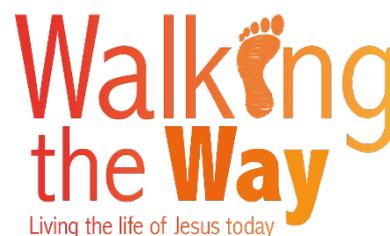


## Who am I?

### How to use the silhouettes and reflections



## Contents of Pack

- 8 x silhouettes in wood
- 8 x reflections to go with silhouettes
- 8 x A4 large print reflections to go with silhouettes
- 8 x large numbers
- 1 x 'How to use this pack'
- 1 x 'Who am I?' instruction sheet template
- 1 x Luggage tag template
- 1 x outline sketch of silhouettes

### Ideas on how to use this pack:

We've all got places to go, things to achieve, changes to make, people to become. Life is a pilgrimage. Where are we going? To a place that isn't there yet, a destination that needs to be believed in to be seen. As Christians who pray for God's kingdom to come in the communities where we live, we wonder, 'Where do we go from here?', 'What might happen next?', 'What could we achieve?', 'Who might we become?', 'Who might we meet?'...

This activity has been adapted for use as a Walking the Way resource. It was first devised for the United Reformed Church's presence at Greenbelt 2018. The silhouettes of the people detailed in this pack were scattered around the festival site for people to find. The reflections and large print posters helped people to think about who these silhouettes might represent, what they could give to this person and what they might receive in return. The 'Who am I?' instruction sheet was used by people to record what they could give to the person represented by the silhouette and luggage labels with different words on them, representing what the people might receive as they engaged with each of the silhouettes, were available to take away. These reflections were written by the Revd. Tim Lowe.

As well as being used outdoors, the 8 silhouettes could be placed around a worship area and people encouraged to visit each one in turn, thinking about who the silhouette might represent. They are designed to be multi-faceted. For example, the 'person carrying a heavy load' could be a displaced person, a person without a home in the UK or carrying a metaphoric heavy burden. It is up to you to decide who you think they are, then ask the questions contained in the reflections. As with the

outdoor activity, the 'Who am I?' instruction sheet can be used by people to record their thoughts as they engage with each of the silhouettes and the luggage tag template can be used to create cards for people to take away. At Greenbelt, festival goers made a choice from 15 words:

Love, Courage, Support, Hope, Faith, Time, Energy, Skills, Challenge, Friendship, Wisdom, Peace, Kindness, Strength, Opportunity

The silhouettes can also be used as a static display by arranging them around a space and encouraging people to walk around them, reading the large-print reflections. You could have them audio recorded so people could sit and listen to the reflections if they are visually impaired. In a similar fashion to the outdoor treasure hunt, people could record their feelings as they travel around the silhouettes, picking up word cards as they go along.

Within worship, a selection of the reflections could be read out loud for small groups to discuss which silhouette each reflection might refer to. In considering what they might give to and receive from each person represented, the small groups might think about the consequences of this might be for the Church. E.g. 'the child' might raise issues about the role of children within worship, or what the legacy of current times will leave for those who are still children...

We hope these ideas will help you to be imaginative in using the silhouettes and reflections in many different and engaging ways. Please let us know how you get on so that new ideas and plans might be shared more widely. Send us an e-mail to [wtw@urc.org.uk](mailto:wtw@urc.org.uk) or call us on 020 7520 2718. We'd love to hear from you!

**We've got places to go, things to achieve, changes to make, people to become. Life is a pilgrimage. On that pilgrimage, we will encounter people who will have an influence on us. We will give, and we will take, but each encounter will change both of us in some way.**

**Around the area you will find 8 silhouettes of people, with a meditation attached. At each silhouette, you are most welcome to read the reflection and then use your imagination to decide who you think that person is. Ask yourself these questions:**

**What can I give you?** (write this in the appropriate box below)

**What might I receive from you?** (Write that word on the tags provided)

**By the end you will have 8 words to keep.**

1.

2.

3.

4.

5.

6.

7.

8.

## 8. Who am I...?

Have you really looked  
to see who I really am?  
Do you think that  
because I've changed,  
or am changing,  
or seem different  
that you cannot see  
the real person within me?  
Times change,  
but who I am inside  
has always been there.  
It takes strength and courage  
to be the person  
God has called you to be



Original activity from United Reformed Church's presence at Greenbelt 2018.  
Meditations by the Revd Tim Lowe



## 1. Who am I...?

Do you know  
what I'm thinking?  
Are you worried, like me,  
about the state of the world;  
the environment; the future;  
or, our spiritual existence?  
Concerns are good –  
they keep you alive –  
but they need to be shared. So, share your worries...  
Unload your cares upon God who is peace, that together  
with those who are faithful  
to the cause, WE can act!



## 2. Who am I...?

Can you keep up with me?

Do I appear so busy,

rushing about,

giving time to others

that you struggle to stay with me, or feel inadequate?

I do what I do because

(for this moment) I can.

Yet I need your support along the way,

like a metaphorical water bottle on a marathon,

being thrust into my hand as I run past.

I believe my strength

comes from you.



## 7. Who am I...?

Did you notice me?

Maybe you think

my movements too slow

to be noticed

in your 'real' time?

Yet accumulating time

can teach you many things,

and I am packed with history and experience

and story.

Slow down.

Walk with me.

God just might reveal

the wisdom I carry.



### 6. Who am I...?

Did you notice me?

Do you imagine that I am

too small

or too young

to be seen or heard?

They say great things

come in small packages –

well, God has packed me

with potential

and opportunity

which I'm just waiting

to grow into!



### 3. Who am I...?

Do you ever wonder

how I carry this load?

Does the weight of life's struggles – physical, mental and emotional –

ever bear down on you,

like it does on me?

Sometimes the energy

to lift my life escapes me.

Yet, realising that I cannot rely upon my strength alone

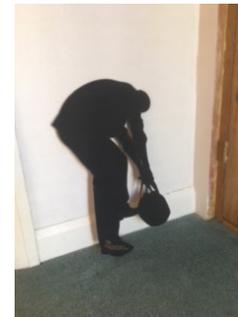
gives me hope and courage

to rely upon the one

who made me and who knows me

and holds me,

in strong and loving arms.



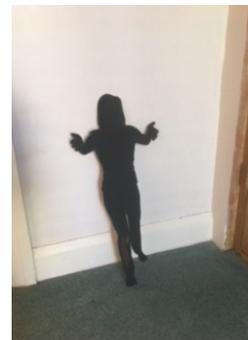
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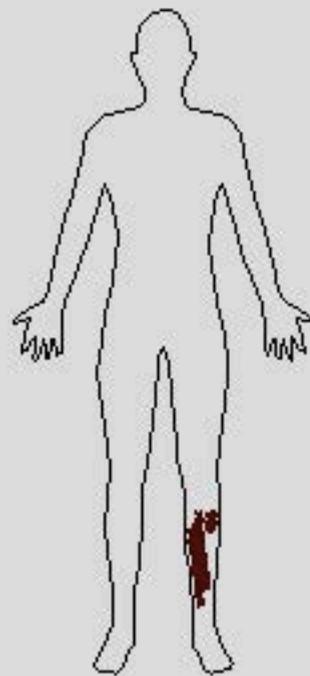
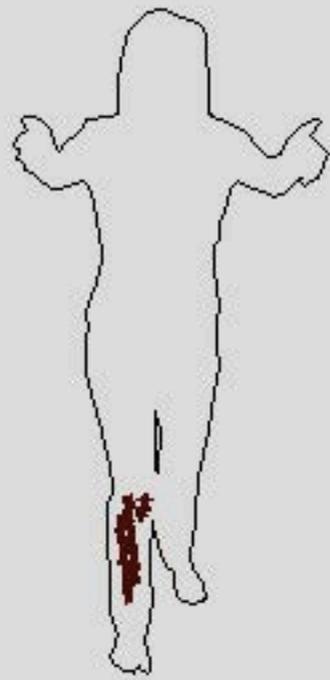
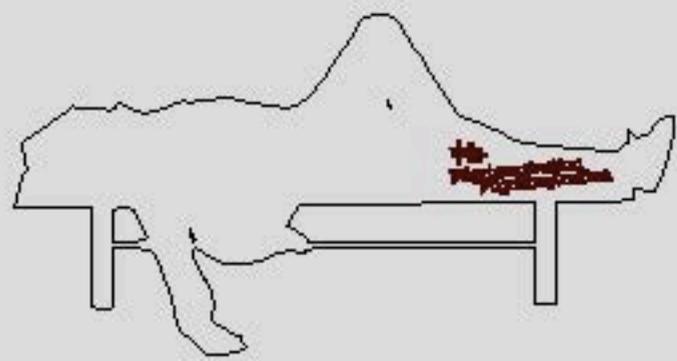
Do you try not to see me?  
If you walk by  
on the other side,  
pretending I'm not there,  
will that mean that my challenges  
– exhaustion, displacement or  
having no place to call home –  
will not exist?  
But, I am here...  
and there...  
and need to be somewhere!  
I am the 'other';  
the one like the Son of Man;  
no place to rest, yet part  
of the household of G, of God



#### 5. Who am I...?

Would you ever turn to me  
for help?  
Are you scared  
to rely upon someone else  
who might just carry with them the skills and collective wisdom  
of others?  
This could be my gift to you:  
to share; to comfort; to support.  
That is what being part of  
a God-family is about.  
Have faith,  
that we can learn together.





# Who am I...?

Do you know  
what I'm thinking?

Are you worried, like me,  
about the state of the world;  
the environment; the future;  
or, our spiritual existence?

Concerns are good –  
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but they need to be shared. So,  
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Unload your cares upon God  
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Times change,  
but who I am inside  
has always been there.

It takes strength and courage  
to be the person

God has called you to be.

Pilgrimage Pilgrimage  
Wisdom

Pilgrimage Pilgrimage  
Time

Pilgrimage Pilgrimage  
Faith

Pilgrimage Pilgrimage  
Peace

Pilgrimage Pilgrimage  
Energy

Pilgrimage Pilgrimage  
Hope

Pilgrimage Pilgrimage  
Kindness

Pilgrimage Pilgrimage  
Skills

Pilgrimage Pilgrimage  
Support

Pilgrimage Pilgrimage  
Strength

Pilgrimage Pilgrimage  
Challenge

Pilgrimage Pilgrimage  
Courage

Pilgrimage Pilgrimage  
Opportunity

Pilgrimage Pilgrimage  
Friendship

Pilgrimage Pilgrimage  
Love