.



### Celebratory & Inspiring

- *Opening Ceremony* in the Peace Chapel
- *“Celebrating Peace”* – gathering in the Peace Chapel
- *Films and videos of Bapak* with Heinz Cadera
- *100 Years of Latihan* – a report from Nelson Donovan on the celebration in Indonesia
- *The Story of Subud Germany* – with Viktor Böhm
- *Wing presentations* & all-Wings meeting with Mariallah Hugenholtz
- *60th Annual General Meeting* of Subud Germany e. V.

### Workshops & Exchange

- *Consensus* – workshop with Hannah de Roo
- *Family constellation* with Norina Shorter
- *Tellington Touch* with Anita Hytha
- *SDIA films* with Mariallah Hugenholtz
- *Community Building* with Elaine Pfeifer

### Creative & Artistic

- *Subud’s Got Talent* in the Circus Tent
- *Sound Experiences* with Dylan Vaughn
- *Puppets* with Erica Zoltan Sapir
- *Poetry* with Harina Easty
- *Choir* with Norina Shorter
- *Blind Portrait* with Rusydah Ziesel

### Movement & Connection

- *Family Excursion* to the woods
- *Dancing* with Thijs Hugenholtz
- *Medicine Movement* with Mira Dittrich
- *Tango* with Rainer Gilhofer
- *Forest bathing* with Henry Herhacker
- *Creek Exploring* for kids
- *Campfire* at the barbecue hut

### Sports & Fun

- Volleyball
- Table tennis
- Archery with Michael Nagel

### Farewell Evening

- *Goodbye Hübigen* – an evening of music, dance, and surprises to round off our time together