

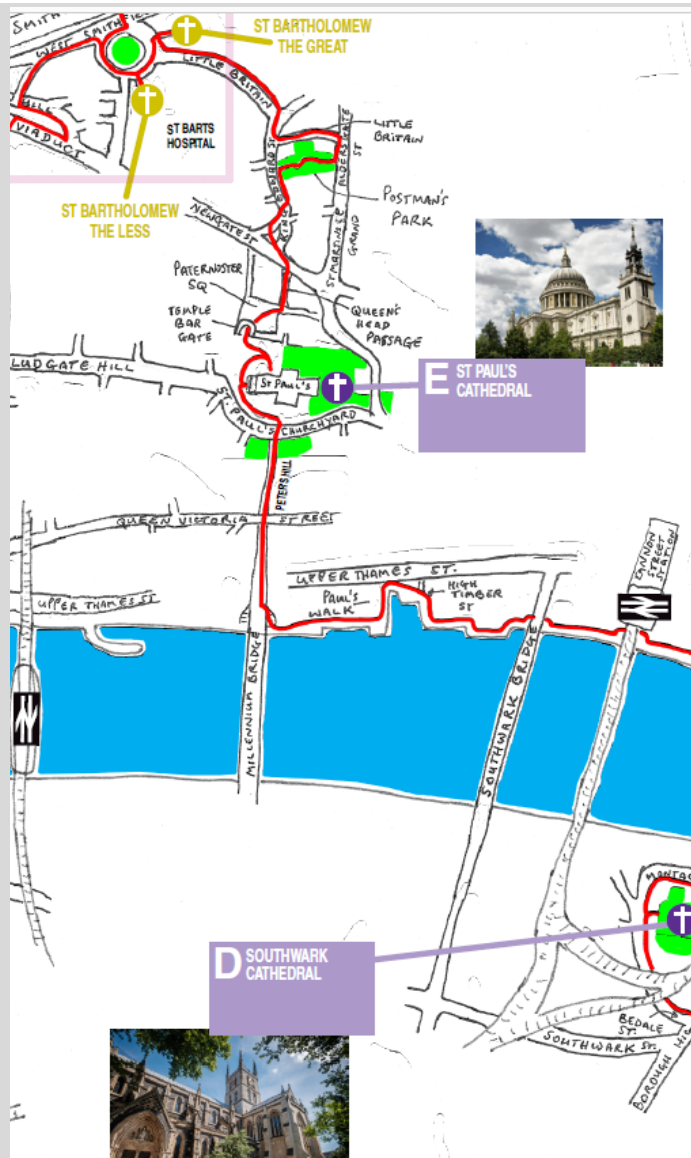
UNLOCK

Virtual LONDON WALK 2021

Stage 3— Kindness

Southwark Cathedral to St Bartholomew the Great

The 2021 Unlock London Walk is in the form of 6 online daily episodes starting on Sunday April 18th. We expect to be able to hold a 'real' walk again on April 23rd 2022. We hope you enjoy this 'armchair' version of the walk and then please donate to Unlock just as you would have done if you had been out walking the London Streets for us this year, if not more so! See page 6 for details. When the COVID 19 emergency is over the poorest communities will have



Unlocking Real life stories of urban people

Revealing Good News of the down to earth Christ

Releasing life changing skills and confidence

been hit the hardest and those are the places where Unlock's work will be essential ! We are relying on you to make that possible. We are already preparing resources to help people to process the difficult emotions that the Pandemic has created for all of us; the materials in these walk episodes are based on them. A taster pack is already on the website and the full resource will be in the same place shortly - or on request from the Unlock Office.

www.unlock-urban.org.uk/resources_projects.php#bible_study_resources

WALK THIS WAY



Come out of the Cathedral and turn right into Montague Close. As you turn the corner behind the Cathedral you will see the arch of the approach road to London Bridge ([wikipedia.org/wiki/London Bridge](https://wikipedia.org/wiki/London_Bridge)) ahead. This is the only remaining part of the Georgian bridge (that was sold to an American millionaire and shipped to the USA) designed to replace the medieval one that had been badly damaged by the great fire. So, the narrow staircase,



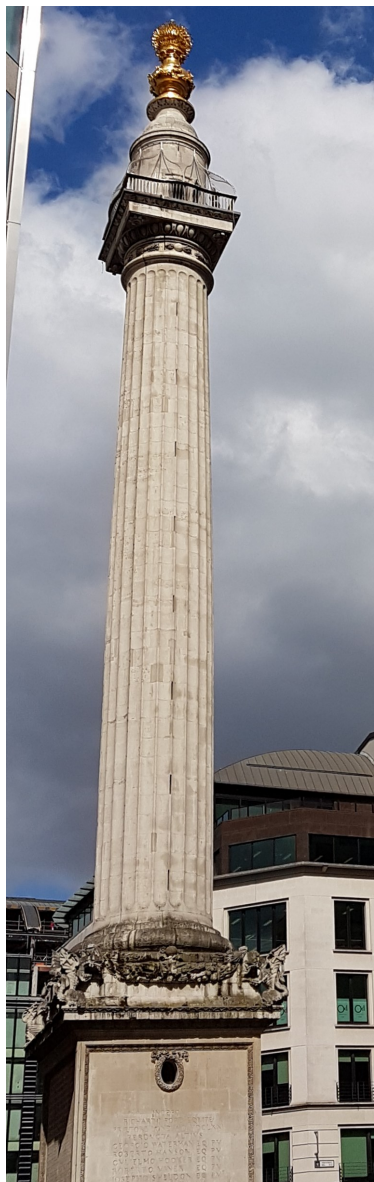
called Nancy's Stairs, on your left is the staircase used by Dickens ([wikipedia.org/wiki/Charles Dickens](https://wikipedia.org/wiki/Charles_Dickens)) in Oliver Twist as the place where Bill Sykes killed Nancy. Use this staircase, then cross the road and continue to your left, over London Bridge, taking time to see the famous sites before you. To your left, ahead, is the dome of St Paul's Cathedral, at the end of the bridge to your left is Fishmonger Hall, mentioned in Stage 2 where a terrorist attack took place when Usman Khan, fatally stabbed Cambridge graduates Jack Merritt and Saskia Jones at a prisoner

rehabilitation event in November 2019 ([wikipedia.org/wiki/2019 London Bridge stabbing](https://wikipedia.org/wiki/2019_London_Bridge_stabbing)). He injured two others and, despite wearing what everyone believed was a bomb, people fought back and chased him from the crowded room onto London Bridge where he was finally shot dead by the police.

Turning to the building on the right you will see Adelaide House, the first office block in London to be built using the steel frame design that revolutionised buildings and made skyscrapers possible. Looking to your right you can see an orange bricked building with a series of arches along its front; this is the old Billingsgate Market (to the right of the large black glass building), then there is Customer House, a larger white stuccoed building and further on is the Tower of London, Tower Bridge and HMS Belfast on the south bank.



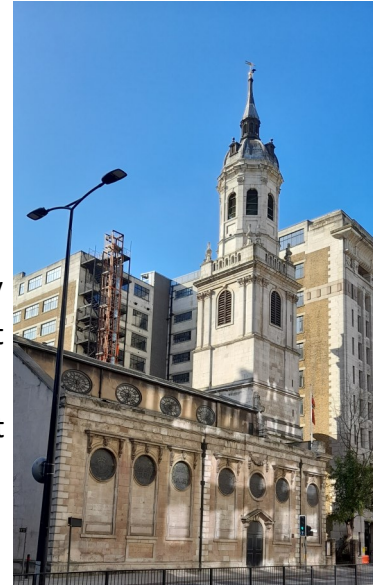
Continue over the bridge and, before you reach Monument Street on your right, briefly look across at the modern, glass faced building on the other side of the street. It is the new Wells Fargo London HQ (scroll down this article for a timelapse film of the building under construction hbreavis.com/en/press/wells-fargo-completes-purchase-33-king-william-street-hb-reavis/) and in the foyer is a beautifully restored stagecoach that used to rattle across the US landscape 150 years ago (knowyourlondon.wordpress.com/2019/01/18/wells-fargo-33-king-william-street/). As you turn into Monument Street, the Monument (to the great fire of London) is ahead. It was



designed by Sir Christopher Wren ([wikipedia.org/wiki/Christopher Wren](https://www.wikipedia.org/wiki/Christopher_Wren)) and the famous scientist, Robert Hooke ([wikipedia.org/wiki/Robert Hooke](https://www.wikipedia.org/wiki/Robert_Hooke)), and was completed in 1677. Its height of 202 feet is the exact distance between the Monument and the site of the start of the Great Fire in Pudding Lane.



At the Monument turn right into Fish Street Hill and at the end cross over Lower Thames Street to St Magnus the Martyr Church. The portico of this church formed the pedestrian route off the old London Bridge, and, in the church, you will find a beautiful model of the medieval bridge. The church is named after the patron saint of Orkney and the church still has strong connections with the islands. On the left side of the church is a passageway that takes you down to the riverside where you turn right and follow the river under London Bridge. You also pass under Cannon Street rail bridge and Southwark Bridge. At Queenhithe you follow the path away from the river. Queenhithe has been used as a dock since Roman times but was re-established as a dock by Alfred the great and was originally named after his wife (Ethelred's Hythe) and is the only remaining dock inlet along what was the commercial dock areas of London. It was, in the 19th and early 20th century, a major wharf importing fur and skins (used by the leatherworking businesses in



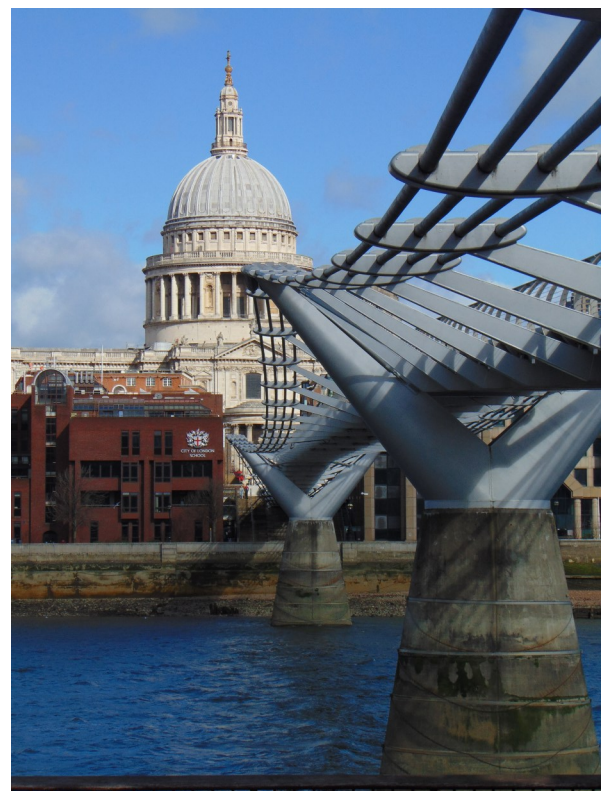
Bermondsey where we 'walked' in stage 2). A highly informative and beautiful mosaic decorates the wall of Queenhithe telling its history. This was completed in 2014.



At the end, turn left into High Timber Street and then left again down Broken Warf to Paul's Walk, which takes you right, back onto the Thames where you continue, with the Millennium Footbridge ahead of you. On your right before the bridge, you will find stairs



leading you up to the level of the bridge. Here you can turn right to appreciate the bridge's design. It directs your eye across the river to the Tate Modern, which was originally Bankside Power Station designed by Sir Giles Gilbert Scott





([wikipedia.org/wiki/Giles Gilbert Scott](https://wikipedia.org/wiki/Giles_Gilbert_Scott)), then turning north you continue along Peter's Hill with the Cathedral ahead, framed by the buildings either side of the street.

Cross over Queen Victoria Street and on to St Paul's Churchyard where you cross over and turn left around the side of the Cathedral. Turn right past the stairs at the front of the Cathedral and around to the North side where the new entrance is. St Paul's welcomes us in to pray and reflect on our journey so far. We are in the City of London now, and the community this Cathedral serves is both local and national. It is a centre for theological and social discourse as well as teaching and worship, and its

theological work on the environment and on important social issues continues, despite Covid 19 restrictions.

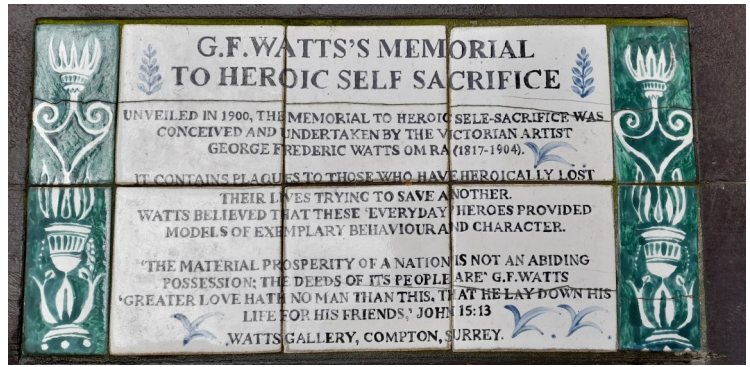
On leaving, with the new entrance at your back, you will see the Temple Bar Gate which takes you into Paternoster

Square. Enter, then cut diagonally across

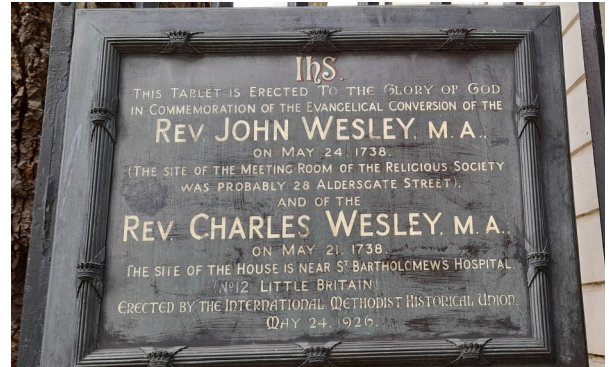
to your right past a statue of a shepherd and sheep, then left into Queen's Head Passage. At the end cross over Newgate Street and, with the ruined church ([wikipedia.org/wiki/Christ Church Greyfriars](https://wikipedia.org/wiki/Christ_Church_Greyfriars)) and gardens on your left, enter King Edward Street. Cross to the right



and continue until you can see that St Bart's Hospital is now on your left and there is a gate on your right which gives access to Postman's Park ([wikipedia.org/wiki/Postman%27s_Park](https://www.wikipedia.org/wiki/Postman%27s_Park)). Enter the park and continue through it until you reach George Frederic Watts's Memorial to Heroic Self-Sacrifice on your left. It is a wall of beautiful, individually hand-made tiles, each one carrying an extraordinary story of self-sacrifice by ordinary individuals. We have already passed places where kindness may be found, but here, in this quiet park, we have stark evidence of a form of kindness that is truly remarkable. Pause to



read some of these wonderfully moving and tragic stories. We have an excellent opportunity to reflect on the nature of kindness here.



As you exit the park, between the gate and the church on your left you will find a small memorial plaque almost hidden by the railings. It is a bronze memorial, in the shape of a flame, placed on the site of John Wesley's conversion experience on May 24, 1738. It shows the page from his journal telling of the deep spiritual turning point that connected him even more deeply to Christianity and which changed his life (and the lives of many others).

Continue past the plaque and the church and we now go left and enter Little Britain, which takes you, via a dogleg right then left, into the second section of the passage called Little Britain. Then, at the end of the passage, as you enter the wide circular area, which is part of West Smithfield, you will see a fine medieval gateway that leads into the grounds of St Bartholomew the Great Church ([wikipedia.org/wiki/St_Bartholomew-the-Great](https://www.wikipedia.org/wiki/St_Bartholomew-the-Great)).

This church was established and built by Rahere ([wikipedia.org/wiki/Rahere](https://www.wikipedia.org/wiki/Rahere)), a favourite courtier of King Henry I. After a pilgrimage to Rome, where he became ill and was nursed to health in a hospital there, he returned to set up both a church, a priory of Augustinian canons, and the hospital (after experiencing a vision of St Bartholomew on his way home to England). So, St Bartholomew's Hospital, now St Barts ([wikipedia.org/wiki/St_Bartholomew%27s_Hospital](https://www.wikipedia.org/wiki/St_Bartholomew%27s_Hospital)), is believed to be the oldest, continually operating hospital in London. The church, and the church



of St Bartholomew the Less ([wikipedia.org/wiki/St_Bartholomew-the-Less](https://www.wikipedia.org/wiki/St_Bartholomew-the-Less)) in the grounds of the hospital, are still deeply connected to the work of St Bart's Hospital, while serving the people who live or work here and, because of the nature of both the City and the hospital, there is a multinational aspect to the people who both worship here and remain connected with it even after they return to their countries of origin.



Thinking about Kindness

We have walked through the City of London and discovered places with kindness at their heart. The terrorist attack was on volunteers offering their time and energies to help others and, during the attack, people were prepared to risk their lives to protect others. A familiar story echoed in Postman's Park and in the hospital that has grown from a simple place to help the poor who are sick and the travellers needing shelter and is now a world-renowned hospital which still has care and kindness at its centre. But this is not a unique story. Kindness is to be found on most streets, but in a place with a reputation as the centre for international finance and trading, it is reassuring to see evidence of it here.

As we explore this topic further, take a note of the signs of hope you have discovered today.

On the following pages you will find the factsheet for Southwark Cathedral & St Paul's Cathedral, a reflection, Bible Texts, an Unlock story, a prayer and a selection of activities.



PLEASE DONATE TO SUPPORT UNLOCK'S WORK

- Online via Virgin Giving : http://www.unlock-urban.org.uk/support_donations.php
- By Bank Transfer to Account No: 65031179; sort code: 08-92-50, quoting ref: walk quoting house number and postcode if eligible for Gift Aid
- By cheque to 'Unlock', mailed to: Unlock, 15 Station Road, Rotherham, S60 1HN

Due to COVID 19 the Unlock Office will be running on fairly minimal staffing over the summer of 2021.

Donations via Virgin Giving and Bank Transfer save Unlock money and time, and get the funds into our account much faster. Cheques will take longer to process in the current circumstances.

For this year only, we may not be able to acknowledge individual donations (donations via Virgin Giving will be acknowledged automatically) , as we will have neither the staff nor the necessary details to do so.

**Please be assured that we are more grateful than
we can possibly say for your generous and faithful support.**

Southwark Cathedral

The Anglican Cathedral and Collegiate Church of St Saviour and St Mary Overie stands at the oldest crossing-point of the River Thames at what was for many centuries the only entrance to the City of London situated across the river. A verbal tradition passed on to the Elizabethan historian John Stow suggests that the first Christian establishment was a community of nuns in the 7th century, but the first written reference is the mention of a 'minster' in the Domesday Book of 1086.

In 1106 the church was 're-founded' by two Norman knights as a priory, whose members lived according to the rule of St Augustine of Hippo. The church was dedicated to St Mary and later known as St Mary Overie ('over the river').

At the Dissolution of the Monasteries in 1539, the last six canons were pensioned off although they continued to live in buildings north of the church. The church itself became the property of King Henry VIII who rented it to

the congregation. It was re-named St Saviour's, though the old name remained in popular usage for many years.

St Saviour's Church became Southwark Cathedral in 1905. The diocese which it serves stretches from Kingston-upon-Thames in the west to Thamesmead in the east and Gatwick Airport in the south. It has a population of two-and-a-half million people, served by over 300 parishes.



Join us as we...

- Praise God for the growth of our online community
- Pray for all the communities we serve, locally, in the diocese and beyond
- Ask God to bless us with finances that will enable mission and ministry to develop and grow
- May we continue to be a church and a community that is inclusive, faithful and radical

If you wish to support the Cathedral and its mission please visit our website.

Southwark Cathedral
 Dean: The Very Rev. Andrew Nunn
 London Bridge, SE1 9DA
 Tel: 020 7367 6700

southwarkcathedral.org.uk

St PAUL'S CATHEDRAL

ROOTS: FOR MORE THAN 1,400 YEARS, A CATHEDRAL DEDICATED TO ST PAUL HAS STOOD AT THE HIGHEST POINT IN THE CITY OF LONDON. THE PRESENT CATHEDRAL WITH ITS VAST DOME, IS THE MASTERPIECE OF BRITAIN'S MOST FAMOUS ARCHITECT SIR CHRISTOPHER WREN. IT IS AN ICONIC FEATURE OF THE LONDON SKYLINE AND KNOWN ACROSS THE WORLD.

OUR WORK

St Paul's holds together a very diverse set of activities and aspirations. It is the Cathedral of the Diocese of London and the seat of its Bishop, a national church and an international spiritual focus, a space for worship and holiness, a place of learning, debate and challenge, an icon of resilience in the face of adversity, an architectural heritage centre, a partner in the City of London, and a commercial enterprise.



The Cathedral offers 29 regular acts of worship each week, and these are complemented by around 100 special services every year. These services range from small acts of daily prayer and intimate family baptisms through to grand state occasions with Her Majesty The Queen in attendance.

There has been a Cathedral Choir in existence for over 900 years who are central to our life of worship, and the daily offering of sung worship at Evensong each day is a core part of the ongoing rhythm of prayer and praise of the Cathedral community and all who come to worship alongside us.

In addition to offering acts of worship throughout the day, St Paul's is usually open for prayer and sight-seeing seven days a week and in a typical year we would welcome 1.5m visitors through our doors. We are grateful to those 800,000 paying visitors and for the generous donations from our friends, which enable St Paul's Cathedral to fulfil its purpose and help us to achieve our vision: to be a place of prayer and worship which enables people to encounter God's transforming presence in Jesus Christ. As you can imagine the current pandemic has hit the Cathedral's finances hard and we would ask for your prayers and support to enable us to sustain our work in the long term.

St Paul's has a responsibility to help transform the world for the

better, working for social justice in the name of the kingdom of God. Our engagement with refugees and international partners has provided insights in what we can do together with others. We are now seeking to develop our outreach and partnership work, creating a step change in the way in which social justice issues are heard, specifically around the issue of young people's mental health.

- We praise God for: our continued mission and ministry; the architectural wonder of the building; the artworks which enrich the daily pattern of worship; our learning and outreach programmes.
- We pray for: all those recorded in the Remember Me Covid virtual memorial; our ministry to strangers; our ministry to young people experiencing poor mental health; those who experience all forms of discrimination or injustice.
- Financial needs: for the continued sustainability of our ministry, mission and outreach.

Exploring the cathedral

www.stpauls.co.uk/history-collections/history/explore-the-cathedral

Although St Paul's has made the difficult decision to close its doors temporarily, in order to keep worshippers, visitors and staff safe, we hope to open as soon as we can safely do so. For many months we have had no visitor income, which we rely on to keep St Paul's open, now and in the future. Donations are crucial at this time. If you are able to make a donation, then please visit www.stpauls.co.uk/support

St Paul's Cathedral
Bishop: Sarah Mullally
St Paul's Churchyard, EC4M 8AD
Tel: 020 3621 5523

stpauls.co.uk

Kindness Reflection

Sitting by the Memorial of Heroic Self-Sacrifice

Having read so many moving stories,
I feel overwhelmed
and so I wait quietly

Praying for everyone mentioned here
and for all who have experienced
similar tragic events.

But my peace is broken by a sudden
crashing sound
then two young men run past me
their faces contorted with effort
their eyes wide and startled
and I am wondering what they have
just done
and what I should do about it.

As I stand up, I see them suddenly
stop
on the path just beyond the memorial
one bends down and is talking to an
elderly woman
sprawled across the path
her shopping scattered around her
and her walking frame on its side.

The other young man is on his phone
already talking to the emergency
services
answering their questions clearly
acting with great care.

My heart is beating fast
and my mind is racing

angry with myself
so quick to make judgements
so slow to seek the truth
as I walk over to see
if this latecomer can help pick up her
things.

Kindness Prayer

Loving Father,

I saw the stark expressions of love
in the moments of self-sacrifice
as I read the tiles here, in Postman's
Park
and I felt so grateful to know
that behind the walls enclosing St
Barts Hospital
there are always staff working
tirelessly
to heal and repair and comfort people
like me.

As I offer my prayers in gratitude
I am suddenly reminded
of the real kindness all around me
and I pray for you to open my heart
so that I will always recognise
when it is my turn to step forward
and act with love and kindness
no matter how small or large the need
is
and to accept and acknowledge
the kindness of all those
who live and work around me.

Ian Smith—Unlock London Walk Team

Unlock Stories:

Even The Smallest Things (Hull):-

“One special memory was the Good Samaritan which we did as a small group. For me it encapsulated the Unlock technique. It started with questions like: Have you ever been mugged? Have you ever gone out of your way to help anyone? Have you ever turned a blind eye?

This led to some amazing discussions and we ended up making puppets that were like walls with heads, arms and hands. One was the “stick yer neck” out wall and the other was the “keep yer head down” wall. Characters came knocking at the walls to ask for help. The keep-yer-head down wall wouldn’t get involved but the stick-yer-neck-out would and characters came out from behind it with things that could help (eg: time, money, practical help etc). In the end these characters (made of elastic) got stretched and stretched until they became exhausted. The session finished with Jesus coming into the scene as the door which could be opened or shut according to His wisdom.

Unlock has a way of thinking that can’t be packaged. You just have to learn it by doing. The most powerful stuff in practice is the small intimate Bible study situations where your story comes first and then how it relates to the Bible. I found I got more from the Bible looking at



it this way round. The stories become yours and there’s lots of WOW moments. It’s a magical thing really. It has affected my way of thinking. Stories are validated, even the smallest things.”



Bible texts on Kindness

Father God,
show the
incomparable riches
of Your grace,
expressed in Your
kindness to us in
Christ Jesus.

Ephesians 2:7

<https://thetoonlines.com/2017/06/07/ephesians-28-10-a-shower-of-grace-and-kindness/>



BE
MERCIFUL,
JUST AS
YOUR
FATHER IS
MERCIFUL.

LUKE 6:36

LOVE
is patient LOVE IS KIND
it does not envy it does not boast
it is not proud
LOVE IS NOT RUDE **IT IS NOT SELF SEEKING**
IT IS NOT EASILY ANGERED
it keeps no record of wrongs.
love does not delight in evil, but rejoices with the **TRUTH**
it always *trusts hopes perseveres*
Love never fails.
1 Corinthians 13: 4-8

*Be kind to one
another,
TENDERHEARTED,
FORGIVING ONE
another, as
God in Christ
forgave you.*

EPHESIANS 4:32 ESV

King Vin

LOVE
YOUR ENEMIES
DO GOOD
TO THOSE WHO HATE YOU
BLESS
THOSE WHO CURSE YOU
PRAY
FOR THOSE WHO MISTREAT YOU

ACTIVITIES - introduction -- Thoughts along the River

Choose whichever focus appeals to you and start there.

You can visit the others later if you would like to.

Together they provide a helpful way to process the last twelve months and help us look forward.

Welcome!

Take a moment to fetch yourself a cuppa, then come and sit on a virtual bench. This is an opportunity to take a breather.



The River Thames is never far away on this year's Virtual Unlock Walk. It has played a part in the development of many of the areas of London you have and will explore as you follow the route of the Walk. You crossed the Thames on London Bridge, walked along the Northbank and under Southwark Bridge. On the way back to Lambeth you crossed the Thames again on Blackfriars Bridge.



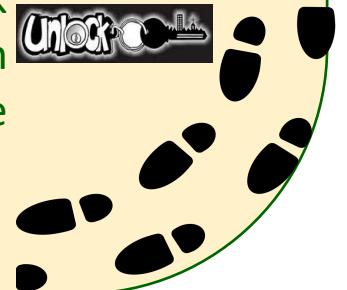
As you enjoy your drink, take your time, breathe in and out slowly. Close your eyes and imagine your bench is on the edge of the river.

What do you notice as you tune into the sounds, smells and sights of the flowing river? How do you feel?

Think about the water flowing past your feet. This river has been flowing since the last Ice Age, over 10 000 years ago.

Turn your head to look down the river to the east. Think about where that fresh water is going – out into the salty North Sea.

Turn your head to look up the river to the west. Think about where that water is coming from – all the way from the Cotswold Hills, through farmland and towns like Reading and Windsor.



ACTIVITY

Sitting on your virtual bench on the bank of the River Thames, shift your position so that you face directly at the flowing water by your feet.

This water represents the now - this moment - it is right here at your feet.

Imagine the sound of the river lapping at your toes as you sit on your virtual bench.



What does that sound remind you of?

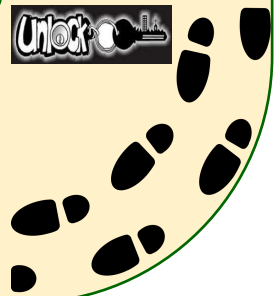
It makes me think about the story of Jesus meeting with some of his disciples on the beach of the Sea of Galilee sometime after his resurrection. He was very present in that moment. He spent time hanging out with his disciples. Then gently and kindly ministered emotional healing to Peter.

Being kind to someone can sometimes be an opportunity grasped, a decision made in a moment almost unconsciously.

Sometimes being kind is planned. We can prepare ourselves and then intentionally express kindness to others as we go about our everyday lives.



Listen to The Dailys: [Be Kind - YouTube](#)



ACTIVITY

Stage 3 of the Walk takes us to Postman's Park. Here we find the George Frederic Watts's Memorial to Heroic Self-Sacrifice.

Each of the people remembered in this memorial gave their life to save someone else – many on the spur of the moment – an instant decision.

The memorial is a wall of beautiful, individually hand-made tiles, each one carrying an extraordinary story of self-sacrifice by ordinary individuals.

On pages 15/16 are just a few examples:

- How do you feel as you read these memorials?
- What has been your experience of kindness from others?
- What do you feel now as you remember those kind acts?
- How did you respond at the time?
- What could you do today to thank them for their kindness?
 - ◇ Could you call them or write to them by email or post?
 - ◇ If you are unable to thank them personally, make a tile to commemorate their kindness, similar to the ones in the memorial, and hang it up in your home.

Instructions are on P20.



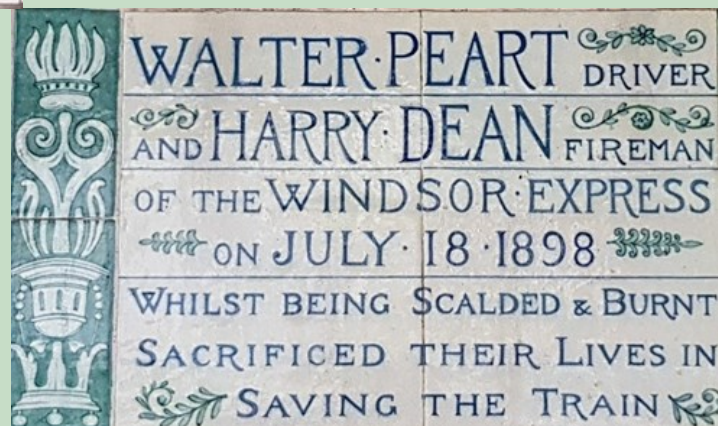
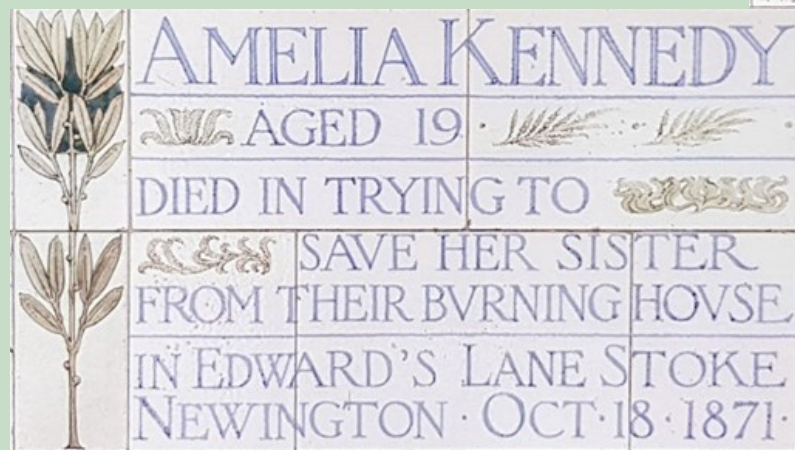
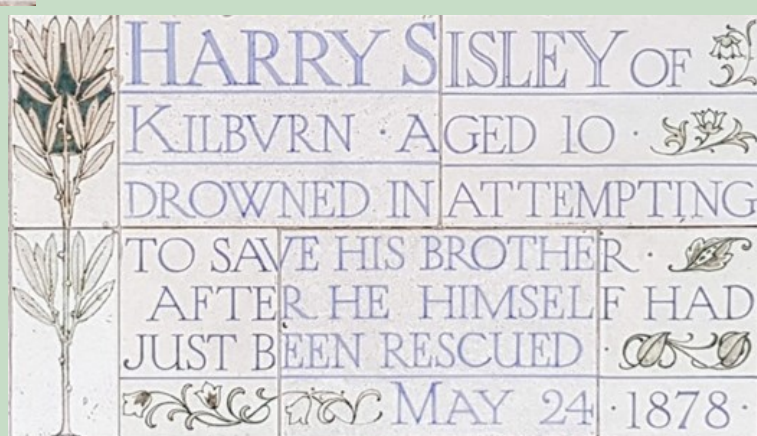
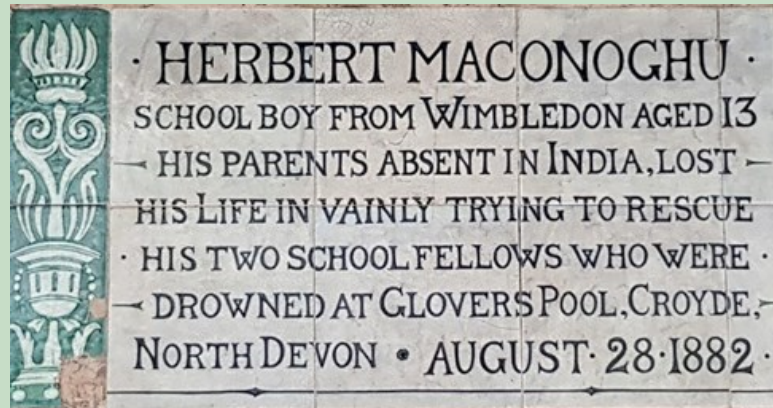
GEORGE BLENCOWE.
 AGED 16.
 WHEN A FRIEND BATHING IN
 THE LEA CRIED FOR HELP.
 WENT TO HIS RESCUE
 AND WAS DROWNED

WILLIAM FISHER.
 AGED 9.
 LOST HIS LIFE ON RODNEY
 ROAD WALWORTH WHILE
 TRYING TO SAVE HIS LITTLE
 BROTHER FROM BEING RUN
 OVER. JULY 12. 1886.

FREDERICK MILLS · A · RUTTER ·
 ROBERT DURRANT & F · D · JONES
 WHO LOST THEIR LIVES IN
 BRAVELY STRIVING TO SAVE
 A COMRADE AT THE SEWAGE
 PUMPING WORKS · EAST HAM
 JULY 1ST · 1895 ·

THOMAS SIMPSON.
 DIED OF EXHAUSTION
 AFTER SAVING MANY LIVES
 FROM THE BREAKING ICE
 AT HIGHGATE PONDS.
 JAN · 25 · 1885 ·

SARAH · SMITH PANTOMIME
 ARTISTE
 AT PRINCE'S THEATRE
 DIED OF TERRIBLE INJURIES RECEIVED
 WHEN ATTEMPTING IN HER INFLAMMABLE DRESS
 TO EXTINGUISH THE FLAMES WHICH HAD
 ENVELOPED HER COMPANION
 JANUARY · 24 · 1863



ACTIVITY

During the Covid Pandemic we have heard reports of many acts of kindness in our communities. We have also been aware of the selfless service of many care workers.

This is the story of Elsie who demonstrated kindness every day in her work and life. Her husband, Ken pays tribute to her:

Elsie knew the risks but carried on working for a Wolverhampton-based agency during the first wave of Covid-19 before her death on April 8, the former soldier said. The 44-year-old's last words were to tell her husband to look after their son Andrew, 22, and daughter Anna, 16.



The Falklands veteran said: 'Elsie would have wanted people to be kind to each other this Christmas and to stop taking life for granted. 'We focus on things that don't matter and waste our time dividing ourselves through politics, the way we look or where we live. Instead of focusing on things that divide us, she would have wanted people to unite. 'The world is in a bad place and Elsie would have wanted to have made it a little bit less dark.

The least we can do is be kind to those who need our help. Elsie put her life on the line to help others and she would have done it regardless. 'We need to follow her example and put other people first.'

Read more: [Nurse who died from Covid 'would want kindness in dark times' | Metro News](#)

Ken says that, 'the least we can do is be kind to those who need our help...'

ACTIVITY

We read about kindness like this in the parable of the Good Samaritan where the foreigner went 'above and beyond' to help the injured man. He was kind!

A teacher of the Law came up and tried to trap Jesus. "Teacher," he asked, "what must I do to receive eternal life?"

Jesus answered him, "What do the Scriptures say? How do you interpret them?"

The man answered, "'Love the Lord your God with all your heart, with all your soul, with all your strength, and with all your mind'; and 'Love your neighbour as you love yourself.'"

"You are right," Jesus replied; "do this and you will live."

But the teacher of the Law wanted to justify himself, so he asked Jesus, "Who is my neighbour?"

Jesus answered, "There was once a man who was going down from Jerusalem to Jericho when robbers attacked him, stripped him, and beat him up, leaving him half dead. It so happened that a priest was going



down that road; but when he saw the man, he walked on by on the other side. In the same way a Levite also came there, went over and looked at the man, and then walked on by on the other side. But a Samaritan who was traveling that way came upon the man, and when he saw him, his heart was filled with pity. He went over to him, poured oil and wine on his wounds and bandaged them; then he put the man on his own animal and took him to an inn, where he took care of

him. The next day he took out two silver coins and gave them to the innkeeper. 'Take care of him,' he told the innkeeper, 'and when I come back this way, I will pay you whatever else you spend on him.'"

And Jesus concluded, "In your opinion, which one of these three acted like a neighbour toward the man attacked by the robbers?"

The teacher of the Law answered, "The one who was kind to him."

Jesus replied, "You go, then, and do the same." Luke 10:25-37



Jesus' instructions are not difficult to understand...

ACTIVITY

What kind acts have you done recently?

To become kinder people, our hearts need to be softened.; a little like the salt dough you made for your tile. This happens as we welcome and receive Father God's incredible kindness to us:

Praise the LORD, my soul!

All my being, praise his holy name!

Praise the LORD, my soul,

and do not forget how kind he is. Psalm 103:1-2

Father God loves each one of us so much. It is from that reservoir of received love and kindness that we can love and be kind to others.



Pause to listen to this song by Christ Tomlin and receive God's love and kindness towards you afresh:

[Kindness - YouTube](#)

Sit quietly on your virtual bench, listening to the song and the river. Welcome Jesus!

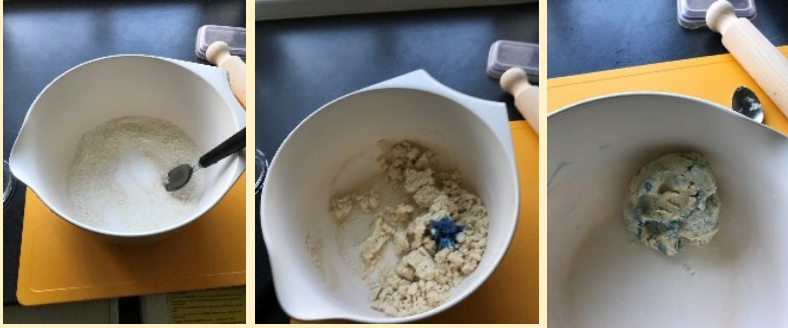


ACTIVITY - To Make a Salt Dough Tile

(these quantities will make at least 2 tiles 9cm x 9cm):

Equipment you will need: A large bowl, a baking tray, a rolling pin.

Heat the oven to 150C.



Salt Dough Ingredients:
100g salt, 100g plain
flour, 50ml warm water.

Mix the salt and plain flour together in a bowl.

Slowly add the warm water and mix.

At this point you can add some colouring if you want to (I added blue).

Knead the dough for a couple of minutes until smooth.

Remove a small amount of dough for decorating.

Roll out the main dough on a lightly floured board until 0.5 - 1.0cm thick.

Cut out your shape.

Many of the Memorial Tiles have patterns or flowers alongside the names.

Think about how you want to decorate your tile and what you want to say.

Patterns and designs can be added using your spare dough.

Make small sausages and mould them to the shapes you want.

Stick them together or onto the tile with water.

To write, make lots of small impressions with a skewer or cocktail stick until they join up.

When your tile is as you want – either leave it to air dry for 24 hours or bake in the oven at 150C for 1 hour.

Once the tile is dry and hard it can be painted or coloured in.



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