

John Bunyan walk (4 miles)

This route can be found at <https://www.plotaroute.com/route/1550150>

The map displays a blue walking route starting at point A (Wheathampstead), passing through point B (near Marford Road), and ending at point C (Bunyan's Chimney). The route follows the River Lea and various lanes including Marford Road, Dyke Lane, and Beech Lane. Landmarks such as Bunyan's Chimney and the River Lea are clearly marked. The map also shows local roads like B651 and B653, and various green spaces and woods.

bee kind
sustainability festival 2021

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Reflections

Be.
CC

Bethany Community Church
Charitable Incorporated Organisation Number 1176089



www.bethanycc.uk/poems

Reflection A

Mental health matters

One of the great challenges of the post-pandemic world will be addressing the damage to mental health that prolonged isolation and pandemic-related trauma have wrought on people of all ages. Some years ago, the NHS discovered that patients in rooms that overlooked fields and trees made a swifter recovery than those staring at concrete all day. The power of our green and pleasant land to restore the 'national psyche' should not be underestimated!

Response

Is there something you need to do to improve your mental health? A daily walk? A chat with someone? An appointment with a professional? God created us to live in relationship with His creation and with one another, as well as with Him. Commit to do whatever you need to look after your own mental health today.

Reflection B

Is your voice being heard?

David Attenborough and many of his fellow ecologists are shouting that our 'perfect planet' and its delicately balanced ecosystems are on the point of no return. Many of our politicians, however, still seem more focused on exponential economic growth and approval ratings.

Response

Are you letting your MP know about your priorities for our nation; are you voicing your concerns for the environment in which we live? God wants us to appreciate and engage with all aspects of life, including politics. Could you write to the Town, District or County Councils about recycling issues, policies about public transport or cycle paths? Let your opinions be known.

Reflection C

Friendship

In John Bunyan's book, *The Pilgrim's Progress*, he writes a story about a man called Christian, on a journey. In one section he writes the following:

Now, as Christian went on his way, he came to a little ascent, which was built on purpose, that Pilgrims might see ahead of them.

Therefore, Christian went up—and looking forward, he saw Faithful ahead of him, on his journey. Then Christian cried aloud, "Ho! Ho! Wait for me, and I will be your companion."

Response

We are all on journeys through life. Sometimes we want to share what we have experienced with others. Other times the going is hard and we look for someone to help us find the right path. This is what John Bunyan was writing about in his book. Let's look out for others around us whom we can encourage or who can encourage us.



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