



"We exist to receive and share the love of God"

hurst virtual pilgrimage to lindisfarne week 5



**pentecost to st aidan's day
31st may-31st august 2020**

week 5 Begins...

Thank you to everyone for your support and prayers as I continue on this physical journey of 309 miles and we spiritually journey together in prayer to Lindisfarne. I have been very grateful for the prayerful support of those whose holy sites I have visited this week.


At the end of last week I had physically walked to and prayed for Holy Trinity Bardsley in Oldham West Deanery and St John the Baptist Hey, St Thomas' Leesfield and St Agnes' Leesfield in Oldham East Deanery, and I had spiritually visited Easingwold and Stanbrook Abbey and walked a further 1.48 miles towards Ampleforth Abbey – or so I thought! With all the computer problems I made an arithmetical error! Last week I walked a total of 25.21 miles – not 23.78 which means last week I had walked a total of 100.41 miles so I was nearer Ampleforth than I thought!

A new week begins... Spiritually I set off the 1.69 miles to Ampleforth Abbey and St Hilda's Ampleforth, a short 1.1 miles walk away. I then walked a further 15 miles to Lasingham then .39 miles further on. 18.18 miles walked this week and a total of 118.59 miles. My next stop is St Hilda's Priory, Whitby, 20.61 miles away.

I hope that you will continue to walk with me on this spiritual pilgrimage and that you will make use of this booklet in your prayer over the coming week.


hurst virtual pilgrimage prayer

Hurst Virtual Pilgrimage Prayer



**Be by my side Creator God,
Every step I take,
Be before me Saviour God,
Every step I take,
Be behind me Merciful God,
Every step I take,
Be within me Strengthening God
Every step I take.**

Prayer- Mary Fleeson www.lindisfarne-scriptorium.co.uk



Day twenty nine 28th June 4.24 miles

I set off at ten past six to hopefully avoid the rain and to make sure I was back in plenty of time to go to church to offer the Eucharist at 10am and get church ready for opening at 1-3pm. It was a very dull, cool and windy morning as I headed out physically down Lees Road and spiritually towards Ampleforth Abbey. Praying for the community at Ampleforth Abbey and for all the staff and pupils at Ampleforth College. Beautiful honeysuckle scented the air on this very blustery morning.



The birds sing their praises as I walk down Twirl Hill Road. I am feeling anxious and the birds remind me of Jesus' words in Matthew's Gospel, "Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And can any of you by worrying add a single hour to your span of life" Matthew 6:26-27

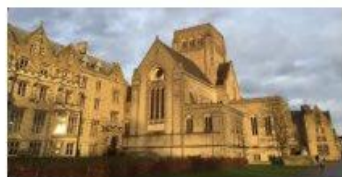


I've walked this path often these last few weeks on #HurstVirtualPilgrimage and each time different flowers are emerging along the hedgerows. Praying for and giving thanks for the flower arranging team at church; for their creativity & faithfulness. It has been a long Lent for them...



I've arrived at Ampleforth Abbey! Thank you so much to Fr Kentigern and the community at Ampleforth for their welcome and prayer on this great feast day of the church. (St Peter and St Paul). Thankful for this place of prayer and refreshment on the journey.

Ampleforth Abbey
welcomes
Rev Liz Devall
on her Virtual Pilgrimage to Lindisfarne.
Sunday 28 June 2020
The Solemn Feast of St Peter & St Paul.

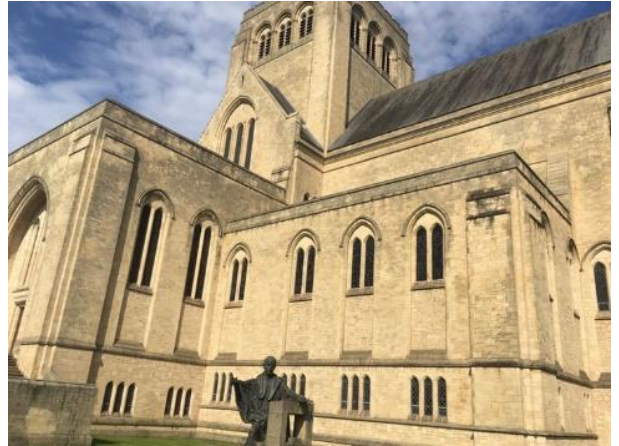


O God, who on the Solemnity of the Apostles Peter & Paul give us the noble and holy joy of this day, grant, we pray, that your Church may in all things follow the teaching of those through whom she received the beginnings of right religion.



Fr Kentigern Hagan OSB
(Visitor Centre Warden)

Founded in 1802, Ampleforth Abbey is home to a community of more than 55 monks who seek God according to the Gospel and the Rule of St Benedict.



The Work of the Monastery

“A School of the Lord’s Service”—THE RULE OF ST BENEDICT

1. **Education** is one of the monastic works that we undertake at Ampleforth and is focussed on two institutions: Ampleforth College and St Benet's Hall, Oxford. When St Benedict instructed his followers to "establish a school for the Lord's service," he meant the monastery. The Monks at Ampleforth have long considered the running of the College and St Benet's Hall to be a natural extension of that wish.

Ampleforth College

Ampleforth College was founded in 1803 and is today the country's leading Catholic Benedictine independent school. It is fully co-educational with around 600 students between the ages of 11 and 18. A number of the monks work in the school as chaplains and teachers.

St Benet's Hall, Oxford

St Benet's Hall is a Benedictine community at the heart of Oxford that was founded in 1897 so that Ampleforth monks could take degrees at the University. Today, it is cared for by a small group of our monks working with the Master of St Benet's Hall and both monastic and lay students are awarded degrees in theology and a range of humanities subjects.

“Nothing is to be preferred to the Work of God”—THE RULE OF ST BENEDICT 43

2. **Parishes and Partnerships** Ampleforth Monks serve 8 parishes across England and in the Monastery of the Word in Zimbabwe.

***“All guests who present themselves are to be welcomed as Christ,
for he himself will say: ‘I was a stranger and you welcomed me’”***

- THE RULE OF ST BENEDICT 53

3. **Hospitality** is important to Benedictine Communities. The Rule of St Benedict says that monasteries are "never without guests" and "all guests who present themselves are to be welcomed as Christ." The Benedictine tradition of hospitality is at the heart of every community and continues at Ampleforth today as one of the major works of the monastic community there.

Monastic Vows

*Before the whole community in the oratory he promises
stability, conversatio morum, and obedience*
- THE RULE OF ST BENEDICT 58

Obedience is a key virtue, for a monk as for any Christian. The monks embrace the vow of obedience so that they can become like Christ, who came not to do his own will but the will of the Father who sent him.

The vow of **stability** is a characteristically monastic vow. Unlike some other religious, Benedictine monks generally do not join an Order; rather, they join a particular community. By their vow of stability, they promise to remain in the community they join for the rest of their lives.

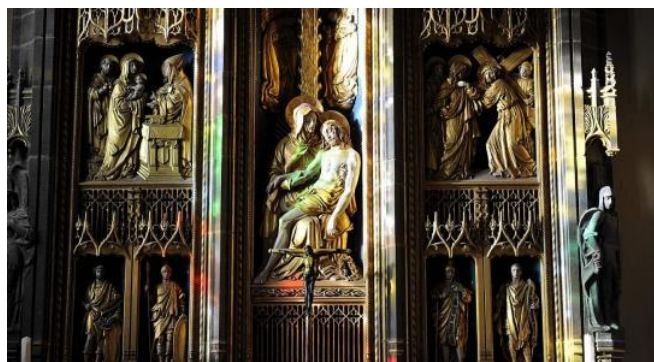
Conversatio morum is a Latin expression, which is difficult to translate, but it really means something like 'fidelity to monastic life.' By this vow, monks promise to observe all that monastic tradition has shown leads to God. This includes a commitment to celibate chastity, individual poverty and communal simplicity of life.



A day in the life of a monk...

St Benedict wrote that a monk should prefer nothing to the work of God - the Divine Office or Liturgy of the Hours. The monastic day is therefore built around set times of prayer, although there are also periods of work and recreation as well as mealtimes. The day begins at 5.40am when the rising bell sounds and the monks then gather in the Abbey Church for the first prayers of the day, Matins, at 6.00am. This is followed by a period of quiet prayer before Lauds (Morning Prayer) at 7.30am and then breakfast.

The rest of the morning is dedicated to work, apart from a short coffee break. Mass is celebrated in the Abbey Church at 12.45pm. Lunch follows with Midday Prayer taking place at 2.15pm. The rest of the afternoon is devoted to manual labour or other work. A period of work and spiritual reading follows in the early evening before the celebration of Vespers at 6.00pm. This is followed by half-an-hour of lectio divina, with supper at 7.00pm. Compline, or Night Prayer, is at 8.15pm. After Night Prayer the Summum Silentium, the Great Silence, begins and is observed throughout the monastery until Morning Prayer.



Lectio Divina - “Sacred Reading”

At least half an hour of the daily monastic timetable is devoted to lectio divina. Lectio divina (or ‘sacred reading’) is a practice which originated among those who listened to and pondered upon the Sacred Scriptures. St Benedict devoted a significant part of the monastic day to this form of contact with the Word of God in his Rule. His disciples were encouraged to become ‘listeners’ and especially to God’s Word, and to learn it by heart. This was more than rote learning, for he wanted them to fall in love with the Word, and ‘ponder it in their hearts’. The Desert Fathers and Mothers considered the Word less impenetrable than the hearts of its listeners, yet the main purpose of the Word was to live in the heart and transform the lives of disciples.

Although lectio divina has been considered more an attitude to the Scriptures than a method of reading, the Prior of the Grande Chartreuse, Guigo II, developed lectio during the 12th Century, into a method with four ‘movements’.

These were: reading (**lectio**), which consists in choosing a passage of Scripture, regarding its ‘Sense’ or meaning, reading the passage slowly, even several times or out-loud, and moving on to the second stage.

This is ruminating on the text (**meditatio**), which involves chewing the Word to extract its flavours, and allowing the Word to move from the ‘head’ to the ‘heart’. This can be the longest part of the process.

Once the heart is penetrated, we move on to the third stage: prayer (**oratio**), which ideally springs from the heart. Whatever emotion has been enlivened, it can characterise the prayer, which may be prayer ‘with tears’ or praise or thanks or the silent prayer of being with God.

However, we cannot engineer the final ‘movement’ which is contemplation (**contemplatio**) which is a pure gift of God, and may come to us in a great variety of ways.

A daily encounter with God’s Word in this way can be a means of ongoing formation, since we ‘hold’ the Scriptures in one hand, and the book of our experience in the other.



This week, prepare a place in your house to pray. Perhaps light a candle, place a cross before you, gaze upon a picture or icon. Take a short passage from the Bible and read it through slowly. As you read, listen for a word or phrase that stands out for you. Read the passage again, a little more slowly – ideally out loud. Again listen out for a word or phrase that seems to speak to you. Read the passage a final time and notice if a word or phrase seems to jump out at you.

Now spend some time with that word or phrase. Pray with it – roll it around in your heart and mind and stay with it. Ruminates, meditate on the word – it is like taking a first bite of a tantalizing food we have been looking forward to all day. Chew it slowly, tasting its taste and texture. Relish it like sucking a boiled sweet – till you have got all the flavour out of it. Let God reveal its particular mystery to you. Allow the word or phrase to sink down into you.

Allow this written word of God to all people become the living word of God to you personally. Rest in your prayer with this word. Notice the feelings that the word creates in you.

Let the word of God enter into your everyday experience. Pray out of the mixture of your life experience and God’s word. Simply notice, in the next few minutes of silence what is happening inside you and receive it as a gift from God.

Leaving Ampleforth Abbey I embark on short walk of about a mile to St Hilda's Church, Ampleforth. Praying as I walk for The Revd Dr Catherine Reid and for the Ampleforth Benefice, the congregations and the communities which they serve.



I've arrived at St Hilda's Ampleforth after walking a total of 4.24miles today. Thankful for the welcome and prayer from The Revd Dr Catherine Reid and all at St Hilda's and the Ampleforth Benefice. Praying for them as they begin to open their churches again.

Hurst Virtual Pilgrimage

The Revd Dr Catherine Reid, St Hilda's Ampleforth



**O Saviour,
be thou within me to strengthen me
without me to guard me
over me to shelter me
beneath me to stablish me
before me to guide me
after me to forward me
round me to secure me. Amen.**



Day thirty 29th June 0 miles

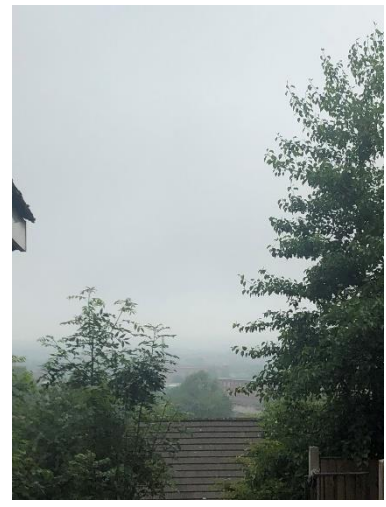
A combination of not feeling very well, officiating at a funeral and the weather meant I didn't walk today.

Day thirty one 30th June 0 miles

Today it was raining quite heavily very early in the morning so I wasn't able to go out then. After 8am I had to wait in for a delivery of hand sanitiser stations ready for church being open. I waited and waited and waited....

Day thirty two 1st July 4.27miles and 4.13 miles

Setting off at 5.30am from Holy Trinity Coldhurst in Oldham West Deanery. Praying for Revd David Austin, the PCC & congregation there, particularly in their plans for opening for worship and in their outreach into the community. It is a foggy start to the day



Walking up an enormous hill and on through Coldhurst towards The Blue Coat School Oldham. A sign for Henshaw St which must be named after The Blue Coat School's founder Thomas Henshaw. Praying for other institutions founded by him including Henshaws, a charity that supports people living with sight loss and a range of other disabilities to go beyond expectations. Walking on towards Holy Cross Primary School. Praying for the Head, Staff and pupils as they open up for more pupils.



Walking down Horsedge St and I catch a glimpse of Kirkman House, the old 6th form block, from when I went to The Blue Coat School. I then walked down to entrance. Praying for the Head, Mr Higgins, all the staff & pupils. Giving thanks for my years there at Blue Coat and praying for the teachers that taught me. I am proud to be an Old Blue.

The Blue Coat School responded to my tweet and said

“Once a “Blue”, always a “Blue”. It just goes to prove that you can take a person out of Blue Coat, but you can't take Blue Coat out of a person!!! A lovely message from “Old Blue” Liz Devall .”



At St Stephen's & All Martyrs Oldham in Oldham West Deanery. Praying for Revd David Austin, the PCC & congregation. Praying for Beaver Children's centre: the health professionals working there the community it serves. Praying for the Head, staff and pupils at Beaver Primary School.



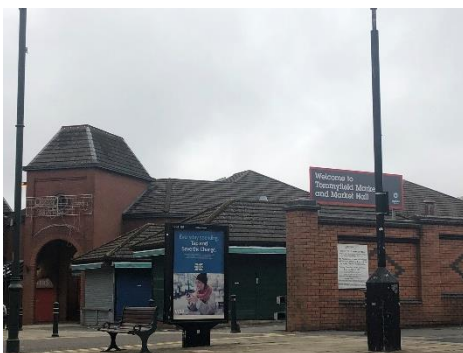
Walking back along Edgerton Street, praying for Mahadlo Youth Zone as they mourn the death of their CEO Mike Doran earlier this year of COVID-19 and for those participating in the Mahdlo 500 miles fundraising walk on 6th July. Praying for all staff and children and their families at Appledore nursery. I walked down to the Oldham Coliseum. Praying for them as they seek to still reach out to the community and continue to create with and inspire young people. Praying for all in the Arts at this difficult time.



Arrived at Oldham Parish Church. Praying the congregation and the PCC and for Fr Derek Palmer, The Vicar of Oldham and celebrating 41 years as a Deacon today and 40 years as a Priest on 29th June. Giving thanks for his 40 years as a Priest. Praying for The Revd Canon Jean Hurlston particularly in her role as Borough Dean of Oldham and her role in Oldham Street Angels, providing practical and pastoral support to those involved in the night time economy of Oldham and offering practical support to the homeless. Praying for the congregation and for all the parish does in the town centre and for the town.



Sobering to note the sheer volume of names on the memorials at Oldham Parish Church. Praying for all serving in the Forces now. Fr Derek Palmer is a former Army Chaplain. Praying for all Army, Naval, Marine & Airforce Chaplains and the men and women and their families that they serve.



Walking through Oldham Town Centre and praying for the traders on Tommyfield Markets and the local shops and business and their staff as they begin to open for business again.





As I see Oldham Civic Centre I pray for Oldham Council and all who work at Oldham Civic Centre. Walking down the hill I pray for Oldham College and The Grange Arts Centre. The mattress manufacturer has been making mattresses for the new Nightingale hospital. Giving thanks for their prompt response which helped the hospitals be up and running as quickly as they were.



Praying for The Royal Oldham Hospital on for all the staff and patients and for The Christie Oldham celebrating 10th Anniversary at Oldham this year and for Maggie's Oldham and staff at the Oldham Integrated Care Centre. 4.27 miles walked this morning.



A second walk today to make up for not being able to walk the last two days. A short walk from my daughter, Laura's house to St Paul's Royton. Praying for Fr Graham Hollowood and Fr Nicholas and the congregation. A short walk across Middleton Road and praying for St Paul's Royton School, the Head, staff and pupils.



Walking along Roman Road and praying for SS Aidan and Oswald School, for their Head, staff and pupils. Praying too for SS Aidan and Oswald church for Fr Stephen and the congregation there. Particularly giving thanks for the 45th Anniversary of Fr Stephen's ordination to the Sacred Priesthood. SS Aidan and Oswald Church is not far from St Anne's church and I have happy memories of preaching at St Anne's and suddenly Fr Stephen's sermon would start coming through our speakers too!



I headed over the road to St Anne's school and prayed for their Head Sue Holt, all the staff & pupils. I have very happy memories of being part of the St Anne's school family as a curate. I walked on praying for St Anne's Church and the congregation in interregnum at the moment following Revd James Read retirement. So thankful for the congregation there and for their generosity and love to me when I was their curate. Then to my surprise I turned the corner and James was walking towards me! Lovely see James, my training incumbent! Prayers for him and for his wife Marian.



I walked from St Anne's church over to Dr Kershaw's Hospice, where I was an honorary chaplain when I was a curate. A place of love & hope. Praying for staff and patients and all who fundraise for the hospice. Giving thanks for world changing research there when it was a cottage hospital - praying for couples in Tameside whose IVF cycles can now resume after they had been halted due to COVID-19.





Praying for the congregation at St Mark's Heyside, currently in interregnum. I was made a curate at St Mark's as well as at St Anne's in my final year of curacy as the two parishes were brought together. Praying for the large Brigade groups that usually meet and worship at St Mark's and for their leaders.



Walking back to St Paul's where I began this afternoon, past lots of schools. Praying for Royton and Crompton Secondary School, Blackshaw Lane Primary School, Royton Hall Primary School and Royton Sure Start Children's Centre. Praying for the Headteachers and all staff and pupils at the schools and the staff and service users at the centre.



Beautiful flowers attracting the bees in gardens as I walk into Royton Town Centre. Praying for both GP practices at Royton Health Centre and for all who work there. Praying for those who are mourning the loss of a wonderful colleague, Dr John Kelly from COVID-19, and prayers for Dr Kelly and for his family. 4.13 miles walked this afternoon.



Day thirty three 2nd July 4.15 miles

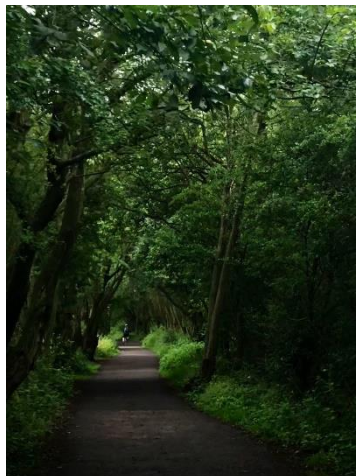
Setting off on #HurstVirtualPilgrimage today at quarter past 4 in the early evening to find a place to pray Evening Prayer. A beautiful flower in the hedgerow turns out to be a weed when I check it on my plant app. What is a weed though? A weed is only a plant growing where it shouldn't be, or we don't want it to grow. Praying for all those who feel they are "planted" in the wrong place.



A dark threatening sky with a band of gold light running through it on #HurstVirtualPilgrimage. Praying for those struggling to see light in the darkness due to bereavement, loneliness or fear. Lighten our darkness, we beseech thee, O Lord and by thy great mercy defend us from all perils and dangers of this night; for the love of thy only Son, our Saviour, Jesus Christ. Amen.



The view for Evening Prayer as I stopped for a while, then setting off again along the cycle path towards home. Finding new paths each time I walk along this way. Lord give us the courage to explore new paths that open up to us. Another 4.15 miles walked today on my spiritual journey to Lasingham which is now only 1 miles away.



Day thirty four 3RD July 1.39 miles

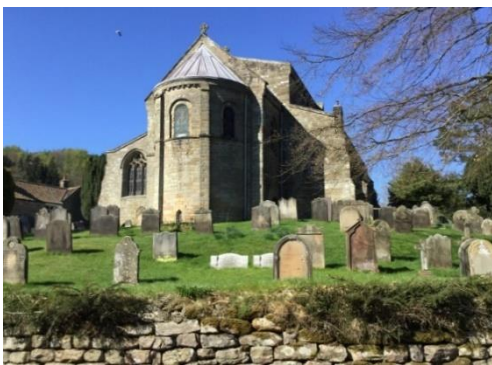
A short walk early this morning of 1.39 miles as I walk the last mile to St Mary's Lavingham. Praying for Fr Bill as he prepares for retirement, the churchwardens, PCC & congregation. Waking past Hurst Knoll St James and continuing to hold the school community in prayer.



An uprooted tree on #HurstVirtualPilgrimage. Praying for those who have felt uprooted these last few months, those who have lost their jobs or homes, those who have missed being with friends and family, all who have missed receiving the Sacraments of the Church. Praying for the management committee at Hurst Community Centre and all the groups who usually meet there.



I've arrived at St Mary Lavingham! Founded by early saints, Lavingham has been a place of prayer, peace, hospitality and Christian mission for well over 1000 years. This beautiful ancient church of St Mary is particularly famous for its unique crypt, which was built on the site of the AD 654 monastery, and is where St Cedd is believed to be buried.



EARLY HISTORY

In AD 563, Columba set out from Ireland to found the monastery of Iona, off the coast of Scotland. Seventy years later, Bishop Aiden of Iona was appointed to bring Christianity to Northumbria. He established his See at Lindisfarne in 634, and set up a school there for Anglo-Saxon boys to be trained as priests and missionaries. Among the pupils at this school were four brothers: Cedd, Cynebil, Caelin and Chad. All four brothers eventually became bishops. Cedd went from Lindisfarne with 3 other priests to the territory of the Middle Angles and then went with another priest to Essex. He was consecrated Bishop for the East Saxons and returned to Essex to continue his work where he built churches and two monasteries before returning to Northumbria on a visit. There is mention of Cedd and his brothers by the Venerable Bede in his 'History of the

English Church and People', completed in 731 when Bede was a monk at Jarrow monastery. He writes about the founding of a monastery in Lastingham by St Cedd, who was later succeeded as Abbot by his brother Chad.

EXTRACT FROM BEDE'S HISTORY

During his episcopate among the West Saxons, God's servant Cedd often visited his own province of Northumbria to preach. Ethelwald, son of King Qswald, knowing Cedd to be a wise, holy and honourable man, asked him to accept a grant of land to found a monastery. In accordance with the King's wishes, Cedd chose a site for the monastery among some high remote hills, which seemed more suitable for the dens of robbers and haunts of wild beasts than for human habitation. His purpose in this was to fulfil the prophecy of Isaiah: ..in the haunts where once dwelt dragons, with reeds and rushes, and he wished the fruits of good works to spring up where formerly lived only wild beasts, or men who lived like beasts.

When Cedd had been bishop of the province and had administered the affairs of the monastery for many years through his chosen representatives, he happened to visit the monastery, after the Synod at Whitby during the time of plague (in 664), and there he fell ill and died. He was first buried in the open, but in the course of time a stone church was built and his body was reinterred on the right side of the altar.

The bishop bequeathed the abbacy of the monastery to his brother Chad. St Chad was not at Lastingham for long, before becoming Bishop of Lichfield.

ST CEDD AND ST PETERS ON THE WALL – BRADWELL ON SEA - ESSEX



The day before I arrived at St Mary's Lastingham, Bishop Stephen Cottrell, soon to be Archbishop of York, arrived on his own pilgrimage at St Peter's on the Wall at Bradwell-on-Sea, the place he prayed as he began his ministry as Bishop of Chelmsford. In his last days in Essex he returned to this place on pilgrimage to pray there again before setting off on his journey North, as Cedd had done before him. Bishop Stephen wrote, "St Cedd unites north and south. He was a monk on Lindisfarne, and evangelist in Essex, a translator at the Council of Whitby and died from the plague at Lastingham."

The altar in this chapel believed to have built by Cedd was consecrated in 1985 by the Bishop of Chelmsford and the Bishop of Brentwood. The three stones set into the supporting pillar represent the three other communities involved in St

Cedd's ministry. The one on the left is from Lindisfarne, where St Cedd was trained by St Aidan. The centre one is from Iona, the Celtic mission founded by St Columba and from where St Aidan was sent to Lindisfarne. The stone on the right came from St Mary's church Lastingham, where Cedd came to build the monastery.

Welcome from Lastingham – pending!

Day thirty five 4th July

A rest from walking before I set off to the Sisters of the Order of the Holy Paraclete at St Hilda's Priory, Whitby.