



# Being with God in Nature

## PRAYER DAY WALKS - 2020

*Creation is the order of love. God's love is the fundamental moving force in all created things.  
(Pope Francis, Laudato Si, 2015, n.77)*

Pope Francis, in his encyclical Laudato Si: On Care for Our Common Home, invites us to reunite with God in our Sacred Earth, in the whole universe. In this ministry, Being with God in Nature, we offer a number of Prayer Day Walks around Melbourne and parts of Victoria for people to spend time in a group, walking in silence, listening to the Presence that is God in Nature.



### WALKING WITH GOD IN NATURE - GIPPSLAND: LEONGATHA TO KOONWARRA

**Date: Saturday, 14 March from 9.30am to 4.00pm**

This is a 17km walk beginning in Leongatha and ending in Koonwarra. The walk is along a section of the Great Southern Rail Trail. And gives you outstanding views of the southern Gippsland. Grading of walk: 1-2: Easy/Medium

### WALKING WITH GOD IN NATURE - SHERBROOKE FOREST

**Date: Saturday, 4 April from 9.30am to 4.00pm**



Sherbrooke Forest on the outskirts of Melbourne is the home of the largest Eucalypt trees in Australia, the giant Mountain Ash. It is also one of the few cool temperate rain forests left in Australia. This day of contemplative walking will consist of two loops through Sherbrooke Forest, one in the morning, lunch at Grant's Picnic Ground, and one in the afternoon. The walk in the morning and afternoon are about 6km each. There are some flat parts along wide paths, some up and down parts on wide and narrow parts. A reasonable level of fitness is required. Grade 3: Medium



### WALKING WITH GOD IN NATURE - YARRA BEND PARK

**Date: Saturday, 8 August from 9.30am to 4.00pm.**

Only 10mins from the Melbourne CBD is the beautiful natural bushland at Yarra Bend in Kew through which the Yarra River flows. Yarra Bend Park is the largest area of natural bushland near the heart of Melbourne. This is a walk beginning in the morning from the Bush Hut taking you along the Yarra River and finishing back at the Bush Hut. This is a contemplative walk where you will have time to stop and take in the beauty of Creation along the Yarra River. Total distance is approx 10kms. Grade 1/2: Easy. Clear open tracks.

*The entire material Universe speaks of God's love, his boundless affection for us. Soil, water, mountains; everything is, as it were, a caress of God. (Pope Francis, Laudato Si, 2015, n. 84)*

## WALKING WITH GOD IN NATURE - FERNY CREEK

**Date: 19 September from 9.30am to 4.00pm**

A time for guided reflection and contemplation whilst walking in nature. Starting from Ferny Creek Reserve in the Dandenongs, we walk two loops: in the morning via quiet country roads to Sassafras, then via the Sassafras Creek Trail and the Alfred Nicholas Gardens back to Ferny Creek for a picnic lunch; in the afternoon we cross the road for a loop through Sherbrook Forest. A mix of tall forest, lush tree fern gullies, quiet streets, pine tree avenues and ornamental gardens (rhododendrons and azaleas should be starting to flower). Total distance approx 13km, some 250m climbing including some steep sections in the Alfred Nicholas Gardens. Grade 3: Medium.



## WALKING WITH GOD IN NATURE - CAPE WOOLAMAI/PHILLIP ISLAND

**Date: Sunday, 4 October from 9.30am to 4.00pm**

This is a circuit walk around the Cape Woolamai peninsular. Cape Woolamai is the highest point on Phillip Island and is also the largest shearwater rookery. This Cape Woolamai Circuit offers spectacular views of Phillip Island and the surrounding coastline. The walk begins and ends at the Cape Woolamai Surf Life Saving Club car park. This is a contemplative walk where you will have time to stop and take in the beauty of Creation. Total distance is approx 10kms, Grade 3: Medium. A few hills and walking along the beach.



## WALKING WITH GOD IN NATURE - DAYLESFORD

**Date: Saturday, 21 November from 10.00am to 4.00pm**

This is a walk through open forest. We will meet at 19 Ridge Rd, Musk Vale at 10 am for morning tea (in the cottage). After the introductions, we will start walking through open forest, slightly hilly, clear tracks. Lunch at sailor's falls. Returning after lunch to the cottage.

Grading of walk: 2 - Easy/Medium.



## PREPARATION FOR EACH WALK

**BYO: Lunch, water, a day pack, snacks to carry, hat and sunblock, wet weather gear, hiking poles. Wear hiking boots or solid shoes with good tread.**

**Cost: for Prayer Day Walks is - \$40.00**

If we are able to get a bus for some of the walks there is a fee of \$5.00 to cover petrol.

*'In every walk with Nature one receives far more than he seeks.*

*Take a walk to feed the soul.'*

John Muir



For more information or to book one of the retreats above, please contact:

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