ST MARY & ST NICHOLAS
IN THE HEART OF LITTLEMORE

LITTLEMORE ARTS HUB

LITTLEMORE PATH OF
Peace & Praise

A prayer walk with Scripture and simple movements

Let the peace of Christ rule in your hearts, and with gratitude sing psalms, hymns, and spiritual songs to God.
Colossians 3:15-16

Many of the ancient bible words for praise are action words. They invite us to do something with our body, not just to think.

Along this path, each station introduces one or more of these action words. Use the map on the back of this leaflet as a guide. When you arrive at a station, first read the definition, then the bible verse in which that word is used. And if you would like, try the given movement meditation at your own pace and in whatever way feels comfortable. Then continue to the next station.

There are six stations in total. You can visit them all in one day, spread them out over several days, or experience the path again and again.

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Station 3: North Churchyard Bench

Word: **Towdah** (an extension of the hand in thanksgiving)

In God I trust; I am not afraid.
What can a mere mortal do to me?
My vows to you I must perform, O God;
I will render thank-offerings (towdah) to you.

Psalm 56:11-12

Movement: Sit quietly and take a moment to be still.
Notice the bell tower rising up above you.
In response, raise a hand in thanksgiving.

If you'd like to find the rest of the stations on the trail they can be found on this map: