



Walk of Peace

Welcome to Wild Church

Dotted around this churchyard there are 8 simple meditations.

We invite you to take a walk of peace, to be refreshed, comforted and strengthened along the way.

Enjoy this space, in time and place, give thanks for what grows here.

Be inspired by the story of soil and health, Take time. Reflect and pray.

Let your heart be open, let your senses awaken to the Creator's presence and love...

WILD CHURCH ----- PEACE WALK

1

God loves it

he showed me a little thing, the quantity of a hazel nut, lying in the palm of my hand.... I looked upon it with the eye of my understanding, and thought, 'What may this be?'

... And I was answered ... God loves it. all things have their beginning by the love of God.

And In this little thing I saw three properties. The first is that God made it. The second that God loves it. And the third, that God keeps it.

JULIAN Of Norwich 14thC

WILD CHURCH ----- PEACE WALK

2

Stop

Pause.

Wait.

What's on your mind?

**Jesus says,
'come to me, all who are weary, and I
will give you rest.'**

Matthew 11:28.

3

Look

What can you see around you?

What interests you?

How do you SEE the world?

Give thanks for all that is good in it.

What do you HOPE for?

**Pray for the things you want to see change –
things in your life,
in the lives of loved ones, our community, and
for others around the world**

4

listen

Pause.

What can you hear?

What do you notice?

What voices and messages fill your thoughts?

Who speaks to you and makes you feel alive?

Give thanks for those people and pray for them.

Is God saying anything to you?

WILD CHURCH ----- PEACE WALK

5

Inhale : Exhale

Breathe in

Breathe out

What gives you LIFE?

For at least two minutes, focus on your breathing.

As you breathe out, imagine letting go of the things that weigh you down; give God your fears, struggles, burdens. As you breathe in, receive God's love, light and grace.

WILD CHURCH ----- PEACE WALK

6

feel

**Pick up something,
some grass, a leaf, or a twig and hold it
in your hand.**

What do you notice?

What makes it special?

How do you FEEL?

**All of us are SPECIAL, all of us are LOVED and
WORTH loving.**

Take a moment to reflect on that.

**How can you SHARE that love with
others?**

WILD CHURCH ----- PEACE WALK

7

reflect...

**Do not be anxious about
anything, but in every situation,
by prayer and thanksgiving,
present your requests to God.**

**And the peace of God,
which transcends all
understanding, will guard your
hearts and your minds in Christ
Jesus.**

PHILIPPIANS 4:6-7

WILD CHURCH ----- PEACE WALK



A blessing

Go gently my friends
Feel the good earth
beneath your feet
Celebrate the rising of the sun
Listen to the birds at dawn
Walk gently under
the silent stars

knowing you are on holy ground
held in love

in the wonder of Gods creation

8

Smile

"I've learned how to be
in the present."

"How?" asked the boy

"I find a quiet spot and
shut my eyes and breathe."



"That's good, and then?"

"Then I focus."

"What do you focus on?"

"Cake." said the mole