



Abbey Retreat Centre

Annual General Meeting 2022

A safe, loving & healing community for people affected by cancer.



MISSION

To be a safe, loving & healing community.

VISION

To support people on their health and healing journeys, especially those diagnosed with cancer and their loved ones.

CORE VALUES



Healing

Health and wellness are enhanced when we pay attention to the whole person. We believe that people should have access to many tools on their healing journeys. We believe healing is possible without a cure.



Community

We are healed most fully within community. We are committed to creating and nurturing a diverse and inclusive community.



Acceptance
and Respect

All are welcome. We seek to relate to one another with compassion, kindness, gentle curiosity/attentiveness, and gratitude. Retreats, programs & services are accessible to all people. We trust that each person has what they need to heal within. We honour each other's ways of healing.



Local
Rootedness/
Expansive
Reach

We are committed to collaborating with local agencies and partners whenever possible. We seek to complement (not duplicate) other local resources. Our service reach extends locally, provincially, nationally and globally.



Transparency,
Integrity
and Good
Stewardship

We strive to conduct business and relate to all people with integrity, accountability and transparency. We are committed to careful stewardship of all human, natural and financial resources. We value our human resources and provide necessary training and support. We are environmentally responsible.

OUR 2022 TEAM

Board of Directors

Chair: J. Anthon, January to March; L. Deacon, March to November

Co-Chairs: J. Davey and T. Patterson, December, 2022.

Secretary: T. Patterson

Treasurer: ARC Executive, January-February; Max Ward, March - December.

Directors: J. Ramsdale, S. van Nood

Staff

Co-Director Programming: B. Smith-Morrison

Co-Director Administration: A. Luck

Program Coordinator: M. Patterson January - October, A. Stiles November - December.

Bookkeeper: M. Danilko

Summer Student Grants: E. James

Summer Student HHC Coordinator: D. Morrison

Administrative Assistant: R. Anderson

Facilitators

F. Wilkinson

M. Patterson

L. Stibbards

A. Stiles

B. Stiles

C. Bender

M. Audoin

N. Mooney

B. Smith-Morrison

K. Little

A. Lowes-Downes

A. Fenninger

J. Ramsdale

Bazza

B. Nichols

M. Fenninger

**& over 130
volunteers!**



WELCOME

We are pleased to present the 2022 Annual Report of the Abbey Retreat Centre's Interim Board Co-Chairs and Executive Director.

Abbey Retreat Centre's vision and mission is to be a safe, loving and healing community that supports those affected by cancer on their health and healing journeys. 2022 has been a time of growth and transformation as we have lived more fully into this vision and mission.

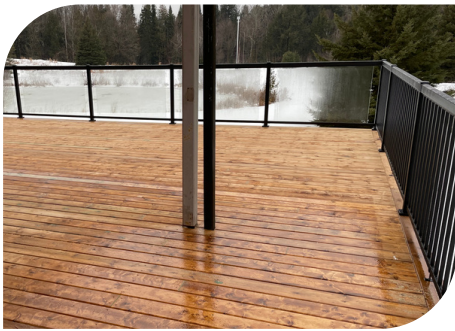
At the centre of Abbey Retreat Centre's work are programs to support those living with cancer. As we have collectively begun to emerge from Covid-related restrictions, we have been able to reopen the doors of our beautiful facility to welcome participants to in-person retreats once again. Online programs, begun as a response to Covid, have continued to be a creative part of our work, offering healing experiences for those not able to attend in person due to distance or health conditions. In 2022, our work was beautifully enhanced by the addition of a number of compassionate, skilled and highly trained program facilitators, many with lived experience of cancer, and this has allowed our work to expand. We remain deeply grateful to our program



A group of committed and passionate volunteers is critical for the success of a small not-for-profit organization such as ours. Word of our impactful work has spread into our local community and beyond through several endeavours, such as our Haliburton Highlands Challenge annual fundraiser and a wonderful local initiative "A Warm Hug from the Highlands" that provides cozy, flannel-backed quilts for permanent and seasonal Haliburton County residents living with cancer. It is deeply gratifying to see how our team of enthusiastic volunteers, at all levels of our organization, has grown dramatically. Abbey Retreat Centre's work would not be possible without your support.

The increased scope of our work has also necessitated expansion of our staff team. After careful consideration, the Board decided to institute a new senior staffing model with the shared leadership of Co-Directors B. Smith Morrison and A. Luck. This was done on a pilot basis, with effectiveness of the Co-Director model to be assessed in the spring of 2023. We are also very grateful for the skills, passion and commitment of R. Anderson, our Administrative Wizard, M. Patterson and A. Stiles, our outgoing and incoming Program Coordinators respectively, and M. Danilko, our Bookkeeper.

Thanks to grant support, we have been able to undertake some significant capital improvements, namely a new, expanded deck and kitchen renovations to be carried out in 2023. These improvements will allow us to meet and enhance our programming needs.



In 2022, we received financial support from a growing group of generous donors as well. Offering our programs without cost to participants has been an important foundation stone of our organization. We are so grateful for the support that allows us to do this.

We also recognized that, as our organization has grown, we as a Board needed to make changes in our governance model. We contracted with Credence Consulting to provide us with recommendations about how we might make our organization stronger and more effective in supporting our mission. We have continued to be in dialogue with them as we work towards implementing change.

There have been several changes in our Board in 2022. Our Chair, J. Anthon stepped down from Chairmanship in March 2022. We are very grateful to J. Anthon for the capable and thoughtful leadership that she provided to our organization for the past three years. In November of 2022, J. Anthon resigned from our Board due to health reasons.

We were very pleased that M. Ward joined our Board in March 2022 and is our Board Treasurer. We were also happy to welcome L. Deacon to our Board and in March to the position of Chair. L. Deacon brought many organizational skills to her Chairmanship as well as a depth of knowledge of our organization gleaned from involvement in several capacities over the past three years. Under her leadership, the Board of the Abbey Retreat Centre began to take on a more strategic role. In November 2022, we were very sorry to learn that L. Deacon decided that she needed to take a leave from her Chairmanship due to serious health issues. Her leadership is missed. At that time, T. Patterson and J. Davey agreed to become Interim Board Co-Chairs until this position could be filled.

In closing, we would like to express our sincere gratitude to all of our staff and particularly our Co-Directors, to our program facilitators and to all our volunteers who serve in many capacities. You are the ones who make Abbey Retreat Centre a “safe and loving space”.

Submitted by,

Thea Patterson and Joy Davey
Interim Co-Chairs

Barb Smith-Morrison
Executive Director



IN-PERSON RETREATS

In 2022 we hosted...

Five 4-day Retreats & two 3-Day Retreats

"I no longer feel afraid to talk about what I'm going through."

52 Participants



First Ever Facilitators' Training Retreat

12 Participants



Numbers reflect reduced programs and participants maximums due to COVID19

ONLINE PROGRAM

Re-Shaping Our Cancer Stories

36 Participants

"Re-Shaping added creativity to my life, taught me new techniques for self care, gave me courage to try new things, and grounded me."

Through live, online gatherings, video segments, and supporting materials, we integrate the natural world, simple art-making, yoga, sound, and discussion circles as we travel through our stories to chart a fresh course.



Bundles mailed to participants



"I loved the variety of modalities and activities, and witnessing each other's work. It was a nice balance of individual and team exploration."

NEW PROGRAMS IN 2022

A Warm Hug From the Highlands



40 Volunteers

30 Quilt Recipients



"At a time when the diagnosis was new, scary and life changing this quilt was a very comforting, thoughtful and beautiful gesture. Thank you! It truly is a warm hug!! My tumour was removed last Monday so I am on the road to recovery. I would like to think that my journey with cancer is over but only time will tell. If it is over then that would be fantastic but if it is not, I know where I can get tons more hugs and I am appreciative to all of you."

3RD ANNUAL Haliburton Highlands Challenge

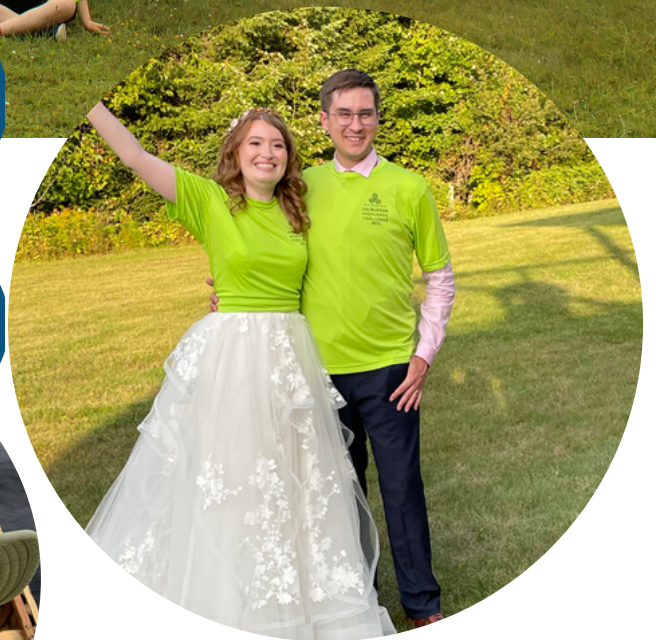


\$78,242 raised!



24 Teams!

50 Individuals



#WeMoveForCancer

NORMA'S WORDS

This afternoon I was given the opportunity to participate in a meeting at the Abbey Retreat Centre to discuss donor appreciation. It was clear to me that everyone there was sincere about wanting donors to feel connected to the work at ARC and to know that their donation, whether of money or time was truly valued.

Reflecting on this I feel that I have been remiss in appreciating those who made my participation in one of the first retreats possible.

I was diagnosed with cancer over 6 years ago and less than a year later I was told that it was terminal. I did not handle this well. I was struggling with my emotions and feeling lost. The retreat gave me an opportunity to share my fear, joy, anger, sorrow, frustration, hope and despair.

The continued support that I have gotten is invaluable. I have participated in both online and in-person groups. Each one has given me something to help me along my cancer journey.

I love to cross pollinate day lilies and find joy in seeing what comes from my little seeds. It takes four or five years for a day lily to flower but every year I continue to cross pollinate without the expectation of seeing the bloom and every year so far a new group of my day lily babies have bloomed and brought me joy.

When you give a gift to ARC you are planting a seed of support for someone with cancer. You may not get to see the bloom but rest assured that your seed will be nurtured and used to support someone who needs your help.

I want to thank everyone who has made and continues to make ARC a place of caring, love, and support.

-Norma Stannard



FINANCIAL REPORT

9:13 AM

2023-03-09

Accrual Basis

THE ABBEY RETREAT CENTRE

Profit & Loss

January through December 2022

	Jan - Dec 22	Jan - Dec 21
Ordinary Income/Expense		
Income		
Donations		
Corporate Donations	0.00	0.00
Donations from other charities	0.00	10,494.00
Foundation Donors	10,000.00	17,000.00
Gifts in Kind	450.00	2,270.92
Individual Donations		
100 Women Who Care	0.00	6,200.00
HHC 2021/2022		
HHC Canada Helps donations	42,831.02	42,581.15
Marianne Fenninger's Birthday	0.00	1,350.00
Other HHC donations	0.00	32,917.45
Sponsorships	11,325.00	4,450.00
HHC 2021/2022 - Other	22,271.46	0.00
Total HHC 2021/2022	76,427.48	81,298.60
Securities Donations	4,311.38	26,278.30
Individual Donations - Other	97,318.04	28,431.00
Total Individual Donations	178,056.90	142,207.90
Other donors	0.00	44.37
Total Donations	188,506.90	172,017.19
Grant Income		
LIP Grant		
OHTO		
OTF Grant	2,015.00	3,500.00
Summer Jobs Grant Wage Subsidy	60,000.00	0.00
Total Grant Income	33,700.00	27,600.00
Other Revenue	14,088.00	0.00
Other Revenue	109,803.00	31,100.00
Book sales Annebelle Murray		
Gain/Loss investorline		
Other Revenue - Other	40.00	0.00
Total Other Revenue	333.95	264.00
Rental Income	-2.08	22,773.52
Total Income	371.87	23,037.52
Total Income	12,460.00	11,265.00
Gross Profit	311,141.77	237,419.71
Expense	311,141.77	237,419.71
Administration & Operations		
Admin Support		
Bambora fees		
Bank Service Charges		
Bookkeeping	768.00	8,343.51
Canada Helps fees	61.57	0.00
Directors & Officers Insurance	213.11	54.25
Internet	3,124.57	5,462.69
Memberships	4,773.25	2,952.05
My Tribute Gift Fees	1,047.28	972.00
Office Supplies	663.48	778.23
Telephone Expense	0.00	116.22
Total Administration & Operations	21.05	0.00
	1,769.19	1,345.39
	802.31	806.94
	13,243.81	20,831.28

9:13 AM

2023-03-09

Accrual Basis

THE ABBEY RETREAT CENTRE

Profit & Loss

January through December 2022

	Jan - Dec 22	Jan - Dec 21
Communications& Marketing		
Consultant training & Strategy	3,650.47	1,515.59
Digital Platforms	371.45	544.87
Literature	1,120.13	62.37
Outreach	4,017.21	0.00
Website	6,132.48	1,052.38
Communications& Marketing - Other	718.48	0.00
Total Communications& Marketing	16,010.22	3,175.21
Depreciation	0.00	13,059.46
Facility		
Building Insurance	1,250.61	1,238.58
Building Maintenance	540.49	228.67
Cleaning	3,527.50	3,694.60
Equipment Repair & Maintenance	1,750.29	545.69
Grounds	3,055.86	2,199.64
Household Supplies	1,053.55	618.83
Hydro	1,745.47	1,479.62
Laundry	166.00	0.00
Oil	3,072.09	3,173.10
Propane	413.72	246.37
Property Tax	4,473.21	10,125.78
Total Facility	21,048.79	23,550.88
Freight	12.00	0.00
Grant Expenses	170.00	0.00
Personnel Expenses		
Admin Assistant		
Bookkeeping	18,035.76	0.00
Executive Director	4,524.00	0.00
Fundraising	66,639.92	48,395.80
Group Health	13,034.95	5,886.58
Professional Development	4,522.52	0.00
Training		
Travel, Meals & Accommodation	2,519.73	462.11
Professional Development - Other	52.49	170.80
Total Professional Development	102.90	0.00
Program Coordinator	2,675.12	632.91
Summer Jobs Grant Wage Expense		
Wages	8,212.42	0.00
Personnel Expenses - Other	14,716.80	0.00
Total Personnel Expenses	0.00	0.00
Total Personnel Expenses	2,112.76	1,516.80
Professional Fees	134,474.25	56,432.09
Accounting		
Consultants		
Total Professional Fees	0.00	1,559.09
Total Professional Fees	5,093.08	0.00
Programs		
Hugs from the Highlands	5,093.08	1,559.09
Online Program		
Leadership	1,713.61	0.00
Materials & Supplies		
Online Program - Other		
Total Online Program	7,552.87	18,555.74
Total Online Program	7,797.50	13,408.78
	2,245.11	0.00
	17,595.48	31,964.52

9:13 AM

2023-03-09

Accrual Basis

THE ABBEY RETREAT CENTRE

Profit & Loss

January through December 2022

	Jan - Dec 22	Jan - Dec 21
Residential retreats		
Facilitator Mileage	300.00	0.00
Food & Beverage	7,205.08	2,092.98
Leadership	42,489.58	9,535.00
Materials & Supplies	1,698.73	146.10
Total Residential retreats	51,693.39	11,774.08
Total Programs	71,002.48	43,738.60
Total Expense	261,054.63	162,346.61
Net Ordinary Income	50,087.14	75,073.10
Net Income	50,087.14	75,073.10

THE ABBEY RETREAT CENTRE
Balance Sheet
As of 31 December 2022

	31 Dec 22	31 Dec 21
ASSETS		
Current Assets		
Chequing/Savings		
Bank of Montreal	23,782.99	110,771.97
Investor line account	69,362.58	26,542.30
Petty Cash-Office	500.00	0.00
Total Chequing/Savings	<u>93,645.57</u>	<u>137,314.27</u>
Other Current Assets		
Public Service Bodies Rebate	13,222.63	4,265.30
Total Other Current Assets	<u>13,222.63</u>	<u>4,265.30</u>
Total Current Assets	<u>106,868.20</u>	<u>141,579.57</u>
Fixed Assets		
Computers		
Furniture and Equipment	2,364.88	2,364.88
Accum Dep'n-Furniture & Equip		
Furniture and Equipment - Other	-12,475.15	-12,475.15
Total Furniture and Equipment	<u>64,583.54</u>	<u>64,583.54</u>
Leasehold Improvements		
Accum Dep'n-Leasehold Improv		
Leasehold Improvement-OHTO Deck	-11,376.61	-11,376.61
Leasehold Improvements - Other	79,362.96	0.00
Total Leasehold Improvements	<u>291,980.67</u>	<u>291,980.67</u>
Linen	<u>359,967.02</u>	<u>280,604.06</u>
Accum Dep'n-Linen		
Linen - Other	-1,162.26	-1,162.26
Total Linen	<u>6,908.69</u>	<u>6,908.69</u>
Signage	<u>5,746.43</u>	<u>5,746.43</u>
Accum Dep'n-Signage		
Signage - Other	-89.32	-89.32
Total Signage	<u>446.55</u>	<u>446.55</u>
Total Fixed Assets	<u>357.23</u>	<u>357.23</u>
Other Assets	<u>420,543.95</u>	<u>341,180.99</u>
Inventory		
Annebelle's books		
Total Inventory	<u>1,580.00</u>	<u>1,580.00</u>
Total Other Assets	<u>1,580.00</u>	<u>1,580.00</u>
TOTAL ASSETS	<u>1,580.00</u>	<u>1,580.00</u>
LIABILITIES & EQUITY	<u>528,992.15</u>	<u>484,340.56</u>
Liabilities		
Current Liabilities		
Accounts Payable		
Accounts Payable		
Total Accounts Payable	<u>-14,062.3</u>	<u>6,285.2</u>
Other Current Liabilities	<u>2</u>	<u>4</u>
Deferred Revenue	-14,062.3	6,285.2
	25,000.00	0.00
	2	4

9:15 AM

2023-03-09
Accrual Basis

THE ABBEY RETREAT CENTRE
Balance Sheet
As of 31 December 2022

	31 Dec 22	31 Dec 21
Payroll Liabilities		
CPP employee	-57.98	0.00
CPP Employer	-4,481.40	0.00
EI employee	-47.44	0.00
EI Employer	-2,243.45	0.00
Federal Taxes	-4,165.56	0.00
Provincial Taxes	3,301.90	0.00
Payroll Liabilities - Other	1,197.66	3,591.72
Total Payroll Liabilities	-6,496.27	3,591.72
W J Patterson Loan	355,000.00	355,000.00
Total Other Current Liabilities	373,503.73	358,591.72
Total Current Liabilities	359,441.41	364,876.96
Total Liabilities	359,441.41	364,876.96
Equity		
Net Assets		
Net Income	119,463.60	44,390.50
Total Equity	50,087.14	75,073.10
TOTAL LIABILITIES & EQUITY	528,992.15	484,340.56

JESSICA'S STORY

I felt the last years' events shake out of my shoulders with each strike of my palm against the drum. As I lost myself in the rhythm, I remembered what carefree felt like. I smiled as I looked around the room at the people who had become a part of my loving community over the course of a couple of days at the Abbey Retreat Centre. It felt so good.

The last couple of years have been filled with some of my most intense highs, but also some of my lowest lows. My husband, Rafael, is likely to say the same. We married on a beach in Brazil in October 2020 looking forward to our life together and with plans for a family. In January, we were thrilled to discover I was pregnant. Our unencumbered joy was short lived though when a different ultrasound revealed I was growing something else; a cancerous tumour in my left breast. I was 15 weeks pregnant. We had been living in Brazil while I worked at the Canadian Embassy there. Our departure was swift but complicated in the era of COVID. I started chemo living in a hotel while in quarantine, my Google searches veered towards cancer over pregnancy, but the support I had from my medical team was outstanding. My baby and I went through 8 rounds of treatment together as my belly grew bigger and my hair disappeared. My husband, new to Canada, and locked out of all medical appointments suffered greatly.

In mid-September, our son Benjamin, was born thriving via c-section just 7 days before I underwent my lumpectomy. An infection landed me back in the hospital 2 days after my breast surgery, but at least after a couple of days Rafael and Ben were able to come and stay. Once released, I had hoped for a small window of peace, but unfortunately, the surgery did not eliminate the cancer, my second (third) surgery followed soon thereafter. Radiation took me through Christmas and New Years but by mid-January 2022 I was out of "active" treatment. My son was 4 months old and my husband and I were forever changed. Now, I take the preventative treatments, keep my fingers crossed, and try and regain some of the normalcy that I had hoped for.

The weight of our experience put enormous strain on each of us as people and on our marriage. As soon as I heard about the Abbey Retreat Centre I applied. I was thrilled when I got the call to join a retreat and overjoyed that Rafael would be able to come. The experience was nothing short of transformative. The stress reducing practices, the healthy delicious food and the kindness of people left us renewed and ready for the future. It is a priceless gift.

Submitted by Jessica Mills, Cancer Support Retreat Participant

IN MEMORIAM