

Connections

Newsletter of the Petrea King Quest for Life Centre

SUMMER 2008



The past ten years have seen thousands of people venture from all over Australia and New Zealand to the Quest for Life Centre in Bundanoon. The internet has caused people to travel from countries as diverse as Nigeria and the USA, Lebanon and Hong Kong, Italy and the UK, Israel, Bhutan and South Africa, all seeking to make meaning of their experience and find a pathway through often very complex and difficult issues.

It has always amazed me that people need to travel so far in order to find a safe haven in which to begin or continue the essential process of healing – essential if we are to find enduring peace and the capacity to remain still in the midst of chaos.

Thank you to all those who have ventured to Quest and have entrusted us with your extraordinary stories of anguish, resilience, cruelty, hope, turmoil, joy, despair, courage, abuse, grief and relentless optimism. You have enriched our lives and inspired us with your vision for a brighter future. Our program team members have watched in awe as you have reclaimed your spirit and made peace of mind your goal. You are the reason that Quest exists – providing you with a beacon of hope and the potential of healing has been, and continues to be, our mission.

Whilst hope is a valuable asset when all seems dark and despairing, hope has to have legs. It isn't enough to hope alone. Hoping that tomorrow is a better day will not ensure the success of our wish. The potential for healing lies in every trauma. However, we often need friends who are familiar with the territory of suffering. We have witnessed countless times that participants on our programs are a perfect gift for each other as they provide the impetus and inspiration for change. If we each shed the light of our compassion and awareness upon

one another's path, we all find our way home to our essence – our first nature.

Thank you to the program teams who have listened, encouraged, educated, massaged, inspired and counseled over 10,000 people who have attended our programs. I know that you will continue to hold Quest in your hearts as you share your expertise, compassion and knowledge in many different arenas in the future. You have enabled Quest to fulfill its mission at the Quest for Life Centre.



Our wonderful staff at the Centre have worked tirelessly to make sure that you have felt warmly welcomed, fabulously fed and generally attended to. It has been a privilege to work with such a group of people and my thanks go to each one. I am grateful for our current members of the Board who have shepherded the organization through the difficult decision to close the Centre and thank you for your support.

Some of the staff from the Quest for Life Centre will continue with us into the future. Wendy Hughes will take care of the online, phone and mail orders of books, CDs and rainbow products. Samantha Aebi who has been my wonderful executive assistant for the past two years, will have an expanded role of coordinating the various programs, lectures and speaking engagements of our facilitators.

Ann Burns will continue attending to our accounts.

The Quest for Life Centre would never have existed without the enormous generosity of our donors. Thank you to the people who have given their time, expertise and funds to make the dream of the Centre, a reality. Your continued support will enable us to reach many more people without the need for them to travel to Bundanoon.

Whether a program is just a day in length or five days, either way these are simply the stepping stones and each of us must put into practice the strategies and skills if we are to find the peace that passes all understanding. We don't arrive at a place called peace and unpack. Peace is a moment by moment choice requiring effort and awareness.

There's one other person who deserves my special thanks. Wendie Batho has worked tirelessly for the Quest for Life Foundation first as a volunteer, then board member, then as the first general manager of the Centre and is one of our finest facilitators. Wendie and I have lived and breathed Quest these past ten years and it is a privilege to be the recipient of her love and support. Thank you Wendie for all that you have given to Quest and me personally.

Our facilitators and I look forward to reconnecting with many of you as our work around the country expands. We'll be keeping in touch with you through Connections and our webpage which will list all program offerings.

Until our paths cross again I wish you peace,

Petrea



before



after

Programs

Petrea and the Quest for Life Foundation take to the road

The decision to close the Centre and take the services of the Quest for Life Foundation to communities around Australia, while tinged with sadness, has also been met with much excitement and enthusiasm. We have already received numerous requests for Petrea and our team to visit various locations around NSW and VIC. You will find more information on where Petrea will be presenting her nationally acclaimed workshops for the first part of 2009 in our Diary Dates on page 4. You can also visit our website for details on all workshop locations planned for 2009.

You will notice in the diary dates that we will still be conducting our Healing Your Life and Quest for Life programs for people living with cancer, depression, anxiety and other issues in Bundanoon. The Bundanoon Country Motel housed our residential programs before the Quest for Life Foundation purchased the Centre so we are going full circle back to our beginnings. Petrea and our other facilitators will be conducting these programs. In addition Petrea will regularly be presenting one day workshops in Sydney and in other cities.

If you would like more information on bringing Petrea to your region, please contact Quest for a workshop information package or to discuss: info@questforlife.com.au.

Oncology Massage Training Modules

As the Quest for Life Foundation takes to the road with its services so too does Eleanor Oyston with the Oncology Massage training program and the program is blooming!

Eleanor has been training massage and Bowen therapists to work safely and effectively with people with cancer since 2003, with the programs being held at the Quest for Life Centre since 2006.

The training program has developed out of the Australian visit by Gayle MacDonald which highlighted the need for specialist training in this field along with the Cancer Council's 'Massage and Cancer' booklet advising of the benefits of massage for people with cancer. It is a four module program that will lead to well trained

professional therapists who can be employed in hospitals and outpatient treatment centres for people with cancer. Oncology Massage is the only nationally accredited training package in this massage specialty and is recognized by AAMT, ATMS and BTFA.

OMM1 is designed for all soft tissue therapists with a focus on 'breaking old habits'. Over the two and a half days of the course we discuss the science of health, healing and cancer as well as the benefits of mindful massage.

OMM2 is an advanced module over three full days highlighting experience and knowledge gained from clinical practice combined with a deeper understanding of the biological process of cancer and cancer treatment.

OMM3 is designed to prepare therapists to work as part of the medical team in a hospital setting. A 3000-word research paper is required for this module.

OMM4 is a practical week in an oncology ward with supervision. In-patients and outpatients will be treated and this experience is invaluable for the professional development standards expected of therapists completing Oncology Massage training.

Eleanor has already begun the transition of taking this program to communities around Australia and has presented OMM1 in Ballina, Maroochydore, Hobart and the Blue Mountains. By the end of 2008 she will also have presented in Sydney and Adelaide with dates already scheduled for 2009 in other locations around Australia. Please see 'Diary Dates' on page 4 for all dates and locations.

Quest for Life website

Over the next few months you will notice changes to our website as we make the transition from a Centre based to an outreach based organisation. Our website will become a valuable resource for you to learn about our residential and non-residential programs, view our calendar, make bookings, and purchase items from our online shop as well as to stay abreast of our news and events. In time you will also find it to be a wonderful source of information for use in your healing journey.

We encourage you to visit our website regularly and thank you for your patience as the new website takes shape.

Shop

Rainbow Bears

The long awaited rainbow bear, Sooky, featured in Petrea's children's books *Rainbow Kids* and the newly released *The Rainbow Garden* is here! These delightful bears are knitted by women in Peru using the seven colours of the rainbow. Large Sooky (28cm in length) is a soft cuddly bear with an endearing round face just made for snuggling, a comforting pillow for a small head. Small Sooky (a compact 9.5cm) is wonderful



for popping into a pocket, backpack or just holding close. In *The Rainbow Garden* one of the children "holds onto Sooky the rainbow bear; in his pocket, to give him courage". We all need that extra little bit of

courage and security at times, especially children when facing some of life's many challenges. The connection felt when cuddling a much loved toy, or clutching it in your pocket is both positive and profound.

The Rainbow Garden



Petrea and Deb Warren have written a beautiful story about a rainbow garden, brimming with life, peace and harmony. The hardworking worms in the garden decide to leave as

they feel unloved, unimportant and invisible and the beautiful garden fades and becomes sad, droopy and dreary. The children with Old Jack, set off to find the worms and in the process learn to value everyone's contribution and how not to judge only by appearances. This charming story full of love and compassion is beautifully illustrated by Patricia Howell, whose talents also graced *You, Me & the Rainbow*.



Events

Rainbow Hearts and Cards

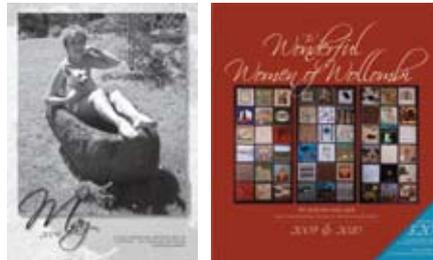


We have added some new products to our rainbow range! Rainbow Hearts is a 40cm long rainbow ribbon with a soft felt heart at each end, wrapped around a 'sending rainbows' bookmark. Our rainbow spiral cards feature a beautiful rainbow spiral painted by Patricia Howell and are surrounded by the words 'the people we love are always at the other end of our rainbow'. As we have found so many times at Quest, the rainbow gives a wonderful sense of connection and is a powerful healing image.

The Quest for Life Shop

While the Quest for Life Centre Shop will close on December 18, the Quest for Life Foundation will continue to operate the online shop via our website, phone, fax and email. Petrea's books, CDs and a large range of rainbow items will be available for purchase.

The Wonderful Women of Wollombi bare (nearly!) all for Quest



Three generations of Wollombi women – aged 28 to 83 – have tastefully stripped bare in a quirky new 24-month calendar, The Wonderful Women of Wollombi. The calendar will raise money for the Quest for Life Foundation and to preserve the beautiful Wollombi Quilt. The 23 women who posed love the lower-Hunter Valley's historical Wollombi – the set for the photographs – and live in high spirits, happily embracing their various ages in the 2009-10 calendar.

The history of the calendar goes back to the year of the 2007 flood, when the Wollombi quilt was created to keep spirits high during the cyclonic rain. Fifty local women and two men produced the multi-textured quilt, each depicting something they loved about the valley. Those who volunteered got busy knitting, stitching, quilting, painting, spinning and dyeing wool, and experimenting with cameras, computers, mud, silk and feathers. But the floods isolated properties, cars and people for days and weeks. It was feared that the quilt may have 'gone under'. Eventually the quilt was relocated and launched at a special Stitch N' Bitch Exhibition in October 2007.

The Curator and Conservator of the Sydney Power House Museum visited Wollombi to inspect the quilt, and recommended it be preserved. This spurred the idea of a calendar – and it was unanimously decided that the major beneficiary, after the preservation of the quilt, would be the Quest for Life Foundation. For more information about the quilt and the story behind each of its squares, visit www.quiltwollombi.com

The 2 year calendar is \$25 (including postage and handling) and is available through Quest online at www.questforlife.com.au/calendar

Central Coast Rainbow Lunch

As this newsletter goes to print, the Central Coast Rainbow Lunch will be underway in Terrigal at the Reef Restaurant and Grill. Quest for Life would like to extend its heartfelt thanks to one of our wonderful facilitators, Margie Braunstein, for her hard work and outstanding efforts in hosting this event for the second year.

Rise Fly-Fishing Film Festival

Earlier this year the Southern Highlands Fly-Fishers hosted the Rise Film Festival. The evening was a huge success with approximately 100 people attending to watch several remarkable short films on the exciting sport of fly fishing.

Callum Ross and Roy Hauptberger put in a huge effort to organise the event and deserve recognition for their initiative and persistence. The Society was encouraged to support the Quest for Life Foundation by member, Dr Hugh Seaton, and they donated in excess of \$1000



from the proceeds of the evening. Quest for Life would like to extend its heartfelt thanks to the Southern Highlands Fly-Fishers for their support of our work.

How to host an event for Quest?

If you are interested in hosting an event to fundraise for Quest like the wonderful people mentioned above we have an event kit to help get you started. Please contact Quest to discuss: info@questforlife.com.au



Diary Dates

January 2008 – June 2009

Residential Programs

To be conducted at the Bundanoon Country Inn Motel.

Healing Your Life

23 – 27 February, 23 – 27 March,
13 – 17 April, 25 – 29 May, 29 June – 3 July

Quest for Life

9 – 13 February, 27 April – 1 May

A Day with Petrea King

To be held in Sydney at a venue to be advised.

21 February, 18 April, 20 June

Regional Workshops

Workshops will be conducted in the following locations in the first half of 2009. Please visit our website for dates, venues and contact details.

Cowra (4 – 5 February), Young, Armidale, Orange, Coffs Harbour

Oncology Massage

Module 1 (OMM1)

Perth. 23 – 25 February
Brisbane. 9 – 11 March
Adelaide. 20 – 22 April
Perth. 5 – 7 June

Module 2 (OMM2)

Sydney. 16 – 19 January
Melbourne. 22 – 24 June

Module 3 (OMM3)

Sydney. 5 – 9 April

Beyond Survival

Location to be advised . . . 6 – 8 March

Conferences

Petrea will be presenting at the following conferences in 2009. Further information and contact details for these events can be found under Petrea's Events on our website.

4 April Autism Expo – Sydney
5 – 6 April Ayurveda and Yoga Conference – Sydney
22 May. The Heart and Soul Conference (Catholic School Librarians) – Bowral
28 May. Equilibrium AIS Conference - Bowral
23 June Motor Neurone Disease National Conference - Sydney



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