



Women's Healing Sanctuary



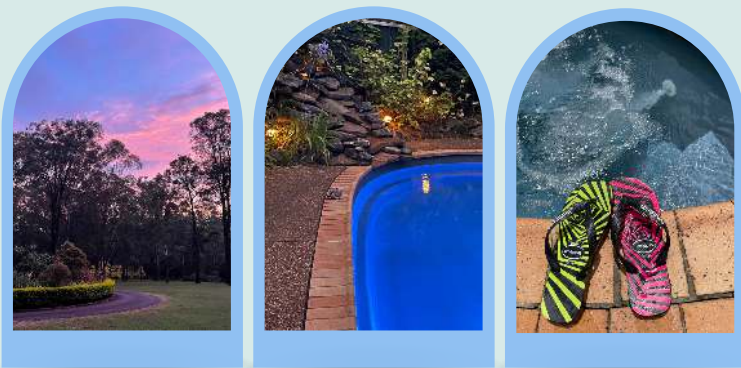
Farewell Summer!



Hello Autumn!

Snippets of our Summer

Whooooosh and Summer is gone! It certainly left in a downpour and we are grateful for the flourishing and green it has left behind. Our thoughts are with those whose lives were tipped upside down by the floods - we're here for you ladies, if you need some time out from the devastation you have endured.



Guests spent long hours (and sunsets) in the pool and many planned book-reading sessions in the hammocks may (or may not) have turned into loooooong afternoon naps. Seriously? Can we really call a 3-hour sleep, a nap? Don't worry, your snoozing secrets are safe with us!

We smile every time guests relax and nod off, as that is often what happens when women finally stop. The most common expression we hear is, "I didn't know I was that tired!" Do you know how tired you actually are? Have you ever given yourself a chance to find out? Do you know what Deep Rest feels like? Or how reset, restored and refreshed you feel afterwards?

Come, book in! Gift yourself a pause, and see what happens.





Sanctuary Upgrades

New Cabinetry has been installed in all the rooms to cater for your breakfast in style. Wake up early or like many, wake up for brekky in your room and snuggle back into bed to read your book. If you're a morning person, you may prefer brekky outside on the verandah or by the pool. Your retreat, your way! The cabinets contain tea/coffee/toast making facilities, and your mini fridge will hold your personally chosen delights of muesli, yoghurt, berries, fruits and nuts sourdough etc.



Outdoor Furniture now adorns our verandah! We look forward to enjoying many delicious lunches, laughs and meaningful liaisons around this table while soaking in the restful view.



Outside works were aplenty, including a footpath along the side of house and major stormwater drainage to stop water lapping at the back door. Fortunately the drains were finished the day before the 15 days of rains! Phew!

A fragrant Hedge was planted in front of the pool to increase privacy. Unfortunately the garden at our front door is now looking a tad sad, as it had to be dug up for one of the new drains. If there are any 'Green Thumbs' out there who would love to help us re-create a new garden there, please give us a call!





Many women desperately need an angel, someone who cares, to gift them a break.

Sanctuary Angels

As little as \$10 per week gifts a woman in need a 2-night stay once a year.

Become a 'Sanctuary Angel' by donating via weekly or monthly automatic recurring payment and join other amazing angels supporting women.

For automatic payment setup:
BSB: 082 294
ACC: 250 328 551
Reference: "your surname"

100% of your donations will provide Angel Stays for women in need and are tax deductible.

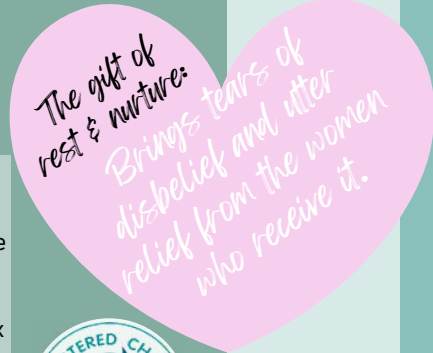


Twenty Angels for 20 Women

Between now and the end of this year, Women's Healing Sanctuary would like to support **twenty women** (from any walk of life) who might be traumatised, exhausted and financially challenged, to receive our care and nurturing whilst they deeply rest for a 2-night stay.

Your valued donation of \$40 per month to our registered charity with tax deductible status, will make this possible for one woman.

With twenty special donors we can make it possible for twenty women!



Women's Healing Sanctuary is a registered charity & DGR. All donations are fully tax deductible.



Introducing

GAELS Photography

Deep appreciation to GAELS Photography, who has scattered her beautiful photographs in all of our rooms. How lucky we are!

Gael also features Women's Healing Sanctuary on a video on her website. [Click here to view.](#)



I feel honoured to be able to contribute some of my photography to the powerful mission and peaceful beauty of Women's Healing Sanctuary.

As a photographer, I look at ways I can bring the natural beauty of the outside, to the inside.

The photographs I've framed, that are hanging at the Sanctuary, are all representative of the strength and wisdom; the masculine and the feminine that the natural world can offer us.

The intention is that when women visit the Sanctuary, my photography contributes to them feeling held, nurtured and supported - both whilst staying at the Sanctuary and beyond.

GAELS Photography donates a percentage of each sale of photographs hanging at the Sanctuary - to the Sanctuary - with humility and gratitude.

Gael McKenzie

[Click here to see more of GAELS Photography.](#)



Coming up

"Me-Time" online support group for past guests. . .

Inspiring & supporting each other as we are connected by our shared desire and intention to continue claiming uninterrupted time-out for self.

Writers Weekend . . .

Bring your writing project, or start a new one!

Bonfire Weekend . . .

Perfect for a winter escape.
We're gonna need some bigger marshmallows!



[Click here to DONATE](#)



A gentle reminder that we are a not-for-profit charity and your donations will enable many more women to experience the healing properties of rest, nurture and nature.

Donations can be made via our website or call us directly for more information.

MAILING LIST

To remain informed of what we've been doing and what's coming next,

[subscribe here](#) to our *mailing list and newsletters*.

Or drop us an email and we'll sign you up!

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