



# SARAWAK BAHÁ'Í NEWSLETTER

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Message from the Spiritual Assembly of the Bahá'ís of Sarawak

Dearly loved friends,

The Spiritual Assembly of the Bahá'ís of Sarawak hopes that it is still not too late to wish the Chinese friends a happy and prosperous Chinese New Year. May the year of the rabbit brings us more victories and increased enthusiasm in service to build a community that would lead to the establishment of the new world order of Bahá'u'lláh.

The Spiritual Assembly would like to announce to the community that five youth traveling teachers are now currently assigned to the three regions in Sarawak. They have offered to serve as travelling teachers for a period of three to four months to help with the core activities. They will be staying for a duration of 3 days to 2 weeks at one place depending on the needs of the locality. For central region, they will be visiting Selangau, Mukah and Sibu clusters. For the northern region, they will be visiting Tatau, Bintulu and Bakong clusters. These travelling teachers had consulted with the Regional Bahá'í Councils before the visits. We hope that the friends will welcome them with warm hospitality for they have arisen to serve in response to the call of the institution as we need to strengthen our clusters. We hope that more youth would do the same, especially those who have completed their SPM or STPM and are waiting for their result and before they continue to further their studies. This is indeed a great opportunity not to be missed.

Friends, 2nd March until 20th March is a period of fasting for the Bahá'ís. Fasting is a law binding upon those who have reached the age of fifteen and above. The 19 days of fasting bring us closer to God than at other times. When we keep the Fast, we are showing in a symbolic way our love for God and our faithfulness in carrying out His commandments. This is what Abdul-Bahá says about fasting:

***“Fasting is a symbol. Fasting signifies abstinence from lust. Physical fasting is a symbol of that abstinence, and is a reminder; that is, just as a person abstains from physical appetites, he is to abstain from self-appetites and self-desires. But mere abstention from food has no effect on the spirit. It is only a symbol, a reminder. Otherwise it is of no importance. Fasting for this purpose does not mean entire abstinence from food. The golden rule as to food is, do not take too much or too little. Moderation is necessary. A man is not fit to do service for God with brain or body if he is weakened by lack of food. He cannot see clearly.”***

The period of fasting continues to the last day of the Bahá'í year. New Year's day, which falls on 21 March, marks the end of the fast. Bahá'ís celebrate this day as the Feast of Naw-Ruz. With this, the Assembly would like to wish all the friends a happy fasting and a very joyous Naw-Ruz.

With loving greetings,  
Spiritual Assembly of the Bahá'ís of Sarawak

## *Prayer*

*The act of supplication is the polish which erases all worldly desires. The delight of supplicating and entreating before God cuts one's heart from the world. Supplicate unto Him and beseech in the middle of the night and at early morn, just as a needy and captive one beseeches.*

*'Abdu'l-Bahá*

## Delegates to the National Convention 2011

Serian Cluster - The unit convention was held at the Serian Town Hall which was specially rented for the purpose. Consultations focused on core activities. Mrs. Marilyn Lee, a member of the National Spiritual Assembly addressed the gathering and related some stories on the Fund. 31 adult believers from Kg Mujat, Mayang Tea, Serian, Ipuh Diyang took part in the election of delegates for the cluster. Mr. Seko Sugan, Mr. Galah Siar and Mr. Ronnie Tandak were elected delegates.

Currently in its 15<sup>th</sup> cycle of intensive program of growth, core activities had so far been concentrated in certain communities. Plans were made to expand core activities to all villages in the cluster.

### Lemanak

This remote area in the southern region was once again visited, for the same purpose—election of delegates to the National Convention. This time around, members of the Regional Council Mr. Sigom Betek and Mr. Thomas Ngadan were accompanied by Auxiliary Board Member Mr. Bunsie Tunton and National Assembly member, Mr. Terence Tinggi. They made an overnight trip to Rumah Tunku where the event took place. 34 believers from two longhouses participated in the election. Tuai Rumah Tunku Surik was elected delegate.

### Sebuyau Cluster

This year's unit convention in Sebuyau was among the most well attended, with 80 persons casting their ballot in person. Voters came from Kampung Kerong, Lunying, Belimbing Besi, Kelait, Ketimbong, Bulan, Pantu Pelai, Sungai Nibong and Skitong. The event was highly inspiring with many believers taking part in the consultation and shared stories among themselves. Auxiliary Board Member Mr. Bunsie Tunton shared slide presentation on the growth of the Faith worldwide. He spoke on the sanctity of Bahá'í election and how core activities can become portals of growth for the expansion and consolidation of the Faith. Mr. Lagan Jampie, Mr. Albert Ladi and Mr. Tukang Sanyat were elected delegates.

## Kuching 21st cycle

The 21<sup>st</sup> cycle of intensive program of growth was ceremoniously launched following a "short and sweet" presentation on the statistics and goals by Mrs. Tahereh Phung. Mr. Sulang, the cluster institute coordinator came up with an idea of using a gong to declare the event. The gong which had been appropriately decorated was hit 21 times to mark the launching.

Although the Area Growth Committee designated Taman Malihah and Samariang as receptive areas, teaching teams were also formed in Samarindah housing estate, Padawan, Kuching City South and North. In 2010 a Chinese speaking team initiated a junior youth gathering in a Chinese medium secondary school in Batu Kawah. Continuous effort has been made to sustain this program and in 2011 a group of 18 junior youths enlisted. Two dedicated youth, Ms. Chai Fong Ling and Mr. Chia Cheong Leong served as animators.

## Youth offered short term pioneering services



*Would be pioneers attending an intensive institute courses followed by a "pioneers" course held at Ruhi Lodge, Jalan Pisang West, Kuching*

Kuching, December 2010-January 2011:- This year, once again a group of youth offered to serve as short term pioneers to certain clusters. Upon completing Ruhi book 7, they were assigned to their post; to Serian cluster were Steward anak Molly, Mac Anderson anak Anthony, Zenobia anak Neilson Narong and Lawrance anak Bana, to Central region were Diana anak Wank, Apau anak Jubang, and Zarina anak Dorai. They will be serving in Selangau, Mukah and Sibuh and last but not least to northern region were Mas anak Anjat and Justine anak Joseph. They will serve in Tatau, Bintulu and Bakong.

## KEM BELIA MUDA DI KLASTER SIMUNJAN

*Dilapor oleh Pamela Joseph*

Pada 15-17 Disember 2010, para belia di klaster Simunjan telah berjaya mengadakan kem belia muda untuk mempelajari *Roh Keimanan* secara intensive bertempat di Bahá'í Centre Kampung Batu Mumong, Simunjan. Kem ini telah disertai 14 orang peserta dan 5 orang animator dari empat buah kampung. Sepanjang kem ini berlangsung Bahá'í Centre telah digunakan sebagai tempat penginapan dan tempat menjalankan aktiviti. Pada hari pertama selepas pendaftaran, aktiviti dimulakan dengan sesi suai kenal dan dilangsungkan dengan Pelajaran 1-3. Sebelah malamnya pula, aktiviti diteruskan dengan membawa para peserta keluar menghayati pemandangan di waktu malam sesuai dengan tema yang akan dipelajari mereka dalam Pelajaran 4. Malam itu ditamatkan pada pukul 11.

Awal pagi berikutnya, aktiviti dimulakan dengan mendaki bukit Mumong untuk menghayati keindahan alam semula jadi disamping merenggangkan otot-otot. Para peserta juga diminta mencari keunikan yang terdapat di bukit tersebut yang mereka kagumi. Setelah membersihkan diri dan minum pagi, aktiviti diteruskan dengan Pelajaran 5 & 6 sehingga pukul 3 petang dan para peserta diberi peruntukan masa untuk menyiapkan beberapa persembahan untuk malam penutupan. Para Area Growth Committee dan ibu bapa peserta telah dijemput untuk memeriahkan lagi malam penutupan tersebut. Malam penutupan itu, para peserta telah mempersembahkan tema yang mereka pelajari dalam buku *Roh Keimanan* secara berkumpulan. Mereka juga berkongsi keunikan yang telah mereka temui pada pagi tadi. Ibu bapa yang hadir juga memberikan respon yang amat positif terhadap persembahan yang para peserta persembahkan. Malam penutupan telah diakhiri dengan jayanya.

Buku *Roh Keimanan* telah disiapkan dengan jayanya pada hari terakhir. Sebelum menamatkan aktiviti kem tersebut, para peserta telah melakukan projek khidmat untuk komuniti tempatan seperti mengemas Pusat Bahá'í, menyapu, membuang sampah dan sebagainya. Semua aktiviti berjaya dihabiskan dengan lancar kerana adanya kerjasama yang amat kukuh antara para peserta.

Secara keseluruhannya, kem ini amat memuaskan walaupun pada mulanya bukan mudah untuk berhadapan dengan pelbagai karenah para peserta. Tambahan pula, animator-animatornya masih baru dalam bidang ini. Tetapi dengan kerjasama yang telah ditunjukkan oleh semua pihak secara langsung mahupun tidak langsung, kem ini dapat diakhiri dengan penuh kesyukuran. Kepada semua pihak yang terlibat, terima kasih kami ucapkan.