

Contemplative Walk I – Beginning Locally (A Contemplative Walk to Awaken Awe)

This is an opportunity to spend some reflective time walking in silence within Nature. The walk is a contemplative experience allowing time to stop take in the beauty of Creation and to become aware of God speaking to us through Nature.



When: Saturday 4 September 2021

Outline of the Day

1. Gather at 9.00 am at Sychar (69 Margaret Street, Toowoomba)

- to connect with fellow contemplators over tea/coffee and raisin toast
- collect tips for the day's reflection
- orient the day with a brief time of reflection

Spend reflective time walking in silence in Mother's Memorial Park

- to give the opportunity to be open to the sights, sounds, touch and fragrances of the location.

2. Reassemble at 11.30am

- to share experiences of the morning
- to be present to each other at lunch in the garden at Sychar.

Preparation: Walking shoes, a hat and sunscreen, water and snacks.

Also bring lunch for the day.

Registration

ALL bookings to be made via trybooking <https://www.trybooking.com/BSYNU>

NOTE:

If you have difficulty with trybooking, you may call Sr. Elaine at 0458 020 906 to be led through the trybooking process.