



Guildford Cathedral – Seeds of Hope Garden Adult Tour



As you open the gate into the garden, look back at the Cathedral and the huge Ganges Cross; remember that God is with you.

Through the gates you will find yourself in the Summer Garden. Here the children are at play. It is a Garden of Light. Roses for love and Rosemary for remembrance remind us that even in sad times there is the possibility for light and hope to shine through.



The girl is blowing a dandelion clock and the boy is trying to catch the seeds. The Christian faith offers us the opportunity for new birth. Just as seeds fall to the ground and become new life so we in the midst of loss can find new hope in Jesus Christ.

Walk down the left hand path into the Autumn Garden, the Garden of Change. Here there are trees that bear fruit in the mellow autumn days. Trees turn to brown and amber and gold and remind us that the natural cycle of life is played out every year as the earth turns around the sun. The seeds and leaves fall and provide food and shelter for insects and small animals and as they rot, goodness for the earth. Out of death comes life and from the death of Jesus comes resurrection hope. Look back at the cross and remember God's gift to you in Jesus.



The path leads to the Winter Garden, a Garden of Thought. Winter is often dark, the days are short and cold. Little grows, the grass no longer needs to be cut and the flowers of summer and autumn die back. Foxes, mice, birds still live on in their dens and nests, sheltering from the cold winter winds,

searching for food and warmth. In the Winter garden is a labyrinth. A labyrinth can be a means to meditate, pray and connect with God. Walk around the path slowly and ask God to speak to you as you work your way to the centre. Remember the labyrinth is not a maze, you cannot get lost. God is always there, even in the darkest times. Like the light at the end of the path in the direction of The Close and beyond to the town, God can be found if you but go and search.



The path leads on into the Spring Garden, a Garden of Hope. Spring is a time of resurrection life and hope. The seeds and bulbs long buried in the earth sprout forth and first snowdrops, then daffodils grace the garden with colour and beauty. When we have been through a time of grieving or loss we may think we will never reach the place of new hope, or find the offer of new life. The Spring Garden offers us just that! God will lead you to a place of peace. Put your trust in God. After the daffodils the trees begin to put forth leaves and blossom lifts our hearts. Turn again towards the Cathedral and the cross and thank God for the springtime of the earth and the springtime of your life.



Finally, come back to the Summer Garden and enjoy the children playing, the flowers blooming and spend a little time in contemplation.



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. Amen

If you would like to talk to someone about your experience today or any issue you may have about loss or faith please speak to the Chaplain on duty in the Cathedral or ring 01483 547860