



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

# **hurst virtual pilgrimage to lindisfarne week 8**



***pentecost to st aidan's day  
31<sup>st</sup> may-31<sup>st</sup> august 2020***

## *week 8 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 St Mary's High Crompton, St James Thornham, St Matthew's Chadderton, St Gabriel's Middleton, St George's Chadderton, St Mark's Chadderton, St John the Evangelist Failsworth, St Margaret's Hollinwood, Woodhouses Mission Church, Holy Family Failsworth, and Christ Church Chadderton, St Saviour's Chadderton, St James Barry Street, Oldham, St Paul's, Ashton Road, Oldham and St Thomas's Werneth- .and spiritually I arrived at Huntcliffe Roman Station on The Way of St Hild after walking 21.62 miles this week and 160.82 mile since Pentecost.

As the new week begins...I spiritually continued walking towards Hartlepool, still on The Way of St Hild 28.68 miles away. 20.45 miles walked this week I have walked a total of 181.27 miles. The next place I will visit is St Hilda' Hartlepool. Here is an interesting leaflet which shows pictures along the route – [The Way of St Hild](#)

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](http://www.lindisfarne-scriptorium.co.uk)

## *Day fifty 19<sup>th</sup> July 0 miles*

I drove to Edinburgh today after the service in church and after the “after-service” coffee zoom. I prayed for The Venerable David Sharples and the Venerable Jean Burgess as they were collated and installed as the Archdeacon of Rochdale and The Archdeacon of Bolton respectively. Archdeacon Jean remains the Archdeacon of Bolton too.



# Day fifty one 20<sup>th</sup> July 5.32 miles

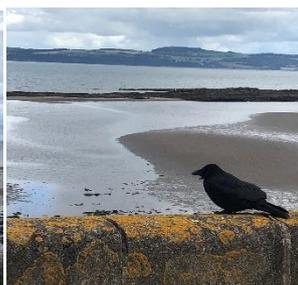
I continued on #HurstVirtualPilgrimage spiritually on The Way of St Hild and physically in Cramond, near Edinburgh walking by the beach. So thankful to be able to see my Danny and Craig after so long. Praying for all families separated at this time.



The Lord said 'My presence will go with you, and I will give you rest'. Cramond beach is in the estuary of the River Almond. Cramond Resting in God's presence by water and the sound of waves and sea birds.



Waiting on the Lord on #HurstVirtualPilgrimage "those who wait for the Lord shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint. Isaiah 40:31



Our days are like the grass; we flourish like a flower of the field; when the wind goes over it, it is gone and its place will know it no more. But the merciful goodness of the Lord endures for ever toward those that fear him." Prayers for all who mourn.



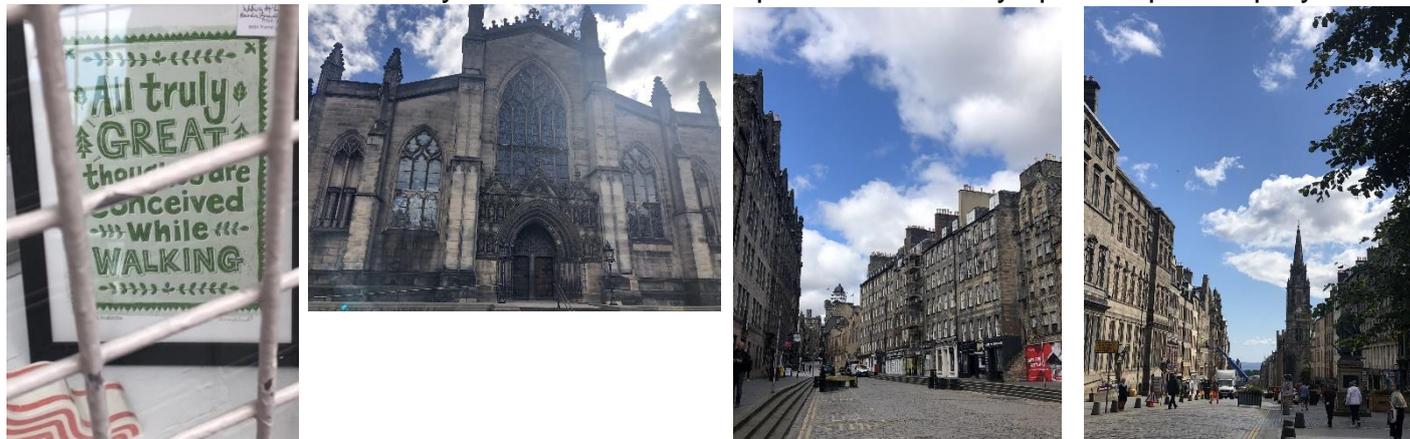
As I walk on #HurstVirtualPilgrimage to Lindisfarne I look out to another tidal island- Cramond Island, -another ancient place used as a stronghold. Cramond is a place of “The Lord is good, a stronghold on a day of trouble; he protects those who take refuge in him” Nahum1:7. 5.32 miles walked today.

## Day fifty two 21<sup>st</sup> July 6.72 miles

Walking and praying around the Old Town in Edinburgh today. I've never seen Edinburgh so quiet. Praying for those working in the shops, bars & restaurants preparing to open and those who have started to open this last week in Scotland. On my favourite street in Edinburgh – Victoria Street.



“All truly great thoughts are conceived while walking” Thankful for the time and space #HurstVirtualPilgrimage has allowed me to time think and pray these past few weeks. Praying for all at St Giles Cathedral as they continue with worship online & as they open for private prayer.



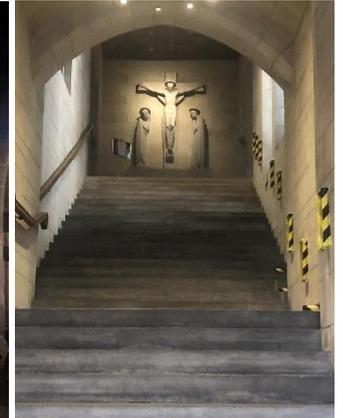
Walking to the end of the Royal Mile and Scottish Parliament Building. Words on the side of the building from a variety of sources including from the psalms. “Let the words of my mouth and the mediations of my heart, be acceptable in thy sight o Lord my strength and my redeemer.”



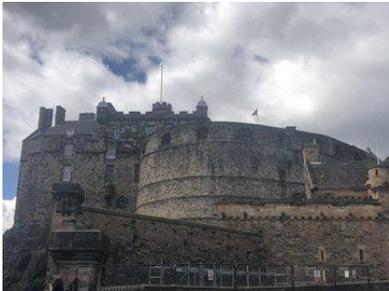
Arthur's Seat reflected in the water. Holyrood Park-somewhere to be explored on another visit. Praying for all the staff at the Palace of Holyroodhouse, Her Majesty's the Queen's official residence in Scotland, as they prepare to open to the public this Thursday-a hive of activity today.



Grateful to be able to visit Old Saint Paul's open for private prayer today on and to spend some time in prayer in the beautiful Lady Chapel. Praying for Fr John McLuckie, the ministry team and the congregation at Old St Paul's Edinburgh.



Walked up to Edinburgh Castle. Amazing views over the city to Arthur's Seat and over towards the Firth of Forth Praying for all working in the tourism industry in the city as places slowly begin to re-open.



Greyfriars Kirk graveyard is a beautiful place to contemplate and pray on #HurstVirtualPilgrimage with beds of herbs for cooking & medicine. Praying for those who mourn, those preparing for loved ones funerals & those who minister to them.



Praying for all at Cuthbert's Church and all St John the Evangelist Edinburgh and the Edinburgh City Centre Churches Together- for their worship together online during lockdown and for The Steps to Hope charity cooking and serving meals on Sunday's during lockdown.



Walking through Princes Street Gardens-full of families enjoying picnics and the beautiful green space in the centre of the city. 6.72 miles walked today - and further along The Way of St Hild towards the Transporter Bridge.



A fellow pilgrim, Colin the Cockapoo joined me today on as we physically walked a small part of the Union canal which runs from Edinburgh to Falkirk and spiritually continued on The Way of St Hild.

## Day fifty three 22<sup>nd</sup> July 0 miles mary magdalene

All four gospels give Mary Magdalene a unique place among Jesus' followers. Probably from Magdala by the Sea of Galilee, she is described as having been healed by Jesus before accompanying him during his ministry. Along with other faithful women, she stayed beside the cross during the crucifixion and was the first disciple to discover the empty tomb on Easter morning. She was privileged with the first appearance of the risen Lord, who sent her to take the good news of the resurrection to the other disciples. This commission earned her the title 'Apostle to the Apostles' in the early Church.

### Mary Magdalene by Malcolm Guite

Men called you light so as to load you down,  
And burden you with their own weight of sin,  
A woman forced to cover and contain  
Those seven devils sent by Everyman.  
But one man set you free and took your part  
One man knew and loved you to the core  
The broken alabaster of your heart  
Revealed to Him alone a hidden door,  
Into a garden where the fountain sealed,  
Could flow at last for him in healing tears,  
Till, in another garden, he revealed  
The perfect Love that cast out all your fears,  
And quickened you with love's own sway and swing,  
As light and lovely as the news you bring.

### Pictures from the church at Magdala.



# Day fifty four 23<sup>RD</sup> July 3.14miles

A fellow pilgrim, Colin the Cockapoo joined me today on #HurstVirtualPilgrimage as we physically walked a small part of the Union canal which runs from Edinburgh to Falkirk and spiritually continued on The Way of St Hild.



Beautiful reflections on the Union Canal. We will need to make time to reflect and pray together at St John's on these last few months. Praying for the work of Children's Hospices around Scotland.



A duck followed by her ducklings on the Union canal. Praying for teachers and families starting their school holidays in England and for teachers and families in Scotland as they prepare to go back to school in August.



Walking back along the canal praying for The Rev Jack Holt & the congregation at the Kirk on the Canal, Polwarth Parish Church. Thistles and Roses remind me of my son's wedding flowers - thankful for time spent with Danny and Craig (and of course Colin the Cockapoo!) this week.



## Day fifty five 24<sup>th</sup> July 5.27 miles

Drove back from Edinburgh today and stopped a few times on the way to walk and pray on #HurstVirtualPilgrimage. Time spent with God contemplating the beauty around me and giving thanks for time spent with family after not seeing them for so long Another 5.27 miles walked today.



## Day fifty six 25<sup>th</sup> July 0 miles st james

James, often called 'the Great', was a Galilean fisherman who, with his brother John, was one of the first apostles called by Jesus to follow him. The two brothers were with Jesus at his Transfiguration and with him again in the garden of Gethsemane. They annoyed the other followers of Jesus by asking to sit one on his left and the other on his right when he came into his glory and they were present for the appearances of Christ after the resurrection. James was put to death by the sword on the order of Herod Agrippa, who hoped in vain that, by disposing of the Christian leaders, he could stem the flow of those hearing the good news and becoming followers in the Way. James' martyrdom is believed to have taken place in the year 44.

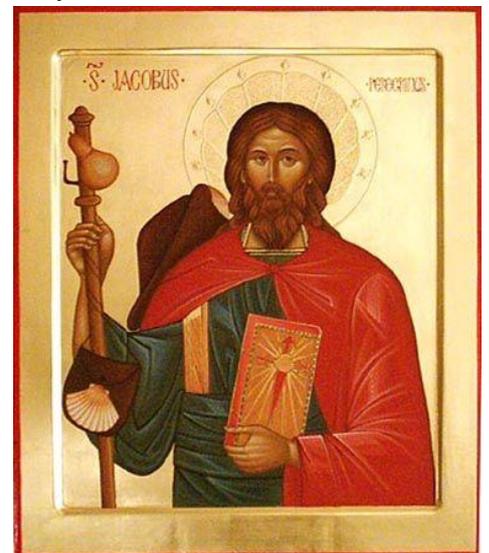
### The Collect

Merciful God,  
whose holy apostle Saint James,  
leaving his father and all that he had,  
was obedient to the calling of your Son Jesus Christ  
and followed him even to death:  
help us, forsaking the false attractions of the world,  
to be ready at all times to answer your call without delay;  
through Jesus Christ your Son our Lord,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.

### The legend

According to ancient legend, the Iberian Peninsula formed part of the lands where the Apostle Saint James preached Christianity. After he was beheaded in 44 AD, tradition says that his disciples took the body of the saint by boat to Galicia, one of the Spanish lands he preached in. The difficult times during the early years of Christianity and the fact that most of the northern part of the peninsula was sparsely populated would have meant that the exact location of the burial site would have fallen into oblivion. However, around the year 820 remains were found which were attributed by the ecclesiastic and civil authorities to be those of Saint James the Greater. This event, which took place in remote Galician woodland, would give rise to the founding of the present day city of Santiago de Compostela.

Santiago became the attractive goal of a pilgrimage that would, over the centuries, lead pilgrims from all walks of life and via the most diverse itineraries, to the tomb of the only apostle of Jesus, along with Saint Peter in Rome, who is buried on European soil.





This iconic shell symbol represents the different routes of the Camino de Santiago coming together in one place, the city of Santiago de Compostela. It is also used as a waymarker along the routes to show walkers and pilgrims that they are on the right path (the shell serving as an arrow), helping everyone who walks the route stay on the right path.



When I arrive on Lindisfarne at the end of my pilgrimage I will stay at the Belvue Guesthouse. On the gate post there is a pilgrimage shell. The owner of the property has walked 700 miles along the Camino on different routes in the last couple of years and has placed the shell there as a link to their own journey and that of the many thousands who walk as pilgrims

to Lindisfarne – including me!

### Seeing with the Eyes of the Heart

I know that many people have enjoyed seeing some of the pictures that I have taken on this pilgrimage. Many may also have wondered “how can she be praying if she is taking photos all the time?!” The photographs are part of the prayer, and they are a way for me of taking notice of what is around me, a way of focusing, a way of framing what I see, a way of reflecting on what is going on for me as I notice what I have included in a photo and what I have left out, a way of entering into a prayer of contemplation and a way of journaling my prayer – as you have seen these last few weeks.

I have recently started to read a book by Christine Valters Paintner called “Eyes of the Heart – photography as a Christian Contemplative Practice.” She begins with a sentence of scripture

“May the eyes of your heart be enlightened.” Ephesians 1:18

Christine describes how for her photography has been a way to see more deeply but that when she embraced monastic spirituality as a Benedictine oblate (someone who though not a nun or monk have individually affiliated themselves with a monastic community and lives by the rule of that monastic order in their lives.) she began to see photography as a way to slow down and gaze deeply, noticing things she missed in her rushed life. For her the camera provided “an encounter with an eternal moment – that place in which I was able to suddenly become so present to what I was gazing upon that I lost track of time, allowed eternity to break in. It became a tool for deeper vision, supporting and enlivening contemplative seeing.” (pg 2, Eyes of the Heart Christine Valters Painter; Sorin Books). This is my experience too. Some abridged extracts from the book are below

### Learning the Art of Visio Divina

In [Week 5](#) of the Pilgrimage we thought about the Benedictine way of prayer, Lectio Divina and in [Week 7](#) we learnt how we might go on an awareness walk. We could combine to the two and go for a contemplative awareness walk around where we live or on our favourite walk with a camera or phone.

- Begin your walk with a prayer – perhaps the pilgrimage prayer. Contemplative walking doesn't necessarily mean walking slowly but slow down enough to see what is around you, notice the detail of things – the many shades of the flowers, the texture of bark on the trees, architectural details on houses and even patterns on manhole covers. You aren't looking for something beautiful and you mustn't worry about how good a photographer you

are – you are trying to be present to the moment, to life as it is and respond to the call of the world to your heart, and in the process you will discover beauty.

- Each contemplative photographic journey will be like a mini-pilgrimage. We don't have to travel far away to have a transformative experience, monastic wisdom tells us that the sacred is right here, right now, and if we can't see it before us, travelling around the world won't change things. Ignatian spirituality encourages us to find God in all things.
- If you go on a contemplative walk and take some pictures, a few days later choose one of your pictures to pray with using a process of Visio Divina – Sacred Seeing. This way of prayer uses an adaptation of the four movements of Lectio Divina to a prayer of "gazing".
- Just as in Lectio Divina we would first of all listen for a word or phrase that calls to us in that moment, the first movement *lectio*, we notice which of our images is stirring a response in us, or calling for more time for us to dwell with it. You can print out the picture or view it on your tablet or computer. This will be like the sacred text for your time of prayer.
- As you would with any time of prayer, spend some time in preparation, light a candle, perhaps spend some time noticing your breathing, don't alter it just become aware of your breathing. Each time you breathe in, breathe in the love of God, as you breathe out, breathe out all that is getting in the way of you and God. Feel yourself being filled with the love of God. As you slowly descend from your head to your heart open your eyes and cast a gentle gaze upon your photo with the eyes of your heart. Take a few moments to allow your eyes to wander over the whole landscape of the image, exploring the shapes, colours, contours, details and symbols. Allow yourself to become present to the details of the image.
- Gradually notice if there is a place on the photo where your eye is being invited to rest. Don't think this through too much. Notice where you are being drawn to and where you are avoiding.
- What is it that is calling to you on the image? Is it a colour, a symbol a person or an expression. Take a few moments to simply be present to this in a gentle way.
- Begin to allow this place on the photo to unfold in your imagination. You might want to
- Close your eyes again and notice what memories, images, and feelings are stirred within you. Allow space within yourself for these to emerge, simply noticing your experience and being present to what is stirring. Rest here for a few moments without judgement.
- Slowly begin to notice if an invitation begins to emerge from these memories, feelings, and images moving in you. In the concrete circumstances of your life right now, what awareness or action is God calling you to? What is my invitation in this moment of my life? How am I being called to respond? Take a few more moments resting with this invitation.
- Connect to your breath once more. Breathe in gratitude for whatever has been revealed. Breathe out and release the images moving within you and rest for a few moments in gratitude, simply relishing the experience of stillness and being in the presence of God.
- In these final moments of prayer, allow your breath to slowly and gently bring your awareness back to the room. As you open your eyes, take another moment to gaze upon your photo and take it in as a whole. See if there is anything else you notice right now, and then bring your meditation to a close. Now take a few moments to write any brief reflections in your journal.
- If you practice this you will find that over time when you go on your contemplative walks you will take the spirit of the Visio Divina with you as you walk and photograph and not just in reflecting afterwards. As you receive your images, pay attention to moments that seem to shimmer and make space within your heart to be with whatever feelings or memories these stir, trusting that God is at work in the process. Let your camera be a window on to a new way of seeing.

