

'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 4 **Mytholmroyd to Hebden Bridge** **1.5 miles (3 mile round trip)**

Start Point **St Michael's
Mytholmroyd**



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 - Cross road safely to Remembrance Statue

Along the journey take note of the people you see on the way.

Point 1 Remembrance Statue



Scan to watch
Point 1 reflection
video

Reflect:

- Be still for a few moments.
- Think about what you see around you.
- Look at the monument, what emotions does it make you feel?
- Think about those who have lost their lives given for your freedom.
- Think about the freedom you have. What are you able to do?
- Think of others around the world on a different journey whose freedom is restricted.
- Appreciate and be thankful for the freedom we have in our lives.

Perhaps you might like to say Thank you to God for the freedom we have and pray for those for whose journey is restricted.

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

Let's journey on to Point 2 - Enter the canal path next to Russel Dean furniture store and walk towards Hebden Bridge to Road Crossing.

Approx 5 minutes.

Point 2 Road Crossing



Scan to watch
Point 2 reflection

Reflect:

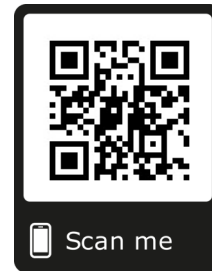
- Be still a few moments
- Listen and watch the traffic pass by
- Think about where these people may be going
- Now think about people on journeys and how sometimes there are obstacles like the road is an obstacle for us to continue on our journey.
- Think about what the obstacles are that you have.
- See these things as what they are just obstacles and not blockages.
- Think about the things that are there to help cross safely.
- Recognise who or what you have in your life that helps you navigate the obstacles of life.
- Appreciate and be thankful for the experiences you have in life and for those who help you.

Perhaps you might like to say Thank you to God for walking with you through those times and providing others too.

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

Let's journey on to Point 3 - the Park
approx. 12 mins

Point 3 Park - Leisure / Recreation



Scan to watch
Point 3 reflection
video

Reflect:

- Be still for a few moments.
- Think about what you see around you
- We are in a place and a space that people use for their well being and recreation.
- Think about that word 'Recreation' or perhaps 'Re-Creation'.
- Where are the spaces or places you go to for your recreation or re-creation. What is special about those places.
- How do you feel in those places/spaces?
- Appreciate and be thankful for those places/spaces.

Perhaps you might like to say Thank you to God for providing those places that help to re-create you.

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

Let's journey on to Point 4 - Leave the canal by the Lock and head into the Town Centre where the Bridge crosses the river by the Coffee Shops

Point 4 Hebden Bridge - Café by river and bridge



Scan to watch
Point 4 reflection
video

Reflect:

- Get a coffee or drink from Café of your choice.
- Be still for a few moments.
- Look around. What do you notice?
- As you sit/ stand in this place what do you feel about it?
- Concentrate on the river, a different form of water from the canal what do you see that is different with the river?
- Both are bodies of water essentially the same H₂O and yet different in many ways. Think about that in the context of this place with its cultural diversity
- Appreciate and be thankful for the diverse cultures that improve the society in which we live.

Perhaps you might like to say Thank you to God for being able to experience and accept different life choices.

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

Let's journey on to the Final Point - Head back to the Canal and proceed to next bridge and come off canal just before it. Walk down road over River to Hebden Royd Methodist Church on left.

The End of the Journey— Hebden Royd Methodist Church



Scan to watch
End point reflection
video

Think about all those people you have seen on your journey.
Perhaps some are memorable to you, why not ask God to bless them.

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

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