



Sun Do News

Summer 2017 Edition

Volume 33, Issue 3

Dear Members,

Retreat center dawn,
Early morning echoes,

“Understand the source of being,
Acquire wisdom and ability,
Harmonize with universal truth,
Save and help all living things.”

Blue Mountain
Strengthening life
For twenty years.

-Master Ron Catabia

Master Kim's Visit to Romania

By Florin and Andreea Serbanescu

On the 24th of May, Master Hyunmoon Kim began his first visit to Romania. He accepted the invitation of Florin and Andreea Serbanescu on behalf of the Romanian Sun Do practice community to receive information, instruction, and guidance from Master Kim himself.

On the 25th of May, Master Kim was invited by the Spiru Haret University as special guest in the

conference entitled “Sun Do – the perennial value of Korean tradition.” Spiru Haret University is one of the biggest private universities in Romania, with headquarters in Bucharest. There have been meetings with professors of the university to establish a future partnership between Spiru Haret University, Hanseo University in Korea, and the International Sun Do Association.

Professor Matei Georgescu interviewed Master Kim at TVH station, with the title of “Sun Do - Ancient Science for the Future.” The interview, which ran for 50 minutes, discussed the Sun Do

practice routine, Mountain Taoism philosophy, Master Chung-San (Blue Mountain), Master Kim's experience with Sun Do in his own life, and the connection between Sun Do and psychotherapy. The interview was broadcasted on June 25th and is also uploaded on YouTube.

Here's the link:

https://www.youtube.com/watch?v=mQ4RaNoG_Cs



Interview at TVH station

Before the evening conference, Master Kim had a meeting with professors of Spiru Haret University to discuss possible academic exchanges. People from different backgrounds and ages attended the conference, showing their interest in the importance of natural breathing and in exploring a practice that restores their health, peace of mind, emotional balance, and state of wellbeing.



Conference at Spiru Haret University in Bucharest

The community of Sun Do practitioners in Bucharest enjoyed morning practices and a

Saturday workshop guided by Master Kim, after which we traveled to Brasov, where Master Kim led another workshop with the Brasov Sun Do community.

In both workshops people experienced and received more information about Sun Do tradition and practice. For some participants, these workshops were a real turning point in their lives, giving them another perspective on breathing, body, mind, and life in general. Also, we understood that regular training in Sun Do creates the ability to better manage our lives. Therefore, we can apply what we practice in the session to different life situations.



Workshop in Bucharest

From Florin Serbanescu, Yellow Belt practitioner and Instructor Trainee:

"I want to share with you something very different that is happening with me in the last week or so (after the seminars). I continued to practice yellow belt, and all day I felt a very big vitality that brings me a lot of energy. However, what is different is that this vitality is not related to body strength, meaning that even when I am physically tired, this energy continues to drive and help me. Also, my attitude has changed a lot, and I am much happier. I was talking two days ago with somebody I have known for some years, and he told me that he feels that I have changed in a good way. I Just wanted to share this with you and to thank you."

Some of the participants decided to attend the international retreats in the Czech Republic or the USA, to commit to the practice, to learn the routine, and to deepen their experiences, which will then support their health, inner harmony, and life.

After Master Kim's departure, both communities continued to practice, and there are now weekly morning sessions of Sun Do in Bucharest and Brasov.

Romania is grateful for having this chance to learn and develop into the Sun Do tradition, such a beautiful and supporting gift from Korea, an ancient science for the future development of humankind.

Matei Georgescu is a Professor at Spiru Haret University in Bucharest, with Ph.Ds in Psychology and Philosophy. He is the writer or co-writer of 13 books in the field and published about 40 articles in Romania or abroad. He is the host of a TV show named "Interviews with Matei Georgescu." He has had interviews with hundreds of personalities from music, theater, education, religion, and spirituality from all over the world.

Florin and Andreea Serbanescu got in touch with the Sun Do practice in 2011. At that time, they practiced weekly for about a year. They reconnected with Sun Do in 2016 when Master Kim started retreats in the Czech Republic. From an early age, they searched for arts and practices that would support their lives and wellbeing. This also brought them together as a couple. They own a small IT business and are leading Sun Do practice in both Bucharest and Brasov. Sun Do and the knowledge from Taoism supported them not only in developing a more balanced and healthier life, but also in managing their business and team.



Matei Georgescu, Florin & Andreea Serbanescu, and Master Kim

Work on the New Building Has Begun!

During the summer retreat, excavators arrived to start digging the hole for the foundation for the new kitchen/dining hall/bathroom building at the retreat center. The goal is to complete Phase 1 (exterior) this fall and Phase II (interior) by next summer.

We need to raise additional funds to complete the building and then move on to Phase III, which will provide cabins for sleeping. Please consider donating!



Excavation begins! *Photo by Christine Ucich*



And the building starts to go up! *Photo by Virginia Platt*

We would like to thank the many people who have donated so far (and if we've missed anyone, please let us know, and we apologize!):

Three Treasures (\$10,000+)

Lucie Lambert
Tora Strawderman
Virginia Platt
Betsy Forrest

Macrocosmic Orbit (\$1000+)

Kim Family
Joan Platt
Montpelier Sun Do Center
Joel & Teresa Dunning
Teresa Lenzen

And, Lucie has pledged an additional \$15,000 through the sale of five of her beautiful art books.

Microcosmic Orbit (\$500+)

Vancouver Members
Stephen Holmes
Nina Sakun
Betsy Barstow
William Martin
Diana Dunning

Spirals

Diane Matta
Ginger Hobbs
Rich Kramer
Bill Crossman
Blake Rosenthal
Sophie Glasser
Stanley Szczabrowski

Great new fund-raising opportunity:

Virginia's parents, Joan and Charles Platt, have pledged another \$20,000 if we can match it with \$40,000 in additional donations. So, the challenge is on! Please give generously!

If you aren't able to make a lump sum donation, consider becoming a *sustaining member* by making a pledge that you pay for over time, as Diane Matta and Ginger Hobbs have been doing. Just a small amount each month adds up!



Celebrating the 20th anniversary of our retreat center. Photo by Virginia Platt

Taoist Poetry by Us

At the summer retreat Betsy Forrest gave a workshop on Taoist poetry, at which she challenged retreat participants to write their own Taoist poems. Some of the participants decided to have a bit of fun: each person wrote a line, folded the paper over so the next person couldn't see what was written, and then passed the paper along. The following are three of the results, and you should try reading them from top to bottom and then from bottom to top:

Poem #1

In this fleeting moment, I heard voices.
Idly I gaze at the trees,
The wind in the trees.
The poplars sing, and I sigh, away from home
for 35 years.
Who is there to see this?
My feet on the sand,
Is it you that I heard crying?
I am so filled with thoughts,
The moon and the stars.
--Tora, Diane, and Lucie



Retreat center photos on this page by Christine Ucich

Poem #2

That blackberry catches my eye, but I pick this
one.
I dance when water is flowing.
I sighed when you came into the room.
Where are the horses?
I did not know you were here.
The roof creaks as the metal grows in the sun.
When I crack my thoughts, birds fly.
What is an empty mind?
--Tora, Diane, Lucie, Virginia, Rich



Poem #3

Silent for days, then hooting like an owl,
But to each their own.
Simplicity, patience, and understanding,
Who are you in the midst of nowhere?
The breath provides nourishment as does the
dew to the morning blades of grass.
Moon rises, sky breaks, light flashes.
Chipmunks, run! Gather your seeds.
Paper is wood and water thought in action.
The sound of drums,
Who are you? You find your spirit?
Sun Do, spirit, color, life!
--Too many people to remember

International Sun Do Association

Grand Master

Hyunmoon Kim

Masters

Ron Catabia

Tora Strawderman

Teachers

Lucie Lambert

Virginia Platt

Betsy Forrest

Senior Instructors

David Delbrook	Al Passacantando
Anne Lee	Ginger Hobbs
Betsy Barstow	Hank Babcock
Brian Quirk	Maria Kim
Pauline White	Christine Ucich

Instructors

Diane Matta	Rich Kramer
Jerry Geier	Kwang Lip Pang
Lucy Young	Bob Felekey
Stephen Holmes	Barbara McCandless
Heidemarie Holmes	Kim Hedegaard
Roy Bushman	Don Zickefoose
Joel Dunning	Theresa Dunning
Stanley Szczabrowski	

Instructor Trainees

Alexander Wolf	Sharon Kamenka
Sharon Meigs	Teresa Lenzen
Sheila Pfeifer	Patrick Studley
Karl Pátek Sr.	Karl Pátek Jr
Yoon Kok Weng	Florin Serbanescu
Andreea Serbanescu	



Olga Botezatu, a former TV producer and current life coach, rings the gong. Olga from Romania spent several weeks at the retreat center this summer. We loved getting to know her.

Photo by Christine Ucich

Promotions

Won Ki Dan Boup Level II (Red/blue belt)

Teresa Lenzen (Nebraska)

Keon Kon Dan Boup (Yellow Belt)

Dana Grisham (Nebraska)

Jung Ki Dan Boup II (White/yellow belt)

Andreea Serbanescu (Romania)

Instructor Trainee

Yoon Kok Weng (Malaysia)

Florin Serbanescu (Romania)

Andreea Serbanescu (Romania)



Meditation Hall. Photo by Christine Ucich

Retreat Schedule

Fall Retreat 2017 in Barnet

October 6-9

Extra days at no cost with light-duty work:

October 4 morning to October 6 late afternoon

Winter Retreat 2018 in Litchfield, CT

January 4-7

Spring Retreat 2018 in Barnet

May 25-28

Summer Retreat 2018 in Barnet

9-day retreat: July 27-August 5

5-day retreat: July 31-August 5

3-day retreat: August 2-5

All retreats begin at 4:00 PM on the first day and end at noon on the last day.

For more information see

<http://www.sundo.org/retreats/>.

The Sun Do News welcomes stories, articles poems, photos, and announcements. Please send your contribution to Betsy Forrest as an email attachment, if possible, at bforrest777@gmail.com.

Website:

www.sundo.org

Visit the Sun Do website for information on Sun Do history, retreat dates and registration, and much more.

Sign up to receive Sun Do News via email at www.sundo.org.

You may also e-mail questions to us through the website.

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[https://www.facebook.com/Sun Do.Healing/](https://www.facebook.com/Sun-Do.Healing/)

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