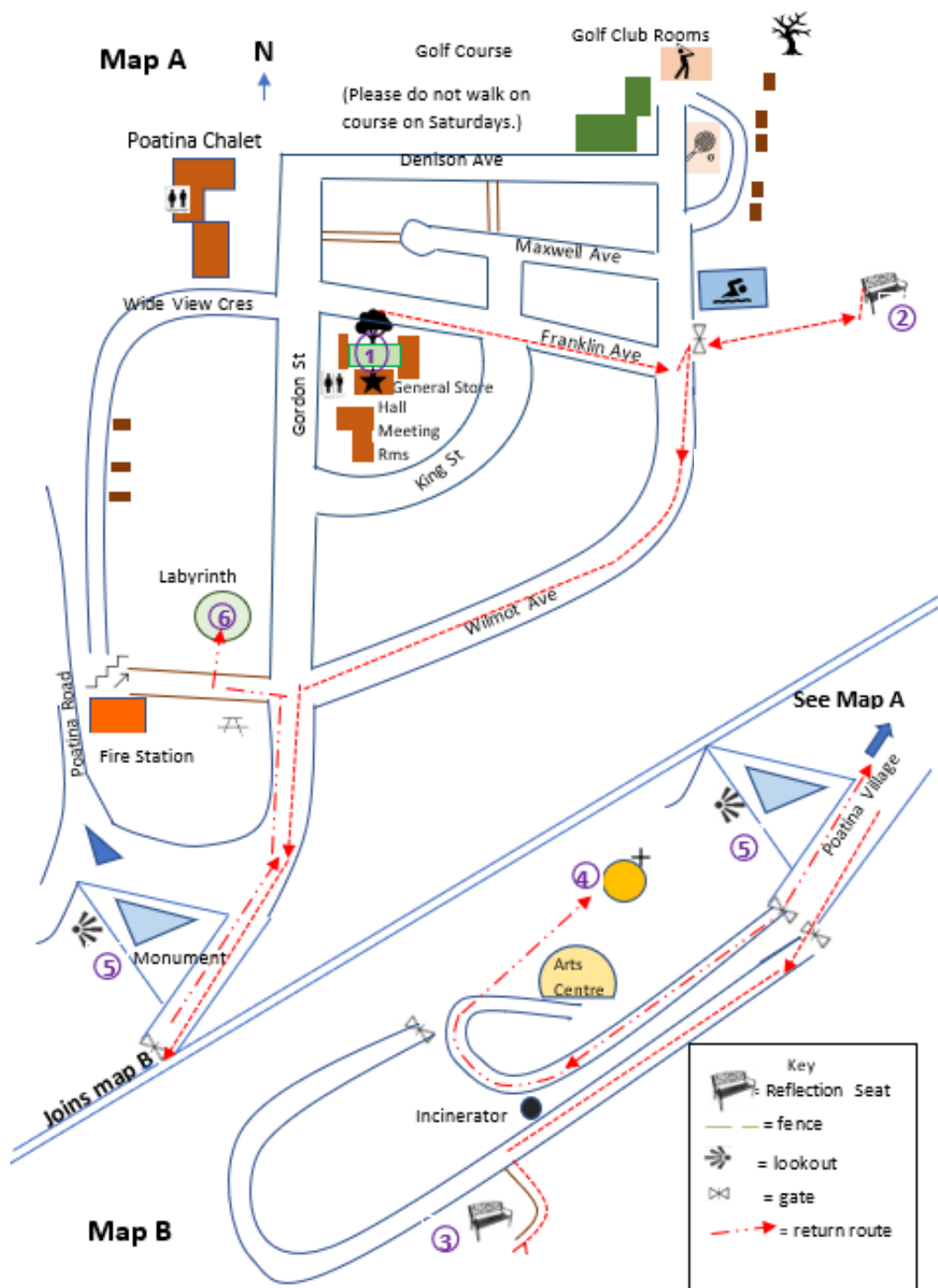


Trail of Spiritual Reflection



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



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

Retreat Options
Different options from self-guided to facilitated are available. Enquire at the Chalet front desk.

Time: 1 – 2 1/2 hrs depending how long you pause at places. The whole trail is 3km. Choose one or two elements or meander through all.

Please note:

- This accessible walking trail does not involve stairs but there is a reasonable slope at point 1.
- 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.

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 along Franklin Ave to Wilmot Ave. Turn left then almost immediately on your right, behind the silver guard rail you will see dirt road. **Please open (and close) the silver gate.** You will return the same way and it is a steepish climb.

Follow the road down until you see a dirt track on your right leading to a single tree. Just beyond it you'll see the reflection seat. 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.

Return the way you came closing the gate behind you. 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. Cross in the Bush – Peace

Pass through the turnstile gate and take the left-hand path. Follow it just 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 cross and another reflection seat hidden to the right amongst the vegetation.



Head down the path, choose your spot and receive the gift of peace on offer.

“I ask God to strengthen you by his Spirit... That with both feet planted firmly on love, you'll be able to take in with all followers of Jesus the extravagant dimensions of Christ's love.” Eph 3:16

4. The Way of Following – Surrender

Return to the gate. Turn left and walk up the gravel road. As you do consider the dusty and rough roads Jesus walked and the price He was willing to pay to meet people and call them to follow Him.



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

“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 in order to follow? You might like to take a stone and lay it near the embedded 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

Return past the circle of logs taking the same gravel road you came up. When you are back at the monument you might like to visit the lower platform 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 near the cross, you will find a jar under rocks. Please remove them, open the jar and take a promise with you. Return the jar to its place. Reflect on the promise as you walk & complete the trail.