

# Walking a Sacred Path of Being

A Contemplative Day at Sychar House, Toowoomba

Facilitated by Sue Thomas



Image: Santa Teresa Labyrinth Photo: Sue Thomas

*A graceful seduction*

*Come into the quiet  
and be gracious with time  
and with yourself.*

*Take off your thoughts.  
anxieties. expectations.  
and lay them aside.*

*Ease into the silence and  
surrender to the stillness.  
Lose yourself in being.*

*Let its joy and ease  
accompany you  
through the stresses and  
anxieties of your everyday.*

**WHEN:** Friday 23 February 2024

**TIME:** 9.00 am for prompt 9:30 am start. Workshop concludes by 2.30 pm.

**WHERE:** SYCHAR (House of Prayer and Spirituality),  
69 Margaret Street, Toowoomba

**Please bring your own lunch. Tea/coffee is provided.**

**COST:** \$25.00 per participant paid in advance or on arrival. For exemption, please contact Sychar in advance.

**REGISTRATION:** Bookings via try booking <https://www.trybooking.com/COJHN>



*"The labyrinth belongs to no one and everyone" has been a grounding mantra in my life and life's work."*

I live on the land of the Yugambah language peoples, the traditional custodians of the Gold Coast region in South-East Queensland. Using the labyrinth as a tool for contemplation and reflection, my personal spiritual practice has been grounded and enriched by connecting with Veriditas. I am a certified Veriditas Advanced Facilitator and Trainer, a member of Veriditas Faculty, and a member of the Australian Labyrinth Network.