

Connections

Newsletter of the Quest for Life Foundation



SPRING 2009



Good news...

Bundanoon is blossoming and I've been busy planting the summer veges. Fresh food from your own garden is well worth the effort as it builds health and provides the endless enjoyment of being in the garden amongst the birds, worms and smell of the earth. It's good to keep in mind that SLOW food – seasonal, local, organic and whole food – is best for our healing and overall health. In this issue, Mary Maclean talks about holistic farming and there is also a fabulous website for those inspired to turn their suburban block into a more sustainable lifestyle.

In the last issue of Connections I mentioned the possibility of Quest for Life programs returning to the Centre in Bundanoon. It was with great happiness that our first Healing Your Life program back at the Centre was conducted in August. As always, our participants loved the environment, the food, the hospitality and the atmosphere of peace that permeates the place.

The good news is that the Quest for Life Foundation has leased the Bundanoon property to the Harmony Centre Foundation which enables Quest to continue its work around the country as well as conducting our regular programs at the Centre. This win/win solution means that our beautiful property can be fully utilised by two organisations both dedicated to providing support, education and pathways to healing. You'll find an article about the Harmony Centre Foundation in this issue.

Wendie Batho and I have travelled to many areas delivering programs for people dealing with grief, loss, depression, cancer and for health professionals and non-professional carers. These programs have been conducted in Trangie, Armidale, Lismore, Central Coast, Dubbo and many other towns where people have expressed – many times – their gratitude for these services being delivered in their local area. In October we will be touring Victoria

conducting similar workshops in Lorne, Kyneton, Bendigo, Echuca, Kerang, Swan Hill, Mildura and Albury/Wodonga.

The Healing Your Life and Quest for Life programs continue to provide strategies and skills to help people effectively manage the challenges of grief, loss, depression, cancer and other serious illnesses, to establish peace of mind and to take positive steps towards healing. It has been a delight to meet many of our past participants in our travels and see them flourishing.

The Quest team will be delivering a program for people with cancer and their loved ones at Invercauld House in Lismore from November 16th – 20th and in 2010, we will conduct four residential programs at Kincumber on the Central Coast as well as our monthly programs at the Bundanoon Harmony Centre – formerly Quest for Life Centre. Details of all regional and metropolitan seminars and workshops are available on our website www.questforlife.com.au.

Enclosed with this issue of Connections is a brochure describing a new website that allows you to capture, share and enjoy memories of a loved one who has passed on. Living Years has created an online space where family and friends can post photos, stories, videos and more, on a dedicated memorial webpage called a Lifebook. As you will see from the brochure I was able to create one for my brother Brenden who died in 1982. When you register through www.livingyears.com/quest, Living Years will donate \$10 to the Quest for Life Foundation for each Lifebook created. The Lifebook is simple, inexpensive and easy to create and is a lovely way to cherish the memories of our loved-ones.

Meditation has been a regular part of my life for forty years. Without its blessings I would never have survived, let alone found a way to



thrive in the midst of life's challenges. I recently came across the Oneness Blessing and found it created a profound and positive shift in awareness. You'll find an article in this issue of Connections that describes it in more detail.

The Quest for Life Foundation has increased its reach dramatically through the decision to lease the Centre. Your donations, support, rainbows and prayers have sustained and upheld us through this transition. We are delighted to now deliver our programs in many more locations to an ever expanding Quest community and we thank you for your support. I hope you enjoy this issue of Connections and we look forward to reconnecting with you at one of our one day or longer programs at the Bundanoon Harmony Centre or other locations.

Petrea



Wendie selling books and CDs in Armidale



Petrea speaking at Junee Women's Gathering

From the Harmony Centre Foundation...



The Harmony Centre Foundation, established by Kim Fraser, has leased the Quest for Life Centre which is now called the Bundanoon Harmony Centre. The lease allows Quest programs to continue once or more a month in this special environment.

The Harmony Centre conducts wellness and life enrichment programs. It provides a place where people interested in meditation and alternative healing modalities can come to experience a caring community. People from all walks of life are attracted to the seminars, meditation classes and energy healing clinics all of which are provided by donation. These programs are held in Harmony Centres in Cooranbong and Sydney and now in Bundanoon.

The primary role of The Harmony Centre is to teach and demonstrate the role

of our spirit in creating good health. Through understanding that we have to look after our spirit as well as our physical body we can lead healthier, happier and more peaceful lives. The concept that we have an energy field is now widely discussed but not yet universally understood despite growing research and anecdotal evidence of its role in wellness. Pain, both physical and emotional as well as stress are held in our energy field, and we help people learn how to remove or minimize it.

At the Harmony Centre there is always a (free) cup of tea and like minded people to talk to. People are able to explore the meaning of life and their spirituality in a safe environment. It is non-religious and non-sectarian. Everyone is welcome and respected. For more information please visit www.harmonycentrefoundation.org



Kim Fraser, Founder

Fundraising efforts...

Quest for Life would like to extend our heartfelt thanks to groups that are raising funds on our behalf. We are very grateful for this support as many of the people who require our programs are financially challenged due to the effects of illness or the other traumas they have in their lives. Fundraising events, large or small, go a long way to ensuring we turn no one away on financial grounds.

Over the past year we have had over \$10,000 donated from events such as the Wollombi Calendar, a Bastille Ball and a walk through the Gobi desert, to name a few. Breast Friends United in Queensland is currently raising funds to send 2 of their members to our Quest for Life Program in Lismore. The following events are also underway to raise funds for Quest for Life.



'Taroka' by Alexandra Spyratos

Byron Bay Breast Cancer Support group is holding a raffle. The prize is an oil painting on canvas ('Taroka' 120x160cms which in Swahili means 'escape') worth \$6500 donated by international artist Alexandra Spyratos. The raffle will be held over a year starting on the 1st October and its aim is to raise money to financially assist those who have experienced breast cancer in the local regions of Byron Bay, Lismore, Ballina, Mullumbimby and the surrounds, to attend workshops with the Quest for Life Foundation. Anyone interested in information or purchasing tickets please call Marian on 0429 139 375, Barb 0408 336 351 or Alexandra on 0401 188 577. Email alexandraart@hotmail.com

Firefly Dance Club's HALLOWEEN BALL will be held on Friday 30 October 2009 from 7.15pm to 11.45pm at the Kirribilli Club Ballroom in Lavender Bay. There will be a 3 course dinner and drinks on arrival, dancing (Ballroom, Latin, Salsa and Swing) to the fabulous Buzz Band, and show cases by Firefly students and staff. A raffle and silent auction will be held in aid of the Quest for Life Foundation. Tickets are \$160pp or \$145pp for a table of 10. Call Firefly Dance Club on 1300 725 977 for tickets or more information.



How to host an event for Quest?

If you are interested in hosting an event, we have developed a kit to help. Please contact Samantha to discuss: samantha@questforlife.com.au.

The story of Sooky the Rainbow Bear

Many of our readers will be aware of Sooky, our delightful knitted rainbow bears, which are handmade in Peru using all the colours of the rainbow. Soft and cuddly, Sooky makes a treasured toy for both children and adults alike and is available in a large or small size. Sooky, also featured in Petrea's children's book *Rainbow Kids*, can help to fill our world with the powerful, healing colours of a rainbow and create a symbol of the loving connection between parent/grandparent and child.

Sooky is lovingly made by women in Lima, Peru. Australian Mercy Sisters Tricia, Joan & Jackie work amongst the very poor in the shantytowns of Cerro Candela and Tres de Mayo. Many of the inhabitants are single mothers struggling to pay their rent and feed, clothe and educate their children. Much of the housing is sub-standard with some houses not even having a roof, however it almost never rains. Life for many of the residents is a constant struggle. What these women desperately need



Ismelda, Gregoria, Anamilva and Lucia happily making our rainbow bears

is the chance to earn a steady income. The Sisters have established three Women's Centres, two Childcare Centres and a Knitting Workshop. The knitting workshop has become a happy environment where the women enjoy making our Sooky rainbow bears as well as other items

as you'll see from the photo.

The purchase of these bears not only helps to further the work of Quest for Life, but also helps to contribute to a better way of life for these women. Sooky can be ordered online through www.questforlife.com.au/shop.

A day with Petrea King

The Point of Stillness

A day of meditation and experiencing the point of stillness. The greatest gift we can give ourselves or indeed the planet, is the gift of our own good physical, mental, emotional and spiritual health. When we care for ourselves appropriately then we can be deeply present to one another. This is the realm of the miraculous, the unexpected and the often transformational opportunity that stillness provides. In stillness we hear what is unsaid

and see what is invisible. In stillness we find the healing connection.

Join Petrea on 29 November at the Sydney Adventist Hospital for our next Sydney Seminar, The Point of Stillness. For more details or to book into this seminar visit www.questforlife.com.au or phone 1300 941 488.

Our shop manager, Val Bartley, with her husband Mike, selling Petrea's books and CDs at a recent day Sydney Seminar.



Heather Parkes, Healing Grief Facilitator

Healing Grief

The loss of a loved one can leave us feeling angry, lost, stuck, bitter, confused, despairing or bereft of our identity. Facing life or finding joy or meaning can seem daunting.

Quest is pleased to once again be conducting this weekend residential program that acknowledges the pain of grief as well as providing an understanding of bereavement, its idiosyncrasies and practical strategies to begin

or continue the process of healing, integration and making meaning of our loss.

Join with others who understand what it's like to lose someone they love and together, make peace possible. Heather Parkes, a long time Quest facilitator, facilitates this program from 11 – 13 December at the Bundanoon Harmony Centre with an introduction from Petrea.

The Magic of the Rainbow Ritual

As a pre-school director for over 20 years, I have a particular interest in fostering the emotional well-being of young children and providing them with life skills to deal with stress and sadness. I came across Petrea's Rainbow Ritual a few years ago and have found it to be a powerful tool for establishing feelings of safety and security, calm and well being. Designed for young children, the ritual is a visualisation in which children are wrapped up in all of the colours of the rainbow, and are then connected by the rainbow from their heart to someone special or in need.



Since discovering the Rainbow Ritual, I have given the words of the ritual to the preschool parents every Mother's Day. This year, on receiving a gift of heart ribbons from Petrea, I decided to take the ritual one step further and incorporate it as a theme in our pre-school curriculum which lasted a few weeks.

Children were encouraged to bring in items corresponding with the colours of the rainbow. We discussed the colour, feel and smell of the object and even the taste, where relevant! The children used shaving cream and powder paint to mix colours and noted the various shades of the rainbow colours. We played memory games, colour matching games and made numerical charts comparing the favourite rainbow colours of girls and boys.

They made rainbow wands and danced with them to music. They enjoyed watching the streamers flutter in the wind. The children learnt to breathe slowly into their belly and to incorporate each colour of the rainbow into their body. Finally, at rest time, I talked them through the rainbow ritual.

Since then the feedback from the children and the parents has been truly encouraging.

A seven year old who had trouble sleeping at night sent me a card after receiving the ritual and heart ribbon. "Dear Nadene. Thank you for the rainbow stuff. It is awesome. Now I am not afraid to go to sleep anymore".

The four year olds drew pictures of themselves and someone with whom they wanted to connect via the rainbow. One sent her rainbow to "my baby in my mummy's tummy" and another to "poppie who is in the hospital". One sent it to her parents who were away and another to a missed friend in Melbourne. We even sent one to the dead baby bird we found in our garden and the mother bird who would be very sad!

When there is a loss in the family, children's feelings are so often forgotten. They need to express the loss they feel and have something concrete that they can do. The rainbow ritual serves this need in a positive and caring way, helping them become more emotionally equipped and compassionate human beings.

I have become an ardent advocate of the ritual and am happy to share my experience with others.

Interestingly I have also used the ritual as a guided visualisation with adults to help them learn to relax and assist them through panic and fear. Using our senses fully in the here and



"I am connecting my rainbow to my new baby in my mummy's tummy"



now, through this visualisation, takes away the domination of fear of the future and pain from the past.

Nadene Alhadeff
Alikat Preschool

Note: The Rainbow Ritual Nadene describes is always available as a free download from www.questforlife.com.au under Resources. Petrea's books for children provide stories that encourage children to utilise the rainbow in a variety of circumstances. The visualisation Nadene describes with the adults is available on the Rainbows to Heal CD. The children's CD, Rainbow Connection is being used in many homes and schools. Three of the meditations are short and very settling and the longer sleep practice is helping many children find restful sleep. All these resources are available through the online shop.



Quest for Life was delighted to be part of the 2009 Tulip Time Festival in Bowral. A colourful display of our rainbow products was provided to the Brown Bookshop and appeared in their window as part of the Tulip Time "Rainbow in my Window" Shopfront Window competition featuring children and rainbows. Quest would like to extend its warm thanks to Hayley and the team from the Brown Bookshop for displaying our products so beautifully and for making our rainbow bookmarks and rainbow rituals available to Tulip Time visitors.

A Holistic Approach

In 2000 my husband and I turned our backs on conventional farming and started implementing Allan Savory's Holistic Management principles on our 1300 acre farm where we were producing superfine wool and beef.

Holism is usually defined as 'the tendency in nature to form wholes that are greater than the sum of the parts'. The concept was developed by Jan Smuts in 1926 and I believe the idea dates back as far as Aristotle. Thus the whole that is me is greater than the sum of my parts. Our farm is the sum of many parts and is itself a part of greater wholes.

Savory also developed a sophisticated method of rotational grazing, which mimics the grazing impact of African herding animals, where the land is briefly pounded by many animal hooves and then allowed to recover for quite long periods before the animals return. So we graze our animals in one large mob in one of fifty small paddocks for a short time before they are moved on. Thus an individual paddock will only be grazed for a few days three or four times a year. The remainder of the time the land is recovering and regenerating. The end result is denser sweeter pastures, healthy macro and microscopic soil life, no need for fertiliser or sprays, more grass and fewer weeds, clear streams and no erosion.

As we began to get our heads around the concept of 'wholes' we also began to understand how science today is based on reductionist methodology. You've heard it before, we have our specialties and we all seem to know more and more about less and less. Perhaps this is necessary as we expand our knowledge as a species. However, for us it was essential to operate with a holistic view of ourselves and our land. Everywhere there are connections, one of Petrea's important 4Cs, and the whole is always greater than the sum of the parts. Every time we make a decision we take into consideration the effect on the landscape, the people and the money. We might have to consider, for example, the effect downstream of our decision, the effect on ourselves or our business associates and of course the effect on our bank balance. It is not good enough for a decision to have a positive effect on only one aspect. The whole needs to be considered.

We were beginning to see amazing results from all this new thinking when a huge spanner was chucked into the works with a diagnosis of bowel cancer for me followed closely by another of ovarian cancer. Surgery fixed the bowel cancer but several lots of surgery and



Visiting the farm with Mary and Richard

chemotherapy have left me, four years later, still living with ovarian cancer. As I was initially hooked up to the chemotherapy drip in the local oncology unit I browsed through the small resource library and found inspiration from Lance Armstrong, Ian Gawler and Petrea King. With my now holistic frame of mind I took myself to Quest for Life, hairless and in the middle of my treatment regime. Those of you who have had time at the Quest Centre will know how wonderful it is to be fluffed up and cared for in that environment. Everything I learned there seemed to fit with my holistic thinking. I came away confident that I could rely on my intuition, which gave me great peace of mind, as I had been worrying about never knowing enough about what was happening to me. I was able to relax as I learned on the job of living with cancer.

On the farm we bring in the experts in a particular field, understanding that their knowledge will likely be reductionist, and that it is our responsibility to decide whether their advice is appropriate for us right now and within our holistic framework. Likewise when I go to a medical specialist it is my responsibility to decide whether this treatment is right for me or not. Doctors know a lot about what they know. However, they don't know as much about

me as I do after seventy-three years in this body. I have needed to make many decisions about surgery and chemotherapy and lots about complementary therapies. My current decision about chemo is that even though there are numerous more chemo's that I could try, I have decided to forgo this in favour of simply living as best I can, as healthily as possible, for as long as possible. I feel well most of the time and as Petrea said when she came to our farm recently, I live in a small piece of heaven. Our farm has thrived through the worst drought in the last hundred years and has survived the traumas of my cancer: Birds dive through the trees and in front of the car as we enter our property, ducks love our pristine waters and the cattle graze happily on fresh pasture every few days. I meditate and am thankful for what I have.

Mary Maclean

And for the keen gardeners...

An inspiring couple from Wollongong have created a sustainable home with a food forest. You'll find a wealth of information on their website: www.happyearth.com.au

Oneness: A New Global Phenomenon

In her recent travels, Petrea came across the Oneness Blessing and has asked us to share with you some of its background and how it is creating tremendous interest here in Australia and around the world. My husband, Pasquo, and I first attended a course at the Oneness University in India in January 2004. We had heard of the vision of the husband and wife

team who founded the University and wanted to be part of that vision: to help end suffering, separateness and conflict among people of all faiths and nationalities; to set humanity totally and unconditionally free, creating a positive and productive future for our planet.

I am sure you agree it is a very beautiful vision and of course, many great teachers throughout human history have inspired us to share, to care and to see ourselves as one human family. Oneness University's particular contribution to this vision is through the raising of human consciousness. A global 'Oneness' community is now working towards this end; towards a new consciousness that uplifts every endeavour of the human spirit from personal relationships to national and global leadership. Oneness University's focus is to create this global shift through individual transformation.



Sri Anandagiriji, Oneness University teacher

Profound Healing Sustainable Wellbeing Conference

Hilton on the Park - Melbourne
Sat 14 & Sun 15 November

- Be informed, inspired & motivated
- Participate in interactive workshops with keynote speakers
- Gain access to knowledge at the forefront of research findings
- Learn critical factors that can make a difference to your health, happiness & wellbeing

12 Keynote Speakers & 12 Interactive Workshops

Assoc Prof Nick Allen, Dr Tania Ash,
Dr Grant Blashki, Dr Sherelle Dye,
Dr Ian Gawler, Dr Ruth Gawler,
Dr Craig Hassed, Dr Carole Hungerford,
Chris James, Petrea King, Helen Nikolas,
Prof Ian Olver (CEO Cancer Council Aust),
Prof Avni Sali, Swami Shankarananda,
Swami Devi Ma, Dr Michelle Woolhouse

Panel discussion

*Integrative cancer management:
challenges, opportunities and vision
for the future*

With Prof Ian Olver, Dr Ian Gawler,
Dr Craig Hassed, Petrea King.

Moderator: Jon Faine (774 ABC)

**MAKE A DIFFERENCE
TO YOUR LIFE!**

Come along for one or both days



The Gawler Foundation
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E info@gawler.org
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www.gawler.org

How does Oneness University help to bring about this individual transformation?

The directors of Oneness University have created programs that have helped many, many thousands of individuals worldwide find a deeper connection to their inner divine nature whilst at the same time coming to a point of self acceptance and love. The philosophy of the Oneness University is to start from where you are and begin a journey that moves you towards a state of Oneness, a state where there is no resistance, no conflict, no suffering.

The magic of the Oneness Blessing

The self transformation associated with this journey is achieved and supported through the Oneness Blessing which is a transfer of energy through touch or by the power of intent and which helps create growth in consciousness. The Oneness Blessing is also found to heal the body and release repetitive, compulsive and destructive emotional patterns. In relationship, it enables a greater sensitivity and connectedness with the other, freeing us from the limitations of our judgements and conditioning.

The Oneness Blessing is a non-denominational experience that awakens our connectedness with life itself. The experiencing of oneness with everything allows each one of us to deepen our relationship with those we love, with ourselves and with all that is. The Oneness University is a leader in providing such tools for personal transformation.

The Oneness Blessing in Australia

In Australia one can experience the Oneness Blessing through regular evening programs offered by Oneness Facilitators who have undergone a specific training process. It can also be experienced as an intensive 2-day program conducted by specially trained and qualified oneness instructors. This 2-day program is a pre-requisite for those wanting to undergo the longer 8-day Level 1 program offered at Oneness University's Fiji campus.

Living in Oneness 3-day Intensive

We are also very pleased to be able to announce the upcoming presentation in Australia of the special Living in Oneness 3-day intensive which will be conducted by Sri Anandagiriji, one of the foremost teachers at the Oneness University. This will provide a rare opportunity to be in the company of this extraordinary young being who has been instrumental in transforming the lives of countless thousands around the world. This program will take place in Sydney from the 15th to 17th January 2010. The seminar can create the shift in perception and consciousness that is the hallmark of the Oneness Blessing. Registration for this event and other details are available on our website www.onenesscentre.com.au.

If you would like any further information please feel free to contact Lisa and Pasquo Cassetta on 08 8338 5642, mobile 0410 643 083 or email info@onenesscentre.com.au.

The Quest for Life Foundation

The Quest for Life Foundation was established in 1989 by Petrea King to further her work. Since her unexpected recovery from leukaemia in 1984, Petrea has devoted her life to counselling people, facilitating support groups, running residential programs and lecturing widely on health, spirituality and healing.

In 1998, generous benefactors made it possible for the Quest for Life Foundation to purchase an 103 year-old guest house in Bundanoon and after undergoing major refurbishments the Quest for Life Centre (now the Bundanoon Harmony Centre) opened in May 1999. The Centre, set in 9 tree filled acres, provides an oasis for time out and an ideal environment for reflection, healing and the learning of new and valuable life skills.

The Quest for Life Foundation provides a range of residential programs and services that encourage, empower and educate people living with cancer and other serious illnesses, or who are suffering from grief, stress or trauma and for the people who care for them.

The NSW Health Department supports the programs by providing an annual grant to subsidise places for people on low incomes. Further fundraising by Quest also provides limited additional subsidies to enable those in dire financial stress to attend these programs.

Your tax-deductible donation or bequest enables the Quest for Life Foundation to continue and expand its services. Please consider making a donation or a bequest so

that the valuable work of the Foundation can continue to make a positive difference in people's lives.

Our Philosophy

There are many events in life that stop us in our tracks and cause us to consider how best to meet the challenge we face: an unexpected diagnosis, an accident, loss or tragedy can be such an impetus.

Other people seek more meaningful ways of managing the challenging circumstances of chronic illness, multiple loss, anxiety, relationship breakdown, depression or the consequences of past abuse. Other people choose to take time-out to review their life with the intention of deepening their relationship with themselves and living a more satisfying and meaningful life in the future. Since 1985 more than 80,000 people have attended residential programs or counselling with Petrea and her team of trained health professionals.

These nationally acclaimed programs provide compassionate support as well as practical self-help techniques and strategies that complement and support people's medical treatment. Our programs enable people to regain a sense of control over their lives and actively participate in their own healing. Most people leave our programs confident in their ability to meet the significant challenges they face in their lives.

Our programs endeavour to support each participant so that they leave with a greater understanding of themselves and a deeper

respect for their unique story. Topics are tailored to the people attending each program and vary accordingly. They may include the following:

- A spiritual perspective on life, love and healing
- Relaxation, visualization and meditation techniques
- Peace of mind: what it is and how to have it
- Harnessing the mind for healing
- Identifying the physical, mental and emotional causes of stress
- Intuition as a guiding force for positive living
- Understanding the mind-body connection and the role of epigenetics
- Practical strategies for increasing health using complementary therapies
- Managing pain, sleep, symptoms and side-effects
- Learning to live skilfully with stress and move beyond difficult emotions
- Enhancing communication, resilience, relationships and connectedness
- Creating an environment for physical, emotional and spiritual healing
- Rearranging priorities and moving on after trauma
- Forgiveness and attitudinal healing
- Techniques for living in the present

If you feel we can assist you through one of our residential programs or other services, please visit www.questforlife.com.au or call us on 1300 941 488 to discuss your particular needs. We look forward to our paths crossing with yours.

Diary Dates

For bookings and more information on our programs and available subsidies, please contact Bernadette on 1300 941 488.

Healing Your Life

Suitable for people seeking healing after a challenging or traumatic experience or who live with private anguish, pain, grief or loss. If you're ready to review your life, clarify your future or get 'unstuck' from a state of mind that is unhelpful, then this program can change your life in powerful and positive ways.

Bundanoon Harmony Centre:

- 2-6 November, 7-11 December, 18-22 January

St Josephs Education and Spirituality Centre,

Kincumber NSW:

- 8-12 February

November 2009 – March 2010

Quest for Life

An inspiring, practical, educational and experiential self-help program for men and women living with cancer or other serious illness. Suitable for people seeking to make a positive contribution to their health and to make meaning of their experience. Partners and loved ones are encouraged to attend also.

Bundanoon Harmony Centre:

- 23-27 November, 15-19 March

Invercauld House, Lismore NSW:

- 16-20 November

Healing Grief

Suitable for anyone who has lost a loved one either recently or in the past and who finds that grief is ongoing. This weekend residential program acknowledges the pain of grief as well

as provides an understanding of bereavement and its idiosyncrasies and practical strategies to begin or continue the process of healing, integration and making meaning of our loss.

Bundanoon Harmony Centre:

- 11 – 13 December

A day with Petrea King

An inspiring day for people interested in attending one of Quest's longer programs or who have attended a program and would like a reminder or top up.

Sydney Adventist Hospital:

- 29 November: The Point of Stillness

Regional Workshops

Please visit our website for details on when Petrea and Wendie will be visiting your region.

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