

'Walking The Way'

A series of reflective walks

Brighouse to Todmorden along Calderdale's canals

On each walk you will find something you will need to collect or take along with you on the journey.

Use these sheets as a guide for your journey each time or scan the QR code on your smart phone to watch the video for that point.

Walk 2 **Elland to Sowerby Bridge** **3.7 miles (7.4 miles round trip)**

Start Point **Barge and Barrel**
Elland



Scan to watch
start point reflection
video

Opening Prayer :

Lord as we take these steps on this journey, enable us to see you in the things we see, hear you in the things we hear and experience something of your presence and love as we journey on. Amen

If you journey with someone else perhaps you might like to share your thoughts and experiences between stopping points.

Walk for 8 minutes to Point 1 - Woodside Flour Mill

Along the journey pick up a stick and carry it with you for the journey.

Point 1 Woodside Flour Mill



Scan to watch
Point 1 reflection
video

Reflect:

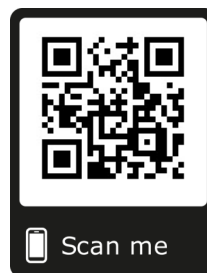
- Be still for a few moments. Take a look around.
- What draws your attention?
- Focus on one thing for a few moments, Think about what is special about it?
- Think about the history of this place and what went on here.
- Think of the people who worked here and their lives.
- Appreciate and be thankful for what you have seen and experienced.

Perhaps you might like to say Thank you to God for showing you that thing.

As you journey on think about what you have just experienced.

**Let's journey on and walk for 17minutes to Point 2 -
Salter Hebble Lock Keepers Cottage**

Point 2 Salter Hebble Lock Keepers Cottage



Scan to watch
Point 2 reflection

Reflect:

- Be still for a few moments. Take a look around.
- What draws your attention?
- Focus on one thing for a few moments, Think about what is special about it?
- Appreciate and be thankful for what you have seen and experienced.

Perhaps you might like to say Thank you to God for showing you that thing.

As you journey on think about what you have just experienced.

Let's journey on and walk for 20 minutes to Point 3 - Wooded Area
(just past overhead iron bridge and before the next bridge)

Point 3 Woodland Area



Scan to watch
Point 3 reflection
video

Reflect:

- Be still for a few moments. Take a look around.
- What draws your attention?
- As you look at the trees at the waters edge think why they are there.
- Take out your stick and think about how old it must be?
- Think about the stick in your hand. How did it get to the place where you found it?
- Think about how you got to be where you are and how you are formed as a person.

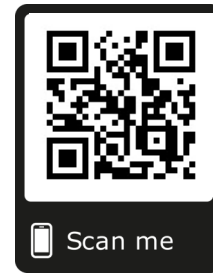
Appreciate and be thankful for that experience.

Perhaps you might like to say Thank you to God for showing you how he got you to be where you are at this point in your life

As you journey onwards think about what you have just experienced.

**Let's journey on and walk for 25 minutes to Point 4 -
Sowerby Bridge Marina between Top Locks**

Point 4 Sowerby Bridge Marina - Top Locks



Scan to watch
Point 4 reflection
video

Reflect:

- Be still for a few moments. Take a look around.
- What draws your attention? Think about where that water has come from. Think about where the water is going and the journey it is on and how it gets there.
- Think about your life again and the journey you are on, how have you been enabled to move onwards.

Appreciate and be thankful for what you have seen and experienced.

Perhaps you might like to say Thank you to God for showing that thing.

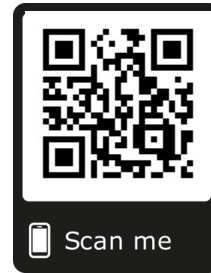
As you journey onwards think about what you have just experienced.

Take your stick and place it the other side of the fence along with others that have been placed there or have fallen there.

Lord we leave these sticks in this place as a reminder of our journey together. We know you bring to birth new things, repurposing the old, and bringing joy and peace through them. We thank you also for people who have opened doors of opportunity for us, bringing about newness of life. Amen

Let's journey on and walk for 3 minutes to the End - Market Place

The End of the Journey— Sowerby Bridge Market Place



Scan to watch
End point reflection
video

Prayer :

Lord we thank you for all we have seen, heard and experienced along this journey and seen something of you and your creation. We place our sticks together and are reminded that together we can be made into something wonderful and creative.

We thank you for those who have journeyed so far with us and have blessed us along the way. Amen

JOURNEY HOME and be blessed

If you would like to make any comments on the walk, your thoughts and reflections from it, please either email : calderdale.cmet@gmail.com or post your comment on our Facebook page