



Becoming a resident at Gembrook Retreat

What are we looking for as we seek other residents to join the community at Gembrook Retreat?

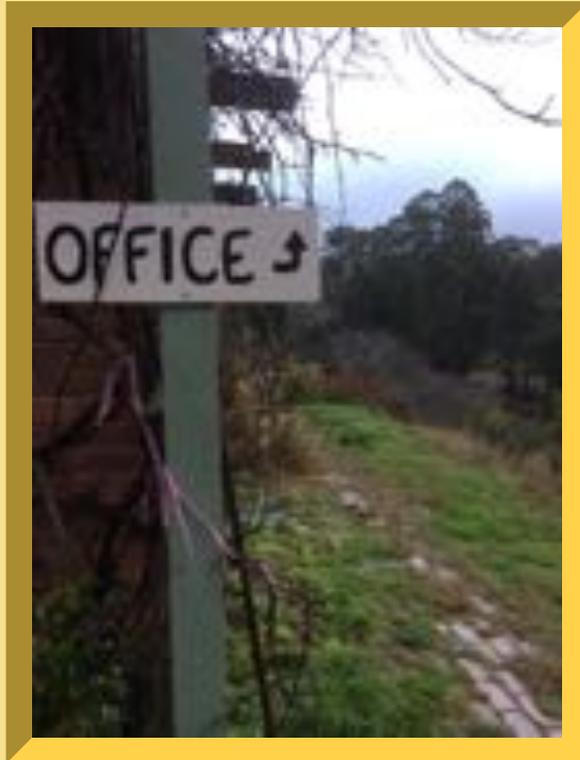
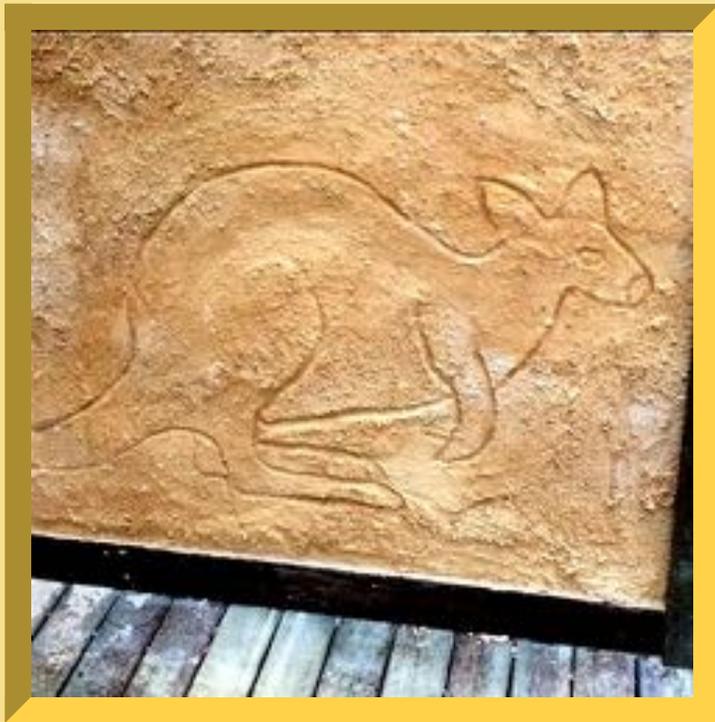
Gembrook Retreat has 22 acres of land for our guests to seek spiritual renewal and healing. With the development of the Meeting House, an increasing number of visitors will be able to come and spend a day or several nights on the land. Our greatest need is for one or more new residents to host our guests and enable them to experience what this land has to offer.

When guests arrive, we want to welcome them personally, show them what they need to know. We want to help them find their feet and transition into this different time and place. For those who are uncertain about being outside the familiar city, we want to show them the way down the hill, encourage them to light a fire, or to look out for a wallaby or an eagle. We want to talk with them about the promptings that have encouraged them to come here on retreat. We want to share the stories of what others have done, and what they have discovered.

We want to have retreat spaces that are inviting, clean and simple. We want broken items to be fixed and lost items to be replaced. We want books and pictures available that encourage our guests to look and listen for the Spirit. We want to learn from our guests about their encounters with animals and birds, flowers and thorns, sun and rain, silence and

darkness and fire, and about their spiritual hungers, and consider how we can respond.

If you are interested in becoming a host at Gembrook Retreat, please get in touch.



From the guest book

What a wonderful little cabin, on nourishing, life-giving land, in a beautiful part of the world and taken care of by a joyful and warm people. Though people were not part of my weekend, the space was perfect for me doing a meditation/fasting weekend. I love the meditation walk - Talitha's words are simple and yet so moving and profound. The fire is delightful and that big window with the early winter sun bursting through filled me with warmth and life (especially with my grumbling tummy and sore back from sitting!)

A wonderful stay. Thanks so much and I'll be back.

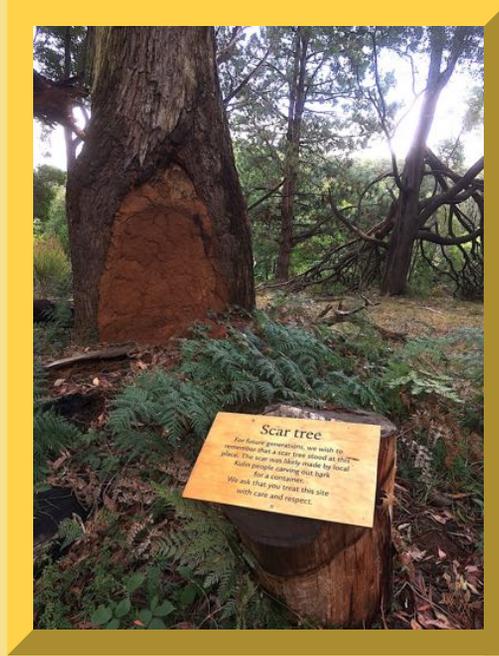
Josh



Chestnut harvest celebration

We rejoiced in a sunnier chestnut harvest day this year, with many people returning to pick chestnuts and enjoy tasting persimmons and figs as well. On this one day a year, we get to share and celebrate the abundance from the trees that Maggie planted 50 years ago. 'So, what is this place?' asked one woman, whose mother had brought her along for the chestnuts, and she was able to discover our main identity as a retreat centre, and share her own experiences with meditation.

The chestnut roasting fire and picnic area is located in the Indigenous garden, so-called as we believe it has been a significant place for the Kulin people for generations. A scar tree used to be found here, and this has now been marked off with a sign explaining this history. What we have long called 'Whale Rock' is also believed to have been a significant place for women and children. Sharing these fragments of knowledge that have been passed on to us means that visitors can learn more about those who were caring for the land here before us.



Join FROGR!

Friends of Gembrook Retreat

Members of FROGR receive:

- Monthly email detailing 'What's On'
- Friday working bees 11am - 1pm, gardening, harvesting
- Pick flowers at Waratah Day in October
- Invitation to community prayers at Black Cockatoo House during any retreat booking

To become a member, please contact us with the following information:

Personal information

Name: _____

Email : _____

Phone (optional): _____

Annual Membership

- \$10 unwaged per year
- \$25 waged per year
- Additional one-off donation \$ _____
- Additional monthly donation \$ _____

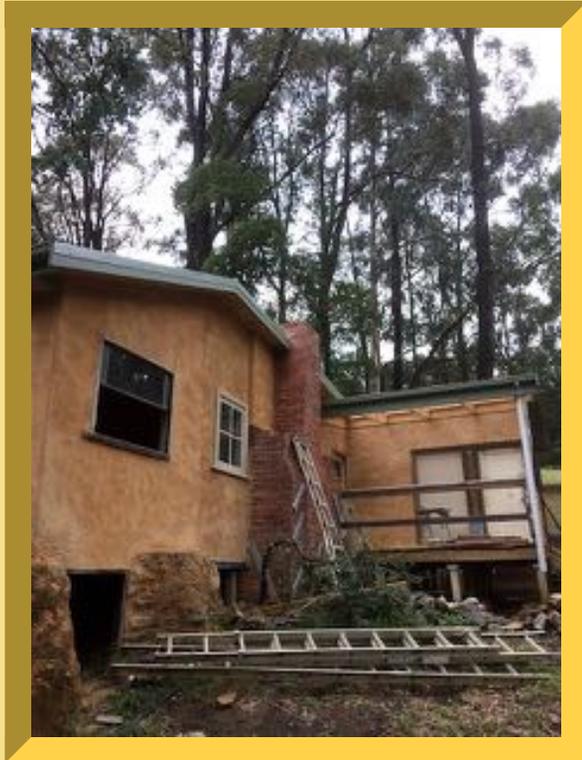
What are you interested in?

- land care and maintenance
- gardening and pruning
- building construction
- building maintenance
- art, writing
- promotion, social media
- Friday gardening 11am - 1pm
- occasional Saturday working bees
- occasional quiet reflection day
- other _____



Meeting House update

The rendering and painting on the outside of the Meeting House is complete, in time for the winter rains. We will break over winter, and then begin more work in Spring on fitting out the inside, installing internal panelling, the kitchen, woodfire stoves and toilets, and wiring for the solar lighting.



We are still looking for the following items:

Wishlist

- 12 volt fridge/freezer (\$400 - \$700 approx)
- LPG gas oven and cooker (\$600 approx)
- pavers
- cash to cover these items (Please email us so we can receipt your donation - donations are not tax deductible.)

Gembrook Retreat Inc.

bsb: 633-000

Acc #: 126423615

tag: donation

Help needed!

We are still seeking **volunteer Daily House People** to join residents one day a week, or 2-3 days a week live-in, to host guests, assist with maintaining retreat facilities, landcare and/or cooking and cleaning, and to share the daily rhythm of prayer and work.

Also if you would like to help out at working bees, please consider joining FROGR for information about work days.



Gembrook Retreat

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