# 1. River

SCRIPTURE  Mark 1:9-12
Jesus came from Nazareth in Galilee and was baptized by John in the Jordan River. Just as Jesus was coming up out of the water, he saw heaven being torn open and the Spirit descending on him like a dove. And a voice came from heaven: “You are my Son, whom I love: with you I am well pleased.

REFLECTION
The serenity of peace, given to Christ through baptism, on the edge of the wilderness, in the Jordan River. Our connection to Christ, through baptism and faith.

ACTIVITY
1) What does the gift of baptism mean to you?

2) Using the colored pencils, write or draw your response on the reflection pool scroll. *(Please limit your response to 1-2 words or a small image to leave room for all participants.)*

3) If you would rather not write or draw on the scroll, please feel free to write your 1-2 words on the provided slips of paper and place your response in the baptismal font. Your words will be added at a later time to the finished scroll.
#2. Shore

SCRIPTURE  Mark 1: 16-20
As Jesus walked beside the Sea of Galilee, he saw Simon and his brother Andrew casting a net into the lake, for they were fishermen. “Come, follow me,” Jesus said, “and I will send you out to fish for people.” At once they left their nets and followed him. When he had gone a little farther, he saw James son of Zebedee and his brother John in a boat, preparing their nets. Without delay he called them, and they left their father Zebedee in the boat with the hired men and followed him.

REFLECTION
These first disciples looked to the sea as the place of their livelihood, their food, their work, their family. Jesus calls them to leave that familiarity and follow him toward a new calling. The disciples put down their fishing things, turn their back on the blue horizon, and set their gaze on the unfamiliar land toward discipleship.

ACTIVITY
1) As you stand between the two banners, first look toward the blue sea.

2) What sort of familiar things might Jesus be calling you to leave at the shore?

3) Now turn away from the water and toward the sand.

4) What wonderful new things might Jesus be calling you towards?
SCRIPTURE  Mark 4:1
Again Jesus began to teach by the lake. The crowd that gathered around him was so large that he got into a boat and sat in it out on the lake, while all the people were along the shore at the waters edge.

REFLECTION
Imagine Jesus here today standing in a boat.
What would he be saying to you after he looked out and saw all the plastic in the sea? Listen to Jesus teach us about how we are caring for the earth. What would he be asking from you?

ACTIVITY
1) Write down or draw what you and your family can do to reduce your use of plastics and reduce pollution in our oceans, our land, and our air.

2) Take a ribbon as a symbol of your commitment.

3) You are invited to watch this powerful short video, “I’m Sorry to Future Generation.” It is on a continuous 6-minute loop. If someone is already watching, feel free to continue your labyrinth walk and return at a later time.
#4: Wilderness

**SCRIPTURE**
- Mark 1:12-13 The Spirit sent Jesus out into the wilderness, and he was in the wilderness forty days, being tempted by Satan. He was with the wild animals, and angels attended him.
- Luke 5:16 Jesus often withdrew to lonely places and prayed.

**REFLECTION**

Pausing in the wilderness, Jesus was able to see the next steps on his path. And through his practice of quiet listening, solitude, and centering prayer, he received strength and resolve to walk his path.

Life’s path winds and bends. Sometimes we find the path easy to navigate. Sometimes the path is difficult to see and we lose our bearings. We are in the wilderness, where we may feel alone, isolated, and tested.

*How do we find our way? What is our guide?*

Hiking trails through the wilderness often use **CAIRNS** – or stone pile – to mark a path, especially where the path is not clear. Once you arrive at one cairn, you must pause, look around to find the next one, and set out walking towards that one. Cairn after cairn, you can make your way across an unmarked wilderness. Hikers then leave stones on the cairns as they pass to mark the path for those who came after them.

**ACTIVITY**

1) Pause quietly here for a few moments with your eyes closed, listening to the quiet of your breath.

2) On a paper stone (or several), respond to one or more of these questions:
When you think of your own life, how do you discern your path? What cairns or signposts do you look for to know you’re on the right path? Who or what is a cairn for you? Are you a cairn for someone else?

3) Using tape, add your paper stones to a cairn to mark the way for others who come after you.

4) Continue your labyrinth journey, looking ahead to the next cairn on your path up the mountain.
#5: Hillside

SCRIPTURE Luke 22:39
Jesus went out as usual to the Mount of Olives, and his disciples followed him.

REFLECTION
By saying Jesus went “as usual to the Mount of Olives [to pray],” this verse is indicating two things: first, that Jesus prayed often, and second, that his prayers involved a ritual of some sort—in this case, the ritual involved going to a particular place. Having a ritual related to prayer often makes it easier to both remember to pray and to consistently make time to do so.

The prayer ritual at this station doesn’t involve a place but rather a method—a visual journal, giving the hands something to do which allows the mind to rest and find its way to a state that is amenable to fellowshipping with God.

Provided are examples of what some visual journals may look like, but they can be whatever helps you concentrate on God.
(Inspiration taken from the book *Praying in Color* by Sybil MacBeth)

ACTIVITY
1) Find a comfortable seat at the table.

2) Using the paper and colored pencils, try making your own visual journal entry to God—whether it’s a prayer request or names written down with doodles or just random scribbles of emotion.
#6: Mountain

SCRIPTURE
Luke 6:12 One of those days Jesus went out to a mountainside to pray, and spent the night praying to God.

Matthew 14:23 After he had dismissed them, he went up on a mountainside by himself to pray. Later that night, he was there alone.

John 6:15 Jesus, knowing that they intended to come and make him king by force, withdrew again to a mountain by himself.

REFLECTION
When Jesus retreated to the mountain, he prayed. Jesus was under enormous pressure to lead, to sacrifice, to have courage, to teach.

Our own pressures follow us through our day, through our relationships, through our work and school.

You’ve carried your stone through the labyrinth so far, feeling the pressure and the weight of it in your hand. You’ve climbed the mountain to seek a moment of solitude to pray. The air is clean, the wind whistles, you smell earth, moss, and pine, the mountain is beneath your feet.

In front of you is a waymarker, a cairn.

ACTIVITY
1) Say a prayer asking for strength and guidance.

2) Set the rock down, building on the cairn to show the way for the next traveler.

3) Your load is lightened, the way is more clear. Look up! You can see the path before you.
#7: Sky

SCRIPTURE Matthew 17:1-8
After six days Jesus took with him Peter, James and John the brother of James, and led them up a high mountain by themselves. There he was transfigured before them. His face shone like the sun, and his clothes became as white as the light. Just then there appeared before them Moses and Elijah, talking with Jesus. Peter said to Jesus, “Lord, it is good for us to be here. If you wish, I will put up three shelters—one for you, one for Moses and one for Elijah.” While he was still speaking, a bright cloud covered them, and a voice from the cloud said, “This is my Son, whom I love; with him I am well pleased. Listen to him!” When the disciples heard this, they fell facedown to the ground, terrified. But Jesus came and touched them. “Get up,” he said. “Don’t be afraid.” When they looked up, they saw no one except Jesus.

REFLECTION
When we think of God we look to the sky, to something above us. The same is true when we think of those who have passed. As we face the challenge that is this life we look up and reach out for answers, for guidance, for signs, for comfort, for hope. So too, we reach out to our loved ones, our elders, our teachers here on earth.

The things we are learning from our earthly teachers and the things we remember from our heavenly guides are woven together with our personal experiences to enrich our lives.

ACTIVITY
1) Take a ribbon and weave it into this landscape. Use one of the plastic needles and follow the holes that have been made in the fabric.
#8: Provision

SCRIPTURE    Luke 12:22-28
Jesus said to his disciples, "Do not worry about your life, what you will eat, or about your body, what you will wear. For life is more than food, and the body more than clothing. Consider the ravens: they neither sow nor reap, they have neither storehouse nor barn, and yet God feeds them. Of how much more value are you than the birds! And can any of you by worrying add a single hour to your span of life? If then you are not able to do so small a thing as that, why do you worry about the rest? Consider the lilies, how they grow: they neither toil nor spin; yet I tell you, even Solomon in all his glory was not clothed like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, how much more will God clothe you—you of little faith!

REFLECTION
Think back and recall a time in your life when you were worried and in need of some type of provision. Now reflect on how God provided for you. How did God take care of your need? Sometimes God provides through physical objects, sometimes God provides through other people. Sometimes God is the still small voice inside of you with words of reassurance.

ACTIVITY
1) If you feel led, write the way God provided for you on a slip of paper or popsickle stick.

2) Add it to our field of abundance.
#10 The Agony in the Garden

SCRIPTURE  
Mark 14:32-42

They went to a place called Gethsemane; and he said to his disciples, "Sit here while I pray." He took with him Peter and James and John, and began to be distressed and agitated. And he said to them, "I am deeply grieved, even to death; remain here, and keep awake." And going a little farther, he threw himself on the ground and prayed that, if it were possible, the hour might pass from him. He said, "Abba, Father, for you all things are possible; remove this cup from me; yet, not what I want, but what you want." He came and found them sleeping; and he said to Peter, "Simon, are you asleep? Could you not keep awake one hour? Keep awake and pray that you may not come into the time of trial; the spirit indeed is willing, but the flesh is weak." And again he went away and prayed, saying the same words. And once more he came and found them sleeping, for their eyes were very heavy; and they did not know what to say to him. He came a third time and said to them, "Are you still sleeping and taking your rest? Enough! The hour has come; the Son of Man is betrayed into the hands of sinners. Get up, let us be going. See, my betrayer is at hand."

REFLECTION

Jesus went to the Garden of Gethsemane to pray because he needed somewhere peaceful and quiet where he could feel closer to God. Imagine if he did not have that garden; imagine if he was stuck in the blighted streets of New Brunswick, or an overcrowded school in Newark. When we separate nature from ourselves with preserves and parks, we separate ourselves from nature, and those peaceful places become inaccessible to those without the privilege to escape urban environments; that lack of green space, of a peaceful place to think, not only causes emotional distress, but physical and mental harm. Instead of preserving nature in set-apart places, we need to tend to the gardens that are our urban landscapes, and keep watch with those who live there.
ACTIVITY

Seedbombs are a guerilla gardening technique that allows seeds to be sown in a hard-to-reach or controversial space. We will make seedbombs and drop (or throw) them into urban spaces to allow life to flourish where it is otherwise being pushed out.

1) Take a handful of the soil-compost-clay mixture.

2) Add a small amount of water and roll the mixture into a ball.

3) Pick which seeds or combination of seeds you would like to use, pull the ball open, and press the seeds inside.

4) Leave the ball to dry on the rack.

5) Choose a seedbomb that has already dried to take with you.

6) After you leave today, keep an eye out for a space that needs a garden, and toss your seedbomb.
Scripture  

John 21: 1-13

Afterward Jesus appeared again to his disciples, by the Sea of Galilee, and it happened this way:
Simon Peter, Thomas, Nathanael, the sons of Zebedee, and two other disciples were together. “I’m going out to fish,” Simon Peter told them, and they said, “We’ll go with you.” So they went out and got into the boat, but that night they caught nothing. Early in the morning, Jesus stood on the shore, but the disciples did not realize that it was Jesus. He called out to them, “Friends, haven’t you any fish?” “No,” they answered. He said, “Throw your net on the right side of the boat and you will find some.” When they did, they were unable to haul the net in because of the large number of fish. Then the disciple whom Jesus loved said to Peter, “It is the Lord!” As soon as Simon Peter heard him say, “It is the Lord,” he wrapped his outer garment around him (for he had taken it off) and jumped into the water. The other disciples followed in the boat, towing the net full of fish, for they were not far from shore, about a hundred yards. When they landed, they saw a fire of burning coals there with fish on it, and some bread. Jesus said to them, “Bring some of the fish you have just caught.” So Simon Peter climbed back into the boat and dragged the net ashore. It was full of large fish, a hundred fifty-three of them, but even with so many the net was not torn. Jesus said to them, “Come and have breakfast.” None of the disciples dared ask him, “Who are you?” They knew it was the Lord. Jesus came, took the bread and gave it to them, and did the same with the fish.

Reflection

This second miraculous catch of fish mirrors the promise of the earlier one, when Jesus was in the boat, teaching his disciples.

Now, from the other side of death, Jesus returns -- this time from the beach -- to reaffirm his message of abundance, sharing and fellowship.
But if it happened today, at our shore, what would the disciples find in their nets?

ACTIVITY
1) Let’s Be Aware: Each bottle in this piece was picked up in a single day in one small section of Highland Park. Americans throw away 35 BILLION plastic water bottles EVERY YEAR.

2) Let’s Make Different Choices: The next time we’re buying a bottle of water, let’s stop and think: Is the convenience of that plastic container worth the toll it extracts on our planet?

3) The earth is ours – and Jesus is expecting a bounty of edible fish when He returns.