

ARETE RETREAT

Field Hospital
Varroville 2025

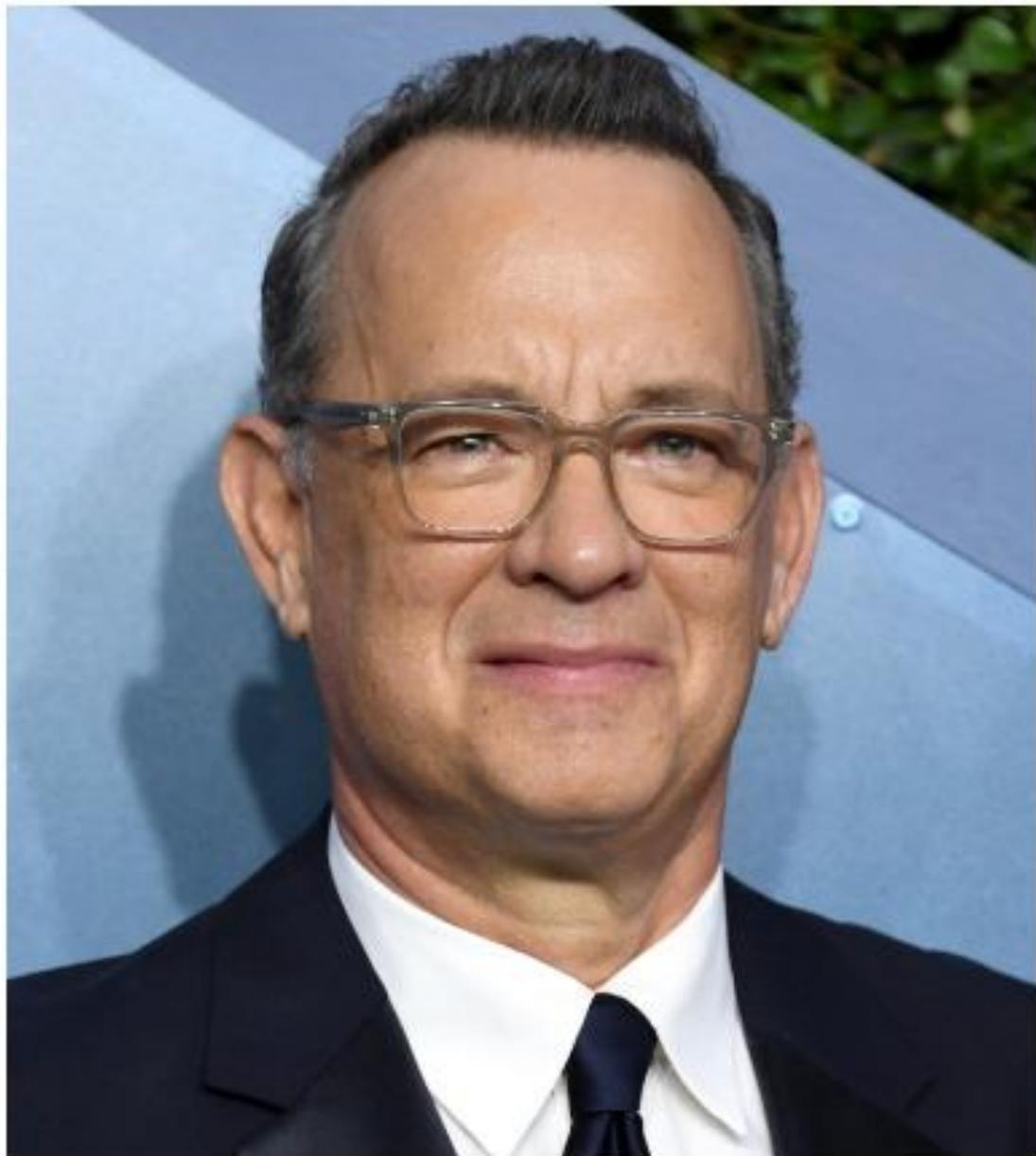


Prayer and mission



- Go together perfectly like vegemite and toast
- Like breathing in and breathing out

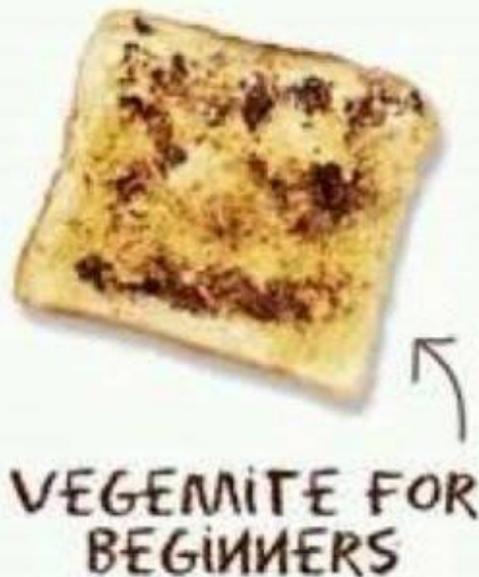




- Mate. The [#coronavirus](#) is not going to getcha, that Vegemite will. That is expert level vegemite spreading. You need to start with waaaay less than that!!! Hope you are OK (for both reasons, virus and vegemitus)
- — Dr. Sonia Fullerton ???to ?? (@sonialf) [March 15, 2020](#)

HOW TO EAT VEGEMITE

1. Hot toast required
2. Plenty of butter (margarine if you really insist)
3. Add a tiny scraping of vegemite as shown (seriously, no more than that!)
4. Don't expect something sweet (think roast beef, not jelly or peanut butter)
5. Enjoy while the toast is still hot
6. Over time, increase the amount of vegemite (but NEVER get insane!)





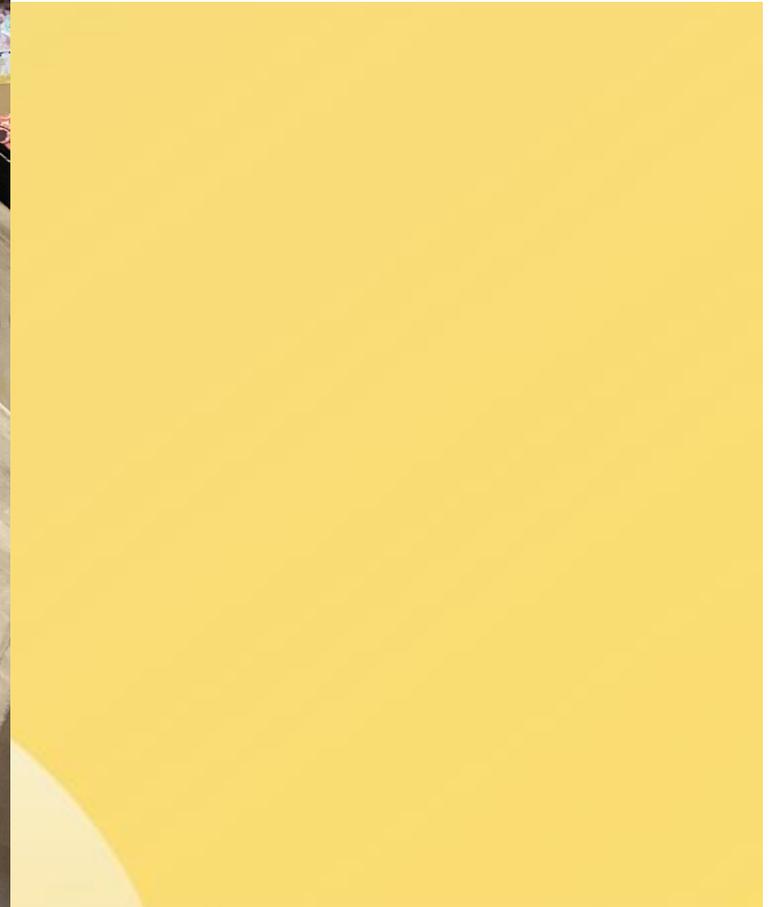
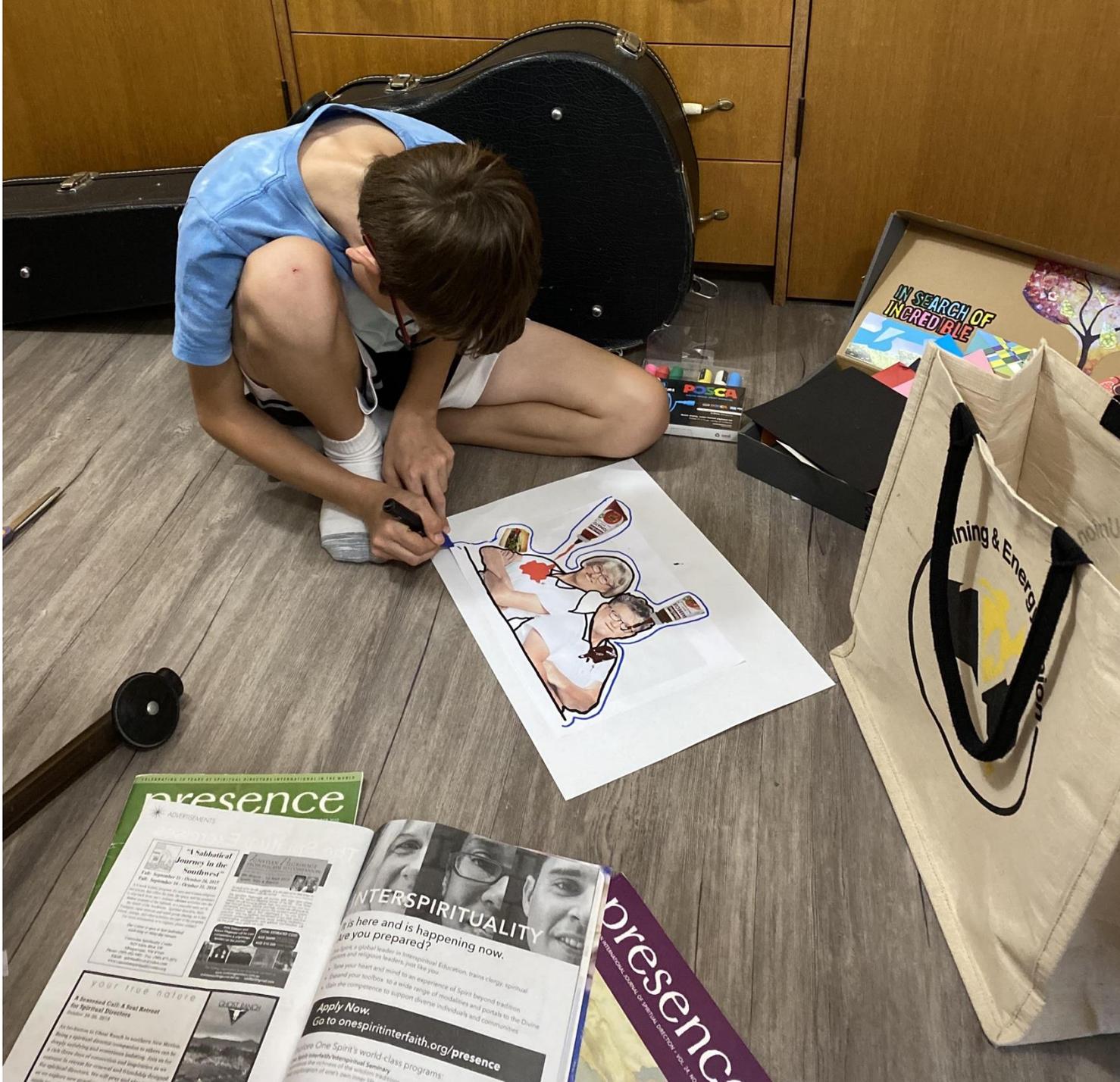
God will
use you
to bless
others

- God wants to bless you
 - Heal you
 - Unite you to God
 - And others
- 

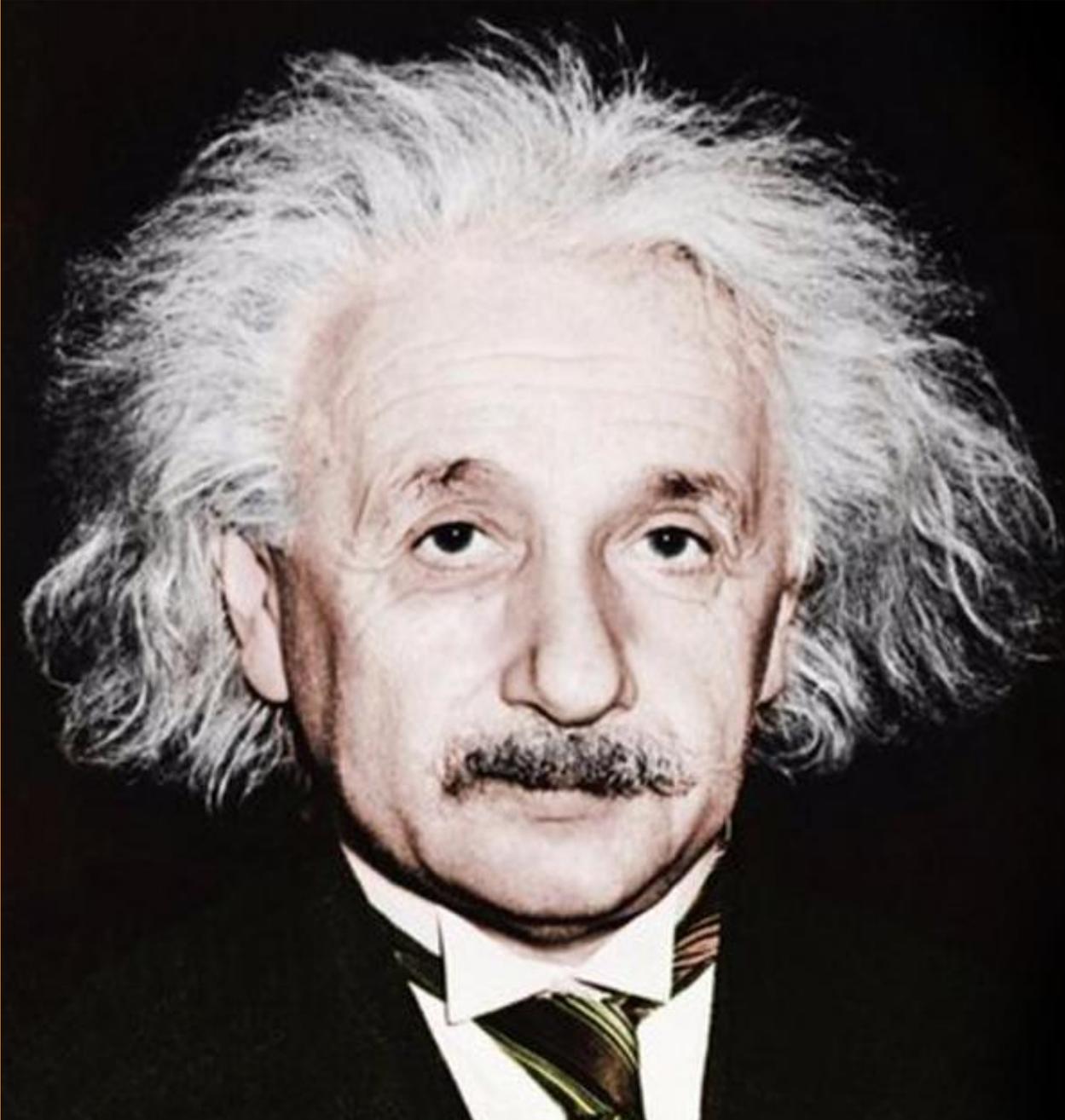


THE AMAZING
RACE
AUSTRALIA









Life is like riding a **bicycle**,
to **keep** your balance,
you must keep moving

And Praying
Einstein

CONSOLATION



desolation



Gather together the graces

- What are the major things you want to remember?
- What has God done with you?
- What is the invitation next?

Don't stop here!

