

ST. MARK'S CHURCH, HAYDOCK  
SPIRITUAL WALK AND QUIET GARDEN WITH LABYRINTH  
'The Source to King's Rest' (*Church to Graveyard Route*)



GARDEN WALK GUIDE

◆ CHURCH SIDE QUIET GARDEN

Three-fold theme:

*Daily Bread*: the 'Source' - former 'King's Table' Restaurant

*Water*: as in a Water Feature

*Rest and Shelter*: as in the Arbour

[Cross road to Gate opposite or via TANGO](#)

[Warehouse /Shop or St.Mark's Centre Centre](#)

◆ RAISED BED 'Hope 08' GARDEN

'Tailor-made' for the physically constrained and small children, and now for Dementia group.

Some produce used in TANGO Cafe for preparing low -cost meals served for the benefit of the local community.

[Through the narrow Gate into](#)

*The Centenary Community Quiet Garden*

◆ MINI-ALLOTMENT AREA

Recycled bags and wood crates with recycled soil and compost from our pallet bin compost system, for free use by local folk. Fruit area below.

[Walk along central bark path](#)

◆ TREES & GRASSLAND

National Tree Week planting in grass area providing food and shelter for birds and wildlife.

[Through the willow arch to the](#)

◆ LABYRINTH QUIET SPACE

Enjoy a short circular (clockwise) 'journey' along the sleeper path visiting the 8 word-themed areas designed by different Groups in the Church.

[Exit along the hard paths on either side](#)

◆ WETLAND & EMBANKMENT

The wettest part of the Garden growing bog plants. Animals and insects shelter in the woodpiles and 'bug hotels' and in summer on nettles allowed to grow on the raised bank.

[Continue along the path to](#)

◆ HEDGE WINDOW (or Graveyard Seat)

Sit on the bench and look through the 'Window' in the Hedge.

Enjoy the peace of the Cemetery: your *physical journey* ends in death, but do you have a hope for a life beyond?

**WE HOPE YOU ENJOYED YOUR WALK!**

**GUIDE SPONSORED BY THE CO-OPERATIVE BANK COMMUNITY FUND**

SPIRITUAL WALK MEDITATIONS

*Do I take food, water, clothing and a home for granted: think of those who have few or none of these... Are some of my expectations for 'wants' rather than real 'needs'...?*

*Is quality quiet 'space' lacking in my life: am I too busy - if so, how can I restructure.....?*



*What place is there in my life for thinking of, reaching-out to and / or caring for those who are as our TANGO project theme song describes "brokenhearted"? Volunteers are always needed! Ponder on the song: 'When I needed a neighbour were you there?'*



*Caring for the natural world impacts on every persons' quality of life. As well as exploitation and pollution there are justice, life and death issues at stake! Do I seek to actively do the 4 R's in using resources: Reduce, Re-use, Repair, Recycle? What kind of world will we leave for the children of today.....?*



*What practical steps do / can you take to provide 'creature comforts' for wildlife? Look out for various 'homes' in the Garden:*

- Our Bird / bug boxes
- 'Teepee' Woodpiles



*Take time to explore and reflect on each of the spaces based on Philippians Ch.4 v.8:*

*"whatever is - true... noble... right... pure... lovely... admirable.... excellent.... praiseworthy - think on these things."*



*When we really take the time to reflect on our life's journey, sometimes being 'bogged-down' or in the 'wilderness' is painful! Yet not all of these experiences are without personal learning or growth value: had any positive insights recently?*



*Where are you at in your personal journey? Do you see life as a 'span' that which will end on your physical death? Or is there life beyond the grave, in which case is this life a preparation for the next - with a meaning worth seeking-out?*

**Blessings on your journey! Take a copy of our Quiet Garden Leaflet for further exploration..**

## GOD'S GARDEN Robert Frost (1874-1963)

God made a beautiful garden  
With lovely flowers strown,  
But one straight, narrow pathway  
That was not overgrown.  
And to this beautiful garden  
He brought mankind to live,  
And said: "To you, my children,  
These lovely flowers I give.  
Prune ye my vines and fig trees,  
With care my flowerets tend,  
But keep the pathway open  
Your home is at the end.

Then came another master,  
Who did not love mankind,  
And planted on the pathway  
Gold flowers for them to find.  
And mankind saw the bright flowers,  
That, glitt'ring in the sun,  
Quite hid the thorns of av'rice  
That poison blood and bone;  
And far off many wandered,  
And when life's night came on,  
They still were seeking gold flowers,  
Lost, helpless and alone.

O, cease to heed the glamour  
That blinds your foolish eyes,  
Look upward to the glitter  
Of stars in God's clear skies.  
Their ways are pure and harmless  
And will not lead astray,  
Bid aid your erring footsteps  
To keep the narrow way.  
And when the sun shines brightly  
Tend flowers that God has given  
And keep the pathway open  
That leads you on to heaven

## CAIN OF REFLECTION

Please select a stone from this basket.  
Whilst walking or sitting in the Garden,  
feel it's shape, size and texture.....  
Think about the things that are  
important to you at this time.....  
When you are ready to 'hand those  
things over' - place the stone on the Cain  
in the centre of the Labyrinth.....  
Be thoughtful and thankful....

### THE LABYRINTH

There is no fixed way to use this area!  
Adults are often serious. Children  
might run in and out, but here are some  
ideas... Reflect on your thoughts or  
mood... you may want to just look  
around, enjoy a time of quiet...  
or take this Guided Journey.....

Focus on the Words "...whatever is  
*true*, whatever is *noble*, whatever is *right*,  
whatever is *pure*, whatever is *lovely*,  
whatever is *admirable* - if anything is  
*excellent* or *praiseworthy* - think about such  
things."  
Philippians 4:8 New International Version

Walk quietly under the willow arch.  
Enjoy each word-based design  
feature and planting.

Experience: walk round slowly....  
Notice the sky. Listen to the  
sounds. Meditate, pray silently or  
out loud, maybe sing.... Most of all  
pay attention to your experience...

Heart of the Journey: central seat...  
Pause and recall the 8 words  
above, then "Think on these  
things"

Reflection: turn and face back to  
the entrance again, leaving when it  
seems appropriate. Be attentive,  
perhaps pause look again at  
the Words as you return

Remember: perhaps write, take  
photos or do drawings to capture  
your thoughts.....