



The Menucha Meander



MENUCHA

Sacred Space - Purposeful Work

Spring Forward at Menucha

Imagining what comes next, together

Spring shows up quietly at Menucha. First in the soil, then along the paths, then all at once in the trees. This spring, we have been asking a simple question as a staff: What kind of growth does Menucha need now?

Some of the answers are practical.

We know that when guests are comfortable, they can rest. When they rest, everything else opens up. Conversations go deeper. Ideas take shape. People leave feeling restored instead of depleted. So part of “springing forward” is finishing what we’ve already started. Replacing older mattresses. Creating



clean, simple, consistent bedding across the property. Making sure every guest gets a good night’s sleep.

Other answers go deeper into the bones of this place.

There is real work to do in caring for the buildings themselves.

Floors, plumbing, electrical

systems, kitchen spaces, and emergency power. These aren’t the most visible parts, but they are the parts everything else depends on. We talk about

“purposeful work” as a way of grounding what we do. Caring for the property and buildings, that work is about the stewardship of a sacred space. Not just maintaining it, but honoring it.

And then there is the human side of growth.

Investing in staff, in the tools they use, in the systems that support them, matters. Sometimes that looks like big-picture planning. Sometimes it looks like replacing a 15-year-old vacuum with one that works better.

When we take care of the little things, it shows up in the guest experience. People feel it, even if they can’t name it. Because that is part of what makes Menucha what it is. Not just the buildings or the views, but the accumulation of lived moments. The gatherings, the retreats, the conversations that change direction. The sense, when you return, that this place remembers you.

In this newsletter you can expect:

Reflections from the Executive Director

Special Announcements

Menucha Kitchen Recipe

Events

Programs

Supporting Menucha

Sacred Space

By Courtney McHill

In March, we had 80+ ukulele campers and instructors on site for five glorious days. When I started at Menucha, I was told about this joyous bunch as the kickoff to our busier season. Spring comes, and so do the uke players, ready to have a great time, build community, and play their instruments with ultimate joy. If you have been on site during Ukulele Band Camp, you know. I look forward to spring break all winter for these bright people and bright colors to arrive. The energy is palpable and adds more vigor to the vibe all over Menucha. The Ukestra plays together. The open mics are full of talent and laughter. The concert at the Grange Hall is amazing.



With 80 people on campus, the site feels full. We cap it at this number, even with a waiting list, because of the limitations of what we have currently (great news!). While our beds total 120+, if we put many more people in Wright Hall, the vibe is still joyous but a bit cramped. Ukulele Camp tends to highlight the weaknesses. Older buildings can have their challenges as well as their wonderful history and charm. Our team starts to grow and learn as we welcome more guests. It's a time full of excitement and energy!



My vision for Menucha is a place where guests don't have to think about whether their comfort is met. They come and play, restore and work, live in community, and find transformational silence. Their needs are taken care of before they find themselves uncomfortable. I want them to enjoy the history around them as they note the updates. We want to partner with nonprofits in the spaces where they can do their purposeful work.

I dream of a larger gathering space. Groups would have crossover and community-building, and we could accommodate nonprofits as their needs shift, bringing more people together in one space. Wright Hall, as our largest space on site, is limited in size relative to the property's potential. Of course, Wright Hall is still a favorite spot. We are excited to be creative with nonprofits about how to utilize what Menucha has to offer.

Spring brings new life, transformation, and a sense of tradition to propel us into the future. This season shines its light on what is growing and what we hope for in the future.

Menucha is ready for all that is budding.

Peace,
Courtney



Sunrise Daisy Survivor's Path: A Walk to Renewal

A Reflective Art Installation for Healing, Resilience, and Connection

The Sunrise Daisy Survivor's Path: A Walk to Renewal is a contemplative outdoor art installation that invites reflection, renewal, and connection. Gifted to Menucha by the Sunrise Daisy nonprofit, the path enhances the retreat experience by offering guests a meaningful space to pause, walk, and reflect—alone or together.

Designed to complement Menucha's mission of care and renewal, the Survivor's Path adds depth and value for individuals, retreat groups, and organizations seeking space for thoughtful engagement.



The Story Behind the Path

The Survivor's Path was designed by Dr. Valerie Correa, Founder of Sunrise Daisy, drawing on her clinical experience as a Licensed Psychologist and Licensed Marital & Family Therapist.

Each art installation along the path is intentionally created to support healthy coping, encourage self-compassion, and foster personal meaning-making. Rather than offering answers, the path provides space to notice, reflect, and reconnect.

How Guests Can Use the Path

The Survivor's Path is open to all Menucha guests and may be experienced in whatever way feels most supportive.

Guests may use the path for:

- Individual reflection or quiet walking
- Small group conversations or shared reflection
- Retreat programming focused on healing, resilience, or transition
- Community-building and group bonding activities



Menucha Events

Our Menucha events are open to the public. We offer them throughout the year to welcome people back to Menucha and give others a chance to experience the space for the first time. Join us, and bring a friend (or two!).

Spring Volunteer Work Party: Saturday, April 25, from 9 am to 3 pm

Come bond with others and help us prepare the grounds for spring! Lunch is included. Email us at hello@menucha.org to sign up.

World Labyrinth Day: Saturday, May 2, from noon to 2 pm

We will participate in a group labyrinth walk at 1 pm, offering a chance to slow down, center ourselves, and walk together in a spirit of peace and mindfulness.

Spring Flower Walk: Saturday, May 16, from 1 pm to 3 pm

Join us for a beautiful walk through the spring flowers around the Menucha property.

Open House: Sunday, June 14, from 11 am to 3 pm

The entire Menucha property will be open to the public for our annual open house.

Summer Volunteer Work Party: Saturday in August

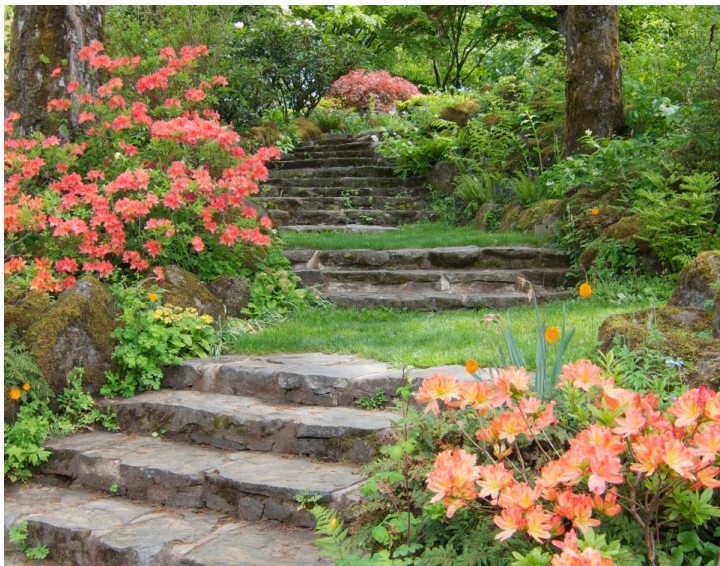
Date to be announced! If you want to participate, email us at hello@menucha.org

Fall Fundraising Dinner: Sunday, September 13 at 4 pm

A time to gather in community and toast to the future of Menucha's mission.

Fall Tree Walk: Saturday, October 24, from 1 pm to 3 pm

A day at Menucha to wander through the fall trees.



*The most naturally
spiritual place I have ever
been to. Even though just
20 minutes outside of
Portland, it feels much
further away, a true
escape.*

~Art Program Guest

New! Menucha Garden Club

This spring, we're dreaming of something new taking root at Menucha—a Gardening Club! After hearing from volunteers at our work parties who long for more time together with hands in the soil, tending our sacred earth, we're listening.

We're curious who might want to gather regularly, grow beauty, and cultivate connection side by side. If this speaks to you, we'd love to hear from you. Simply email us at hello@menucha.org and let us know you're interested.



Meet Chantaé Pederson Our New Housekeeping Manager

Chantaé Pederson joined Menucha in August 2025 as a part-time administrative assistant and was promoted to Housekeeping Manager in January 2026. She feels very blessed to have found Menucha after staying home to raise her two daughters for the past 12 years. She loves the land, the mission, and the staff, and she cares deeply about working together as a team to ensure a truly great guest experience.



Chantaé is a native Oregonian and has lived in Corbett off and on since 2007. She had over 10 years of retail management experience when she graduated from Portland State University with a degree in Advertising and Marketing. While her daughters were young (born in 2014 and 2016) she and her family moved several times for work, living in Boise, ID, Corbett, OR and Eagle Mountain, UT until returning to Corbett when the kids started school. She is an active member of the Corbett community, attending many local events and volunteering at Corbett Grade School as a parent and PTA member.

Chantaé enjoys: Exploring, adventuring, and traveling near and far, including road trips and camping; visiting new restaurants; listening to music; shopping for seasonings and loose-leaf teas; learning about plants; rockhounding; yoga; and dancing.

Programs at Menucha

This year, Blues in the Gorge welcomes four guitar masters who will delight your ears and inspire musical creativity. Bill Kirchen, Alvin Youngblood Hart, and Vance Gilbert will join artistic director Mary Flower to offer classes, jams, and a public concert that will be amazing!

The harmonica is a versatile instrument, just ask the players who come to Harmonica Northwest! In late October, harmonica players who want to grow their skills and learn with some of the best players/teachers in the world will have just that opportunity. Joe Filisko, Eric Noden, Aki Kumar, and Ross Garren will join artistic director Kim Field to explore the wide variety of styles and music the harmonica can make.

Mark Your Calenders: 2026 Program Dates

May 8-10, 2026 Scrap & Sew Craft Retreat #2

May 11-14, 2026 Spring Watercolor Workshop

May 28-31, 2026 Tributaries Writing Retreat

June 5-7, 2026 Retreat en Plein Air

August 2-8, 2026 Creative Arts Community @ Menucha

August 9-15, 2026 Creative Arts Community @ Menucha

September 4-6, 2026 The Last Hurrah of Summer Retreat

October 7-11, 2026 Blues in the Gorge

October 10, 2026 Acoustic Blues Concert - at the Grange

October 15-18, 2026 Bluegrass in the Gorge

October 17, 2026 Bluegrass Concert - at the Grange

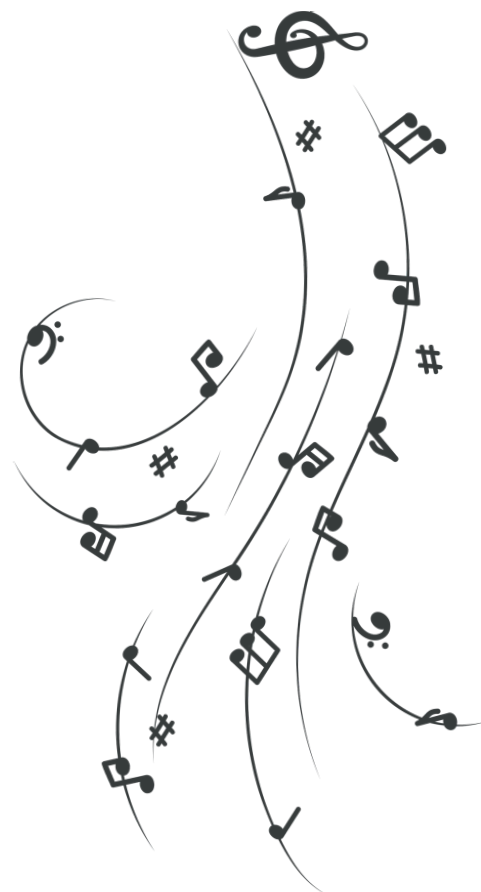
October 22-25, 2026 Harmonica Northwest

Oct 30-Nov 1, 2026 Scrap & Sew Craft Retreat #3

November 2-5, 2026 Fall Watercolor Workshop

December 4-6, 2026 Missing You: A Loss & Grief Retreat for Body, Mind, & Spirit

December 13, 2026 A Service of Lessons & Carols



Ukulele Band Camp 2026



Doesn't this picture make you want to learn to play the Ukulele?

Being together...making beautiful sound.
Oh, it was a good week of music and friends!



The Cooktop: Recipe from the kitchen

By Bekah Rattaro, Food Service Manager

Chicken, Kale, and White Bean Stew

- 3 tablespoons butter
- 1 yellow onion, finely chopped
- 5 cloves garlic, smashed and peeled
- 1 rosemary or 2 sage sprigs
- Salt and black pepper to taste
- 1 lb boneless skinless chicken breasts
- 4 cups chicken broth
- 2 cans (15oz) white beans such as cannellini, drained
- 1 bunch kale (or other dark leafy greens), coarsely chopped



1. In a large pot or Dutch oven, melt the butter over medium heat. When foaming, add the onion, garlic, and herb sprig and season with salt and pepper.
2. Cook, stirring often until softened and golden, 8 to 10 mins. Remove the herb sprig.
3. Add the chicken broth and white beans. Bring to a simmer over medium heat, then reduce the heat to low, cover the pot, and simmer until the chicken is cooked through (internal temperature of 165 degrees in the thickest part). 10-14 minutes.
4. Transfer the chicken to a separate bowl.
5. Smash some of the beans on the side of the pot. Stir in the greens. Increase the heat to medium and simmer, uncovered, while you shred the chicken
6. Use two forks to shred the chicken, stir it in the soup, and season to taste with salt and pepper.



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Thinking Ahead (and Giving Back)

Now that tax season is behind us, it's a great time to look ahead. Making a charitable gift now not only supports Menucha's mission—it also sets you up for a potential deduction next year. Your generosity helps us nurture this place of rest, renewal, and transformation for all who come. Give today, and make a lasting impact tomorrow.



Make a donation today! Use the QR code to contribute online or mail us a check made out to Menucha at PO Box 8, Corbett, OR 97019



Stay Connected!

Facebook: Menucha.Retreat.Center

Instagram: menucharetreat

LinkedIn: menucha-retreat-and-conference-center

Email list: Sign up at Menucha.org

Contact us to update your information or sign up for our mailing list at:

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