



WALKING PRAYER DAY AT SHERBROOKE FOREST

Walking with God in Nature

Saturday, 4 April 2020, 9.30am - 4.00pm

Start: 9.30am at Grants Picnic Ground, 70 Monbulk Road, Sherbrooke VIC 3789

Finish: 4.00pm at Grants Picnic Ground

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

This is an opportunity for you to spend some reflective time walking in silence within a faith community in Nature. It offers you the experience of listening to God speaking to you in Nature.

In every walk with Nature one receives far more than he seeks. Take a walk to feed the soul.'
(John Muir)

Cost: \$35

BYO: Lunch, at least 1 litre of water, a day pack, wet weather gear, poles.



To make a booking, contact:

Campion Centre of Ignatian Spirituality

99 Studley Park Road, Kew VIC 3101

Ph.: +61-3-9854-8110

Email: secretary@campion.asn.au

Web: www.campion.asn.au