

# Seeds of Hope Garden Children's Tour



*"For everything there is a season and a time for every matter under heaven"*

Ecclesiastes 3 v 1- 8.

Welcome to the Seeds of Hope Garden! We hope you enjoy your visit here today. This is a special Garden to help us explore feelings of loss of all kinds. It's hard for all us when loss happens. It could be that someone you know has died, maybe your parents are getting divorced or are separated, maybe you have to change schools or a best friend has moved away. The Bible teaches us about how to cope with loss and change and as you go round the garden think about how God can help us all and give us support.

Remember that this is a garden for all seasons. Each section relates to a season of the year. Read the round animal sign posts as you go through. Try to look out for signs of the season that you are in now. Use all your senses to appreciate the sights, sounds and smells of the garden.

1) Enter by the main gate.



In front of you is a sculpture of two children, a boy and a girl. The girl is holding a dandelion and the boy is trying to catch the seeds as they fall. What do you think they are saying to each other? What are they thinking? Imagine the seeds as they blow into the air as prayers going up to God to ask for his strength and comfort.

2) Follow the path to the right. This is the Spring Garden - the Garden of Hope. Think about how new life begins the spring. The flowers blossom again after the harshness of winter. How do you feel in spring?



3) Follow the path round to the Winter Garden - the Garden of Thought. In winter there is no colour and it may seem as if there is no hope. It looks as if all life has died but even in winter new life is growing under the earth. As Christians we remember that Jesus died on Good Friday and the sky went black, but that he rose again on Easter Day to give us hope of everlasting life.



4) The Labyrinth. This is the centre of the garden. Walk around it. Consider the path as the journey you are taking in life. Sometimes the path twists and you don't know where it is taking you. When you arrive at the centre of the labyrinth look up at the Cathedral.



Can you see the Angel on the top? This shines as a light to give us hope. An Angel is a heavenly being which has the ability to talk to God. Another role of Angels is to guard and protect us. This Angel can give you support and comfort. Look at the Cathedral again.

Can you see the statue of Jesus on the cross above the round window? Jesus is being supported by big hands. This reminds us that however unhappy or lost we may feel, God is there to look after us and give us strength. The statue illustrates the biblical text "*The eternal God is your refuge, and underneath are the everlasting arms*"



5) Continue round the path to the Autumn Garden - the Garden of Change. Autumn is a time when we celebrate the fruits and harvests of the summer. Animals start storing food in preparation for the winter. It is a busy time and one of change.



6) Move back to where you started - this is the Summer Garden, the Garden of Light. Summer is a time when we feel happy, even when sad things are happening. The flowers and trees are in full bloom and the air is warm around us. Look again at the children and then look at the Cathedral.



The giant cross stands as a reminder that Jesus is with us always.

7) Find a quiet place and sit comfortably. You may want to shut your eyes or you might like to read one of these prayers:

Gracious Father,  
in darkness and light,  
in trouble and in joy,  
help us to trust your love,  
to serve your purpose  
and to praise your name;  
through Jesus Christ our Lord.

Heavenly Father,  
you have not made us for darkness and death,  
but for life with you for ever.  
Without you we have nothing to hope for;  
with you we have nothing to fear.  
Speak to us now your words of eternal life.  
Lift us from anxiety and guilt  
to the light and peace of your presence,  
and set the glory of your love before us;  
through Jesus Christ our Lord.

When you are ready, please return this sheet to the Reception Desk in the Cathedral.  
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