



### *The Welcome*

Today's Wild Worship will be focussed on Journeys. I think it is a perhaps overused analogy but I think there is always something new to be taken away. We will be going river dipping as part of our activity and looking at the journey of a river and some of the insects that call the river home. We will show you how to make a journey stick and encourage you to capture aspects of your own journey.

Vicar of St Marys, Watton, (where I am training to be a Reader) Gerry Foster shared a reflection this week on Labyrinths and as this is so apt I will share this as part of our gathering.

Before we begin: I invite you to reflect on your own journey. What has brought you to be here today? You might want to think about the highs and the lows? The darkness and the light that has shaped you. Maybe you want to focus on recent weeks? I wonder what that has looked like for you? What do you want to hold on to, to take with you into the future and what needs to be let go of?

### *Opening prayer*

Lord, we come with our lives, whether they are busy and frantic or quiet and calm.

We come with our crowded thoughts, our high hopes and our greatest fears.

We come with our grand plans, our dreams and daydreams, and our precious memories. We come with our ever-squeezed time, our God-given gifts and our skills, large and small. We come with our family, our friends and we come with ourselves.

We come to offer you everything we have and everything we are, and we glorify your holy name with every fibre of our being.

**Amen**

*Join us on a walk to go river dipping. We will share with you the journeys of rivers and perhaps we can think about the journeys and life cycles of some the creatures we find during our river dipping. (See the resources section for further information)*

*Reflection – From Revd Gerry Foster. The Labyrinth.*



Although the Easter season continues in the Church, Easter Day itself is past, but our new journey is just beginning. We don't know how long the lockdown for the Coronavirus will last. Yet, our journey in life continues, because tomorrow comes. We can't stay behind with today.

You may have walked a Labyrinth similar to one in these pictures, at Norwich Cathedral or elsewhere. Charlie brought a portable one to St Mary's last year. The idea is that with every step, every turn of the path, you have the opportunity to reflect on who you are, where you are and where God is leading. It may or may not be to a new place physically, but relationally with others and with Him.

Labyrinths are ancient walking meditations. One of the oldest surviving paths dating around 1220, can be found in the Chartres Cathedral in France. Originally, it may have been used to symbolize or enact Christian pilgrimage to Jerusalem, for those who were unable to make it in person. But the basic enduring symbolism is the notion of a spiritual journey, which, at its most fundamental human level, we all share.

Brian Draper's book 'Labyrinth' (ISBN 978 0 7459 5508 7) describes: 'The Inward Path, Reaching the Centre and The Outward Journey'. The Labyrinth connects you to those around you and to the earth and to God, but, he writes, "it does not make you join hands and sing 'Bind us together'. It sheds light on your path, but it doesn't tell you precisely what you must sign up to. It helps you to feel you belong, even before you believe".

In these days when we are not allowed to connect or join hands, except with our immediate household, maybe you could imagine this walk as you engage on a personal journey with your thoughts, but also imagine all the people on the way, who are in your thoughts and prayers and so pause with them. Let us imagine we are travelling together....you never know what connections you will make.

Perhaps you could draw or print out a Labyrinth and use it daily, as we go on together.

Questions you may like to reflect on, which Brian Draper poses:

"What, or who, lies at the very centre of my own journey in life?

To whom have I given the centre ground of my being?

In this great journey of life, whom do I hope to find when I reach the centre?"

**Matthew 28: 20:** Jesus said "Therefore go and make disciples of all nations.....teaching them to obey everything I have commanded you. And surely **I am with you always**, to the very end of the age."

**Genesis 28:15** <sup>15</sup>" I am **with** you and will watch over you wherever you go, and I will bring you back to this land. I will not leave you until I have done what I have promised **you**."

**John 14:6** <sup>6</sup> Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me".

### *Response & Prayers*

#### **1. Make your own Labyrinth:**

There are no set responses or expected results; we have time and space to make our own prayers and responses to God as he meets us where we are.

Use natural materials such as stones or sticks or leaves to mark out a labyrinth. Alternative materials may be more appropriate such as chalk on a path, Playdoh, Lego, draw labyrinths on paper plates and use them as finger labyrinths

In the resources section at the end of this order of service you can find links to loads of ideas and texts including a virtual labyrinth and an idea using the Lords prayer as a focus.

#### **2. Journey Sticks**

Aboriginal people in Australia used journey sticks to more easily recount their journeys to other people upon their return. They found a large walking stick, collected materials found along the way, and tied them to the stick in chronological order. Native Americans also decorated sticks to recount their journeys and tell about their travels. These sticks can be used as storytelling and navigational tools. The collected materials and markings have various purposes. Some things can be used as markers for natural features in the land, such as tree bark to indicate passing through the woods. While particular symbols carved into or painted onto the stick could show weather patterns, natural features, or events that took place.

Why not make your own journey stick? Go on a wander and collect some treasures from your journey which tell a story. Trace and track the landscape. Why not add to it over the week? Enjoy your journey!

### *The Journey Prayer*

God, bless to me this day,  
God bless to me this night;  
Bless, O bless, Thou God of grace,  
Each day and hour of my life;  
Bless, O bless, Thou God of grace,  
Each day and hour of my life.

God, bless the pathway on which I go,  
God, bless the earth that is beneath my sole;  
Bless, O God, and give to me Thy love,  
O God of gods, bless my rest and my repose;  
Bless, O God, and give to me Thy love,  
And bless, O God of gods, my repose.

### *Closing Prayer*

We came to You in weakness; but we go in Your strength.  
We came to You alone; but we go together, with You.  
We came to You in brokenness; but we go in a wholeness given by You.  
We came to You with our questions; but we go in happiness, knowing Christ is the answer.  
We came to You looking for a Saviour; but we go with You, our Lord.  
We came to You empty handed; but we go with our hearts filled with You.  
We came to You defeated, lost and full of selfishness and sin;  
but we go forgiven, found and in the victory of Christ.  
We go because Jesus sends us.  
We go because Jesus fills us.  
We go because Jesus goes with us.

**Amen.**

### *Resources*

- Opening prayer: Adapted from David Clowes 500 prayers for all occasions. No. 11
- Closing Prayer: Adapted from David Clowes 500 prayers for all occasions. No. 539
- Labyrinth ideas and texts: [www.labyrinth.org.uk/index.html](http://www.labyrinth.org.uk/index.html)
- Walking a virtual Labyrinth:  
<http://www.labyrinth.org.uk/labyrinthswf/onlinelabyrinthpage2.html>.

- Using the Labyrinth to Explore The Lord's Prayer. Taken from 'Prayer Spaces in Schools' created by Tim Abbott.  
[https://www.prayerspacesinschools.com/search/resources?name=labyrinth&theme\\_id=4&tags=0&resources\\_order=id](https://www.prayerspacesinschools.com/search/resources?name=labyrinth&theme_id=4&tags=0&resources_order=id)

The Lord's Prayer stations

**1. Our Father in heaven, may your name be kept holy.**

*Think of a time when it seemed like God was near to you. How did you feel? Thank him now. Keeping someone's name holy is so much more than not swearing. It's about living in a way that honours that person, whether they're a mum, dad, friend or maybe the God of the whole universe. It helps us to feel closer to them.*

*How might you live your life in a way that's just a little closer to God?*

**2. May your Kingdom come soon. May your will be done on earth, as it is in heaven.**

*What do you think it would look like if earth was like heaven?*

*Think of one thing that would be different in the lives of those around you, or in the wider world.*

*Pray for change.*

**3. Give us today the food we need.**

*Food, water, shelter. These things are essential to life.*

*Millions of people around the world struggle every day to meet these needs. What needs do we easily take for granted? Thank God for something you need every day that you don't have to worry about.*

*Now pray for people in the world whose basic needs aren't met, whether far away, or in our neighbourhood. How might God use you to help meet someone else's needs?*

**4. Forgive us our sins, as we have forgiven those who sin against us.**

*Was there a time this week when you said or did something you hope Jesus didn't notice? Take a moment to say sorry. What hurts are you carrying because of something someone said or did to you? Could you choose to forgive them now?*

**5. And don't let us give in to temptation, but rescue us from the evil one.**

*Has there been a time when you did something even when you knew it was the wrong thing? Is there somewhere in your life where you are struggling to do the right thing?*

*Ask God to guide you, and to help you make good choices.*

**6. For the kingdom, the power and the glory are yours, now and forever.**

*It all belongs to God.*

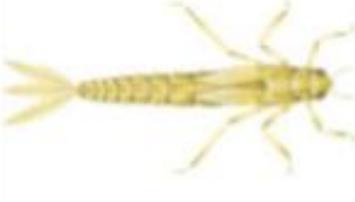
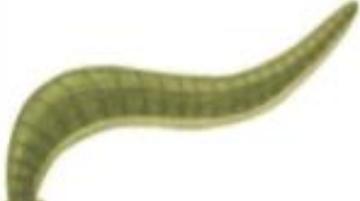
*What makes you aware of God's kingdom? Moments of peace or worship? Gathering with other believers?*

*What makes you aware of God's power? Prayers answered? Evil overcome?*

*What makes you aware of God's glory? The natural world, beautiful and awe inspiring? A sunset? A starry night?*

*Thank God for something you've seen or experienced that made you think of him. As you leave the Labyrinth keep your eyes and ears open to all that God is doing. And be thankful.*

- Journey sticks: Idea taken from <https://runwildmychild.com/journey-sticks/>
- Pond Pack [https://www.rbkc.gov.uk/pdf/pond\\_pack\\_2010.pdf](https://www.rbkc.gov.uk/pdf/pond_pack_2010.pdf)
- Journey prayer originally from the *Carmina Gadelica III*, 179. Taken from Esther de Waal, editor, *The Celtic Vision* (Liguori, MO: Liguori/Triumph, 1988, 2001), p. 90

<p><b>Water fleas (very small)</b></p>  <p><b>Daphnia</b>      <b>Cyclops</b></p>	<p><b>Freshwater hoglouse</b></p> 	<p><b>Freshwater shrimp</b></p> 
<p><b>Diving beetle</b></p> 	<p><b>Water boatman</b></p> 	<p><b>Pond skater</b></p> 
<p><b>Dragonfly nymph</b></p> 	<p><b>Damselfly nymph</b></p> 	<p><b>Mayfly nymph</b></p> 
<p><b>Mosquito larva</b></p> 	<p><b>Midge larva</b></p> 	<p><b>Flatworm</b></p> 
<p><b>Tadpoles</b></p> 	<p><b>Newt</b></p> 	<p><b>Leech</b></p> 
<p><b>Pond snail</b></p> 	<p><b>Ramshorn snail</b></p> 	<p><b>Pea mussel</b></p> 