

'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 3 **Sowerby Bridge to Mytholmroyd** **3.9 miles (7.8 mile round trip)**

Start Point **Market Place Car Park**
Sowerby Bridge



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 to Point 1 - before Tunnel

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

Point 1 Before Tunnel



Scan to watch
Point 1 reflection
video

Reflect:

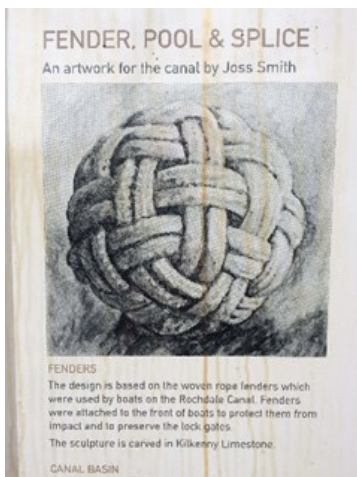
- As you enter the tunnel and walk through, think about what you see, feel and hear.
- OTHER SIDE of Tunnel Be still for a few moments.
- What did you feel like on entering the Tunnel?
- What were your thoughts while in the middle of the tunnel?
- As you exited the tunnel did your feelings change?
- Did your feelings change once out in the light?
- Think of times in your life when you felt the same way as when you walked through the tunnel.
- Appreciate and be thankful for experiences you have in your life, good and bad, scary and joyous.

Perhaps you might like to say Thank you to God for walking with you through these times.

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

Let's journey on to Point 2 - Luddenden Foot - Ball Sculpture

Point 2 Salter Hebble Lock Keepers Cottage



Scan to watch
Point 2 reflection

Reflect:

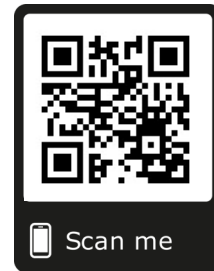
- Be still for a few moments.
- What things do you see?
- As you look at the sculpture, what does it make you think about?
- Think about what pieces of art/ sculpture have made an effect on you?
- How do you express your creativity?
- Think about the gifts that you have.
- Appreciate and be thankful for the gifts you have.

Perhaps you might like to say Thank you to God for giving you the gifts you have .

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

Let's journey on to Point 3 - the Industrial Area

Point 3 Industrial Area



Scan to watch
Point 3 reflection
video

Reflect:

- Be still for a few moments.
- Take a look around and look at the businesses.
- What do you see being produced?
- Think about those people who run those businesses and provide work for their employees.
- Think about those employees and their families and how they are able to live because of their employment.
- Think about your job or former job and what it gave you.
- Appreciate and be thankful for that experience.

Perhaps you might like to say Thank you to God for helping you and your family to have the things you needed and still need.

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

**Let's journey on to Point 4 - St Michaels Church Mytholmroyd
(come off the canal in Mytholmroyd to go to St Michael's)**

Point 4 Mytholmroyd - St Michael's Church

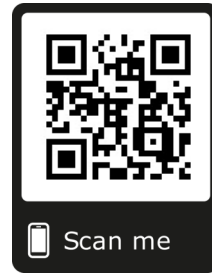


Scan to watch
Point 4 reflection
video

Reflect:

- Be still for a few moments.
- Take a look around. What draws your attention?
- Take a look at the monument and the words around the side.
- What do those words say to you?
- What words best describe the emotions those words evoke within you?
- How do you use your words are they encouraging or destructive to others?
- Take hold of your stick you picked up along the way. Think of those times someone may have upset you by their words.
- Transfer that time in your mind onto the stick as you hold it.
- It is now time to let those things go. Take your stick and stand on the bridge and let it go and watch it go down the river out of sight.

The End of the Journey— Mytholmroyd Bridge



Scan to watch
End point reflection
video

As we have let go of our stick into the river, we have also let go of the things that hold us back and carry with us that weigh us down.

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

JOURNEY HOME and be blessed

COFFEE? - take out can be brought from Jo's Kitchen across the road from St Michael's on the bridge.

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

website : www.calderdalemethodistcircuit.org.uk