



**STATION 5
RETIREMENT &
RE-CREATION**

Psalm 23:1-3

*The Lord is my shepherd,
I shall not be in want.
He makes me lie down
in green pastures, he
leads me beside quiet
waters, he restores my
soul.*

*He guides me in paths of righteousness for
his name's sake.*

From the willow walk through to the bowling green, a place of rest and re-creation. Take time to walk around it. Sit on the different benches and consider the different views.

Look back along the river bank and think about your life journey.

The bowling green is like a monastic cloister - a thinking walk and a place for reflection. Use it as we use retirement to make sense of our lives.

If you feel adventurous you might walk down the steps to the river's edge and think about your life's adventure.

Space to think.

Are you ready to look over the wall and consider the next phase of life?



**STATION 6
DEATH**

Psalm 103 :15-17

*¹⁵ As for man, his days are
like grass, he flourishes like a
flower of the field; ¹⁶the wind
blows over it and it is gone,
and its place remembers it
no more. But from everlasting to everlasting
the Lord's love is with those who fear him,
and his righteousness with their children's
children - with those who keep his covenant
and remember to obey his precepts.*

Look over the wall into the graveyard. Rather than thinking about the dead that the stones represent think of all those lives.

You might to walk back along the river bank and then through the graveyard, as you do, try to read the gravestones. Think of their ages. Think of their lives. Think about your life

There are lots of relationships on those stones. Think of those who have surrounded you on your journey.

Space to think.

Is death the end?

Is it a door shutting or a door opening?

Have you enjoyed your prayer walk?

What have you discovered about your life?

Please come again or get in touch.

STATIONS OF LIFE

A reflective short stroll through the grounds of St Michael's Mytholmroyd



**STATION 1
BIRTH**

Psalm 139:14 - 16

*I praise you because
I am fearfully and
wonderfully made;
your works are
wonderful, I know
that full well.
My frame was not
hidden from you
when I was made in
the secret place. When I was woven
together in the depths of the earth, your
eyes saw my unformed body. All the days
ordained for me were written in your book
before one of them came to be.*

The walk begins in St Michael's Square which is at the junction of Cragg Rd. (B6138) & Burnley Rd. (A629).

Stand in the square - let your eye be guided by the sculpture to look at the moors around

Read the words on the sculpture
Listen to the sound of the river
Think about where you have come from
Think about those who have formed you
Be thankful for life itself

Space to think.

Is there any part of your life where you could make a new start?



**STATION 2
CHILDHOOD**

Psalm 131:1-2

My heart is not proud, O Lord, my eyes are not haughty; I do not concern myself with great matters or things too wonderful for me.

But I have stilled and quietened my soul; like a weaned child with its mother, like a weaned child is my soul within me.

Walk along the river bank a little until you reach the bench near the look out. The glass balcony is for children to look and wonder at the river. Take some time to sit on the seat remembering your own wonder. If you can, get down and look through the glass

Listen to your breathing for a while. Let that quieten your soul. Be thankful for those who made you feel warm and valued as a child. Remember those who taught you things.

Space to think.

What do you need to learn today?



**STATION 3
GROWTH & WORK**

Psalm 1:1-3

Blessed is the man who does not walk in the counsel of the wicked or stand in the way of

sinners or sit in the seat of mockers. But his delight is in the law of the Lord, and on his law he meditates day and night. He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers.

Walk along the river bank a bit further. There is a bed of flowers with a low wall near the St Michael's Enterprise Centre. Have look at the soil to see if anything is growing there. Think about your work. Does your work help you grow?

Look at the dead trees on the river bank. Wonder at what killed them and why they do not thrive.

Space to think.

What stops you growing?
What helps you thrive?



**STATION 4
STRUGGLE &
DISAPPOINTMENT**

Psalm 137:1-4

By the rivers of Babylon we sat and wept when we remembered Zion.

There on the willows we hung our harps, for there our captors asked us for songs, our tormentors demanded songs of joy; they said, "Sing us one of the songs of Zion!"

How can we sing the songs of the Lord while in a foreign land?

Walk a bit further alongside the riverbank past the church until you get to the willow tree. Think about why this is a place of sadness. The willow weeps in sympathy with the graves alongside. Think about your own sadnesses. Is the sadness in the remembering or could remembering the warmth as well as the pain make things better?

Space to think.

What do you need to hang on the tree?