



Poatina's

## Trail of Spiritual Reflection



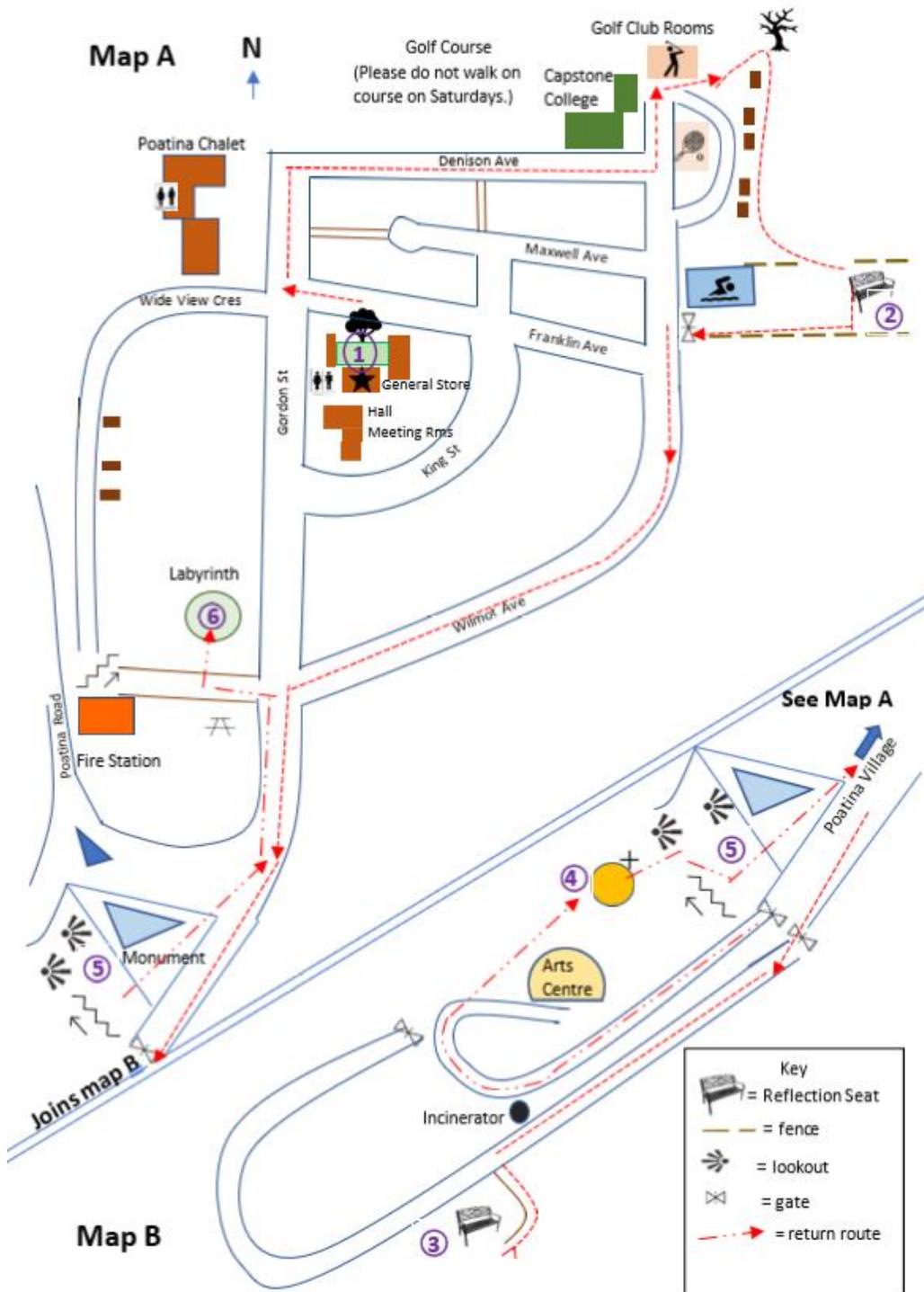
Take an unhurried walk reconnecting with your Creator in this beautiful, restful place.

**Time:** 1 – 2 1/2 hrs depending how long you pause at places. Choose one or two elements or meander through all.

### Please note:

- This easy walking trail involves descending stairs between point 4 & 5. There is an alternate route, to return the way you came.
- Parts of the trail are denoted by white markings on the ground or around trees.
- Enjoy our lovely wildlife: echidnas, wallabies and birds but watch out for snakes (rarely seen) and Jack Jumper ants in warmer weather.

**Bring:** Wear covered in walking shoes. Notebook, pen, water bottle, hat, camera.



### Poatina Trail of Reflection Seats

For more views and seats see separate maps available from the Chalet front desk.

### Poatina Labyrinth

For more time just at the Labyrinth pick up the brochure at the Chalet front desk.

### Retreat Options

Different options are available. Enquire at the Chalet front desk.

## 1. Village Green – Shade

Choose a seat in the Village Green. Dominating the landscape is the 300-year-old Poatina Gumtree. It's seen much of life, weathered many storms, lost some limbs yet still grows, providing shelter for birds and animals and those who sit beneath it.



*Where do you find covering, protection and shade?*

*“God’s kingdom is like the mustard seed, the tiniest of all the seeds, yet when it springs up and grows, it becomes the largest plant in the garden. And with so many enormous spreading branches, even birds can nest in its shade.” Mark 4:30-32*

## 2. Norfolk Plains Seat – Joy

Follow the map to Denison Ave and toward the Golf Club. Take the road down to the right marked NO ENTRY, then veer left and walk to the large dead tree. Turn right onto the trail just below the cottages. When you get to the end cottage veer left. Follow the trail to a gap in the fence. Pass through and keep walking, with the fence on your left. You'll see a reflection seat to your right. Soak up the expanse.

*“Let the skies sing for joy! Let the earth join in the chorus. Let oceans thunder and fields echo this ecstatic praise until every swaying tree of every forest joins in, lifting up their songs of joyous praise to him! Ps 96:11-12*

*Accept the invitation to join in this chorus of joy.*

**Continue** on the path to the right of the seat as you sit. Follow it to the fence, turning right to head up the hill to the silver gate. Close it and turn left on Wilmot Ave. Follow it to the T at the edge of Poatina. Turn left & walk to the gate past the monument.

## 3. Bush Reflection Seat – Peace

Pass through the turnstile gate and take the left-hand path. Follow it past an incinerator on your right. Look for a white painted T symbol on the ground. On your left there is a short path to a reflection seat hidden amongst the vegetation. **Head down the path and receive the gift of peace on offer.**



*“I leave the gift of peace with you – my peace. Not the kind of fragile peace given by the world, but my perfect peace. Don't yield to fear or be troubled in your hearts – instead, be courageous!” John 14:27*

## 4. The Way of the Cross – Surrender

Return to the gate. Turn left and walk up the gravel road. This road leads to a cross, a symbol of surrender. As you walk in the footsteps of Jesus consider the dusty and rough roads Jesus walked and the price He was willing to pay to surrender to God's will for His life.



Follow the road as it curves right. Turn right again at the T onto a short bitumen road. Step onto the grassy area and keep walking forward beside the powerlines till you come to a cross and circle of wooden logs. Take a seat.

*“If you want to be my disciple, follow me and you will go where I am going. And if you truly follow me as my disciple, the Father will shower his favour upon your life. John 12:26*

What are you being challenged to lay down? You might like to take a stone and lay it at the foot of cross as a symbol of surrender.

## 5. Lookout – See!

Keep walking toward the pylon, beyond which is the platform which overlooks the fields, mountains, village & monument.



*What do you see and respond to?*

*“Jesus said “Really embrace this God life and nothing will be too much for you. This mountain, for instance: Just say, ‘Go jump in the lake’... and it's as good as done. That's why I urge you to pray for absolutely everything .. from small to large.”*

*Mark 11:22*

Head down the steps and you might like to visit the lower lookout just above road level. Then walk into Poatina Village till you come to the Labyrinth on your left.

## 6. Labyrinth – Come

Take a stick to swat any cobwebs as you walk. *Please close the gate when you are finished.*



This labyrinth is a single winding path, without obstacles or dead ends, leading to a central place of rest. The convoluted route to the centre is a metaphor for life. As you walk you might consider:

*Releasing (the journey within), Receiving (at the centre) and Returning (entering fully into life.)*

*At the centre you will find a jar under a group of rocks near the cross. Please remove the rocks, open the jar and take a promise with you. Return the jar to its place. Reflect on that promise as you walk.*