

# A Walk to Remember



Photo Bernard Moss

**Friday 12<sup>th</sup> November 2010 7pm – 9pm**

**For the season of remembrance  
when we hold in our minds, our hearts, and our prayers,  
those no longer with us.**

This event is led by The Revd Professor Bernard Moss, a trained *labyrinth walk* facilitator.

Labyrinths have spanned the centuries and are found all across the world, and have been used in many different cultures, including religious and secular contexts. Understood properly, a labyrinth does not carry any 'baggage' or unhelpful expectations: it is there for you to use *as you wish*. Today, however, we focus on the theme of **remembrance**. We call to mind those no longer with us: those who have given their lives for freedom and justice throughout the world; those whose lives have been violently snatched away from them, or taken by illness, disease, or by the passing of the years. We remember those who are left behind who still treasure the memories and feel the loss acutely. In whatever way we can, we hold them in our prayers.

However you wish to use the opportunity of this labyrinth walk, please spend a few moments in preparation using the **3 Rs** outlined below :

### The 3 'R's

- **as you prepare to walk** , **Reflect** on what you would like the walk to mean for you. You may wish to **Release** some of the things that are crowding into your mind, so that you can enter the moment of the walk in an 'uncluttered' way. You may wish to **Remember** someone special no longer here with you. You may wish to take a small pebble with you on your walk to represent the memory of a loved one, the pain you may still be carrying as a result of this loss, or a burden you are carrying. You will find some pebbles at the entrance to the labyrinth. And of course you may wish to have a joyful, grateful, celebratory walk in memory of someone very special to you, or in gratitude for freedom gained at a great price.
- **as you reach the centre**, it is a moment to **Receive** – perhaps a moment of stillness or peace; or just enjoying your presence in this special place. If you have brought a pebble with you, you may wish to let go of it and leave it at the centre. Stay for as long as you wish at the centre
- **and then Return** – retrace your steps back to the beginning: they are the first few steps of the rest of your life.

**Please remember:** this is your journey but it is shared by others – let each other gently pass as you share a common path – smile at each other if you wish, but let silence be your constant companion. Feel free gently to overtake the person in front of you they are travelling at a different pace.

**Please respect** this sacred space... please use the shoe coverings or the socks we provide.

**Please consider** writing a comment or reflection in our Labyrinth Book before you leave to capture the moment in some way.

*walk gently – walk in stillness – walk in hope – walk gratefully – walk in peace*