

## John and Liz

We, John and Liz, sold up and left East London, a small town on the East Coast of South Africa. The plan was to purchase a Canal Boat and put it around the English canals.

But life has made other plans for us. Our finances decided to set their own agenda, so we spent the first month wandering around the UK, visiting family and friends. Then, because a few years ago we had been to a Buddhist centre in Ixopo SA, it was decided to apply to volunteer at Land of Joy. The timing was perfect as the retreat needed volunteers.

So it was off to beautiful surroundings, woodlands and meadows, tucked into the rolling hills of Northumberland. We arrived at the country estate Greenhaugh Hall which overlooks the Tarsset Burn. The warm welcome from a kind and caring group was just what we needed.

John is re-establishing his spiritual life and is loving the work, support and surroundings. I enjoy the serenity of woodland walks and the wildlife that seems to appear at the most unexpected moments. My duties are housekeeping, gardening (with the support of the midges) and I cook healthy vegan/vegetarian meals.

I've also learnt how to sort out the common cold, with the help of Fay's friend Kathleen. "Raw onion slices placed on the soles of the feet".

John and his cold were the guinea-pig. After a lot of objections and excuses, he was finally forced to try the onion wrap that night. The next morning he was much better. The onions had removed all the toxins from his body while he slept.

Thank you Land of Joy for your love and support. We have made wonderful friends who will always be close to our hearts.