



The Anglican Parishes of Whittington, Weeford and Hints

He has told you, what is good and what the Lord requires of you; to do justice and to love mercy and to walk humbly with your God

A Spiritual Walk In the Churchyard



*Consider how the wildflowers grow. They do not labour or spin.
Yet I tell you, not even Solomon in all his splendour was dressed
like one of these.*

St Giles' Church Whittington

We are surrounded by the beauty of God's creation and often simply do not notice it. God touches our lives every day in so many differing ways and yet often we simply do not notice. We are like those in the parable invited to the banquet feast but who are too busy to attend.

Now is an opportunity for you to attend to the present moment, to notice what is before your eyes, to see God's presence around you and in your life.

Go into the churchyard. Find a quiet spot and sit and spend some time looking, noticing and listening. It can be anywhere.

What do you hear? What do you see? What can you smell?

Take time to appreciate its beauty.

Think about God who created this in all its wonder and extraordinary beauty and rich variety. Reflect on who God is for you? – not as a theological statement, something carefully thought out and “covering all bases” – but as the God who dwells in your heart. If you were to choose an image of God for yourself what image would it be? Why that one?

Now reflect on the image of water – its life-giving property but also its ability to bring death.

Think about this water in terms of your own baptism and coming into the Christian Faith.

Give thanks for this. Pray for those who nurtured you in the Faith; those who have helped bring you to this point in your Christian journey.

How has your journey with God been life-giving for you and what do you see as the “death bits” in your life?

Consider this – unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds. Can you see this evident in our churchyard?

Now move to another place within the churchyard and enjoy the view from a different angle.

Think about your own life from different angles – the good times, the bad, your gifts, your limitations, your successes, your failures, what you have done with your life. Offer all this to God who loves you to an extent you cannot begin to imagine and who accepts all this about you and who knows you much better than you know yourself.

Can you accept this about yourself? What is it about all this that you would want to talk to God about?

To bring this to a conclusion – just sit quietly with all these thoughts and reflections.

.....give thanks to God for creating you and His love for you

.....offer your life to God anew.



Our life is seed,
Sown in the earth to rise again
In the world to come,
Where we will be renewed by Christ
In immortal life.
I did not frame this body,
Nor will I destroy it
God, you gave me life,
You will also restore it.

Saint Jonas of Hubaham, Persian monk and early martyr of the
Christian Church. His Feast Day is March 29.

O Lord God,
I have no idea where I am going,
I do not see the road ahead of me,
I cannot know for certain where it will end.
Nor do I really know myself.
And the fact that I think I am following your will
Does not mean that I am actually doing so.
But I believe that the desire to please you
Does in fact please you.
And I hope I have that desire in all that I am doing.
....I will trust you always
Though I may seem to be lost
And in the shadow of death
I will not fear.
And you are ever with me,
And you will never leave me
To make my journey alone.

Thomas Merton, Cistercian (Trappist) monk who died on the 10th
December 1968 and who composed this as a young monk.