



FOUNDATIONS
FOR FREEDOM

Newsletter



In this issue

- Page 2: Visiting Course in West Ukraine; European Students Initiative.
- Page 3: Slovakian seminar; new co-workers.
- Pages 4-5: International Course in Tirley Garth (photo left).
- Page 6: News of future events, update on finance.

Life's a long journey

The second Visiting Course in Mukacevo in 1994 didn't change much in my life, but when I got an invitation to the FFF Regional Meeting in Krakow I was interested to go. After the Regional Meeting my attitudes towards people and life began to change, then my friend Svetlana Bednash decided to organise a Visiting Course in Burshtyn, western Ukraine. I needed more support in my personal life and more confidence in myself, and I decided to go.

I was now very eager and from the beginning of the Visiting Course the atmosphere was kind and friendly. Most of the students were from Burshtyn and L'viv, and two from Slovakia. The faculty came from Germany and Holland. The course was for 10 days but that was time enough to build a real unity between participants. I found young people who were very serious and thoughtful. On the third day everybody began to open. Nobody was afraid to share their thought. For some of them it was the first time they could be absolutely honest without fear of judgement or misunderstanding. There were very painful moments. Sincere tears were in the eyes of some participants, tears that brought relief, love and closeness.

Our parents were interested in what their children were doing and one day a bus full of parents came and we had a great barbecue party. It was a time when we shared not only our meals but friendship and fun, followed by Scottish and Ukrainian dances.

During the VC we talked a lot about spiritual values, moral standards, love, unselfishness, purity and honesty. One day we had exercises to

think about these four words, to understand their real meaning and to write our own definition so that we could use them practically. This was very hard work. At the end of the course everybody tried to think how we could use this knowledge in real life, in our relationships with other people. This VC helped us to find out that God has a special role for everybody and by changing ourselves we can change our situation.



by Lyana Nadzhafova, Ukraine

The effect of a closed Communist society is visible in our country. As for me, being brought up in this situation, the course helped me open to others and taught me to listen to other people. Now we can begin to understand ourselves, others, our history and what is truth. Interest in MRA ideas is growing in our country. There have been four VCs in Ukraine in the last two years.

All the VC knowledge was very useful for me because I was going to attend the FFF International Course (IC) in England in September. At the

IC I met many people from different countries and backgrounds. We had three weeks in Tirley Garth, (a very beautiful place!) searching and discovering what we can do for our countries, what role we have in our societies, how to make changes and trying to search for God's will for each of us. I found that people from different places of the world have similar problems, fears and desires, but together we tried to find the common aim for our lives. The IC helped me to understand better the situation in my country and challenged me to use knowledge that I got in the VC to do something for the sake of my country.

Without the basic knowledge of MRA and if you have not been prepared to discover yourself and your spirit through a VC, the IC is not so valuable. I saw this among people who came without this VC preparation, that's why I think it's very helpful and important to attend a VC before being at the IC. The VC helps us to learn about MRA, ourselves and to realise our nature and to find our place in this life — the IC helps us to use this knowledge to develop our society and make changes in it.

Every event of MRA helps me to understand myself and life better. With these ideas I found God and faith, and began to believe in myself and to love people and life. I became a new person with new thoughts, behaviour and desires and have found many new friends all over the world. I have seen that life is a very interesting long journey, and with God's guidance I can find His special plan for me.

Now I understand that we can do something for ourselves, and I want to spread this idea among others in Ukraine.

My Eastern Adventure

Ulli Raab from Germany gives a personal account of the Visiting Course in West Ukraine in August.

Coming from a rich West European country, I had varying feelings about travelling to Ukraine. I was interested to see what the Eastern part of our continent is really like, as in Germany I had not heard many positive things about it. But also, being German, I was very sceptical how the Ukrainians would treat me because of our history.

On the long train journey from Vienna to L'viv (26 hours) I travelled with Erik Andren and Karina & Luc Alderliesten from the Netherlands. I was surprised by the open countryside: a few houses with vegetables and fruit in their gardens; then mountains, forests and meadows. I could imagine how rich this country's agriculture could be, if they can develop it.

Fourteen participants (11 girls, 3 boys) took part in the Visiting Course, none of whom apart from two had experience of MRA. Karina, Luc and I were responsible for the "Research & Development" (R&D) time every morning and for the evening programme. The R&D time was very worthwhile - also for me. We



introduced the questions with a sketch or just an explanation before we had a time of quiet. Already after the second time the participants started to be open



about themselves. This was very encouraging for me. I enjoyed working together with Luc and Karina, thinking about our possibilities to give the participants something and to get

something out of it. As we had to do the course in just 10 days our evening programme was sometimes very short. But this didn't mean that we had no fun. We played volleyball, games, did Scottish dancing and there was always time for talks until we went to bed.

The course itself gave me quite a lot. It helped me to discover my own personality in another way, to become more self-confident, to spend time thinking and to make decisions. The openness of all was an encouragement to think deeper and Erik's way of presenting the themes was so interesting that I didn't want to miss anything. I realised that this course isn't just important for East Europe, but that we from the West need it as well.

I discovered dissatisfaction among Ukrainians about their country, always comparing it with what they know about the West. In some ways I can understand how they feel, but on the other hand they still have such a clean countryside and a warmth of hospitality which you can hardly find in the West. I tried to show them what I appreciate in their country and what in our countries isn't so good. I just hope they will learn from the mistakes which we've made in the West.

I'm grateful for the hospitality and friendship I received in Ukraine, and look forward to going again.

European Students Initiative

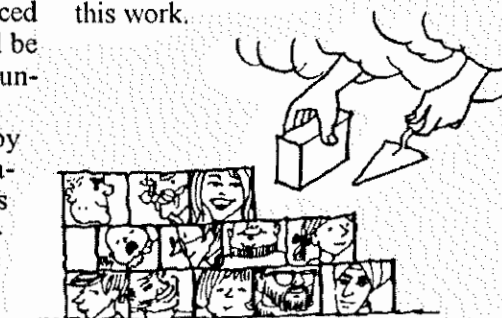
by Keith Wells, recently retired head of the YMCA in Sheffield

In recent years I have appreciated meeting some fine and talented young people from Eastern and Western Europe who are very concerned to be at the centre of reconciliation and renewal for all of Europe. After attending the FFF Visiting Course in Estonia in January, I became convinced that the FFF course programme could be of great merit to students of our own country and beyond.

The FFF team has been led step by step to a new European Students Initiative which commences this October as a pilot project in the University of Sheffield. Keele University has also expressed interest. After introductory evenings in Sheffield we shall hold our

first briefing weekend at Tirley Garth during the weekend 23/24 November when the work of Moral Re-Armament will be described. The first course is planned for next Easter vacation at Tirley Garth which has 20 universities within two hours' journey time.

The European Students Initiative will seek to enlist students who are keen to learn how they can be involved in effecting change in themselves, in their communities and in the wider European setting too. We would value your prayers for this new initiative and I'm sure you can sense the anticipation and expectancy we feel right now as we commence this work.



Participants' Quotes

- "I cannot remember when I had so much fun."
- "We have all failed to see where the REAL problem lies, in ourselves!"
- "Before the VC I saw nothing, I lived on a desert island."
- "I wanted to own people for their affection, but now I will love them freely."
- "I always used to obey from fear, but now I recognise the small voice that I didn't want to hear, and I'll be obedient to it."
- "I came for a night and stayed for the course, now I feel like a runner on the blocks, full of energy."
- "I see that I no longer have to be the victim of circumstances. I will be free."

Slovakian seminar



The third FFF International seminar in Slovakia took place from July 13-20 in Zdiar in the High Tatras. Participants included a social worker, four people from Ostrov in Russia who had attended the seminar last year, two theology students from the Spisska Kapitula Seminary, four from Lithuania including two graduates, and a psychiatric care worker from London.

We did not manage to cover all the planned programme because participants wanted to explore each of the subjects in great depth. Some were discussed by all fifteen of us together, and others in groups of four or five.

We had two visits from Dr Lauko, a local MP, and his wife Zuzanna who is a paediatrician working voluntarily in schools teaching moral values. Dr Lauko spoke to us on the theme 'A Christian in Politics'.

One of the high spots was a visit by the whole party to the Seminary at Spisska Kapitula. Its Vice-Rector later joined our seminar for half a day. He was deeply moved by the video *For the Love of Tomorrow* and talked about the urgent need for reconciliation within the countries of Slovakia, Lithuania and Russia.

The seminar's finances were helped by a gift from the Catholic charity 'Aid to the Church in Need'.

At the final session one participant contrasted his feelings on leaving with his low spirits on arrival. Another felt she must continue to work on her need to forgive others. A Russian said, "Life is like a thin corridor. If you meet someone you have hatred towards you must either reconcile and go forward or resist and begin going backwards."

Her husband added in conclu-



sion, "Every day we wash our hands and faith, and when we come to this kind of meeting of people united by God, we wash our hearts." The Lithuanians are considering the possibility of being host to a similar seminar next summer.

John Bennett

Eight new faces on the screen

Eight young women from seven different countries have come to work with MRA during this academic year. They met each other for the first time in September at the International Course in Tirley Garth and then dispersed to various parts of England.

In Liverpool there is **Débora Rodrigues**, a Brazilian graduate of economics, together with **Karlene Archer** from Jamaica who has already spent several months in Britain. They will both work with the "Hope in the Cities" programme.

Liz Carlisle, the only British girl, has just finished her degree in psychology and politics. She will work at MRA's London headquarters, together with **Kristen Tiedje**, who will be on the *For A Change* team. Kristen spent her childhood in Africa before returning to America. She took part in last year's Caux Scholars Program, and returned this year as an intern with the programme.

Since January 96 **Ulli Raab** from Germany has been staying with the Andrens in Staines. She is now joined by **Sveta Bednash** from Ukraine who studied English at L'viv University, before teaching.

And last but not least there are two Czechs living in Oxford. **Jarmila Vrbenská** and **Gabra Drgová** graduated from the Charles University in Prague this June. They were majoring in English and music and will mainly work with FFF.



Three co-workers - from the right: Ulli, Kristen and Debora - in the mountains with International Course participant Piret Teaste from Estonia.

Gabra

Opportunities stretching out before us

Keith Wells gives a personal account of the recent International Course at Tirley Garth, the whole of which he attended as a faculty member.

The Foundations for Freedom International Course has just ended and most of the 22 participants will be wending their way home by plane, train, 40-hour bus ride, or in one case hitch-hiking. Countries represented this year were Albania, Brazil, Croatia, Czech Republic, Estonia, Jamaica, Lebanon, Lithuania, Slovakia, Ukraine, USA and Britain. Eight of the group will be with us during the coming year as co-workers in Liverpool, Oxford and London.

Breakfast each morning was followed by reflections on themes such

as silence, the quiet time, and vital qualities on which we need to draw to find a life of fulfilment and purpose.

The main plenary sessions were of the highest calibre and included Archie Mackenzie on the political and social challenges facing the world, Sir James Lester MP on the role of the politician, John Carlisle introducing group exercises on trust in business, and a seminar on the role of the family by Dr Olivera Petrovich from Buckingham University. Peter Hannon shared with us exam-



Retired diplomat Archie Mackenzie holds a seminar in the library of Tirley Garth

The Rt Revd Colin Bennetts, Bishop of Buckingham, discusses over lunch with course participants



ples of conflict resolution in Northern Ireland and on the evening of the same day Canon Nicholas Frayling, rector of Liverpool, gave us an outstanding lecture relating to the need for true repentance by all of us in England for so much that has damaged the history of Ireland over the centuries. Later we welcomed the Rt. Rev. Colin Bennetts, Bishop of

Buckingham, who spoke on the role of the Church today. Dr Philip Boobbyer from the University of Kent introduced sessions on the idea of freedom, inner freedom and the ways to sustain the vision and the life to which we are called.

In the evenings the students presented colourful cameos of their respective countries showing great imagination and fine patriotism.

Halfway through the programme there was a five-day break when half the participants visited Liverpool and the other half visited Birmingham for programmes looking at the working of local government, churches, police, industry and community groups. On their return the two groups reported what they had learnt to each other with warmth and enthusiasm. Other visits included an afternoon in Chester and a wet excursion up a mountain in Snowdonia.

Perhaps it is too soon to draw conclusions, but as a newcomer to the International Course I felt so thankful to God for the privilege of meeting some brilliant young people who have every intention of making a difference in their countries and from their own testimonies have gained so much in these days. It is a humbling experience to realize the opportunities that are stretching out before us in Europe if we truly recognize our unity in diversity.

On Beatles ground

by Gerald Henderson, host to the course participants who visited Liverpool

Foundations For Freedom's five day stay in Liverpool enabled the course to see some of the best of its greatness over the years, feel some of the pain of its past, enjoy its warm hospitality and understand its struggle to build a thriving community for the future. No doubt a vital element was the visit to the 'Beatles' Museum!

They were received by the Lord Mayor, councillor Frank Doran, who personally conducted them around the magnificent Town Hall.

The Rector of Liverpool, the Revd Canon Nicholas Frayling, whose recent book *'Pardon and Peace: A reflection on making peace in Northern Ireland'* highlights the need to heal history for the sake of future generations, led a lively discussion on the English-Irish relationship and Liverpool's links with Ireland over the centuries. This prompted probing questions with regard to other countries in Europe, where there are festering wounds that



need healing, and whether the young generation need to be part of the healing process or not.

An evening party was held in the home of one of the hosts for a cross-section of Liverpool, in education, the trade unions, public administration and community work, including people of different races.

The group visited a number of projects that are making a positive

Continued on page 6

My experience of the course

Rob Neal (UK): I found the course stimulating. The highlight was making lasting (I hope!) friendships with people from all over Europe and further afield. I also thought a lot about my everyday life and what I could do to improve some important relationships I have with other people. The course reminded me once again how irrelevant expensive material things are in the quest



for inner freedom. I must remember this as I'm always tempted to buy designer clothes. I will try to be more open and honest with other people and less introspective. It's easy to become isolated from the rest of the world at university so I will endeavour to keep in touch with outside affairs. I will try to do things I know are right, even if it means being initially laughed at.



Virginia Mikelinikaite (Lithuania): I think that this course gave me more strength and encouragement to deal with the problems I face in my private life.

One way that I feel I have changed is in finding greater self-confidence, love and responsibility for my own actions.

Dubravko Miholic (Croatia): I will start to talk to my friends who are in conflict and encourage them to understand better other people, nations, political parties, business competitors, etc.



Aline Geara (Lebanon): I've learnt to live in a group, with people from different backgrounds and cultures; to think and say my opinion. I have also learnt about inner and outer freedom as the basis of democracy. I feel that the practice of quiet times every day has brought me inner peace so I've decided to practise them more often. I'd like to improve certain relationships. I think that this course is a very useful means to spread the ideas of MRA to the youth.

Piret Teaste (Estonia): One thing that I have learnt here is the usefulness of quiet times. For me a quiet time is being with myself, thinking about myself, relationship with people around me. This course has given me help to understand how to use this time most usefully for me. My view of world is larger than it was before. I understand the world better (as a home for people), life (as the sum of people's actions), and that people are not at all as different as I thought before.



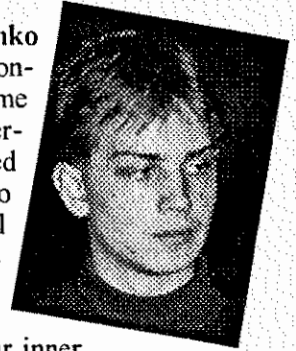
Taras Pushak (Ukraine): To a big extent I helped myself in a spiritual sense. I expected more "dry" information and thinking, but there was a lot of place for my soul and spirit, not only for my brain. It was perfect for me. I don't think I have changed very much. But now I am absolutely convinced that certain decisions I took in the past, which were difficult to live out, were right.



Monika Zachova (Czech Republic): I met many interesting people who were not afraid of making changes in their lives. It

encouraged me not to be so afraid about the future and not to always insist on knowing what will happen next day.

Sergiy Evtushenko (Ukraine): Personally, I have become much more tolerant. I discovered that the way to happiness (real happiness) lies not through glory and money but through your inner peace and the love you give and take.

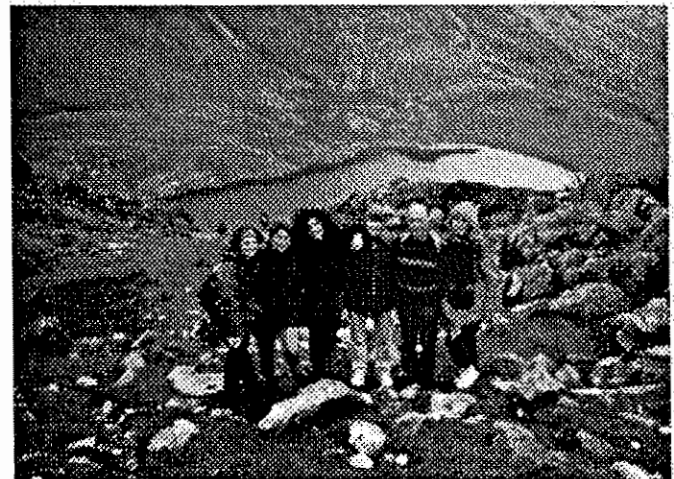


Kristen Tiedje (USA): I feel that I've been given hope in terms of how I as an individual can affect political leaders or those that influence them. It will be interesting for me to use the ideas of the spiritual nature of people and the ideas of free societies when I study how to help countries torn apart by ethnic/sectarian conflict to rebuild.

Nahlel Fico (Albania): The most important thing is that I feel more free, more prepared for the future.



Climbing a mountain in Snowdonia



From the treasurer

We would like to thank all those who have so generously given money towards the International Course last month. About £6,000 was received during September, all of which went to pay Tirley Garth for the use of the facilities. At time of writing our uncommitted resources are below £1,000, leaving plenty of room for prayer. We still need approximately **£11,000** by the end of the year, being: £1,000 for the European Students Initiative, £4,000 for the Visiting Course in Belarus, up to £3,000 towards the cost



of the Prague conference at New Year, £2,000 for fees and co-workers' accommodation, and £1,000 for postage and printing. Towards this total we have been led to expect £4,000 towards the Belarus course from the Know How Fund, through the good offices of the British ambassador in Minsk, leaving a **prayer target of £7,000.**

Having a vision

Australian musician David Mills spoke to the International Course.

This morning we are reflecting on vision - having a vision of the way things are meant to be for ourselves and in the world. Frank Buchman had a vision that ordinary people like you and me could be part of the process of re-making the world. That vision has fired the imagination of people, young and old everywhere.

What does life for us consist of? Eating, study, work, going out with friends, parties, watching TV/videos, listening to music, sleeping. These are all fine. But our lives can be part of an even bigger adventure.

We can all dare to have a vision - dare to dream about how things can be. No vision is too small or insignificant and we can all find the courage to follow it.

Take time each day, preferably in the morning, to think about this vision - each day. Write down what you think

or see. Maybe they will be ideas about...

1. Yourself - what you should be.
2. The place where you work or study - how it can be better.
3. Your friends - or people you know who may have problems.
4. People you don't know - who you would like to meet.
5. Issues in your community or country which are of real concern.

To help achieve these dreams, ideas, visions, you can make some decisions. For example:

1. Not to live just for ourselves, but to help others decide to make a difference in their lives also.
2. Identify what changes are happening in ourselves and be ready to talk about it with our friends.
3. Keep close friendships with others on this course and your MRA friends.
4. Invite some of your friends to see the video about this course.
5. Get to know some of your community leaders, from Parliament,

October 21

FFF committee meets in Oxford. Any ideas welcome!

Diary



Oct 28 - Nov 8

Visiting Course in Belarus. Faculty includes Erik and Sheila Andren, Liz Carlisle and Steve McLoughlin.

Dec 28 - Jan 3

Prague gathering. The theme is "New Year- New Perspective: What makes friendship real?" We hope to gather 60-70 young people from many different countries, whether or not they have had any experience with Moral Re-Armament. It will be five days of spiritual refreshment based on reflection, communication, creation, and fun. We will explore different angles of friendship - in the family, among friends, countries, cultures. More information available on request.

Feb 25 - Mar 6 approx

Visit to Britain by young Ukrainian politicians for a programme entitled 'Making Democracy Work'.

March

Visiting Course in Crimea (probable).

newspaper, radio and TV, city councillors - tell them about this course.

6. Decide you are a world citizen as well as being from different nations, because at root we all have the same problems of human nature.

These opportunities will come if we are ready. Louis Pasteur, French chemist and socialist, said, 'Chance favours the prepared mind.' I think God favours the prepared heart.

LIVERPOOL: continued from page 4

contribution helping Liverpool overcome its problems. These included 'The Eldonian Village' in Vauxhall, a most impressive and expanding housing co-operative that grew out of a community that decided to stick together and take charge of their own destiny. They had animated discussions with the Merseyside police 'community team' in the Tuebrook area of the city and were struck by their frankness and friendliness. They were given

a tour and lunch at the Blackburne House Centre for Women and their Technology

Scheme, training disadvantaged women for job opportunities. Of particular interest was the Wirral Christian Drugs Project which works on the streets to rehabilitate drug addicts.

with the Lord Mayor of Liverpool (centre) and Canon Nicholas Frayling (right)



Whilst the group gained themselves from the visit, it was evident from the comments of their various hosts that many were impressed by their positive spirit. As one community leader wrote afterwards, "It was exciting to meet these young people full of hope for the future of their various countries and for the world." The University Chaplaincy has asked to be included in further contacts with FFF. Such visits are always of value, because of the new contacts they open up.

