

Tauhara News



Kotahi tonu te Wairua o nga mea katoa ~ There is one Spirit that flows through all



Tauhara's next generation hard at work.

Welcome! With our days inexorably becoming shorter and shorter as we journey towards the winter solstice this week, and the nights drawing in, we send hearty greetings from the Trustees and staff to all friends of the Centre both within Aotearoa New Zealand and abroad. What a blaze of colour Tauhara has become, with the trees releasing their autumn palette of stunning colours, creating Nature's Persian carpet on the ground below. What a fitting time for us to hold our first Working Bee for 2010, gathering and mulching leaves, clearing gardens, gathering in the firewood and celebrating our life as extended community as we enter the more inward months of winter. (See page 4)

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Signs of the Times:

For many years, visitors to Tauhara were guided to the Centre by AA finger signs located at the bottom of the hill on the corner of Wakeman and Mapara roads, and at the junction of Mapara Road and Acacia Heights Drive. A few years ago, these were "tea-leafed", resulting in many first-time visitors becoming lost, and anguished 'phone calls to the Centre after nightfall. But thanks to Rob Williams, CEO of Taupo District Council and roading engineers Denis Lewis and Mark Giddy, we now have brand-new, attractive street signs in place. Thanks, guys! You were champs, responding to our request quickly and effectively.



Rob Williams



Local evening events at Tauhara

Regular Monthly Evening events.

Open Heart Meditation – for beginners and experienced meditators – every Wednesday evening at 7pm in the Meeting Room on the south side of Tauhara.

Dances of Universal Peace – first Monday of each month February to November. Come one and all for a lovely evening of singing, drumming and simple movement.

Who's Who at Tauhara # 3: Catherine Grace, the Bonnie Wee Lass Frae Paisley

In our last issue, we met Trustee, Louise Belcher-Breuer of Auckland. We now turn to Tauhara's current Manager, Catherine Grace, who took up her present Tauhara role at the close of 2007. Here is her story (a highly biased and presumptuous account of her life by her husband, Nasir!)

The fifth and last child of Annie and Tom Brown, in a family that already had four boys, Catherine was born in Paisley near Glasgow in Scotland in the years after the War when life was still relatively challenging in terms of rationing, work opportunities and financial ease. From an early age she loved nature, animals and people and was actively involved in caring projects for the old folk of her town. As a young girl she loved reading, poetry and drama. She took part in many productions as part of her elocution training, as well as 'backyard' spontaneous plays and concerts, thus paving the way for many a Tauhara concert that lay ahead! Among other delights of her childhood were swimming, country rambles, and Scottish country dancing of course! Key memories from her childhood are her love of family, her four brothers and her half sister, and the wonderful parents who worked hard to provide for their five children.



Her father, like his father and his grandfather before him, were shipbuilder's on the River Clyde, hard work in such an extreme climate. This was a family tradition which he was keen to avoid for his own sons, who trained as electricians and upholsterers. With the departure of their older sons to seek their fortune in North America and the likelihood that the other two would follow suit in short order, Catherine's parents decided to relocate to New Zealand where other relatives had settled. At the tender age of 15 Catherine arrived in Aotearoa, all agog at the prospect of living in a country that was not only warm, spacious and abundant, but also colourful, friendly and full of opportunities for employment and recreation. Her first impression of the country was the glory of the trees, the bird life and the clear light of this land. They loved the Auckland they discovered, and sank their roots deep.



By the time she was 20, after a few years working in administrative roles, Catherine had married and then became a mother of her first son, Tristan, with her other two sons, Jason and David, appearing in due course. Her children are the great love of her life, and now her grandchildren Alyssa, Phoenix, Finlay, Ava and Rose – what a great joy they all are to her, filling her life with love and fun. She spends time with them whenever she can.

Catherine was a seeker of truth, and even in her early years was interested in understanding what life and God were all about. After driving many a minister of the cloth crazy with many questions, she eventually "threw the baby out with the bathwater" and decided in her late teens she was agnostic! In her late twenties, acutely aware of the Earth and the impact of humanity upon it, she became an ardent campaigner for Greenpeace, Friends of the Earth, Save the Whales and also S.A.F.E (saving animals from experiments). She was soon part of the Auckland New Age scene, helping produce the *New Age Newsletter*, running gatherings and networking in the emerging alternative scene of the late 70's and 80's.

(Continued on page 3—>)

Who's who at Tauhara continued. . . .

In a 'defining moment' of her life, after leaving no stone unturned in her quest for understanding, she found in a personal revelation that *Yes* there is a loving Presence – "call it what we may, and every atom and being in the whole Universe is part of this Great Love". It was soon after this "road to Damascus" experience in 1980 that Tauhara called her – and she has been a familiar face here ever since, having found her turangawaewae, her place to stand, a home of spiritual enquiry and welcome to all paths and viewpoints.

Over the course of many years, Catherine has served in many different roles at Tauhara, including kitchen manager back in the 80s, when she compiled during her lunch hours the very popular Tauhara cookbook, *From Tauhara's kitchen: wholesome vegetarian recipes for New Zealand*, first published in 1989 and reprinted many times over, remaining a best seller with the many visitors staying at the Centre and enjoying Tauhara's distinctive vegetarian fare. As a group facilitator running gatherings such as **Earthdance** with her soul-mate Stephen Nasir. In later years she was to return as part-time then full-time kitchen manager again.



Catherine and grand-daughter



Number one grand-daughter and newsletter layout assistant, Alyssa hard at work with "Mama Honey" on this latest issue!

It was at Tauhara that Catherine acquired her love of circle dancing promulgated by the Findhorn community in Scotland, (with which Tauhara has maintained a connection over many years) and the Dances of Universal Peace inspired by Samuel Lewis. From humble beginnings, struggling to string a few chords together on the guitar and abjectly apologising to her dancers in the process (!), Catherine has developed into a much loved mentor of the Dances in Aotearoa, encouraging a new generation of leaders to step forward. She has led Dance pilgrimages to Uluru in Australia, Hawaii and Bali, and led Dances in the U.K., Europe and the USA. Who would have thought that the present-day confident and experienced leader who plays 12-string guitars in both standard and open tuning, had to struggle so much to acquire those skills. It was always her inner attunement, and passionate belief in the Oneness of all spiritual paths that carried

her through.

Catherine and her husband, Nasir (also known to many by his birth name, Stephen) got together in 1994, and since then they have shared their passion for Tauhara and its vision, the Dances of Universal Peace, and their extended family, as well as their ever-increasing spiritual family of many different paths and beliefs. They have worked together at the Aio Wira Centre near Bethell's Beach in west Auckland, and co-managed at Mana Retreat Centre on the Coromandel Peninsula for 5 years. Tauhara, nevertheless, remains their first love, and will always be so.

Quote of the month!

Words from our Founders in 'The Lantern' August 1936

"Gradually, very, very slowly the Light is spreading, here a candle, there a torch, sometimes only a rush light, and elsewhere a blazing lamp, each one who carries the unshakable conviction of God's Presence becomes a torch bearer in the long procession. Watch and pray therefore, that you may carry your lamp with steady hand held aloft."

Tauhara Working Bee – May 21st – 23rd 2010

An appreciation from Catherine Grace

It was the Beez Knees! The grounds were alive with the contented hum of busy Beez, all generously giving their nectar and energy to Tauhara. The Centre was a-buzz with over 40 beautiful souls who had come to lend their hearts and hands to help Tauhara to SHINE!



We who live here at the Centre have been fully uplifted with so much good work bee-ing achieved by all. We take this opportunity to say a huge THANK YOU to all the Beez who responded and gave of their time and energy. Our deep appreciation to you all.

Here are some of the comments we have received since the weekend:



"Thank you so much for a lovely weekend last weekend! It was great to meet you and to work with such a wonderful bunch of people. I had a fantastic time."

"I really appreciate how you welcomed us all. And I admire your skills: on Friday afternoon, I felt like an individual among a collection of other people, and by the end of the evening, I felt like I was part of a group, I couldn't be more comfortable with the others, it made life really easy!"

"I'd like to come back and you can put my name down for the next working bee."

Love Katrine

"Thank you for organising the opportunity to join the Tauhara Working Bee, meet such great people, enjoy great food and share in the special atmosphere that is Tauhara -

Valma and I thoroughly enjoyed ourselves. Overall, it was a lovely break and we especially appreciated your warm welcome" From Ian and Valma

"Thank you for the beautiful memories – love Filipa, Jessica and Melissa"



In the words of young Jessica's dance which she offered as part of the weekend....

"Come Join the Circle – Eat Dance and Play Together....."



By popular request we have another Bee happening in September – 24th – 26th, and as a special bonus, we are adding 2 Free Bee days either side of the Working Bee for 'chillin out' – on Thursday 23rd and Monday 27th. Might be a good chance to check out the local café's and hot pools! Book early to avoid the rush – best accommodation goes to the early beez.



Recent Groups at Tauhara Centre

People come to Tauhara for so many diverse purposes – some on their own for quiet reflection and introspection, others with families for connecting and fun, some as volunteer helpers, and most of all in groups large and small. All bring different energies and, in a way, we on the outside who are holding the group in a nurturing way, are touched as we bear witness to their journey during their time here. People arrive feeling a bit wary, perhaps, and most often leave relaxed, as friends already planning the return visit!.....

In the past few months we have had many interesting groups at the Centre – each bringing their own unique flavour and delight. The *Future Leaders Programme* run by the Leadership Institute at the University of Auckland, saw groups of enthusiastic young people taking the theory of business out into the Taupo community, where they partnered with local enterprises to work on solutions and improvements. We hosted: a meditation retreat for one of Aotearoa's high profile sports teams; an *Iyengar Yoga* retreat led by one of its great Southern Hemisphere exponents, Glen Ceresoli; Pennie Brownlee's highly regarded and popular courses, *Baby Space* and *Play Space*; a day seminar for practitioners working in the field of *Mental Health for Elders*, organised by the Bay of Plenty District Health Board. The annual School of Theosophy (held over Easter) has so many links with Tauhara's early history – and Warwick Keyes, who is the National President of Theosophy, has worked closely with Tauhara over the years, supporting in many ways Tauhara's vision and work in the world. This year the School featured an outstanding speaker, Ravi Ravindra, internationally respected for his knowledge and teachings in both science and philosophy. Then Angela and Hamish, local farming folks, had their beautiful wedding reception here. The Centre was transformed elegantly into an enchanting fairy-tale place under the expert hands of two local women from 'Event Rent'. Angela, the bride, had attended a vegetarian breakfast we catered for the local Council, enjoyed our food and decided to plan a vegetarian wedding meal with us! We had a great time, and so did everyone who came – and we wish them all the very best for a great life...and thanks for the sheep poos for the compost Hamish – the gardens are enjoying every bit!

We had many young people here from high schools all around NZ, who had come to Taupo for a sailing regatta – what a delight that was. We had boats parked on our grass everywhere, and an air of excitement all around. They were a great bunch of youngsters who were dedicated to their sport, the weather was great for their sailing most of the time – we think they did rather well. Then came *Inspired Wings*, a group of Auckland folk working with Spirit for insight and inspiration. A change of pace with nearly 50 Karate teachers – what an inspiring group of people they were. All up at the crack of dawn, practising outside, the sound of 50 sticks being struck all at the same moment was just awesome. Everyone dressed in their white uniform, chanting in unison – it was marvellous to watch and listen. The picture tells all.....



Seido Karate Instructors' Clinic

In May came *Stewardship Learning Community's* first retreat for 2010, followed by a large gathering of *Anthroposophists* focusing on learning and teaching meditation from the Rudolf Steiner tradition. Over 50 people dedicated to a common spiritual purpose is such an incredibly loving and powerful experience – even for those of us who were taking care of them from outside the meditation hall. The Founders of Tauhara were very much influenced by the teachings of Steiner: in fact, Charles McDowell was a leading Australian Anthroposophist of the day. These re-connections made for some inspiring conversations around tea breaks over the course of the retreat. Last but not least, as we prepare to "go to press", the Centre is being "en-chanted" by the first weekend in a three year programme of deepening in the Dances of Universal Peace. Our Founders would have been thrilled to see their vision of spiritual diversity manifested so beautifully.

A quote from Wisdom of the Peaceful Warrior by Dan Millman:

Surrender the illusion of "having it all together". Allow yourself to lose face, let it go, be human. Embrace your shadows and fears; "die" while you live so you discover what waits beyond.

From Tauhara's Kitchen!

Tauhara's Special Feijoa and Lime Muffins

Ingredients

3 cups flour (you can do 2 cups white 1 cup whole meal if you want)
2 tablespoons baking powder
1 cup raw sugar
3 eggs
1 + 1/4 cups milk
1 + 1/2 cups feijoas, peeled and finely chopped
125 g butter , melted and cooled OR use oil instead.



Ingredients for glaze

- 2 tablespoons castor sugar
- 2 tablespoons orange juice
- 2 limes, juice and zest (grated)

Directions

1. Sift the flour, baking powder and sugar into a large bowl and make a well in the centre.
2. In a jug blend together the eggs and milk and add the feijoa's. Blend into the dry ingredients folding in the butter as you go.
3. Divide the mixture evenly between 12 well greased muffin tins .
4. Bake at 200 degrees Celsius for 15-20 minutes until cooked.
5. To make the glaze, combine the sugar, orange juice and lime juice together, warm gently until the sugar has dissolved.

Stand muffins for 2 minutes in tins, then pour over the glaze. Stand for a further 5 minutes, remove from tins, serve and enjoy!

Feijoa Jam

Ingredients

- 2 lbs feijoas, peeled and sliced
- 1/2 cup water
- 1 lemon, juiced and zest (grated)
- 4 cups warmed white sugar



Directions

1. Place feijoas, water, lemon juice and zest in a large stainless steel pot and bring to a boil over medium heat, and cook until fruit is soft, around 15 minutes.
2. Add warmed sugar and stir until it dissolves.
3. Bring jam to a rapid boil and boil without stirring until the mixture reaches the setting point, around 20 minutes.
4. Pour jam into hot sterilized jars and seal.

Focusing on Tauhara's Founders.

The Trustees and Centre Manager, Catherine Grace, recently took advantage of a meeting with the Trust solicitor in Hastings to visit Havelock North, the birthplace of Tauhara and all that flowed from the vision and early work of our Trust Founders, including Robert, Harriot and Ethelwynne Felkin, Reginald Gardiner, John von Dadelszen and Charles McDowell.

Our first visit was to *Stadacona*, the homestead of Reginald and Ruth Gardiner, now renamed Keirunga and the heart of a vital artistic community set in a beautiful park, where we were shown through the stately old home by arts organiser, Barbara Daniel. The Gardiners had a profound effect on the nascent Havelock North community, and are well remembered there. *Whare Ra*, the old Felkin homestead designed and built 1913-1915 by highly-regarded Wellington architect, James Chapman-Taylor, was our next port of call, where we were generously shown through what has long been the private residence of the McDonald family. It was great to see this magnificent, stately home which played such an important role in the founding of Tauhara, so lovingly preserved and cared for. Last, but not least, we spent some time in St. Luke's Anglican Church in the village, to which our Centre Founders were deeply connected. As Skye Isaac recounts in *Tauhara: the growing of an educational and spiritual Centre*, our Founders were "dedicated Christians, active parishioners at St. Luke's and strong supporters of the Anglican Church as well as quietly exploring their beliefs in a deeper spiritual quest. They called themselves the Society of the Southern Cross. They wanted to know more of the mysteries of the kingdom of God, and they were willing to undertake the necessary spiritual discipline to attain this end." We would like to express our appreciation to Ian Noble, retired Tauhara Trustee, who arranged our visits, and to Barbara Daniel and Diana McDonald for the visits to Keirunga and Whare Ra respectively.



Current Trustees Nasir Grace, Louise Belcher-Breuer and retired trustee, Ian Noble at Founder's home - Whare Ra

The history of Tauhara is a fascinating story, which is well recorded in the following titles most people will find available through their local public library:

Ellwood, Robert *Islands of the dawn: the story of alternative spirituality in New Zealand*. Honolulu, HI: University of Hawaii Press, 1993. cf chapter 7, pp 156-184 *The wizards of Havelock North: the Golden Dawn under the Southern Cross*

Isaac, Skye *Tauhara: the growing of an educational and spiritual centre*. SP Hastings: Cliff Press, 2002.

Wright, Matthew. *Havelock North: the history of a village*. Hastings: Hastings District Council, 1996.

The Winter Gardens

All the winter veggies are happily tucked under pea straw mulch and compost, ready to weather the winter frosts and cold.



Cabbage, cauli, leeks, beetroot, carrots, onions, broccoli and lettuce are steadily growing in the gardens.

Green manure has been planted in some of the beds, with row upon row of lupin, which will be dug in come springtime.

We have thinned out many of the trees on the south side of 'Tui Garden' where the light had been blocked by lots of scrubby trees. This will make way for the light to pour into the garden, and our hope is that the "summer garden" will now produce all year round!



Photos from the Working Bee



This newsletter is published four times a year in spring, summer, autumn and winter. It is available at no charge by email, and can be downloaded from our website. Editor: Nasir Grace.