


Walk the Rainbow

A Colourful Journey of Discovery.

- ◆ **Walk the Rainbow** is a series of eight stations - the seven colours of the rainbow plus white - which leads people on a meditative journey.
- ◆ It is designed to help people think about the meaning of life and a Christian understanding of the world.
- ◆ Once set up it requires minimal supervision, but should be manned with someone who can discuss any questions visitors may have. A church is an ideal venue, as long as there is space to set up the stations and move between them.
- ◆ If possible it should remain in place for several days with the building open for people to come at a time that suits them.
- ◆ At each station there is a drape of the appropriate colour, a laminated card on which is written a bible verse plus two or three copies of a laminated card with suggestions for reflection and/or action.
- ◆ There is a set of 8 cards for children and an adult and children's guide to take away.  There is also a guide to using 'Walk the rainbow' in a school setting.

When to use it:

- ◆ It can be part of a weekend of events or workshops. It could be part of a Flower Festival. It could accompany a children's Holiday Club, with an invitation to parents to take a quiet moment after they have dropped the children off for the morning.

Starting Point : A multi coloured cloth. People are welcomed and given instructions.

- ◆ A good idea is to have footprints of the various colours 'blu-tacked' to the floor to show the path to follow. The equipment mentioned is not fixed. Use your own imagination here.
- ◆ We walk the rainbow in this direction because the first six colours suggest the order of creation.

Violet

Equipment : Question marks.

- Violet is at the limit of visible light for humans. It is at the edge of mystery.
- Many people have had an experience which seems to be on that edge of mystery.- often a very private and precious experience. It can raise many questions – and yet seem in some strange way to hold the answer to all the questions.
- You can pick up a question mark here and carry it with you if you wish.

Indigo

Equipment : Deep space photos - galaxies, mirrors/silvered card.

- Indigo is the deepest blue, the colour of the sky as the light fades and the stars come out.
- Gazing at the stars often prompts us to look at ourselves – to reflect on the reason for our existence. One man asked God the question, “Why are people important to you?”
- Today’s scientific star-gazers- astronomers- understand that the whole universe seems designed for human existence. Some of them are asking the same question.

Blue

Equipment : Next to the font if possible. Photo of Earth from space, a bowl of water or water in the font, a picture of Mary with the infant Jesus.

- Seen from space, Earth is the blue planet, colour of the sky and of the sea. Water is the birth-place of all life.
- Jesus talked often of another world, a parallel world, a world so close that we can touch. Children seem to see it easily - “The kingdom of Heaven”.
- Water is the symbol of entering that other world- the water of baptism.
- The colour blue also reminds us of Mary, the mother of Jesus whose faith and obedience is an example to all.
- Spend some time dribbling water through your hands and/or looking at a picture of Mary and the infant Jesus. What do they mean to you?

Green

Equipment : Displays of greenery : pieces of fresh green to eat - lettuce, cabbage - and herb leaves to rub, smell and eat?

- Green reminds us of the natural world, of lush growth, of food to eat. It is associated with peace. Look at the greenery, nibble a leaf, smell an aromatic herb.
- Do you feed your spirit by spending time in the natural world? Do you sense the presence of the creator here?

Yellow

Equipment : Yellow flowers and gold coins, cards with the words: goodness, kindness, love, patience, gentleness.

- Yellow is the colour of many flowers in the wild. Flowers speak of beauty, love, procreation- abundance of life.

- Yellow is also the colour of gold – a symbol of salaries and bank accounts and mortgages.
- Where does the balance of priorities lie? “It is worth nothing for a man to have the whole world if he loses his soul,” said Jesus. “ He could never pay enough to buy back his soul”

Orange

Equipment : Plate of tangerine or Satsuma segments to eat, a picture of an adult holding a child by the hand—if available. Picture of an orange tree.

- The purpose of a flower is to produce fruit so that life will go on.
- What kind of ‘fruit’ are we producing? “ the fruit of the spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.”

Red

Equipment : A bottle of wine, a chalice, wooden holding crosses.

- Red is the colour of opposites, of paradox. It stands for warmth and excitement, for blood and for danger, It speaks of life and of death.
- The red wine we sip at communion is a symbol of that paradox. The crucifixion of Jesus was both an end – and a new beginning.
- Red also reminds us of the Christians who have sacrificed their lives for the faith; all the martyrs of the church, past and present.

White

Equipment : A prism, torch, white flowers, an exercise book, hologram paper, squares of coloured card/paper and some biros.

- White speaks of purity, of holiness, of heaven.
- In a secular world, such words can seem lacking in excitement, drained of colour. Yet white is ALL the colours of the rainbow.
- White speaks of life in all its richness, life with a purpose, life that touches the unseen mystery around us. *Is such a life possible?* The red wine in the communion cup says it is.

Adults and children are invited to write down a comment on their ‘walk’ or a prayer request in a Comment Book that is nearby. Also provide coloured paper for anyone who might prefer to use that.

www.walktherainbow.info

A Reflective Installation for churches created by Chris and Sheila Chesterton