



ESGOBAETH LLANELWY
TYFU FFYDD • DOD Â GOBAITH • DANGOS CARIAD
GROW FAITH • BRING HOPE • DEMONSTRATE LOVE
DIOCESE OF ST ASAPH

St Asaph Eco-Pilgrimage

Journey through the natural world, explore the elements of, water, earth, wind and fire through activities, discovery, prayer and worship on this Eco-Pilgrimage.



WATER



EARTH



WIND



FIRE

Collective Worship with Children and Youth Chaplains: Jon & Esther Andrews
Includes: prayerful reflection – activities – songs – 'cynefin' – filmed interviews





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Water

Observe the rain falling on a rainy day. If you have a local stream or river, look for it on a map, maybe you can visit it? Think about the journey the water has made.

Take a drink of water and feel the coolness of the water as it refreshes you.

Maybe you can make a pilgrimage to visit your local church. Look at the features which are special and unique to this place? Look for the font. The place where people are baptised. Baptism symbolises the start of a journey. Think about your journey of life so far. What have been the important times and milestones?

We can help and support one another in so many ways. How have different people helped you on your journey so far?



WATER

journey

Psalm 104





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St Asaph Eco-Pilgrimage Earth

In the song I am the Earth, we are asked to imagine a conversation between the children and the planet Earth.

Listen out for these words as Anna Martin of the The Shropshire Wildlife Trust takes us around one of the rarest habitats on Earth.

'Unique, Important, Special, Rare, Connect, Wellbeing, Sacred'

Think about your school, church, the place you live. Your 'cynefin'.

Do you have a special place? How do these special places make you feel? Find a large area of grass (school field/park/meadowland/ garden/churchyard). Gently throw a hoop or measure out your chosen area. Look closely and identify the different species of plants and grasses growing.

Plan to add diversity in your locality by planting native bulbs or a wildflower meadow and letting some grass grow longer.

EARTH
growth

Psalm 65:12-13





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Wind

What do you love to do? What has been challenging for you? Think about the conflicting emotions such as 'fear and fun', often these emotions surround change a time we have to learn how to manage our fear.

Watch the birds in the sky, look at the shapes of clouds as you sky gaze. We are surrounded by things we don't fully understand! The vastness of the universe, of infinity and tiny particles of light called photons filled with energy from the sun.

We bring to God all those things which we don't understand.

<https://www.thepathway2success.com/18-mindfulness-activities-for-outdoors/>

We all have hard things in our lives where we need to trust in God's protection. Whatever the problem, this might be when you can trust that God is right there with you. He will help you to be strong and brave.

WIND
hope

Psalms 121





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Fire

How are you guided through your life? We can use prayer to help us build a relationship with God. What would you want the Holy Spirit to change in your life

Fire is a very powerful so it is a good symbol for the Holy Spirit, a fire is warming when you feel cold

Psalm 46:10 of the Hebrew Scriptures: "Be still and know that I am God."

Find a quiet place, gently close your eyes and take a few deep breaths. Prepare to pray the Psalm in five consecutively diminishing sentences.

Either aloud or quietly to yourself, say the words, "Be still and know that I am God."

After a couple deep breaths, pray, "Be still and know that I am."

After a couple deep breaths, pray "Be still and know."

After a couple deep breaths, pray, "Be still."

After a couple deep breaths, pray, "Be."

When ready, pray, "Amen."



FIRE

guidance

