



## Getting a Bearing

At some point, you lost your bearings, such that you got washed up on the Island. Now you are here, the following pointers should help you explore this booklet and get the best use of it.

- The person leading the class may ask some probing questions. They do not need to know the answer, **but you do.**
- The purpose of this book is for you to ‘map out’ where you are in your experience, to better know yourself and your environment.
- **This booklet is your personal property.** When complete, it may contain some information that is only for your eyes. So you might want to write some things in a code that only you could recognise...*that might be a bit like writing clues on a treasure map?*



# Shipwreck

- The experience of how I landed on Maghaberry Island.
- What I lost & what I salvaged
- How I survive as castaway

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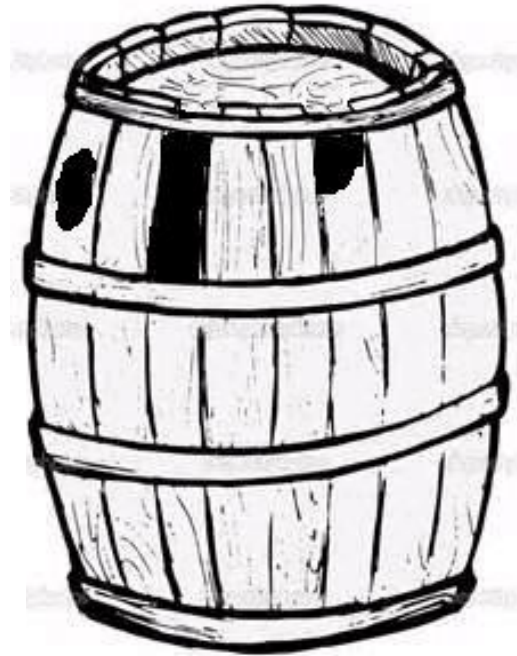
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# The Water Barrel

- I salvaged an old barrel from the shipwreck, in which I collect rainwater for drinking.
- Unfortunately it has a few holes, as some of the staves are broken. It can't hold any more water than the shortest stave.
- Name some of the limits on my life which hold me back just now.
- Can they be repaired?



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# Pirates on the Island

- Who shares the island with me?
- How do I get on with them? Can we keep the peace?
- What if I can't? Or they can't?



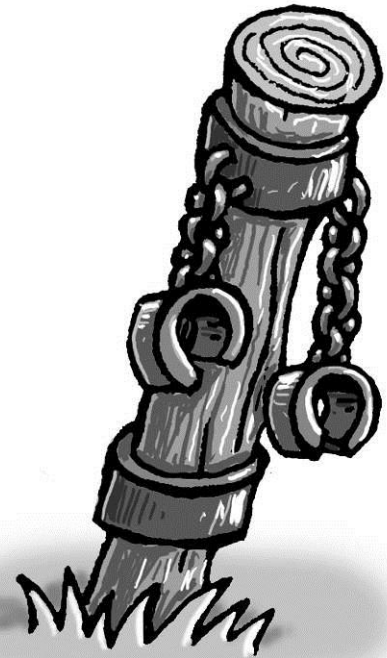
# Dead Bones

- What regrets in my past still shape my life?
- They can't be put right, they need a decent burial .
- What can be done to neutralise their effect for the future?



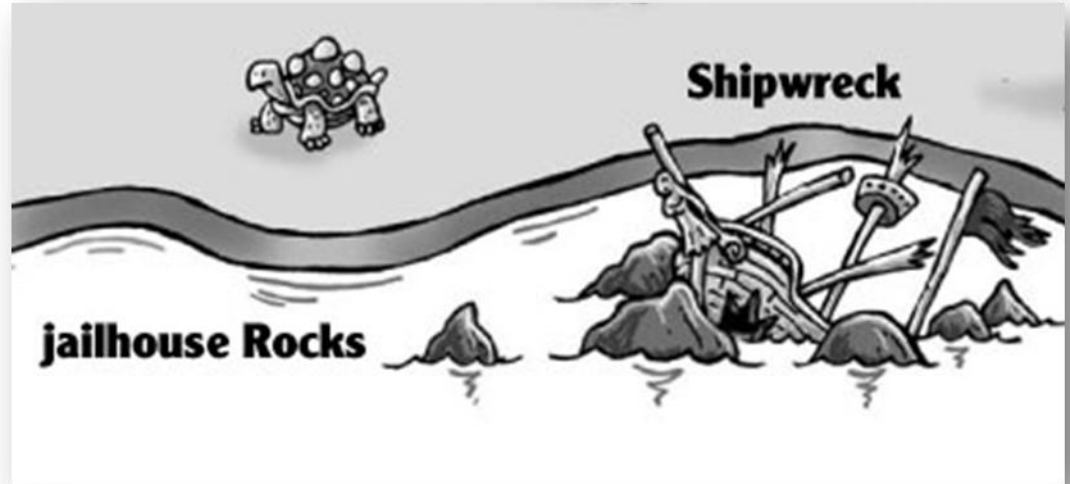
# Prisoner's Post

- **Why am I here?**
- This isn't about listing the charges against me, but looking behind them. What pushed me to take, hurt or do what I did?
- Is there one particular thing which set me off?



# Jailhouse Rocks

- Dangers & Hazards
- Name some of the 'rocks'
  - the hard things - in the jailhouse?
- How do I avoid the rocks?



# Historic Ruin

## Historic landmarks on the Island or in my life

(Any 'historic' issue in life.e.g. social history, sectarianism etc.)

I didn't cause it. But it can't be ignored. Is it for me to fix or just work round it?





# Lonely Palm

- **Head Space**
- Where do I go to when I'm alone in my thoughts.
- Is it a physical place or an attitude?
- A Sacred Space? Or a place to avoid?



**Lonely Palm**

# Spyglass Peak

- Who's spyglass?
- Who's watching whom?
- Is it helpful to watch or be watched?



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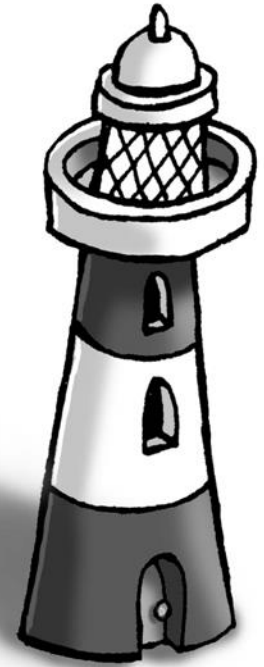
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# Lighthouse

- A helpful warning and a place of safety. Others have passed through here and made provision for a continuing need .
  - Who on Maghaberry Island is a Lighthouse for you? How?
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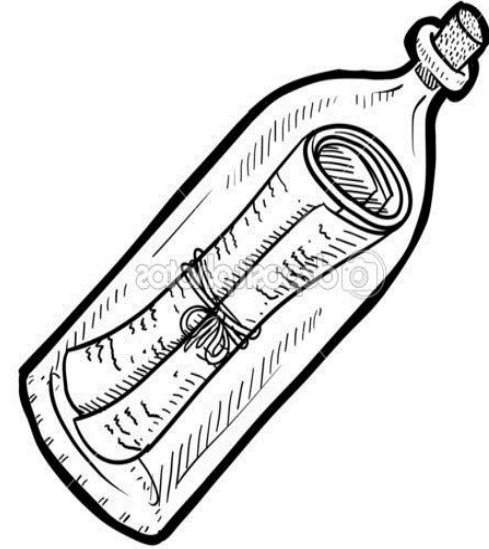
# Buried Treasure

- What X marks the spot...where?
- What good treasure in me has yet to be unearthed?
- How?



# Message in a Bottle

- **The Media** says what it likes about Maghaberry
- What message would I send out to the world about Maghaberry Island?



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# Sinking Sands

- Danger areas to avoid on the island.
- Sinking slowly at first...
- What do you risk?



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## Landing Point



## Landing Point: Visitors

- Who comes onto my island?
- They get a limited view. What do they understand or not understand?
- Too soon they go & I must stay. How do I feel after they leave?

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## Smugglers Cove

- A secluded corner on the island where you might get stuff you weren't meant to have.
- Imagine....?

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# My Raft

- **Getting Away**

Did I do it all by myself or did I get help and use what was to hand?

- Is my raft seaworthy?

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