

Welcome to First Congregational Church of St. Albans

Lenten Meditation Walk in Taylor Park!

- Please park in FCC's parking lot (27 Church St, between FCC and the Courthouse). After you park walk toward Taylor Park (across the street from FCC).
- **The First Meditation** is by FCC's circular Pollinator's Garden with the Apple Tree in the middle. This is by FCC's portico and handicap entrance.
- Make a left out of the parking lot—staying on the sidewalk. In front of the courthouse cross Church St and take the ramp to go into Taylor Park.
- **The Second Meditation** is by the tree directly across from the bottom of the ramp.
- Walk along the path that runs parallel to Church St toward Fairfield St. Walk beyond the WWI Memorial Statue; turn right pause at the musical instruments.
- **The Third Meditation** is by the musical instruments.
- Continue along the musical instrument path. Bear right by the first lamp post—take the middle path. The flag pole will be on your right. Continue until you reach the circular garden.
- **The Fourth Meditation** is around the circular garden. Walk a full circle counter-clockwise and then clockwise.
- Take the left hand path (closest to No. Main St) to the left hand side of the fountain.
- **The Fifth Meditation** is by the Rotary Bench.
- Continue around to other side of the fountain.
- **The Sixth Meditation** is by the Smith/Douglas Bench turning to look at the fountain.
- Walk along the path that runs parallel to the path that took you to the fountain (the side closest to Church St.) At the circular garden make a left, return to the Church St ramp. Leave the park and return to FCC.
- **The Seventh Meditation** FCC's sanctuary steps. If you are doing the meditation on Good Friday between 4-5pm you may do the final meditation in the sanctuary while listening to Stephan play meditative music on the organ



Lenten Meditation Walk, Taylor Park:

Walk slowly to each location. Pause to read the prayer & pray.



1 (Pollinator Garden by Handicap Entrance FCC)

O Creator of all that is,
Seen and unseen,
Who shows us the Way,
Through the Mystery of Time
And the changes that mark its passage:
Help us to open our hearts to compassion
And our minds to understanding
As we accept our past year's Journey
And orient ourselves anew to the Path
Of Faith, Hope, and Love.

Use the ramp on Church St. to enter Taylor Park

2 (Tree across from the bottom of the ramp.)

This year of the Pandemic
We have not met others in
The usual public places:
libraries, churches, assembly halls,
sports arenas, theaters.
We miss the possibilities of
Social transformation.



3 (Musical Instruments)

Our private lives have not known
The ease of carefree association.
We have missed the delights of
Shared food and music,
Of hugs hello,
And hugs goodbye . . .

4 (Circular Garden. Walk a full circle counter-clockwise, and a full circle clock-wise as you contemplate God's world and your inner resources.)

But we accept God's world as it is
And discover
Inner resources,
Other ways to know ourselves,
And are reminded that
The Kingdom of Heaven
Is within.



5 (Rotary Bench, read the bench, then pray.)

Teach us to truly seek
The light that does not dim,
The joy that does not wane.
Help us to live in your Mystery
With willing hearts.

6 (Smith/Douglas Bench, turn to look at the fountain.)

Help us to let go
Of burdens that do not
Speed us on our journey home
To You.
We have carried some burdens
So long
That we are not even aware
That we can put them down.
Some have become so familiar that
We think they are
Part of us.
Help us to lighten our load.

7 (FCC Sanctuary Steps or in the Sanctuary on Good Friday 4-5pm)

We are ready to live
in your world,
Ever seeking You
With open hearts.
Amen

