

Lillypad

Lillypad is a newsletter of Lotus Place NQ.
Lotus Place is a dedicated support service and resource centre for adults who experienced childhood abuse in an institutional setting.



www.lotusplace.org.au | North Queensland | January 2020

In this issue – Christmas 2019 and Event Feedback Forms | The Healing Power of Story: Creative Writing Workshops | Upcoming events | What's New in 2020 | Office Closures | Creative Space

Christmas 2019 and Event Feedback Forms

Thank you to all of those who were able to make it to the various Christmas parties held across North Queensland. We had a great turn out this year with record numbers in Townsville. They were filled with fun, laughter and coming together to share a meal and this allowed everyone to take part in the sense of community and connectedness that you have all developed over the years.

If you attended one of the Christmas parties, you will find an event feedback form included with this Lillypad. We would appreciate it if you could take a few moments to fill it out and pop them in the return envelope, so we can make Christmas 2020 the best year yet!

The Healing Power of Story: Creative Writing Workshops

The *Healing Power of Story: Creative Writing Workshops* are a series of one day workshops funded by the Truth, Healing and Reconciliation Taskforce and Micah projects, in response to participant feedback and will be held in all three North Queensland Locations.

Townsville Monday 10th February

Cairns Thursday 13th February

Mackay Monday 9th March

Please see below and also the attached flyer for further details. Please let us know if you are interested in coming along on 07 4724 2559 or lotusnq@micahprojects.org.au



Upcoming Events

Ayr

Peer Meeting

Thursday 6th February, from 10:00am
Burdekin Library - Creative Ideas meeting room
Graham Street, Ayr

Mackay

The Healing Power of Story

Monday 9th March, 9:30 – 3:30
Jubilee Community Centre – Mackay Room
Alfred Street, Mackay

Townsville

Peer Meeting

Every Tuesday from 10am
Lotus Place NQ
382 Sturt Street Townsville City

BYO Craft and Yarning Circle

Thursday 6th February 9:30 – 11:30
Lotus Place NQ
382 Sturt Street Townsville City

The Healing Power of Story

Monday 10th February, 9:30 – 3:30
Lotus Place NQ
382 Sturt Street Townsville City

Cairns

The Healing Power of Story

Thursday 13th February, 9:30 – 3:30
Cairns City Library, Meeting Room 1
151 Abbott Street, Cairns City

What's New in 2020??

BYO Craft and Yarning Circle

Do you like to craft? Would you like to learn a craft? We have some amazing talent in our Lotus Place community from diamond painters to cross stitchers to crochet and macramé, and in 2020 we would like to harness the surprising benefits that crafting has. Crafting has been shown to reduce anxiety and depression and positively improve mood. So come along to the BYO craft and yarning circle on the first Thursday of each month at Lotus Place from 9:30 – 11:30. Learn a new skill, teach someone a new skill, show off your craft, or simply come along for a cuppa and a yarn and do some colouring in - we have plenty of material!!

Lotus Place NRL Footy Tipping Competition

It's almost footy season again with the first game being played Thursday 12th March. This year we will be running the inaugural Lotus Place footy tipping competition. Entry is free with prizes to be announced later in the season. If you are interested in being involved, please give Misty a call on 07 4724 2559. Tips will need to be in by 3pm Thursday before the first game of the week, otherwise all home game teams will be selected.

Office Closure Dates

Monday 27th January – Australia Day Public Holiday

What do YOU want to see in YOUR newsletter?

We want to hear from YOU.

This newsletter is your voice. Is there something you want to share?

Send in your photographs, paintings, any newspaper articles you may have come across; a poem you wrote or a thought you had, and we'll put it in the next newsletter.

If you have something you'd like to share with the Lotus Place community, please contact us on (07) 4724 2559 or lotusnq@micahprojects.org.au

Creative Space

Yampire Gorge Flood – by Ranger Bob (Apr. 1999)

Lightning strikes, thunder rolls o'er the Karijini plains.
Ranger Bob he's driving home, through the howling rains.
The river swells like ne'er before. Whatever should he do?
Should he cross? He knows whose boss. His options they are few.
The Yampire's in the Pilbara where this gorge is painted red.
It's annual rain that's falling when all is done and said.
New life will sprout and all around; the Gorge will show its best.
The ranger's caught between the floods. He's there to stand the test.

This welcome rain is pouring from the darkness of the sky.
Lightning crack throughout the night, heralding Nature's cry.
His vehicle stops, he checks the road, for washouts he can't see.
Will he drive through Yampire Gorge; he thinks it's not to be.
The ranger knows of Lawson's poem, about drover's nightmare drive.
And thinks of Harry Dale and his horse, but only it survived.
So, waiting very patiently for the waters to recede,
If he crosses here and now he fears he'll not succeed.

Now trying to sleep in his 4x4 though wishing he was home.
He thinks of all this cleansing rain, soaking through the loam.
His loved ones at their haven, they know he'll be late.
Knowing that he will be wise but concerned about his fate.
Next morning came; the river sank as quickly as it rose.
Thanking God and stars above for the judgement he had chose.
His loved ones at the homestead, with arms open wide.
Tears of joy, the danger passed. Thankful he hadn't died.



The lotus flower has its origins and roots in the muddy waters below the surface, yet above the water it is a beautiful resilient flower.

After a consultative process the Lotus Flower was chosen as both a metaphor and image to represent the journey from adversity to hope.

Lotus Place NQ

382 Sturt Street, Townsville Q 4810
PO Box 2027, Townsville Q 4810
Phone [07 4724 2559](tel:0747242559) or [1800 16 11 09](tel:1800161109) | Fax [07 4772 0011](tel:0747720011)
lotusnq@micahprojects.org.au | www.lotusplace.org.au

Open hours – Monday to Thursday 9am – 3pm
Call anytime for support and referral over the phone

Lotus Place is an activity of Micah Projects

