

Footsteps in Faith - Ideas for your branch

Making Footsteps Ideas...

A group walk round the church / or church garden – what do you most value?

A sponsored walk between churches, or along a historic pilgrimage route

A short walk in your own time and within your capabilities: eg a walk with a toddler, a child or grandchild of any age, or a dog! Photograph your feet as they walk - to go with a brief statement of 'who, where and when' to share with others.

A group walk somewhere special eg in Howick Hall to see the MU chestnut tree

- Any idea for a walk is fine – no matter how few steps or how fast or slow.
- Try to involve everyone in some way – a walk within a branch meeting / or at home / or by sponsoring a longer distance walk / or by recalling past walks.
- As you walk, or as you remember – what do you see? / hear? / discover? What and who comes to mind? Why not share your story with others members?

Making Footprints: Each branch is invited to cut out footprints in card of their own feet – or also feet of family members or even pet paw prints. Write a prayer or message on each. Or knit some baby booties for prem baby units. (*See the website for a pattern*). Footprints and booties) to be collected and brought to the Cathedral and to Morpeth.

Sponsoring the walks or activities for MU Newcastle projects. You can sponsor through the MU Diocesan scheme – '**Give as you Live**' on the website.

Footsteps Stories – bring a shoe which has significance in your journey of faith – share your stories informally at a branch meeting – make a circle with the shoes and photograph for the website – perhaps with a 'Journey in Faith' poem or prayer.

The MU Retreat (24-25th June) will also offer ways to make 'Footsteps in Faith'

Thursday 1st August - Footsteps in Faith in the Cathedral. Members are invited to join Midday Prayer and MU Midday Eucharist; also an optional 'Footsteps in Faith' trail round the Cathedral, guided or individually. A leaflet guide is available, designed by MU Newcastle, which can be used individually, or as a group, or even alongside a guided tour.



MU in Newcastle Diocese makes many Footsteps in Faith