



# 'Catalyst for Renewal' Reflection Morning

## Santa Maria Hall, Lawson 9:30am-12:30pm

**Parking at:** Lawson Catholic Church (Enter by Somers St)  
OR Kitchener St Lawson

Seeking renewal through conversation.

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*“Surprised by Nature”*

March 18, 2023

presented by

**John Cox**

This presentation comes out of my own journey over many years. Like many, I experience nature as a source of renewal refreshment and wonder. In 2013 I came across the term **Nature Naturing**, created by writers in response to Colin Fletcher's book *“The Man Who Walked Through Time”*. His book recounts his pilgrimage as the first non-indigenous American Indian to walk through the Grand Canyon USA. This term has intrigued me and been helpful in my own spiritual journey with/in Nature.

**People attending the Reflection Morning are asked to bring at least one and not more than four photos preferably of pictures of nature/scenery that are important to them.**

### **John Cox**

John is a retired psychologist and Uniting Church minister now living at Wentworth Falls. He worked as a marriage and family therapist and manager for 35 years. Working for organisations and in private practice. He has trained many people at all levels of counselling. Although “retired” he is involved with Junction 142 an activity of Leura Uniting Church and the Community. It is an expression of compassion and welcome to homeless and marginalised people in Katoomba and surrounds. John has presented numerous papers, workshops, and retreats in Australia and overseas.

**Tea/Coffee provided. Entry by donation**

*COVID-19 Safe Space. Booking NOT required*

For more information, contact Leanne at: [leannefz@yahoo.com](mailto:leannefz@yahoo.com)

**For railway travellers to Lawson:** Go east on the Great Western Highway. Turn right at Orient St., left into Mary St. Walk to the end. (15 min. walk)