

## **The Lord's My Shepherd - Psalm 23 Nature Trail at St. Mark's Church, Holbrook**

As we work towards an Eco Church Gold Award, inspired by The Bible Society's award-winning Psalm 23 Garden, designed by Sarah Eberle in RHS Chelsea Flower Show 2022, we have created a Psalm 23 Nature Trail in the gardens at St. Mark's.

Everyone is invited to wander and explore the gardens, take time to pause and reflect on Psalm 23, wonder at God's creation, think and pray, in a haven for people and wildlife.

- Green pastures - church lawns and wildflower meadows
- Quiet waters – pond near the woodland and nearby Chennells Brook
- Darkest valley - winding path through the woodland
- Refreshes my soul – sit, lie or simply pause in sun or shade, using your senses to ponder on the patterns and beauty of God's creation, listen for His still, small voice

Start by the church main entrance, taking 3 long, slow, deep breaths.

### **The Lord is my shepherd, I lack nothing.**

Wander and explore the gardens around the church and hall.

What are you drawn towards?

Look at the detail of the patterns, colours, texture and smell of a tree, leaf, flower.

### **He makes me lie down in green pastures,**

Wander on the grass, lie down, stand or sit awhile and listen.

What loud noises can you hear?

What quiet sounds can you hear?

What is the quietest sound?

Can you smell or taste anything?

Can you feel the sun, wind or rain?

How many colours and patterns can you see?

What is the biggest thing you can see?

What is the smallest thing?

### **he leads me beside quiet waters,**

Wander towards the pond, through the rose arch woodland entrance.

What can you find to add to the Bug Church? Look out for tiny creatures.

### **he refreshes my soul.**

Take more long, slow, deep breaths and listen to Psalm 23.

The Lord's My Shepherd (Psalm 23) by Stuart Townend, lyric video beside a river: <https://www.youtube.com/watch?v=pN4tPkX0MG0>



### **He guides me along the right paths for his name's sake.**

Talk to God about your hopes, dreams, concerns and how you feel today.

Ask God to guide you as you make any decisions.

Invite God to comfort you.

Psalm 23 applies while we are alive, towards the end of our lives and after death.

When we walk through the valley of death and when we face challenges or peaceful times, God is there, he longs to walk alongside us to help and comfort us.

The God of angel armies is always by your side.

Listen to Whom Shall I Fear (God Of Angel Armies) by Chris Tomlin,  
official live video: <https://www.youtube.com/watch?v=bwo7KT95iDg>



**Even though I walk through the darkest valley,  
I will fear no evil, for you are with me;**

Walk slowly along the winding woodland path, up the slope to the yew hedge.  
As you emerge into the daylight, how do you feel?

**your rod and your staff, they comfort me.  
You prepare a table before me in the presence of my enemies.  
You anoint my head with oil; my cup overflows.**

**Surely your goodness and love will follow me all the days of my life,  
and I will dwell in the house of the Lord forever.**

Continue to wander and wonder and rest in the church gardens.

Can you spot bird nest boxes, a hedgehog highway and solitary bee hotels?  
Did you see any birds, squirrels, frogs, butterflies, insects and other wildlife?

Spring	new leaves unfurling, Spring flowers
Summer	flowers, butterflies and other insects
Autumn	fungi, glorious leaf colours
Winter	rose hips and berries, frost and snow patterns and footprints

When the church is open you are very welcome to go inside.

## Wildlife

We would love to hear what wildlife you spotted, see any photos, drawings, thoughts and poems which you would like to share.

Email St Mark's Eco Church Champion Karen Park [ecochurch@stmarksholbrook.org.uk](mailto:ecochurch@stmarksholbrook.org.uk)

## Horsham Riverside Walk

Chennells Brook flows alongside St Mark's southern boundary. Horsham Riverside Walk is a circular 13 mile walk which you can join at point 4 on the map. Go from St Mark's onto North Heath Lane, turn left and take the path on the left just after the Vicarage driveway.

<https://www.horsham.gov.uk/sport-and-leisure/walking/horsham-riverside-walk>



## Prayers

Everyone is welcome to post prayer requests in the church layby letter box, the box in church or email to: [pray4me@stmarksholbrook.org.uk](mailto:pray4me@stmarksholbrook.org.uk)



**St Mark's Church, Holbrook**  
Knowing Christ and making Him known

<https://www.stmarksholbrook.org.uk>