

EAGLESREST RETREAT CENTRE

A Program funding proposal

Construction of a retreat Center in Phang Nga Thailand



2009/2010

SUMMARY

Q. There are many wonderful charity projects around the world. What is distinctive about Eagles Rest?

A. Eagles Rest is seeking to address a previously unrecognized need for Asian Pastors and their families, as well as other Christian workers, to find a place of rest and restoration. Particularly those who are living in poverty and hardship and would otherwise have no means to find relief. They may be in need of basic medical, and dental assistance or some form of counseling, if so we hope to address these needs too. These national workers will be referred by others on the field and then found sponsorship to enable travel and accommodation with us. It is not designed for those who can afford to book in somewhere for a family holiday or sabbatical.

Q. In what part of the world does Eagles Rest work?

A. Eaglesrest is located in the province of Phang Nga, Thailand, ten hours south of Bangkok and less than an hour from the Phuket International airport. This is a central location in a land that provides religious freedom. In some ways Thailand serves as the hub of S.E. Asia allowing easy entry from many surrounding nations. Guests will come from countries such as Myanmar, Laos, Cambodia, Vietnam, India, Philippines and Malaysia as well as Thailand.

Q. How did Eagles Rest come into being?

A. Eagles Rest was born of personal experience; Rommel grew up knowing first hand poverty as the son of a Baptist Minister in The Philippines. Our four children also have known many of the situations we are hoping to address in the lives of others. Some of these include losing their first mother through cancer, coping with hunger, and lack of medical and other basic needs through poverty. As I (Janene) was serving with YFC (Youth For Christ Asia Pacific) in Bangkok, my member care heart began to recognise this need. So in different ways both of us were prepared and ready for the vision which God placed in our hearts soon after our marriage in Bangkok five years ago.

Summary cont.

Why Eaglesrest?

The name comes from the book of Isaiah, chapter 40:28-31 where it says:

28 Do you not know? Have you not heard? The LORD is the everlasting God, the Creator of the ends of the earth. He will not grow weary, and his understanding no one can fathom. 29. He gives strength to the weary and increases the power of the weak. 30. Even youths grow tired and weary, and young men stumble and fall; 31. but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary; they will walk and not be faint.

As the target group will be God's wounded and poor Asian labourers of ministry, these verses hold beautiful promises of hope.

- Eagles are known for their strength, they are mighty 'warriors' but they still need a place where they can evaluate things from a distance. While waiting, an eagle has time to meditate.
- Verse 28 tells us that no one can fathom the understanding of God. Sometimes we feel that no one could possibly understand what we are going through. God assures us that He does.
- In verse 29 we are promised 'strength for the weary' and an 'increase of (the) power (of the Holy Spirit) for the weak'.
- And verse 31 likens the result or fulfilment being evident as despair makes way again to hope in the Lord and He renews our strength enabling us to 'soar on wings like eagles'.
- The wounded are just eagles in rest mode, being renewed and restored.

This proposal aims to raise the necessary funding to construct and equip a new retreat centre in Thailand that will make a lasting change in the lives of those Asian nationals who serve the Lord in poverty. The total requested for this program to be fully funded is estimated at: 1-2 million dollars US.

The Proposal at a glance.

Project goal: To construct, equip and staff a new retreat center in Thailand serving the Thai and wider Asian Church, particularly those serving the Lord among their own people while themselves living in poverty.

Expected outcomes: A new retreat Center in Phang Nga Thailand that will make a lasting change to the lives of many in ministry from all over Asia.

Project Duration:

Start date: January 2010—Phase one

End date: ongoing

Project Manager and staff:

Rommel and Janene ALA

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EAGLESREST CONSTRUCTION PHASE BUDGET			
	Thai Baht	USD	AUD
Land Costs	14,000,000	406,400	518,117
Construction works	15,670,000	456,000	579,300
Fees	470,000	13,650	17,380
Fixtures and fittings	2,000,000	58,000	73,900
Totals	32,140,000	934050	1188.70

The above figures are based on fluctuating exchange rates and we therefore advise that updated comparisons be sought whenever accurate USD/AUD or other currency is required.

NEED ASSESSMENT

Pastors and missionaries, by nature, are pioneers. “The tendency is just to push, push, push, to the point where burnout is a fairly common thing. They’re doing it out of dedication, a love for the people, but often don’t know how to put necessary boundaries in place and have balance in their lives”.

The term ‘burnout’ was first coined by New York psychologist Herbert J. Freudenberger, who was involved in the free clinic movement in California in the 1970s, to describe severe drug addicts. Freudenberger, who experienced burnout himself, began to study burnout in physicians, clergy, childcare workers and others. He began to observe similar problems and symptoms and came to define burnout as “a state of depleted physical and mental resources”. A burned-out person becomes fatigued and frustrated by striving to reach an unrealistic goal or by devotion to a cause, a way of life, or a relationship that has failed to produce the expected reward.



The psychology dept. at the University of California-Berkeley describes it as follows: ... an erosion of values, dignity, spirit and will—an erosion of the human soul. It is a malady that spreads gradually and continuously over time; putting people into a downward spiral from which it is hard to recover...major symptoms...physical and emotional exhaustion; cynicism, which is an attempt to protect oneself from further disappointment; and finally ineffectiveness. The opposite of burn-

out is a positive state of well being, enthusiasm and motivation.

Taken from THE TRUTH ABOUT BURNOUT: HOW ORGANIZATIONS CAUSE PERSONAL STRESS AND WHAT TO DO ABOUT IT. By Christina Maslach and Michael Leiter.

What do Asian church workers do when they’ve reached a breaking point or burnout? At the moment there are very few options available and unfortunately many are forced to leave the ministry. Most do not have the resources for obtaining help.

Eaglesrest will provide a care facility for Asian Nationals who labor for the Lord while enduring poverty.

These pastors labor-

- Out of dedication;
- A love for the Lord;
- A passion for their lost countrymen and women

However they often do not know how to put boundaries in place. The results:

- Lack of quality family time, disintegration of relationships
- The family exists without basic needs of medical, dental, clothing and school supplies
- In some Asian countries the pastoral role is seen as only a step away from beggar status.

Project Objectives

To construct, equip and staff a new retreat centre in Thailand serving the Thai and wider Asian church; particularly those who serve in poverty and need to be refreshed and empowered.

Project Description:

The Eaglesrest Centre, when complete will offer the following:

- A place for refreshing of vision and purpose for those serving in the ministry.
- A venue for physical, spiritual and emotional restoration and healing for those suffering burnout, disillusioned or having experienced trauma on the field.
- Encouragement to continue in the faith and define and clarify realistic goals for a return to the ministry.
- A place for pastors and their families to be strengthened and renew personal commitments to each other and work through issues which otherwise get overlooked or avoided. Individual or family counselling will be provided as necessary.
- A safe place to talk and debrief.
- Provision of basic physical needs/clothing/food/training and or resources. Basic medical and dental care.
- Other perceived benefits include the health of the home church. When a pastor is suffering from over-use and burnout/stress etc, the church directly or indirectly suffers. When help is administered in a timely fashion, the pastor will be empowered to return and minister more efficiently in his role as shepherd.



Other facilities

Other facilities will be incorporated into the program to provide for the well being of people who visit Eaglesrest including, but not limited by:

- A chapel open 24 hours a day for quiet reflection and prayer
- A program when necessary for the children of these families so the parents can have the break they need.
- A playground area and recreational facility.
- Relationship and spiritual counseling as required.
- Medical and dental clinic for the family to receive basic help with these often neglected areas.
- Music and sports for recreation as an option.
- It is important to provide instruction in sustainable aspects of maintaining ministry and life. A simple workshop where basic skills or interests in mechanics, carpentry, welding, etc can be honed. This will allow the pastors an outlet for their physical need as well as providing new skills to be used in their areas of ministry where they often exist on limited funds and cannot afford the paid help otherwise needed.
- With availability of facilitators we hope to add IT/admin skills/etc in time.

BUDGET NARATIVE

- Project management and program development will be carried out by volunteer staff. These volunteers are responsible for their own support and we are able to include these costs as a contribution to the program costs.
- The project will employ local craftsmen at fair market rates. We will also supplement this labor force with volunteer staff and short term teams.
- Teams and volunteers will meet their own costs.
- Meals at the project site will be provided as will water to drink and other welfare facilities.
- Fixtures and fittings will be purchased locally as each building is completed.
- Sustainability: After the initial construction phase it is hoped that a large part of the program's operational costs can be met through income generating projects; donations from guests and supporters. Volunteer staff will be responsible for meeting the costs of their stay at Eaglesrest. External funding will be sought to assist and fully meet these costs.
- At the various stages of development and progress, advice will be sought from professionals in the specific areas.



EAGLESREST CONSTRUCTION PHASE

The following table is given as a representation of estimates for the ongoing building project. It is envisioned that the budget will be considerably lessened through the generosity of God's people in both financial and labour giving. As there are so many variables which will undoubtedly arise as we progress this is only meant as a guide and always subject to change.

The land we currently wish to purchase has good supplies of both water and electricity around the perimeter which will also lessen the overall costing.

Building	Phase		m2	budget cost THB
cost of land	1		item	14,000,000
Construction costs:				
1. Administration	1		900	4,000,000
2. Chapel	1		200	1,000,000
3. Kitchen/Dining	1		200	1,000,000
4. Bungalows	12	240	480	2,000,000
5. Garage workshop	1		150	800,000
6. Sewage/drainage	1		item	300,000
7. external works/a	1		item	70,000
8. Electricity	1		item	200,000
9. Water	1		item	200,000
10. Bungalows	23	240	720	3,000,000
11. Store room	2		100	500,000
12. Home	3		400	2,000,000
13. Clinic	3		60	500,000
14. external works/b	3			100,000
15. Architects fees	1			450,000
16. lawyer	1			20,000
Sub total				30,140,000
Fixtures and fittings				2,000,000
TOTAL COST ESTIMATE			Thai Baht	32,140,000



