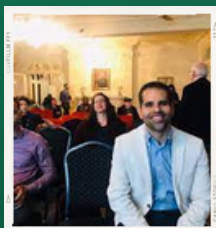
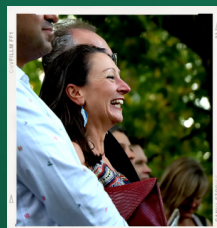
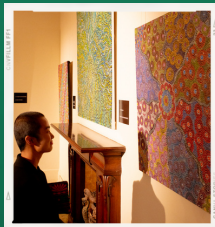




Initiatives of Change  
Australia

# December Newsbrief

IOFCA  
2022



## A Word from Our EO and Chair

### Margaret Hepworth Executive Officer - IofCA

Dear Friends,

As we move into the end of another busy year, let's take time to both celebrate the year behind us and quietly reflect on all that has happened in a year that feels like it began only yesterday. In other words, it is a time to be both noisy and silent - and at IofCA, we are good at both!

The pages before you capture some of what we can proudly 'sing' about. The people we have met and shared special moments with, some life-changing; relationships developed, some chatty and laughing, others quietly comforting; programs, events and initiatives making a difference; individuals carrying IofC into their daily lives. IofCA questioning, 'Who we are'; How we 'be' and how we 'do'. It is our probing that helps us grow, and move beyond our own self-imposed limitations.

My personal quiet times have given me insights and roads to explore - both inner and outer. At IofCA, we work in such an interwoven way, that opens to something of the mystery working through us.

Recently, in meditative state, I had a vision of an owl flying in. It turned suddenly, gracefully flying upside down. I held out my hand and it rested peacefully on my outstretched palm. I drew it close, and in silence, held a conversation with wisdom.

I have been buoyed recently, reading Peter Thwaites reflections on 'What is Initiatives of Change?' He writes on 'A way for everyone; a Way of life.' Peter writes of Buchman as being described as an Initiator, rather than a founder. This removes a sense of 'ownership' of the movement and opens us to the question, 'In this world, as it sits today, what is it we can initiate to bring hope, peace and remain solution focused?'

Following, is the strength in Buchman's convictions: 'There is an answer.' As Peter elucidates, 'The task for everybody (is) is to find it and put it into practice.'

Something of all of this leaps off these pages as we celebrate our IofCA year of 2022.

Wishing a very happy festive Season to you and your families. And a very peaceful break.

Cheery blessings,  
Marg

“

As we come to the close of the year and about to let 2022 behind us, it is valuable, both as individuals and as an organization and movement to reflect on what we have achieved, what went well and what didn't as much as we wanted to. This reflective process, in quiet time and in seeking inner guidance, personal and collective, can help us think about what we would like to call into our lives moving forward, and help us make the commitments that will shape the year ahead, both personally and as an organization and movement.

The last 3 years have been years of world-wide rapid, accelerated and unexpected change.

At IofCA, we haven't been immune to the impact of such changes, however we have been holding to the grander vision of making a difference in the world, fostering the leadership for the right things to happen in our organization and our movement so that we can contribute to changing the world around us as we are individually and collectively guided to. We have endeavored to be guided to and to call for:

- A moral / ethical stand or a moral moving force
- Leadership ie moving forth to meet the challenges of the times, on a personal, community or wider level
- Expanding our partnerships ie cooperating with other change agents or agencies to work for the good of the whole

More specifically, as an organization,

- we have continued tackling the big questions of our long-term financial and programs sustainability. We are now very close to testing the market for a potential sale of some of the land of Armagh to ensure our long-term financial health, program delivery, the re-enlivening of our Network and supporting the work of IofC in our region
- Our delivery of the Trust Building Through Truth Telling & Deep Healing program (Turruk) has produced outstanding outcomes and created many partnerships with indigenous individuals and organizations and also has set IofCA up for an active partnering in the national movement around the Uluru Statement of the Heart.

After a long, systematic and step-by-step consultation with our members, we are also, now, at the point of testing our proposed new constitution with our lawyers before coming back to our members.

- We are continuing deepening our IofC philosophy and practice.

As the world at large finds itself at crossroads with crises everywhere, we are all reminded that the most important thing for each and everyone, here and all over the world, is to create for ourselves the fundamental changes that will bring the deep healing in our souls and the soul of our communities. ”

- Paul Ntoumos







# Our Community

It is the Community spirit of IofCA that keeps us buzzing across the country.

We wish to take time to celebrate and honour each and every one of you who make up the IofCA Community, and to step and back and appreciate, collectively all that this brings, as individuals live an IofC way of life. I wish we could open up a bird's eye view across the country. We would all be wearing huge, shiny smiling faces as we witness the breadth and depth of IofCA people living their values.

Here is a snapshot of just a very tiny slice of the IofC lives being lived.

In Gerringong, NSW, Jane Mills, working alongside Rosemary Kariuki, helps to create a weekend of acceptance and belonging for migrant men, with Rosemary noting, 'Friendliness is the best way to help migrants settle into their new homeland.' In the final circle for the weekend, Jane hears comments of connection and community, and 'the happiest weekend since I arrived in Australia.'

“

Friendliness  
is the best  
way to help  
migrants  
settle into  
their new  
homeland

”



# IOFCA COMMUNITY

Abe Schwarz, in Melbourne, flies to Sydney to orchestrate a commemorative event for William Cooper legacy, Tanya Fox and, Shoshana Faire, CoP step in to help. Ben-Zion Weiss, Sydney, who himself had earlier flown to Melbourne to experience Turruk in person, is part of this gathering. Abe writes: 'I was overjoyed to see various elements within the First Nations, Jewish and other Communities walk together in the spirit of Solidarity and Mutual Respect.'

Bob Xu has gone to great lengths to introduce his Chinese Community to IofC. The Tongli Alumni celebrate at Armagh in fine singing and dancing form. They invite the residents and others into their celebrations and are getting to know IofC and how they can become more involved, already planning a multicultural event in early 2023. Bob is providing that sense of belonging and purpose.







“

Close to the Bone, the documentary of Mike Brown's family history, has been a extraordinary piece of truth-telling of its own. ”

Close to the Bone, the documentary of Mike Brown's family history, has been a extraordinary piece of truth-telling of its own. The documentary has proven to be an influential medium, with people previously unknown to Mike contacting him to say they now wish to bravely trace their own family history.

To those who engage with their local politicians, finding those ways to be influencers, taking the time to do so; to those who invite people into their homes and find their way to share their lofC values, we thank you.

I am loving the literary contributions that come sweeping in my 'e-door' – from Peter Thwaites writing on lofC, to Tony Gates beautiful articulation of what Quiet Time means for him, and could mean for so many more; to Liz Week's reflective poem inspired from her time at Turruck; to Kat Farrell wrapping herself in nature's cloak. We would love to hear more from you all next year. Stories, photos, poems, events and activities. Bring it on as we move together on this adventurous, motivational journey we call living lofC.

Thank you one and all!

Marg Hepworth  
Executive Officer







**FEBRUARY 2022**

*In 2022, The IofCA Trustbuilding Community of Practice grew with rigour and a renewed sense of purpose. Nine Education Forum events were held, anchored by two Turruk series engaging over 2050 participants and an extraordinary 2800 volunteer hours. Funded by the generous partnership with the Fetzer Institute, Turruk played a key international role in winning the 2021 United Nations Intercultural Innovation Award.*



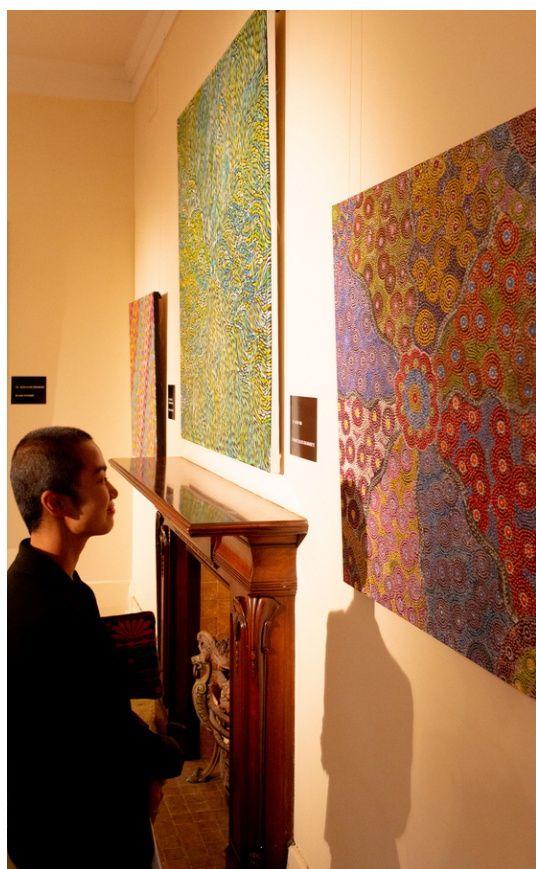
A deep dive yarn with Thomas Mayor and local community leaders sensing that things were ramping up for an Indigenous Voice to Parliament.



A visit from Former Minister of Indigenous Australians Hon Ken Wyatt and former state MP for Higgins Dr Katie Allen.



## MARCH 2022



Armagh turns into an Aboriginal Art gallery and Auction room for a successful Fundraising Art auction: Painted Stories from the Women of the Central Desert.

## APRIL 2022

A small team embarked on a Cultural immersion reconnaissance trip in Yorta Yorta Country led by Uncle Shane and Dylan Charles.





APRIL 2022

APRIL - JUNE 2022

# Turruk 2



Eager allies and curious souls gathered in Melbourne for a special series of Turruk yarning circles and masterclasses over six weeks.







# Awakening the conscience of our nation

**JUNE 2022**

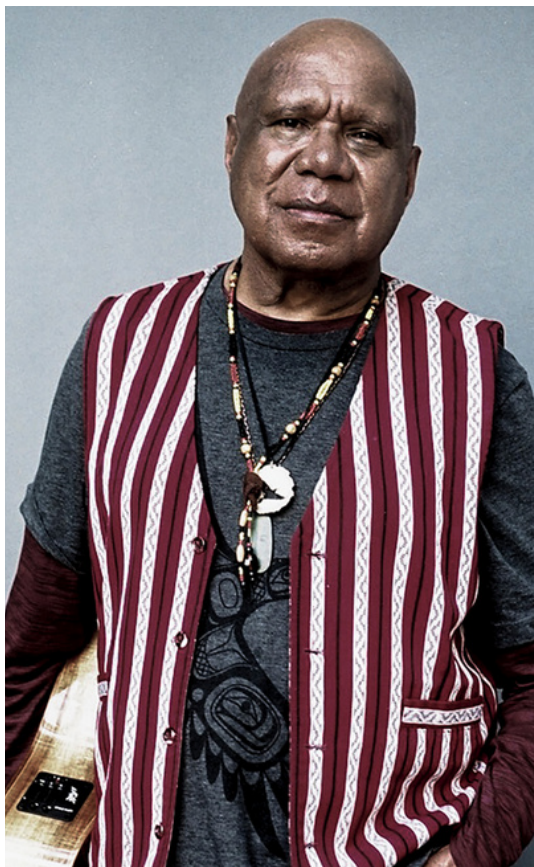


Awakening our Nation - an evening with John Bond, co-author of *Sorry and Beyond*, Graeme Cordiner, author of *Find Our Heart* at Myall Creek and Tania Rossi, great-granddaughter of Auntie Marge Tucker, presenting an updated version of *If Everyone Cared*.



IofCA team, led by Graeme and James Cordiner attended the Myall Creek Massacre Memorial.





A very moving smoking ceremony in honour of Archie Roach, was led by Uncle Shane on Monday 10 August in the gardens of Armagh.



A small IOFC group were treated to the wise words of Miriam Rose Ungunmerr Baumann. Miriam Rose, 2021 Senior Australian of the year, is a renowned Aboriginal Artist and Educator and the first fully qualified Aboriginal teacher in the Northern Territory and is the founder of the Miriam Rose Foundation.



# National Truth Telling Truth Hearing Forums

**SEPTEMBER 2022**



IofCA hosted a special evening with Richard Trudgen, author of *Why Warriors Lie Down & Die*.



An online session with Uncle Glenn Loughrey, *Unpacking the Uluru Statement from the Heart*.



# OCTOBER 2022



We were brought together in a heartwarming State funeral to celebrate the colourful and poignant life of actor Uncle Jack Charles.



Visit by the vivacious Dr Michelle Ananda-Rajah, our new Federal MP for Higgins



OCT – NOV 2022

OCTOBER – NOVEMBER 2022

# Turruk 3

Thomas Mayor joined Uncle Shane and Tracey Evans to launch Turruk hybrid in Melbourne across the Nation and the Globe.

First Nations leaders including Melissa Brickell, Ray Minniecon, Ash Dargan and Lewis Cardinal joined our seasoned Turruk speakers including Uncle Glenn, Jai Allen-Wright and Alana Marsh on a range of topics from Voice to Treaty, wellbeing and climate action.

Uncle Shane Charles and Uncle Glenn Loughrey took 25 staff from Aurecon Consulting Group, an international design, engineering and advisory company, on an immersive walking tour in Melbourne.







**MELBOURNE**  
**11 – 14 MARCH 2022**  
**38–31 OCTOBER 2022**

# Life Matters



My day one and day four were completely different, it is like I was transformed into a new and better version of myself – and it feels so great.” - Participant





## GERRIGONG NSW 2 –4 SEPTEMBER 2022



We reflected, listened, learned, and gave our personal opinion and feedback coming from our own personal moral values and how we might challenge ourselves to be change-makers." - Tanya Fox.



“ It changes people’s lives. We may think we are living to the optimal level in our life, but after Life Matters we realise there are whole new levels we can go to to make a difference for ourselves and for others ”



## ECC - ENGAGING CONSTRUCTIVELY IN CHALLENGING CONVERSATIONS DISCOVER THE OTHER



“

The trainers are outgoing, flexible and will always provide you with a listening ear to ask and clarify concepts. Both Shoshana and Mike are incredibly knowledgeable and will make sure you walk away with something that will impact your ability to communicate and create a space for tough and challenging conversations.

—— Amiel Nubaha

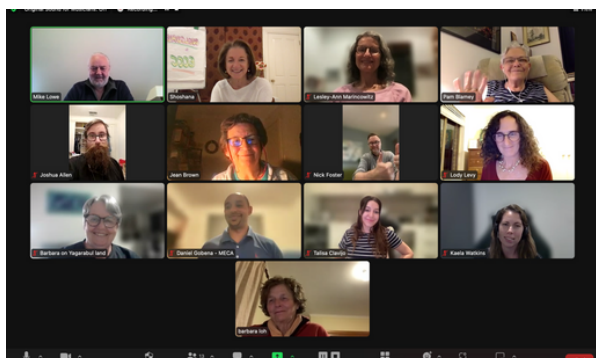
### About ECCC

In this course, you'll learn and practice some simple but surprisingly effective techniques for approaching challenging conversations. You'll explore this topic from all angles, and find out how you can prepare, lead, and conclude conversations. With the tools and knowledge you'll pick up, you'll be able to give yourself and your conversations partners the best possible chance to understand each other's perspectives, without the conversation being hijacked by emotions and limiting beliefs.'

'A great way to improve your ability to be balanced in conversations in which you might normally be triggered, and to develop and maintain healthy relationships in all situations.'

### ECCC Launch 2022

The ECCC online workshop series facilitated by Shoshana Faire and Mike Lowe was conducted over a course of five weeks in July/August and then again in October/November. The course gives people practical and essential skills in how to navigate the many complex elements of difficult conversations and conflict. The two courses brought together a total of 30 participants.



### Discover the Other

Discover the Other is a workshop led by IofCA Lead Facilitator Mike Lowe, exploring how to relate to those who are different, in ways that deepen all of us and build trust. You will learn to engage confidently and easefully with people who are different, deal with inner and outer complexity, transform anger from a toxic energy to a constructive power for positive change, and constructively handle conflict.

Two sessions were held during 2022.





## Creators of Peace

### CoP Speaker Series - Afternoon in Conversation.

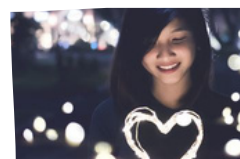
The CoP Speaker series continued in 2022, meeting online on the first Saturday of every month from Feb - Nov.

A deep dive yarn with Thomas Mayor and local community leaders sensing that things were ramping up for an Indigenous Voice to Parliament.

The speakers and topics for the year were:

- Aletia Dundas - A Quakers perspective on Peace
- Dr Anita Mackay - Towards Human Rights Compliance in Australian Prisons
- Barbara Lawler - Led on a Path to Peace
- Getrude Matshe-Kanicki - Live Ubuntu
- Leela Gray - A next generation Initiatives of Change!
- Mahboba Rawi AO - Mahboba's Promise
- Margaret Hepworth - Teaching Non-Violence
- Patricia Garcia - What is Positive Peace
- Robyn Hutchinson - WRN Taking Action for The Voice
- Ron Lawler - The Tirkandi Inaburra Cultural & Development Centre

### 2022 Speakers





## Creators of Peace Community of Practice (CoPCoP)

CoPCoP met six times during 2022, on a Sunday afternoon with approx 10 people each time.

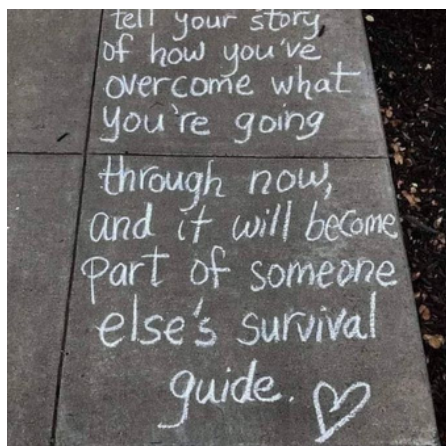
The time was spent with a shared lunch and a sharing circle with a theme, facilitated by different people each time. The gatherings have been in person while a few have joined via Zoom.

## Peace Circle

A Peace Circle was facilitated online by Tanya, Zorah and Prashanti in October/November 2022. The Peace Circle was a beautiful diverse group of one jewish participant, one muslim participant, two participants from Melbourne, one from Uganda and one from India.

## CoP Fundraiser

On Sunday 23 October, 60 Creators of Peace (CoP) supporters gathered at Rumi Palace, an Afghan restaurant in Adelaide, to raise funds for the work of CoP in Australia and CoP International, and to support friend and CoP Facilitator, Hajar Wares, who with her family fled Afghanistan during the recent turmoil.



## Creators of Peace - Inspiring Possibilities

An evening of community, connection and conversation took place at Armagh on Wednesday 8 June. The session brought together a diverse group of participants to hear Getrude Matshe, a vibrant Zimbabwean speaker, author, and artist talk about her journey of empowering positive change through her personal decisions.

*"Thank you for the opportunity to share my story today. It was a wonderful healing process in the writing of it and also of course in the sharing. I am definitely in the right place here. I'm loving this circle of women"*

## CoP Retreat

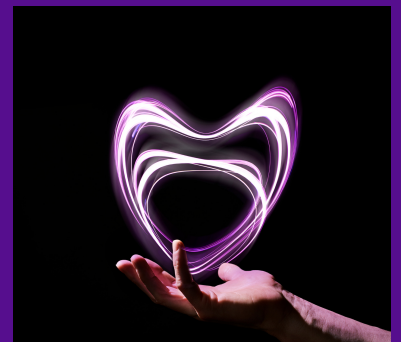
On the weekend of 26-28 August 2022, 12 women gathered to take part in the annual Creators of Peace SA retreat.

Connections was the theme of the weekend, and together they spent time reflecting and discussing what it means to connect with themselves, others and the world

## Refugee Week '19-25 June 2022 theme 'Healing'

CoP was invited by MECA Community Services to help create awareness and connect members from the refugee community with the broader community with the aim to help reduce social isolation, enhance social cohesion and foster a sense of welcome and belonging.

CoP facilitators invited the 70 guests into breakout rooms to share their experiences on 'leaving' and the challenges faced as well as the positives.



## International Day of Peace

CoP joined fellow organisation at the Raising Peace Festival held on 18 September 2022. In collaboration with Rita Warleigh (In'nal Volunteers for Peace); Gill Burrows (Peace Bene) and Lindsay Mell (Aust Network of Museums for Peace) a 2½ hour Workshop was developed titled 'Narratives for Peace'.

48 people participated and went into 6 breakout rooms led by IofC/CoP facilitators and identified their personal narratives, the personal impact it's had, what narratives they'll hold for the future, and what personal action/responsibility they would like to take and role model to pass on to future generations.





## The Sydney Aboriginal and Jewish community came together in solidarity! By Tanya Fox

In the lead up to the 2022 UN Day Against Genocide on 9th December, and the UN Day of Human Rights on 10th December, Rabbi's, leadership and the general Jewish community of both the Progressive and Orthodox streams of Judaism joined in three events in Solidarity with our First Nations Peoples - to Commemorate the brave action of William Cooper (of the then AAL Australian Aborigines' League) who delivered a letter to the German Consulate on 6 December 1938, condemning the cruel persecution of the Jewish people on Kristallnacht (Night of the Broken Glass) in Germany.

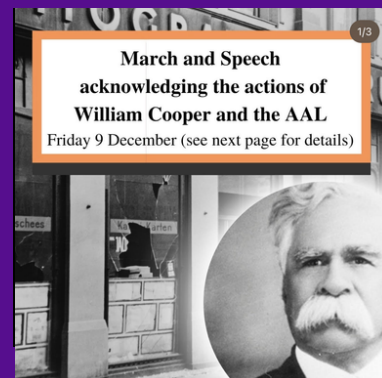
When Abe Schwarz, convener of the former William Cooper Legacy Project in Melbourne, called on Tanya Fox, IofCA/Creators of Peace NSW Coordinator, to assist him to arrange a commemorative program in Sydney, she couldn't say no, and so the following spirit of solidarity between the Aboriginal and Jewish communities came together in Sydney.

Abe Schwarz and Ben-Zion Weiss orchestrated an evening that suitably triggered our memory and stirred our conscience of the significance of the brave act of Uncle William Cooper 84 years ago to the day.

The evening commenced outside on the sacred grounds of the Emanuel Synagogue with a heartfelt Welcome to Country by Aunty Aly Golding a Biripal woman from North Coast NSW, followed by a moving Jewish Acknowledgement to Country by Rabbi Mendel Kastel of Together For Humanity, and then the great great great grandson of William Cooper - Alan O'Brien Yorta Yorta man from Central Coast NSW - played a powerful piece on the didj.

We then moved into the Sanctuary of the Synagogue where we were deeply moved by the history and stories from Michael McDonogh a direct descendant of Uncle William Cooper, and from Bruce Shillingsworth Jnr. It was an evening of Jewish and Aboriginal solidarity enhanced by spiritually stirring and uplifting renditions by Rabbi Cantor George Mordechai of Emanuel Synagogue; International award-winning Storyteller Donna Jacobs Sife, First Nations jazz singer Aunty Marlene Cummins, proud Guguyelandji and Woppaburra woman; Dr Ben-Zion Weiss of Dances of Universal Peace.

Amongst the direct descendants were also Aunty Diane O'Brien and her grandson Alan, who had travelled in especially from the Central Coast of NSW. Aunty Diane is the sister of Aunty Barbara Gravener (McDonogh) however they had not been in touch for many years.



“The evening brought us together as one. I am, you are, we are all William Cooper”

Michael McDonogh





## FRIDAY 9TH DECEMBER 2022

### 'ABORIGINAL AND JEWISH PEOPLE WALK IN SOLIDARITY'



Perhaps the most beautiful touching moment of the whole evening was then Michael (the son of Aunty Barbara) met Alan (the grandson of Aunty Di) ...these 1st cousins one-removed had NEVER met each other, both proud Storytellers and direct descendants of Uncle William Cooper ...but had to travel an hour each from different sides of Sydney to attend, of all places, a Synagogue ..to meet for the very first time! Other family reunions, particularly because of the sad Stolen Generation phenomenon, have also occurred in the past. Aunty Di now has over 100 direct descendants just of her own, and was named NSW grandmother of the Year a couple of years back, whilst authoring and publishing her autobiography Daughter of the River Country – also a study of discovering her Aboriginality (that her great-grandfather was William Cooper!), in later life.

We were reminded that this brave act by Uncle William Cooper and his delegation then known as the Australian Aborigines' League, was the only attempt made worldwide at the time, to condemn the atrocities that happened on Kristallnacht and in Germany generally.

Abe Schwarz urged the audience to take action and spread the word to their family, friends and colleagues to vote for a Referendum for a Voice to Parliament for our First Nations brothers and sisters.

At 4.45pm 18 members of the Jewish and Aboriginal community came together at the National Centre of Indigenous Excellence in Redfern and walked proudly with a banner proclaiming their solidarity for all to understand the significance of this Human Rights week. They walked along the streets of Redfern to Carriageworks to be met by a welcoming committee of First Nations Elders and direct descendant Yorta Yorta man Michael McDonogh, Bruce Shillingsworth Jnr, and Aunty Taressa a Gadigal woman of Eora Nation from La Perouse.

We then walked on to the Newtown Synagogue, where they were warmly welcomed by William Cooper's great grand-daughter Aunty Barbara McDonogh, and Rabbi Eli Feldman, the Chief Minister of Newtown Synagogue, together with his wife Rebbetzin Elke Feldman, and a gathering of the Synagogue community.

Rabbi Feldman said, "It is an honour and privilege to host members of the indigenous community to our Shul. It is particularly moving to welcome descendants of William Cooper, who was a lone voice in the wilderness standing up for the Jewish people when very few others would.

We will always appreciate William Cooper's genuine care and friendship."

"The Indigenous community stood with us in our most difficult times and we the Jewish community are proud to stand with the Indigenous community in their struggle to right the wrongs of history and ensure recognition, justice and equality for First Nations peoples in this country."

Everyone was invited into the Synagogue to join in the Sabbath prayers and songs, and the women enjoyed the candle lighting ceremony. This was followed by a traditional Sabbath dinner prepared by the volunteer Synagogue cooking crew. It was an evening of riveting story sharing, kicked off by Mr Eddy Neumann, the son of Holocaust survivors, and an Anti-Discrimination, Indigenous Law and Native Title Lawyer, He shared his long history of standing up for the rights of our Indigenous. He was the Foundation Secretary of the (ALS) Aboriginal Legal Service Council in NSW. It was a voluntary group of leading QC's, Professors at Sydney Uni involved with the 1967 Referendum who worked to defend the rights of Aboriginal people. This was the first free legal service in Australia, a pro bono service that depended on donations from academics to establish an office, initially based at Syd Uni, the crucial role being to put in place grass roots Aboriginal leaders to become field officers to have a base to confront the criminal justice system. Subsequently, Billy Wentworth, Minister for Aboriginal Affairs, arranged for funding to set up the ALS offices that are around Australia today.

Mr Neumann's work was gratefully acknowledged by an emotional story sharing from Aunty Teresa, followed by powerful and inspiring stories from Michael McDonogh, Aunty Barb McDonogh, Bruce Shillingsworth, and others from the Jewish community. Abe Schwarz has said "I was overjoyed to see various elements within the First Nations, Jewish and other communities walk together in the spirit of Solidarity and Mutual Respect" – now in Sydney!!



# Our Spiritual Practices

## Quiet Time

“ Quite time is a practice for finding inner listening  
“inner listening is the most valuable tool you can ever  
learn if you want to live a fulfilled and adventurous.  
Sitting quietly, being in nature, in your favorite quite  
place, emptying your mind of stress and pressure, you  
might be surprised what comes forward to your mind. ”

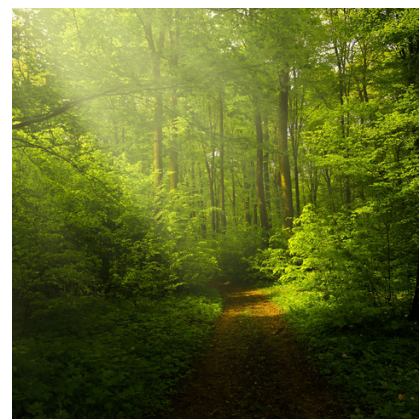
-Cheryl Wood



## Creating Space

Creating Space continued in 2022 providing the space to deepen one's own spiritual practice and renew a sense of purpose in the world. The time together online is a joyful, fresh and loving space for reflection, inner listening and sharing.

Creating Space meets online the first Monday of every month from 7.30 - 9 pm AEDT on Zoom



## Soul Care

Soul Care commenced in 2022 to provide a weekly time of coming together in community to deepen, learn, connect, be spiritually nourished and grow as people and as community. Each session included elements of community and trustbuilding, of spiritual depth and exploration, and of personal development.

The group met every Thursday from 7 - 8.30 at Armagh.



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## Be with Nature

*Come outside, be with me my child.  
Rest in me wherever you need. I will  
show you abundance. I will show  
you truth. I will show you beauty  
unimaginable that your desire will  
not hold anything that is not pure  
and true.*

*Breathe with me, come back to me,  
gift me the honour of your attention  
and presence and i will bless you  
with all that i am. ~ Kathryn Farrell*

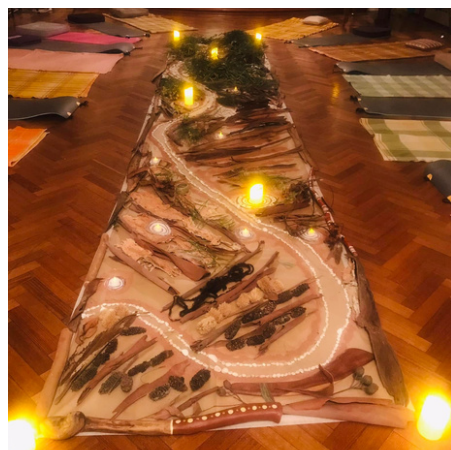
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# DIDGERIDOO HEALING WITH UNCLE SHANE CHARLES

IofCA has been proud to bring to you a unique and spirit reviving experience of Didgeridoo (Yidaki) Healing with Uncle Shane Charles, a proud Yorta Yorta, Wurundjeri and Boon Wurrung man, Co-Chair of Reconciliation Victoria and Cultural Integrity Lead at IofCA, and Dylan Charles, emerging Yorta Yorta leader and Artist in Residence at IofCA.

The didgeridoo is one of the oldest musical instruments on the planet founded by the First Peoples of Australia. Through playing and hearing, it is a powerful tool that lifts an individual's vibration back to a less chaotic and natural rhythm



The didgeridoo healing offered at Initiatives of Change is a gift. It is a gift of an experience which takes you somewhere deeper, into the land of spirit. The deep sound brushes off weight from your spirit, brushes off the weight of those things we carry with us for years. The reverberation permeates the body and the sound carries us - some back home, some to the water, some into memory." - Participant



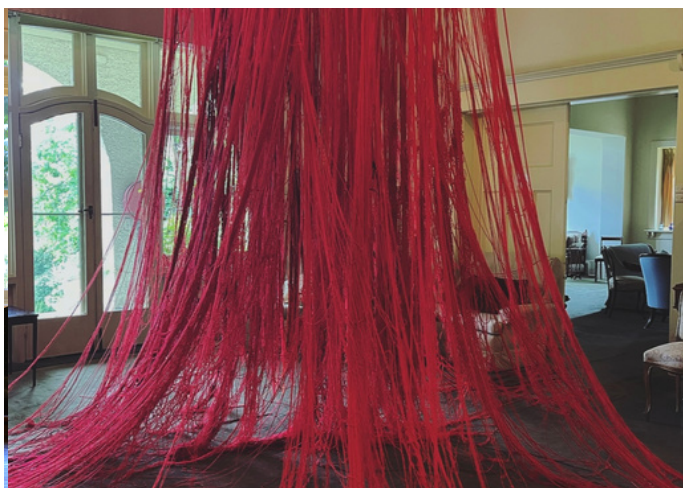




# Creative You!

Creative U! 'Heart of the Fire' Night of Entertainment took place on Saturday 26 November at Armagh. An audience of over 60 people were treated to a wonderful night of performances and art installations.

The night was a culmination of workshops held providing an opportunity for the community to set creative spirits free; through storytelling, art, acting, dance, music, film and creative writing!







# Armagh Christmas Celebration

The Armagh ballroom was full with families and friends to welcome and celebrate Christmas, having earlier had an amazing afternoon tea cuisine experience, with many contributions.

Everyone joined in the Christmas carols, an Aussie Jingle Bells song, followed by the children, all with musical instruments giving an original rendition of Jingle Bells. The children crowded around Cheryl as she read the Christmas story and then beside a twinkling Christmas tree, the stable came to life as the children placed in it all those who were part of the story just read.

The occasion finished with the lighting of candles. The children who lit a candle did so for the homeless, that everybody can go to school, that Jesus was still alive and prayer for peace for the world. There were many wishes, hopes, prayers and gratitude - for freedom, First Nations Voice next year, the environment, those who have suffered from the floods and farmers who have lost crops. Those who will be sad and isolated, who don't look forward to Christmas, remembering Ukraine and Ethiopia and addressing conflict internal and external, with love. A coming together of hearts, aware of the gift of Christmas and a very needy world. - Liz Weeks







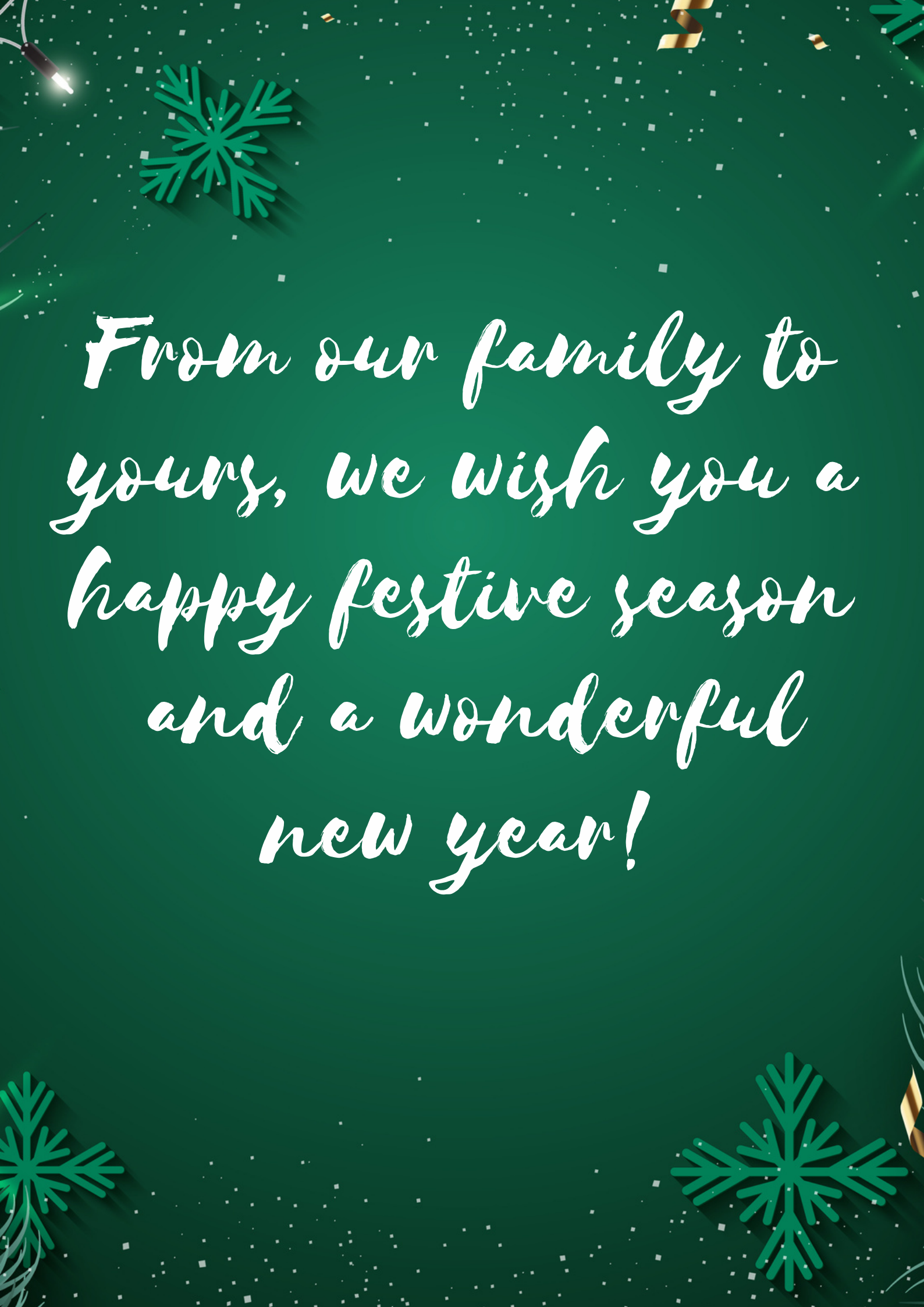
# IofCA Retreat

The IofCA Community gathered for a retreat at Armagh from 11 - 13 November after a gap of two years.

It was a weekend filled with a great sense of friendship and care alongside moments of honest sharing, healing, history, laughter, drumming, expressions of frustrations, new visions, current realities, and a sense of holding it all together in fellowship.







*From our family to  
yours, we wish you a  
happy festive season  
and a wonderful  
new year!*

