

Walking the Sacred Path of Being

A Contemplative Day at Santa Teresa, Ormiston.

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.*

Saturday 18 February 2023
9am – 3.30pm

Santa Teresa Spirituality Centre
267 Wellington St
Ormiston, Qld 4160

Facilitated by Sue Thomas.

Noel Davis
Heart Gone Walkabout:
Poems, Prayers, Lines and Spaces



Image: Santa Teresa Labyrinth
Photo: Sue Thomas

If you are new to labyrinths, or if you have had experience with walking labyrinths, this quiet day offers opportunities to walk the labyrinth as meditation - quieting the mind, and being in the here and now. An invitation to let go of noise and distraction, and immerse into the still quiet space of being.

During our time together, we will learn about the Santa Teresa Labyrinth on Quandamooka Country, and how walking a labyrinth as a contemplative path invites us into sacred space.

Participants may attend this day as a **Qualifying Workshop** towards **Veriditas Labyrinth Facilitator Training**. Contact Sue for more information.

Cost: \$150. Includes catered morning tea and lunch, resources, and use of the grounds and contemplative space in the beautiful environment of Santa Teresa Spirituality Centre.

Registration is necessary. Please contact Sue Thomas sue@suethomas.net.au for details on how to register.

Presenter: Sue Thomas, Spiritual Director, Veriditas Faculty.

“The labyrinth belongs to no one and everyone” has been a grounding mantra in my work, as I walk labyrinths, draw labyrinths on beaches, work with peers in creating large portable calico labyrinths, and use the hand labyrinth for journaling and reflection in many facets of 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. My long association with using the labyrinth as a tool for contemplative, meditative and spiritual practices began many years ago when the labyrinth ‘found’ me in Year 11 at high school through an “Art and Architecture in History” subject. Using the labyrinth as a tool for contemplation and reflection in my previous role as Lay Pastoral Minister for Brisbane Catholic Archdiocese, my current work as Spiritual Director and retreat facilitator, and 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.