



## Draw the Circle Wide

Mid-North Coast Women's Retreat  
2024



### Ruth Walshe

While walking slowly through the labyrinth that had been created by Linda Hazel on the Pavilion lawn, I became aware of having a deeper appreciation of the physical beauty, peace, and tranquility of the surroundings. I felt a strong need to thank those whose vision and commitment created and continue to care for this environment which is truly spiritual. Possibly their journey was like the labyrinth that circles & circles with spaces for reflection. Finally exiting the labyrinth with a clearer vision. I must not be the only person to sense and experience these feelings while at Tiona – draw the circle wide.

### Anne Bonnefin

Draw the circle wide..... 'Draw' pulls me in. 'Wide' expands me. Breathing in. Breathing out. Tension. Release. ...'Draw' pulls me into my core, the centre of my being, what I experientially know to be true. I'm pulled to the source of my being, to the creative source within all life. It's deep, good and full of LOVE.

The core of LOVE always has an expansive quality to it. Love is given to be shared. The core expands out, includes everybody, everything, everywhere. Breathing in. Breathing out. Drawing in. Expanding out.

Over the weekend we explored through art expression, journalling, song, Tai Chi, worship and meditation moving from our inner soul to our connection to the Divine and each other. We investigated our heart as a bridge to God. Over the weekend, friendships were deepened, trust was built and we began to sense the absolute joy that comes with being able to express our authentic self in a safe place surrounded by love and care.

### Judy Jackson

I appreciated the reuniting of friends not seen for a while. I felt calm, relaxed and welcomed. I took home joy. The communion service reminds me daily of our shared love for our discipleship.

