

PENTECOST ACTIVITY PRAYER TRAIL

Welcome to our Pentecost Activity Prayer Trail. You can use all or just some of the following ideas while taking a walk around the church grounds.

Please take care and do not walk directly on the graves.

At Pentecost, we remember the story of the coming of the Holy Spirit, the power of God giving strength to Jesus' disciples for their mission to tell everyone about his love for us and for the whole of his creation.

We hope you enjoy trying out some of these ideas!



Wild weaving



Find a V shaped twig which is rigid, not bendy. Tie a length of wool to one of the prongs at the base then wind it between the two prongs, taking the wool first around one prong and then around the other, backwards and forwards, quite close together, until you reach the end of the sticks. Tie the wool at the end so that your 'warp' doesn't start to slip off the sticks. Look around for things to weave into your wool, dandelions, feathers etc. Think about all the people and experiences which have helped to make you the person you are and say a 'Thank you' prayer to God.

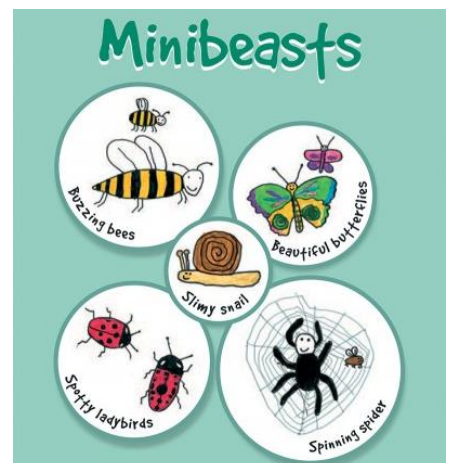
Hug a tree

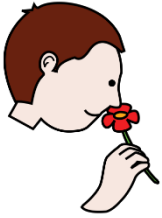
Find a tree. Look at it carefully. Think about the things that trees do – they are brilliant at turning water and carbon dioxide into oxygen, something we need to be able to breathe. They provide shelter for us and lots of other creatures too. Some provide fruit, nuts and seeds for us and other creatures to eat. Their roots help hold the soil together. Think about the beauty of trees and all they offer and then say a 'Thank you' prayer to God.



Mini safari

If you can do so, get down on your knees and take a good look at the grass and the earth. What can you see? Can you find any creatures hiding in the grass? Can you find a loose stone or log (take care that it isn't too heavy!). What can you find hiding underneath? Every creature has its own habitat that it thrives within. What is yours? Every creature and human being are different and have their own special needs. Think about it and say a 'Thank you' prayer to God for the variety of his amazing creation.





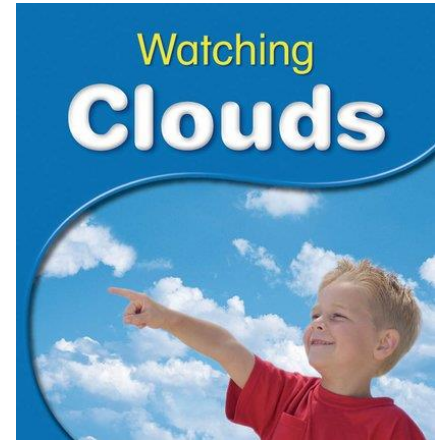
Have a good sniff

As you walk around, have a good sniff. What can you smell? Can you smell the grass, the earth, clean smells, nasty smells? Smell is important to us and to other creatures. It can show where food can be found. It can warn of danger. Think and say a 'Thank you' prayer to God

Cloud watching

Take a moment or two to stand or sit still and look up at the clouds. What imaginary pictures can you see in the clouds? Sometimes they hide the sun, sometimes they help create shadows on the ground. Look around, what can you see?

As you look up at the sky. When it is a very cloudy or rainy day, you can't see very far but the sun is still there. When it is a sunny day, you can see much further (don't look directly at the sun as it will hurt your eyes!) but you can't see the stars. At night, when it is dark, you can see the moon and some of the stars. If you are standing somewhere where there is no light, you can see thousands more stars. It is incredible. Just think that as you look up, you are standing on the edge of eternity. Think and then say a 'Thank you' prayer to God for his amazing creation.



Scatter some wildflower seeds



Open a packet of wildflowers seeds into your hands. Look at the seeds and see the different kinds. Not every seed will grow of course. Remember the parable of the sower! But some will and the tiny creatures and passing humans will be grateful for them. Think and then say a 'Thank you' prayer to God for the diversity and beauty of his creation. Then find a nice patch of soil/ grass and scatter your seeds all around.

I spy spring

What signs of spring and early summer can you spot? Can you spot something which starts with a different letter of the alphabet? I am sure that some of the letters will pose a problem but never mind, how many others can you find?

A might be for ant; **B** might be for bee or butterfly or bird.....



Stone drawing

Use chinks or coloured pens to draw a picture on a stone. Maybe something you have seen while you have been on our special Pentecost Prayer Trail. Take your stone home with you as a reminder.



THANK YOU, GOD, FOR SENDING YOUR HOLY LIFE-GIVING HOLY SPIRIT INTO YOUR CREATION. HELP US NOW TO CARE FOR IT. AMEN