



Gembrook Retreat September 2018

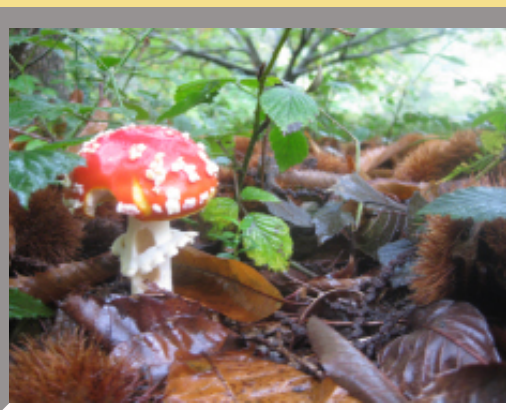
A space to feed heart, soul and imagination...

Guests have been finding their way to **David's Cabin** over the winter months and here's what they are saying:

"A lovely property to ramble about on – the guiding values of this space for rest and renewal are of hospitality, simplicity, community and care for the land... so think woodfire stove, gas burner, solar powered lighting, tank water, outdoor composting toilet and, you know, a quiet that creeps into your soul and brings you peace.

This place has a special place in my heart as a writer. I need time and space to tune in to the voice that is mine and to Listen. This is a space that has fed my heart, my soul, and my imagination and I think it can offer that to others too – whether you are looking for a walk and getting into nature, doing deep self-work and feeling impoverished, doing a self-directed contemplative retreat (on this one I was using Seven Sacred Pauses by Macrina Wiederkehr), or just want a quiet place to write, write, WRITE.





Gembrook Retreat is like a refreshing well. Come and drink the good water."

- Talitha Fraser, *itellyouarise.wordpress.com*

"It is such a privilege to come to a place like this...come find rest here with the Spirit of Life. We love this new cabin. Wet winter weekends are good for bunkering us down. To slow, listen and stop."

- Safina and Brandon

"My friends and I had a lovely and very restful time. Cosy, warm, beautiful view. Fitted 3 adults very comfortably. Hope to be back, relaxing and tranquil even with the odd chicken chase."

- Teash

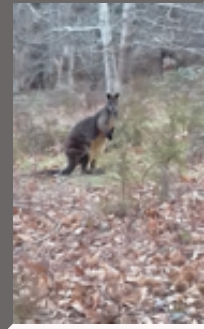
To book, email: info@gembrookretreat.org.au



Contemplative prayer weekends: a reflection by Jane

Maggie believed the land at Gembrook Retreat had a spiritual quality that can help people to heal and grow.

About five years ago, Samara and I began to spend four weekends a year dedicated to contemplative prayer and silence. I guess our latest weekend must be getting close to number 20. Each weekend has been different and brought new awareness of myself and my daily spiritual life. This last one I spent a lot of the weekend reflecting on how these weekends have changed us over the five years, and how we have deepened our prayer life and a capacity to hold others in their own pain. At the same time I was deeply reminded of Maggie's gift and how the land and the wildlife has accompanied us the whole time.



Unfortunately I don't have a photo of any of the wombats that have often accompanied me to midnight prayers!

The Meeting House

Building has begun on the new Meeting House, where Tom's old hut and shed was situated.

It should be completed to lockup stage by December, and then we will be working on the internal and external cladding of buildings, kitchen and bathroom plumbing, heating etc. during 2019.



The

design enables disability access and will cater for 15- 20 people maximum, but will mostly suit groups of up to 12. Many materials have sourced second hand, and we are still looking for the following items:

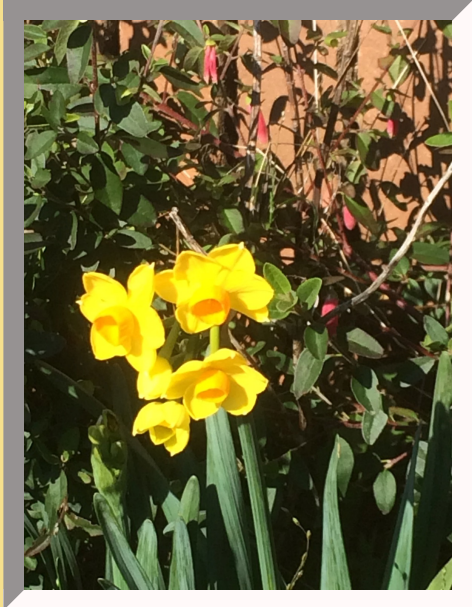
Wishlist

- 1 Coonara woodstove (60cm deep x 70cm high maximum)
- second-hand kitchen unit with wood/wood veneer doors (floor cupboards only)
- wooden bench tops
- 12 volt fridge/freezer
- LPG gas oven and cooker
- 1 basin
- wood paneling
- white paint (internal)
- pavers
- door, 900mm width

The land - flora and fauna

About 70 intrepid souls braved the wind and rain on **Chestnut Harvest Day** in April to gather from the land, and then huddle undercover around soup and hot cuppas!

We have removed a big pine tree that was overshadowing the Cabin, which opens up the view, and a couple of olives trees now have a chance to flourish in the light.



We have been seeing daffodils and other early Spring flowers for several weeks now. One guest even found a deer antler at the bottom of the hill! Coming up in late September is waratah season.

Help needed!

- We are seeking additional volunteers to join Jane, Samara and Miri as '**daily house person**' one day a week at the Black Cockatoo House of Welcome, organising guest stays and associated admin and practical tasks

- Thanks to Liz and Said for sewing curtains for the Cabin.

Work Days

At times we would benefit from some reliable extra hands on deck for our heavy labour work days. Some tasks and skills we require are:

- chainsawing
- mowing
- burning off
- ability to keep working for a whole day
- ability to work together in a team
- someone to provide and prepare morning tea and lunch, and clean up afterwards

Please let us know if you could contribute to our work days in any of these ways.

Donations

In this building phase, we would really appreciate cash donations. If you'd like to make a donation to Gembrook Retreat, you can do so by:

Direct transfer – BSB: 633 000; Acc. No: 126423615; Name: Gembrook Retreat Inc;
Reference: please put your name or 'donation'

Cheque: made out to Gembrook Retreat Inc., mailed to PO Box 345, Gembrook, 3783

215 Beenak East Rd, Gembrook, 3783

T: (03) 5968 1211

E: info@gembrookretreat.org.au

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