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Elm Grove Sanctuary Trust Newsletter - Summer 2023

When we seek to find our life's purpose that was imprinted within us at our birth, it is through love and service to others that we express that greater love that created us. Our shared thoughts and reflections can enhance our search and recognition.



"The river is a metaphor for life in its entirety with its calm times, its turbulence, its way around obstacles, its erosive powers, its supplying

nutrients to the land ... from its birth in rains on the mountains to eventually re-uniting with the source of that rain." Peter Sands

Recent news on the work of our Trust

There were many caring and compassionate Australians out there who voted *YES* for the Referendum. These people weren't the ones who spread misinformation and pain for our Indigenous friends and community members. They weren't loud or abusive. It is this quality and commitment of so many in our Australian population that enables me to continue to hope that even though this referendum failed, there was a much stronger bridge crossed in our relationships with our First Nation people.

People with more knowledge now feel great pride for the endurance of our land's first custodians who have shown their enduring resilience, their innate compassion and generosity despite one betrayal after another. We have now heard their stories that have been hidden for far too long to cover up the shame of our past history. These stories will continue to be told and this is vitally important. It is in listening that we learn and find our hearts and our voices to stand together against lack of knowledge, disinformation both politically and in the media, and overt racism that had become shamefully apparent with the referendum.

Such a prophetic and gracious invitation was extended to us all in the Uluru Statement from the Heart. We were invited to reach for higher values, deeper understanding and compassion and, while a majority of people lacked the insight to see the enriching opportunities being offered, all who voted 'yes' will stay convinced that this can still be overcome as we accept the generous hands extended to us by our First Nation People to sit with them and to really listen with our hearts.

After the failure of the referendum I decided, on behalf of our EGS Trust, to invite some of our local Indigenous elders Wally and Yvonne Stewart, friends from well before, along with the local facilitator of *Yes 23* in Narooma, Steve Payne and Kevin Bird who has been very involved with creating opportunities in education for Indigenous students at Narooma High School. Several of our Board's directors, Sean Burke, Stuart Absalom, Edwin and myself and our Associate Members Rev. David Oliphant (Ret.) and his wife Angela Young gathered here for lunch at Emma Close to listen, explore and envision what might be possible in going forward.

Wally and Yvonne have worked tirelessly to promote opportunities and training for local Indigenous people and have provided some excellent outcomes from their efforts over many years. They sought to address the need for resolution of Aboriginal Fishing Rights and the limitations imposed upon them with their endeavours to culturally provide seafood for their community elders. So we were delighted when they shared with us some very good news.

They have recently been informed that a grant has been given to create a *South Coast Sea Country Hub* to enable self-determination on sea country with an Indigenous led and owned initiative to create employment. It will work in collaboration with established knowledge and training centres such as universities (ANU, UOW) and TAFE to benefit community through tailored code sign teaching and research programs to harness ocean resources for environmentally sustainable and socially equitable economic development for Aboriginal people.

This is exciting news as it will enable opportunities for 'economies of scale' around marketing, promotion, labour, and infrastructure sharing with a focus on support, enabling, knowledge brokerage, translational business practices and mentoring.

Following our luncheon meeting I was contacted by Kevin Bird and Steve Payne who were interested to ask our Trust's support for a program for keeping Aboriginal students at school to complete their Higher School Certificates. Based on *Closing the Gap* the focus will be to work with identified students who require assistance in raising their capacity levels specifically in literacy and numeracy. This has now brought forth further meetings and discussions and Kevin, Steve and our Trust are working collaboratively with Narooma High School towards this proposed exciting project for 2024. The *Yes 23 volunteers* I feel will be an important aspect in making this happen.

Since our Trust was founded back in 1983 we have worked closely with Aboriginal people to provide support to them through educational opportunities and training programs at Elm Grove in the Snowy Mountains region. Since transferring to the NSW South Coast our work has continued. In 2015 we funded an after-school Study Program for Koori students at Wallaga Lake and in 2018 we funded the ongoing program *Koori Kids Gardening Program* at Narooma High School.

This program supported the vision of Special Education teacher Todd Helton to provide a space for those students who struggled with behavioural and mental health issues in classroom situations. He sought to provide a stress reducing space that they would create. He saw that some hands-on learning

and training would also enable them real opportunities for employment once they left school.

This project offered some vast essential learning as they created the gardens from scratch. Firstly, fencing the site on a very basic clay soil area, creating covered gardens, ordering the suitable quality and quantity of soil needed (a practical maths lesson opportunity) and then planting and maintaining the gardens. This provided great produce for healthy lunch preparations and surplus vegetables were sold to teaching staff (so book-keeping skills came into force). We then purchased a shipping container and had windows inserted for a woodworking space and for tool storage. With price discounted tools from generous local suppliers we were able to provide this significant space for the students. It is good to know that this has expanded into a much larger ongoing program that continues on benefitting students. *'From little things, big things grow'* to quote Kev Carmody and Paul Kelly and they did.



Therefore, we proceed into 2024 with a sense of purpose and intention to continue our work of listening to our Aboriginal people's voices and supporting them with our utmost wishes for their ongoing self-determination as they move beyond the 'no' outcome that disappointed all caring and informed Australians.

I would encourage you all to take some quiet time to sit down to view and listen to the JG Crawford Oration - delivered by Professor Stan Grant:

<https://www.youtube.com/watch?v=HW1waiBEX0c>

On behalf of our Elm Grove Trust, I would like to extend our most sincere thanks to all who have supported our work through your donations and inspirational support over this year. I offer you our profound gratitude. In this time of immense suffering in our world caused by war and hatred, failure of

human compassion for our fellow inhabitants on this precious earth, which is facing a precipice of immense proportion caused by climate change, it calls us to reflect upon what each one of us might offer in our daily lives to improve the lot of others and our earth.

May this Christmas time, and all other special holy times celebrated in this period, see the Christ awaken to be re-birthed in each one of us. Christ that moves beyond narrow definitions or belief systems, to be recognised as the God found in each one of us. The Christ from the very beginning of All.

Blessings,

Laurel Clare LFSF

Our Board of Directors continue in their many wider personal commitments and practical actions in caring for people and our planet. Continuing what we started in the last newsletter, this time our profile is on one of our founding Directors, **Edwin Lloyd-Jones**.

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We welcome articles that promote hope and positive action taken to enrich our life on this beautiful planet. Should you wish to contribute an article for our next newsletter please send it to us at egstrust2@gmail.com.



Every rock, every leaf, every insect,

has something beautiful,

nay wonderful, to tell.

Father Julian Tenison-Woods

Our need for a new narrative

Presently our world faces intense crises that threaten our existence and our humanity and the need for us to bring this into a deeper aspect through prayer, meditation and reflection on our way forward together. Aspects that express compassion, respect for difference, empathy and love without judgement or separation ethnically or religiously. To see our urgent need to care for our natural world, of which we are all an integral part. To do otherwise it would seem untenable - we will surely perish.

It is time for us to go within to seek our way as our material and greedy world has not provided any answers. We all know that we need a new narrative that moves us from our current threatened existence.

I invited people to express something of their own discovered inner wisdom that has come from both the outer and the deeper spiritual aspect of their lives.

Laurel Lloyd-Jones

This excellent piece was submitted by David Oliphant.

Thank you, Laurel for this invitation and challenge. I relate immediately to what you say, particularly 'We all know that we need a new narrative that moves us from our current threatened existence'. In my own way I am working on a new narrative. My title is:

Toward Global Community: Why Christ is the Most Important Experience We Can Have

The challenge I have set myself is to be truly accepting that we are one human race or family all living on this little planet together, while honouring my sense of real relationship with Jesus and the saints of the Earth, and the experience of Christ that is central to my life. Here is an excerpt from my Introduction:

It is in this crucible of relationships between 'I', 'me', and 'myself', and the Others in my life, be they other persons, other animals, other organisms, other life forms, other spirits, other energies, other material objects, that ultimately determine who 'I am' at the last, the degree to which I embody life or incarnate the something of the All first experienced in my mother's arms. It is in this primary relationship of Self to Other we human beings sort ourselves out and determine who we ultimately are. At the personal level it is the focal point of all positive religion, captured in different versions of the Golden Rule. 'Do to others as you would have them do to you', 'love your neighbour as you love yourself', 'treat others as you would yourself be treated, what you yourself hate do to no one, live in harmony for we are all related'. When Self and Other are in balance, 'I' is in balance with 'you' and with 'we', and we are as community in balance, more or less, with what is.

The history of the human race is how this has rarely if ever been the case, and the reasons for this have come to be known as 'the human condition'. It is not a simple story, and there are many different versions of it, depending on just when and where it was told and written, and what the prevailing ideas were in people's minds. What seems to be common in all these versions is that we human beings are capable in our lives of extraordinary acts of altruism, love, courage, kindness, goodness and beauty, as well as extraordinary acts of hatred, malice, deceit, treachery and self interest. Our story is a story filled with the glorious and the inglorious, with life and what builds up, with death and what fragments and destroys. We cling to community in the face of violence as a soul clings to life in the face of the abyss. We long for union and love in the face of isolation and fear.

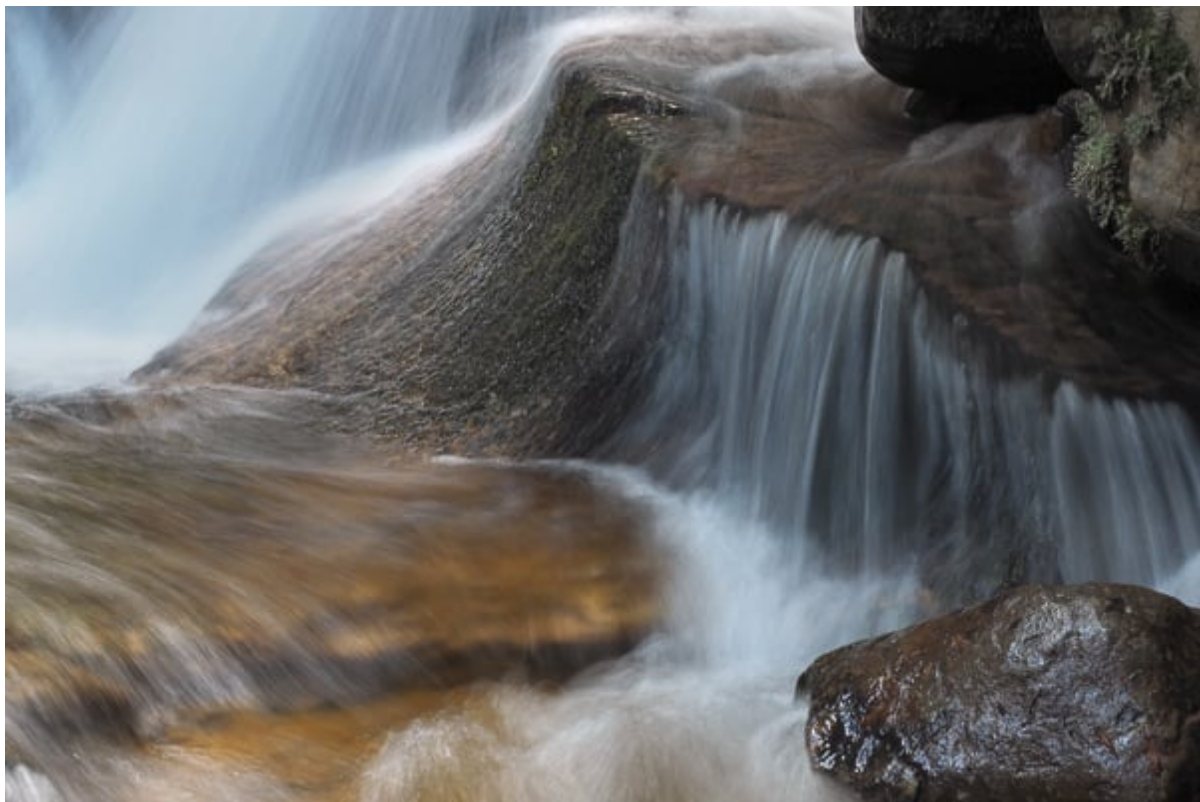
I am exploring yet another version of this story. My version. It is in outline only. Any version can only ever really be in outline, but particularly my version. It is a big, complex story that I want to tell in two different ways. I am hoping you might find yourself somehow in my story, whichever version. I am particularly intending a story in which we can all find ourselves, if we so wish, as modern human beings living in the third decade of the twenty first century after Christ or the Common Era. It is a story based in the tension between Self and Other, and the choices we make in the light of our 'human condition' and the implications and consequences of those decisions in relation to the All and Nothing of existence, of Being. It is about the freedom or lack of freedom we have or do not have in making those decisions. It is my story, or rather how I see 'the story', but I am writing it as honestly as I can as an 'I' who can believe that I am also part of a 'we' that in the end takes in the whole human race. I am also part of many other secondary 'we's', of course, but it is the Whole that is

the human race that I like to think holds me ultimately in myself understanding. I am a human being, nothing more or less. Genghis Khan and Adolf Hitler are fellow human beings, as are the Buddha and Jesus of Nazareth.

I have used up my word count already! But I am more than happy to say more on another occasion. Let me finish by saying that of all the concepts of God that have come to us in the World's scriptures I think 'God as Spirit' is the most graspable in our modern scientific and technical world, but still not without challenges. We are all containers of spirit and Spirit, and Christ refers not only to the surname of Jesus. It is also our identity as human beings in becoming truly aware in our actual experience of the extraordinary wonder of which we are all part, and which enables us to truly grasp just who and what we are. We truly are All and No Thing.

David Oliphant

November 2023



The Hair of the Goddess

It was many years ago! On a hot, sunny day the chill had been taken off the water through many days of summer sun. Krista, Bruce, Maria & I were wading

up the Peak River from Elm Grove Sanctuary. And we played in the water, dried by warm breezes and the power of the sun.

I sat by a small waterfall, hypnotised by the ceaseless flow of water, idly watching, wondering about this, and about that. Through the eye of the camera, my extended senses and doorway to other realities, I sought another view of my world of sun and water, and was mesmerised by the graceful curve of the water and the light playing in the droplets ...

The stream flows strongly in the valley,

bubbling, effervescent,

on its journey from the mountains

to the sea.

As the sun shines from a clear blue sky,

empowering, enlivening,

it catches the river ceaselessly dancing

over the rocks.

When the power of light brings a new clarity,

judgement suspended,

things are often seen to be not what

they may seem!

Peter Sands

February 1995

The flower below is a *Papaver paeoniflorum*, sometimes called a "pompom poppy" or "peony poppy"



Poppies

Central depth of purple,

Leaves more bright than rose,

Who shall tell what brightest thought

Out of darkness grows?

Who, through what funereal pain,

Souls to love and peace attain?

Leigh Hunt

Bishop George Browning (Ret.) was from 1993 - 2008 Co- Guardian along with **Archbishop Francis Carroll** of our community the Little Followers of Saint Francis at Elm Grove Sanctuary.

George is a Patron of the Australian Palestinian Advocacy Network and he has been a frequent visitor to Palestine and host of Palestinian leaders in Australia. With the traumatic situation unfolding as this edition of our Newsletter is published, we thought that George's knowledge, insight and speaking of truth to power should be offered to our readers through these articles from his Blog - www.georgebrowning.com.au

The Future for Palestinians, Israelis, and Peace in the Middle East

Following the Hamas attack of October 7 and the subsequent Israeli response, the ground has irrevocably shifted. There can be no going back to the previously prevailing status quo in which the Palestinians of Gaza suffer an endless blockade, the Palestinians of the West Bank face on-going rule through military occupation, and the people of East Jerusalem suffer continuing restriction and loss of identity.

It is clear Israel no longer wishes this situation to continue either. What is their solution? It has not been stated. But if intention can be interpreted from action, the solution will be devastating for Palestinians, a genocidal solution that must be totally rejected and resisted by an international community committed to the rule of law.

It is reasonably clear that without strong international diplomacy, it is Israel's intention to force Palestinians in Gaza who survive the military onslaught, and death through sickness, out to the Egyptian held Sinai Peninsula.

Read further: www.georgebrowning.com.au/blog/december-01st-2023

Apartheid and Antisemitism

An open letter to the Hon Julian Leeser MP.

First may I express my sincere condolence for Israeli lives lost in the shocking and brutal events of October 7 and express hope that Israeli hostages will soon return home safely. The attack by Hamas was inhumane and without warrant.

I write however to respond to your recent statements about antisemitism published in the weekend SMH, particularly linking antisemitism to criticism of Israel. I wrote to you recently to thank you from the bottom of my heart for your principled stand in promoting a Yes vote to the recent failed referendum. It was the right thing to do, but it took considerable courage and in the political field you have borne a heavy price. Amongst those of us who value integrity, you stood tall.

It is therefore with mixed feelings I respond to you. You quote one of my theological heroes, the late Chief Rabbi of Britain, Lord Jonathan Sacks, who is reported to have said "Jews used to be hated for their religion, then they were hated for their race and now they are hated for their state". You apparently

went on to say: 'Antisemitism is the hatred that never dies – it just mutates over different generations'.

With the profoundest of respect, both you and Lord Sacks suffer from a blindness that seems also incapable of dying.

Read further: www.georgebrowning.com.au/blog/open-letter

As we hold this tragic situation in our hearts and prayers at this Christmastide – that time of year which is holy for many different faith traditions – we ask from the depth of humanity's collective soul that this terrible situation might find resolution.

This beautiful painting '**Hope**' by Palestinian artist **Sliman Mansour** expresses so clearly our collective prayers.



From Judith Clingan

I have just enjoyed listening to your conversation Laurel and Edwin with Caroline Jones. Wonderful - but your book covers much more ground. I am so glad that I met you and your journey through your book.

You are inviting others to share their journey towards purpose:

I am very lucky to have met God so early that I can't remember ever having not had a constant awareness of God's real, loving presence. Of course I have had

deserts, when through my own self-centred folly I have found it hard to hear his voice. But I have always come back to awareness after not too long.

I have always known that I was put on earth to create beauty, and to help others learn how to create beauty. I have been nourished by all the arts since my very rich childhood, with parents who both found joy in music, visual art, drama and literature. Very early (when I was about 13) I began to teach children to find joy in these things, and I have been blessed to retain my love of this work for more than 65 years.

God speaks to me constantly through what I encounter while creating or teaching beauty. At the moment I am teaching the history of western music to 13-14 year-old children in a small Steiner school in Cooma. As I try to explain to the children how the intervals of the octave, fifth and fourth are embedded in the very stuff of the universe, through the laws of physics, it overcomes me again how extraordinary the world is, what a magnificent creation, made for us by a Creator with such a vast overflowing love for us and for everything he has created. And as I invite the children to listen to an Ave Maria written in the 15th century by the Flemish composer Josquin, and try to explain to them how Christians have felt awestruck as they contemplate the mother of God, I am in awe of the greatness of God, at the gifts I have been given.

And in my little Wayfarers mixed ages singing group in weekly Canberra sessions, as I listen to inexperienced singers fumbling with their voices, and sometimes finding the beauty we all know is there waiting to be found....it is such a joy.

I speak to God in random little moments - I thank him as I sink with relief into a comfortable armchair, having endured some hours of pain and discomfort standing, or sitting in a less appropriate chair. I discuss with him my dilemma, as I accept a bit of bacon from a host, knowing that God created pigs as highly sensitive, affectionate and intelligent creatures. I apologise to God for our collective crassness in often not remembering this, and I thank that little pig, whose death made it possible for me to enjoy bacon.

I apologise to God when I have knowingly not stopped to help someone because of a selfish desire to be somewhere else. And I apologise to God when I feel peeved about my narcolepsy. Any small lack or loss, or perceived negativity from someone who doesn't like me, or difficulty with a relationship, I offer up as a gift as I try to set things straight.

So basically a loving, forgiving and challenging God is constantly beside me as I set out each day to do the work which is very clearly laid out as the path on

which I must walk.

Thanks, you two, for the example you set us all.

Judith Clingan

Judith (Judy) Clingan AM, born Sydney 1945, is a multi-faceted Australian artist: musician, visual artist, writer, director, educator. She is best known as a musician.

To find out more about the incredibly prolific work of Judy, please visit her website:

www.judithclingan.net.au



**When we tug at a
single thing in nature,
we find it attached
to the rest of the world ...**

John Muir

ABC interview of Edwin and Laurel by Caroline Jones on "The Search For Meaning"

This now rather ancient interview <https://elmgrovetrust.org.au/abc-interview/> went up on our website recently.

So many heart-felt sharings came in the letters in response to the airing of the interview in 1988. People expressed such deeply personal and meaningful aspects of their lives. We felt very blessed to have been able to open up opportunities for people to share their own experiential faith journeys as they told us so often that they had never spoken of these before.

Each time the interview was re-broadcast literally hundreds of letters flowed into Caroline at the ABC. She sent them on to us remarking that it had been the most response that she had ever had to her program 'The Search for Meaning'. She was replying to them along with us, so I must say all three of us were a little relieved when we got to the bottom of those piles.



Director Profile

Edwin Lloyd-Jones

Brother Edwin Lloyd-Jones is a co-founder of Elm Grove Sanctuary Trust and is a member of the Community of the Little Followers of Saint Francis.

A 'Good Age'?

The other day I overheard someone asking a mutual friend 'How old is Ed?

'Hmm, I'm not sure, but he's a good age' was their reply.

This set me to thinking about just what is a good age? And how would you define it anyway? Having just turned eighty-nine I have to admit to not feeling too chirpy some days but, then again, I think that I am in reasonably good health. Granted I need my walking stick these days to navigate open distances or rough ground but that's not too bad considering that many younger folk than me are in a much worse shape. So, what is a good age?

In quieter times I often reminisce about *the good old days*. As a child I used to do what I now would consider to be impossible things. The fun and laughter times. They were good.

In young adulthood came the adventures and discoveries of life along with its responsibilities. They were good. Then as life took on a more structured aspect with education, falling in love, marriage and children, these times were also good.

With the flow of time most of us face challenges with mortgages, support for our growing children, teenagers finding their direction in life, and career changes, but overall upon reflection, I found these times were pretty good.

With ageing we can be faced with serious health issues, the loss of parents or our siblings with whom we have enjoyed so many good times. All, a snap shot of life and in the pondering, we realise that they become the real nitty gritty of a life fully lived.

Of course, all life cannot be encapsulated quite so simply as having reached the all inspiring '*good Age*' part of life, one knows that there is much more really to it.

Have you ever thought of what your life might have been had you followed your young age whims or plans? The coming to that fork in the road of life where you can either take the left or the right or have maybe not felt confident enough to take either road. This of course is impossible, as you did choose something that took you to the point where you are now. Sometimes what you think you would like to do with your life comes as a thought or feeling, however, it never comes to be. Or does it?

Growing up during the second world war without my father, who was a prisoner of war from 1940 to 1945, I was quite obsessed with wanting to join the RAF when I grew up. I remember going to my mother at about the age of

twelve and saying, *'Mam, when I grow up, I don't know whether to be a pilot or a parson'*. Somewhere in that young brain, apart from my focusing on the military, strangely had come the thought of joining the church.

At eighteen, with two years National Service required, I enlisted for three years. The extra year allowed me to choose any area of service that I wished to serve in. I was mad keen to be a musician so this allowed me to join a military band enabling a thorough training as a musician. Fifty years later I became a life professed Franciscan religious brother. What a varied journey I ultimately went on that led me to that point in my life that strangely aligned with my boyhood questioning to my mother of either the military or the church.

With my wife Laurel, who had an out of body experience during surgery when she was confronted with her Creator, this led both of us on an unbelievable change to our lives. This culminated in us writing of our journey now encapsulated in our book [The Elm Grove Story - a mystical journey](#). This speaks of the unseen power of love that we cannot see, but can definitely experience. This power can work with us in our everyday lives.

It is interesting that one can perhaps have some sort of a glimpse of what our future might hold. Perhaps not quite in the way that we imagined with life's many turns and twists but now at this time in my life I can mostly say that my life has been very blessed despite a few 'downs' that have been topped by the 'ups'. So, a good age?

Definitely!

Edwin Lloyd-Jones



That's Edwin on the side drum above, and at Elm Grove Sanctuary below.



Recommended Reading:

“Not Helpful”

Tales from a Truth Teller



George Browning

'Not Helpful' *Tales from a Truth Teller*

By George Browning

Publisher Echo Books - ISBN: [9780548854616](https://www.isbn-international.org/product/9780548854616)

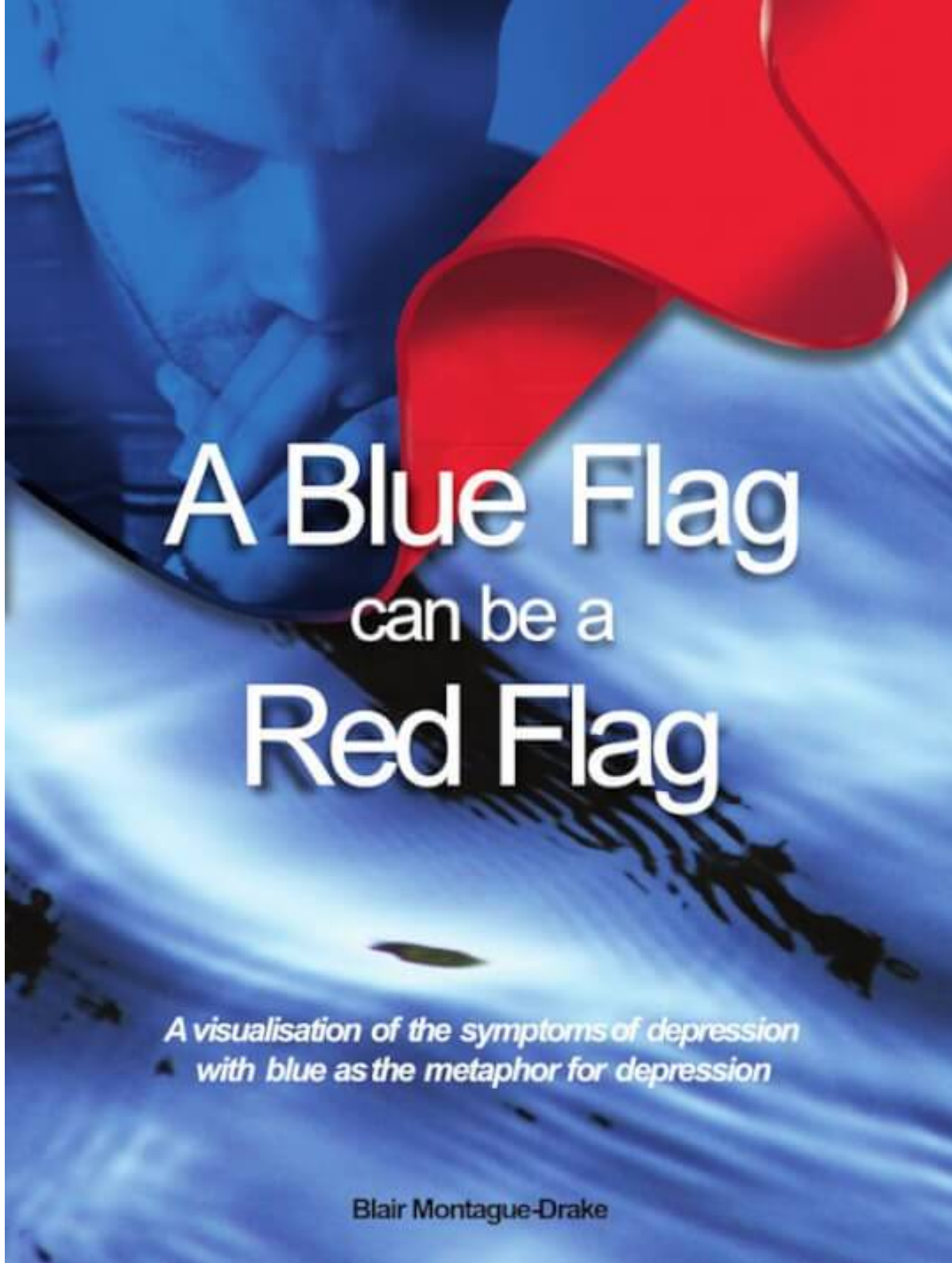
This book is a must read – *'Not afraid to speak truth to power, **Bishop George Browning** is a prophet of our time. He sees with great moral clarity some of the major issues facing humanity, including the catastrophic existential threat posed by global warming, as a tireless champion of the common good and the Gospel values of justice and compassion, he has fearlessly warned of the dangers of free market economics and unrestrained capitalism that led to deep and widespread injustice and unrest, and a dehumanising and insecure life for many. We owe him a great debt of gratitude for his passionate commitment to a vision of society which values all equally and seeks the wellbeing of all'.*

Roland Ashby

'Not Helpful' is a series of essays in which, from his Christian faith, George Browning addresses some timely questions, not limited to: Can Israel and Palestine become the Middle East's bi-cultural powerhouse? Is capitalism destined to be a pariah in the 21st century as communism was in the 20th century? Will individualism become the catastrophic destroyer of Common Good?

Rendered through anecdotes, covering George Browning's engagement with senior politicians and public servants while a bishop in Brisbane and during his 15 years as the Bishop of Canberra. His book commences with biographical detail illustrating how George was formed and shaped to live a life at the centre of the institutional Church and yet always on the edge as a champion of the vulnerable and voiceless.

echobooks.com.au/our-books/not-helpfu



A Blue Flag can be A Red Flag

By Blair Montague-Drake

My wife, Rhonda and I, spent many happy years as custodians of Elm Grove Mountain Retreat, a place of peace and tranquility. Founded by Edwin and Laurel Lloyd-Jones. We had the joy of meeting many people who came to enjoy self-imposed retreats at this extraordinary place.

A few years ago, I met a man who seemed full of external and internal rage. His language was so offensive and threatening that I felt compelled to walk away from him. A week after this incident I was told by his wife that he was 'having a bad day' and that he did not mean anything by it because sometimes his depression took over his persona. I realised from the discussion I had with his wife that the judgment I had initially formed of him was totally wrong and indeed that my first impressions of anyone are more than likely wrong. It occurred to me that there would be many occasions when a person suffering depression so publicly would create an aura of caution about them. Perhaps even more alarming was that so few people recognise the many symptoms of depression.

I have never suffered depression so the first thing I had to do was to have an ever-open mind which led me to explore the many aspects of depression and discovered quite soon that the word, depression, means many things to many people around the world. I contacted a number of Clinical Psychologists, not just in Australia but also in America and the UK. I told them that I wanted to give their clients a voice and a chance to tell others of their illness in a book. Some of the Clinical Psychologists were very helpful in guiding me on the type and style of questions to ensure trust, particularly Dr Sarah Edelman, who also offered alternative suggestions of text. Subsequently, I interviewed, by phone, email and in person over 65 people who were willing to share their story and so began the book **A Blue Flag Can Be a Red Flag**. With blue as the metaphor for depression.

No person who was interviewed as a person suffering from depression was ever named, neither was an image of them shown in the book. As an Art Photographer I had decided to create an image that spoke of their symptom. This image was not only the metaphor in blue, which is on every page, but also inspired by something they often repeated in the interview. In some cases, their telling of their story could have led to identification, so, with their agreement we substituted their words with something that in their eyes was just as meaningful. We also discussed the image I had in mind for their story. It was a long and painful process as there were many times when appointments were broken only to be contacted later with their story. In one case we made five appointments for one person. There were days when I imagined an email coming through almost dripping with pain and tears, certainly some of the stories were brutal. It was heartening to hear later, how participants of the book showed around the book to family and friends, admitting that they would never have done this before as some of them were previously so much in denial of their sickness.

I will leave you with part of what Dr Peter Love MPH. PhD has written in the forward.

“In **A Blue Flag can be a Red Flag**, Blair Montague-Drake offers us a beautiful window into the complicated and often confounding phenomenon known as depression. By combining the deeply personal stories of people with depression and their families and friends, statements from seasoned mental health professionals, poetry, and exquisitely evocative photographs, Montague-Drake has captured the broad range of human expression beyond the limit of words that is essential to understanding this common, and all too often poorly understood part of the human experience. I cannot recommend this book more highly to the attention of mental health professionals, people experiencing depression and those who care about them.’

For me the great reward of this book has been knowing that although there is no cure for depression IT CAN BE MANAGED. Some of the imagery in the book can be viewed via the address below

Blair Montague-Drake

blairmontaguedrake.com.au



Ring the bells that still can ring

Forget your perfect offering

There is a crack in everything

That's how the light gets in.

Leonard Cohen

Nature photos courtesy of Peter Sands (mostly) and Michael Reid.

Elm Grove Sanctuary Trust

2 Emma Close, Dalmeny NSW
Australia



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