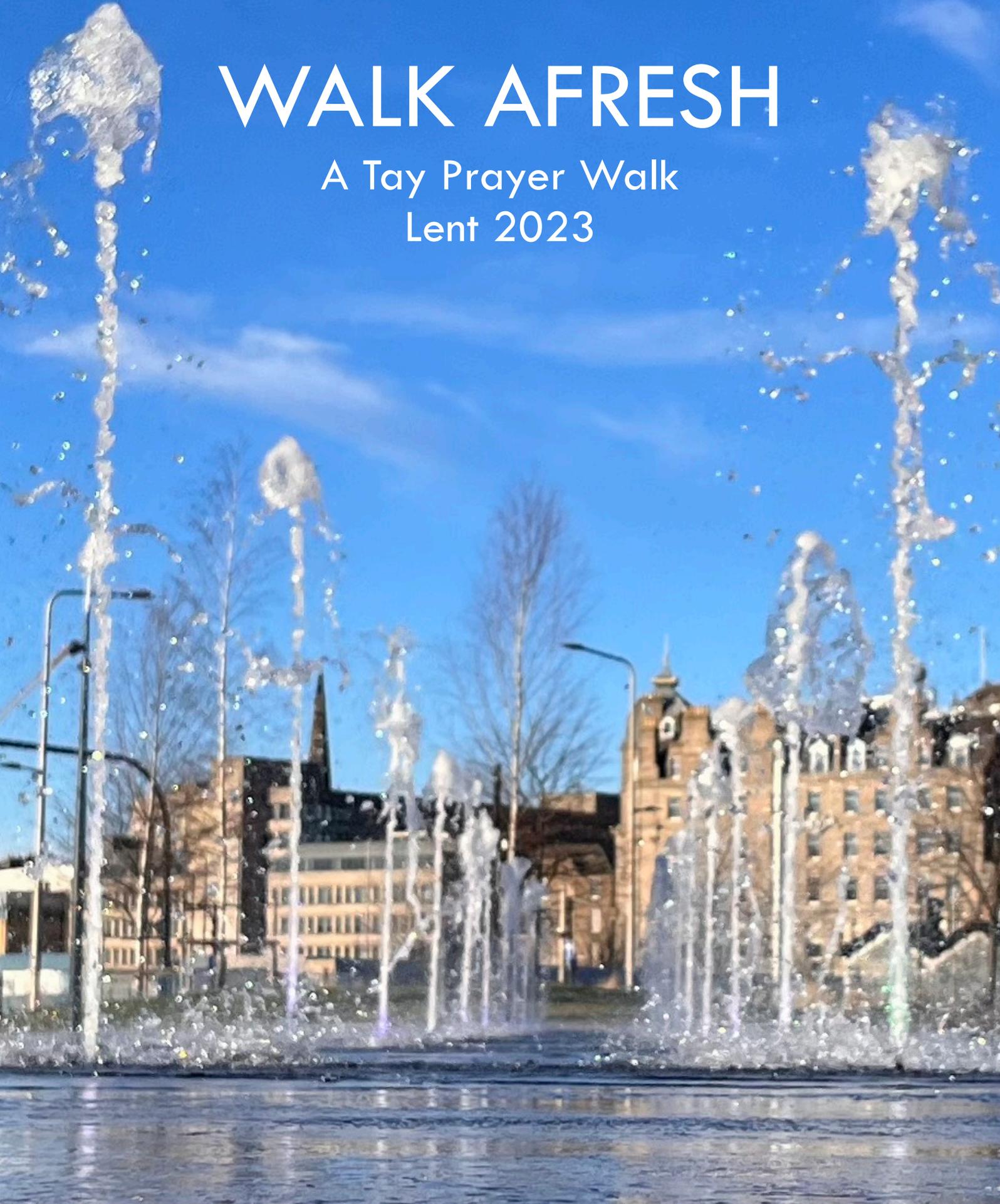


WALK AFRESH

A Tay Prayer Walk
Lent 2023





Viewpoint - suggested starting place

Walk Afresh is an invitation to take time this Lent to walk along the River Tay, thinking about the promises and symbols of Baptism. In this leaflet, *text in purple* comes from the Baptism liturgy.

You could start this walk at the Viewpoint, on the City Quay side of the road bridge (pictured on the left), and walk towards the rail bridge.

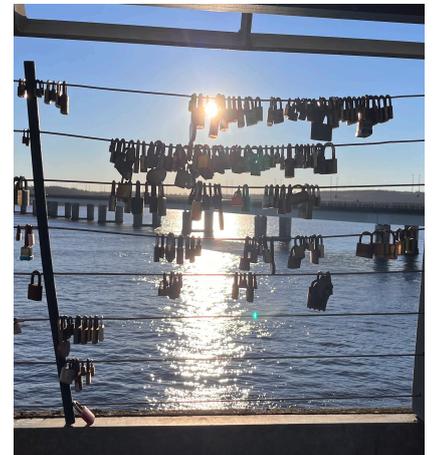
There are some places noted in this leaflet where you might pause, or perhaps you will be drawn to other things you see as you walk.

Viewpoint *God is love. God gives us life. In Christ God reaches out to us. In baptism God calls us to respond.*

Walk up the stairs to the top of the viewpoint. You will see are many 'love-locks'. They are put there as a symbol and promise of love.

Baptism is a response to the love of God, and is a new beginning, calling us to live in response to God's love.

For reflection: *Where do I recognise God at work in my life and in the world? How do I respond?*



Lighthouse *Christ go before you to guide your steps. Christ be within you to kindle your vision. Christ shine from you to give joy to the world.*

Lighthouses give light to help seafarers navigate safely.

At Baptism a candle is given as a symbol of the light of Christ - given to us, and shining from us to give light to the world. Helping us and others to navigate a world that can be hard.

For reflection: *Where is the light of Christ a guide in my own life? How do I offer that light to others?*

Murals *You are sealed by the Holy Spirit and marked as Christ's own forever.*

Murals tell stories, often stories of the identity of a place or a people. At baptism oil is used to show the sealing of the person's identity in Jesus - a bit like the paint is used to seal a story onto a wall. To be anointed or sealed is a sign of our identity as God's children. God loves us unconditionally and nothing can take that away.



For reflection: *How does the knowledge that I am loved unconditionally by God shape my identity?*



Fountain *Born of water and the Spirit*

Water is used in Baptism as a sign of new life in Christ - a new beginning. Although Baptism is a new beginning, we see that we don't always get things right and that we will always need to begin again...and again.

Always we begin again, says a Benedictine prayerbook. Beginning again is both a fact, and a calling. It's a calling to daily new beginnings as we seek to live a new life in Christ.

For reflection: *Always we begin again - what do these words say to you? Can you see new beginnings past, present and future in your own life?*

Whale *Will you work for justice and peace, honouring God in all creation?*

This is one of the questions asked at Baptism, a promise that is made. But so many of our actions - even ones that seem neutral or good - can have a negative impact that we don't always think about.

For reflection: *Am I informed before I act? Where can I show more care and be more intentional in what I choose to do?*



The Tay Whale is a reminder of Dundee's historic links with the whaling industry - an industry that has had a mixed impact



Discovery *I believe...*

Belief is a journey of discovery. At baptism we affirm our belief in God - Father, Son and Spirit - but we know faith doesn't stand still. Faith is a journey of discovery, of trying to understand, a journey which brings us closer to God.

For reflection: *Here we can think about where we are on our faith journey of discovery. What might we need to do more or less of to help us along that journey?*

Sign *Serving Christ in all people*

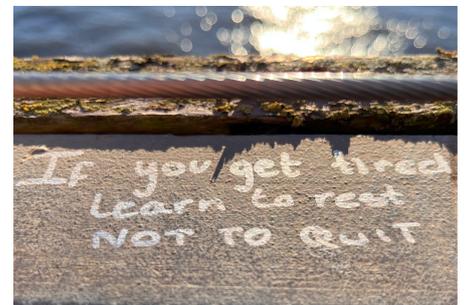
Signs along the pathway remind us that we do not walk the path alone. We share it with others. Baptism calls us to see Christ in other, and faith teaches that everyone is made in the image of God.

For reflection: *Are there times when we could have shared the path better? If people are made in God's image, how should we treat them? How can we put that into practice?*



If you're feeling energetic you might want to carry on walking to the rail bridge - you'll see lots of water and other things such as art installations and signs and symbols that might remind you of baptism.

Or you might want to go home and have a good rest - and that is absolutely fine!



*"I will give you rest".
Matthew 11:28.*