



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

hurst virtual pilgrimage to lindisfarne week 9



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

week 9 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 around Cramond, Edinburgh Old Town the Union Canal and short stop off points on the way back from Edinburgh and spiritually I arrived at Seaton Carew and St Hilda's and St Aidan's Hartlepool and completed The Way of St Hild after walking 20.45 miles this week and 181.27 miles since Pentecost.

I started last week spiritually walking towards, Saltburn, the Transporter Bridge Greatham Creek and almost reached Seaton Carew still on The Way of St Hild.


This week I have physically walked and prayed along Leeds Road/Lees New Road, around High Crompton, Rochdale and Royton, Alexandra Park and Hollingworth Lake. I walked a total of 22.5 miles and passed the 200 miles barrier bringing the total walked to 203.77 miles!

As the new week begins...I spiritually reach Seaton Carew and go on to arrive at St Hilda's Hartlepool and St Aidan's Hartlepool, complete The Way of St Hild and begin the journey to Durham Cathedral which is now just 7.13 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 fifty seven 26th july 3.14miles



An early start on #HurstVirtualPilgrimage on the day the church remembers St Anne and St Joachim the parents of the Blessed Virgin Mary.

In the proto-gospel of James, written in the middle of the second century, the parents of Mary the mother of Jesus are named as Anne and Joachim. The story appears to be based heavily on that of Hannah, the mother of Samuel. The Church maintains their feast day both to emphasise God's plan from the beginning to send his Son, born of a woman, born under the law, to redeem fallen humanity; and also to show God's faithfulness in keeping his covenant with all generations.

This icon of St Anne with the Blessed Virgin Mary is one of the last things I see before I go to sleep each night and is very precious to me.

The Church of St Anne in Jerusalem stands next to the Pools of Bethesda at the start of the Via Dolorosa. People come here to venerate Since Crusader times this is believed to have been the site of The Blessed Virgin Mary's childhood home. The church has incredible acoustics and when people sing the sound reverberates around the basilica and is breathtakingly beautiful. It has been said that when a choir sings in the church "Heaven begins to ring". Since 1878, it has been administered by the Missionaries of Africa, a catholic order, commonly called "The White Fathers", for the colour of their robes. Fr Peter (pictured) often greets pilgrims at the church.



Praying for all at my Title Church St Anne's Royton currently in interregnum as they celebrate their Patronal Festival and for all at St Anne's Royton School.

Over the hill is the Parish of Leesfield - praying for Revd Edith as she retires giving thanks for her ministry there and for the congregation as they enter into interregnum.



Walked just into Oldham and back on #HurstVirtualPilgrimage. A good view towards Manchester-praying for all at St Ann's Manchester today as we remember Jesus's Grandma and for their Rector Nigel, whose Grandma attended St John's Hurst all her life. Giving thanks for and remembering my Grandma Hilda with much love.



Day fifty eight 27th July 0 miles

A day spent catching up and writing last weeks Pilgrimage newsletter. No walking today.

Day fifty nine 28th July 4.35 miles

Drove to Hollingworth Lake on #HurstVirtualPilgrimage but had forgotten to take money for parking. I nearly turned back home but I decided to drive to my parent's house and I walked from there. A blustery and damp walk from High Crompton to Rochdale. Praying the measures put in place in Oldham and Rochdale will help prevent local lockdown and will help to reduce the number of infections of COVID-19.



Amazing view over Rochdale and the Seven Sisters flats. Praying for staff and patients at Springhill Hospice and the chaplains, including Revd Anne Robinson. Praying for Anne as she continues on her virtual pilgrimage on the Santiago De Compostela raising money for the churches where she is curate in Littleborough and Wardle and for the Hospice.



A long walk over to St Cuthbert's Roman Catholic High School. Praying for staff and pupils there that they might enjoy a restful summer. The lingonberries add colour to a dull and grey afternoon walk.





An apple tree groaning with fruit on. Thankful that since lockdown I've been more acutely aware of the beauty of the changing seasons. From buds, to blossom to fruit – I've never noticed its transition in quite the same way before. Looking over the fields to Manchester. Praying for The Diocese of Manchester, for Bishops David, Mark and Mark, Archdeacons David, Karen and Jean and Alison Moore as she continues to support us with clear up to date guidance as we seek to be #ChurchForADifferentWorld. 4.35 miles walked today.



Day sixty 29th July 5.01 miles **Mary, Martha and Lazarus**

Spiritually walking toward Hartlepool and physically walking around Alexandra Park in Oldham. I love to walk and pray by water and see the reflections.

"He leads me beside still waters." Ps 23:2.

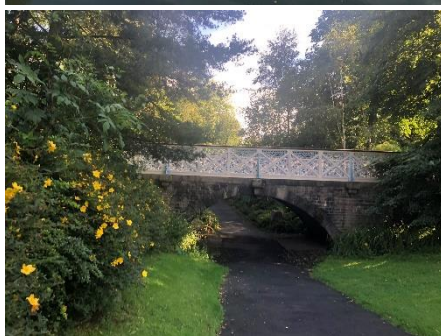
Praying for Revd Verity Brown and for all at St Hilda's Hartlepool and Mthr Gemma Sampson at St Aidan's Hartlepool



Walking through a corridor of what my plant app tells me is “Rose of Sharon”, a species of St John’s Wort often used as a natural way to relive mood and anxiety. The bright yellow flowers do lift the mood just to see them. A bird (I’ll let others tell me what it is! A heron, cormorant or shag?) stands in quiet contemplation by the water. I stand and join in it in quiet contemplation.



A statue of Joseph Howarth, the “well known Blind Bell Man” of Oldham-Town crier and local preacher who recited bible passages from memory. Praying for our Churchwarden David and all those who are registered blind experiencing verbal abuse when out, even with their guide dogs, with regard to social distancing. Praying there may be a spirit of compassion.



Amazing dappled light as I walk around the park. Hard to believe we are in the middle of a town - Oldham. Giving thanks for the beauty of this place where people of all faiths and none come to walk, cycle & be together each day. The Bishop of Burnley has set off on a 4 day cycling pilgrimage to Lindisfarne of around 200 miles. Praying for fellow pilgrims The Right Revd Philip North and his nephew as we journey as fellow pilgrims to Lindisfarne.



The squirrel was being very industrious in this park which was built to give the people of Oldham employment in the cotton famine - the land was provided by a local priest. Praying for those worried about job security now in these uncertain times. Good to see 2 statues of women – amongst all the statues of named men around the park.



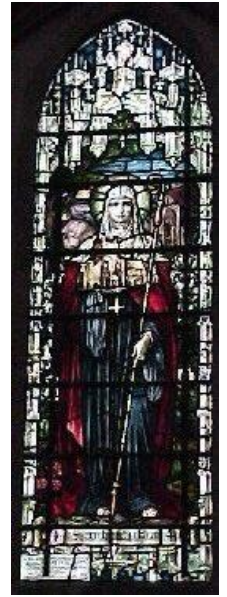
So many people walking, running and cycling around Alexandra Park this morning enjoying the peace of this place. "May peace prevail on earth". Thankful for the skill and hard work of the Oldham Council grounds team who maintain this beautiful oasis of peace.



Praying for all still unable to get out safely, particularly those in Oldham whose time of shielding has been extended. Praying the measures in place will help prevent further local lockdown. 5.01 miles walked - arrived at St Hilda's Hartlepool on #HurstVirtualPilgrimage. The end of The Way of St Hild.

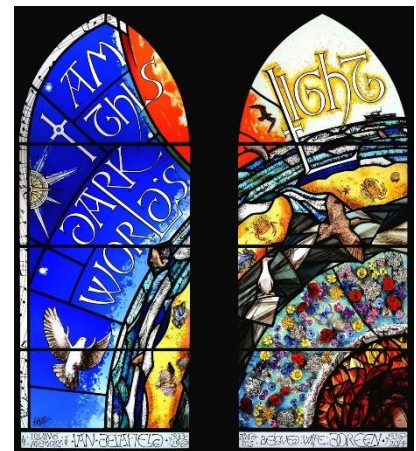


I've arrived at the Parish church of St Hilda, Abbess of Hartlepool and been welcomed by The Revd Verity Brown. Praying for Verity, the congregation, Sunday Monkeys, Girl's and Boy's Brigade and Ladies fellowship that meet at St Hilda's. Thank you for the warm virtual welcome!



Watch this incredible animated virtual tour of St Hilda's Hartlepool [here](#). If you visit their [website](#) you will find some beautiful prayer leaflets which you can use in your prayer. If you have an android or apple phone you can download The Way of St Hild app. The voice of St Hild on the app is Revd Verity! Hilda is the Latin version of the Anglo Saxon name Hild.

Just 3.4 miles away is St Aidan's Hartlepool. Mthr Gemma was taking a well earned break when I virtually arrived at St Aidan's but she sends her greetings to us and assures us of her prayer as we continue on our journey. Praying for Mthr Gemma and the community at St Aidan's and the work they do with St Aidan's kitchen helping to relieve poverty hunger in the area.



mary, martha and lazarus

The gospels describe how Mary, Martha and their brother Lazarus gave Jesus hospitality in their home at Bethany outside Jerusalem. Jesus is said to have loved all three. After Lazarus' death, he wept and was moved by the sisters' grief to bring Lazarus back from the dead. Martha recognised Jesus as the Messiah, while Mary anointed his feet and, on another occasion, was commended by Jesus for her attentiveness to his teaching while Martha served. From this, Mary is traditionally taken to be an example of the contemplative life and Martha an example of the active spiritual life.

One of my favourite paintings which was influential in my discernment to the priesthood is Christ in the House of Martha and Mary by Johannes Vermeer. It resides in the National Gallery of Scotland in Edinburgh and every time I visit Danny and go and visit the painting and spend time in prayer with it. The gallery was still closed when I visited a week or so ago and I was disappointed not to be able to see it. It is like visiting an old friend.

I was on a prayer course at Katherine House in Salford and this painting was one we were invited to pray with. As I spent time contemplating the picture. I loved the connection between the three

people, the bread and the table and I was drawn to the open door in the background. I found myself wanting to know what lay behind it, where it would take me. Later that year I was on an Open Door Retreat and this painting and the story of Mary and Martha were important to me and it was then I finally admitted to myself I was feeling called by God. I knew I had to leave that comfortable and cosy scene behind and see what was beyond that open door and see where it would lead.

Why not take some time to pray with this picture, using the Visio Divina way of prayer we looked at last week (Week 8). Or use your favourite painting and see where you are drawn in the picture and spend some time praying and discerning what God may be trying to tell you.

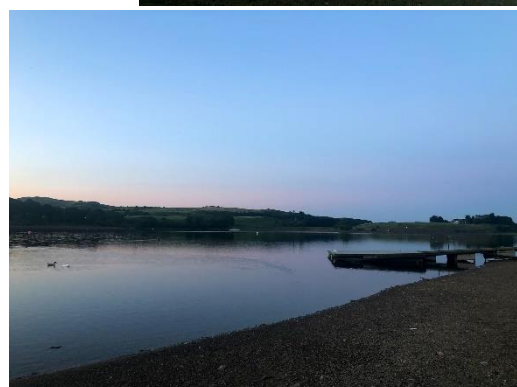


Day sixty one 30th July 0 miles

Day sixty two 31st July 10 miles
st Ignatius of Loyola

I finally arrived at Hollingworth Lake this week at 5am to watch the sunrise after a couple of false starts this week. Spiritually I am now on the way to Durham Cathedral and Cuthbert. As we rejoice in the gift of this new day, so may the light of your presence, O God, set our hearts on fire with love for you; now & for ever. Amen.

[Video of Hollingworth Lake at dawn](#)



The lake was glass like today reflecting the dawn light. I am so glad I set my alarm so early to come here to pray.



"In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed." Mark 1:35

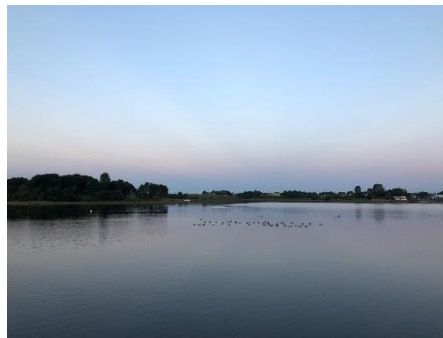
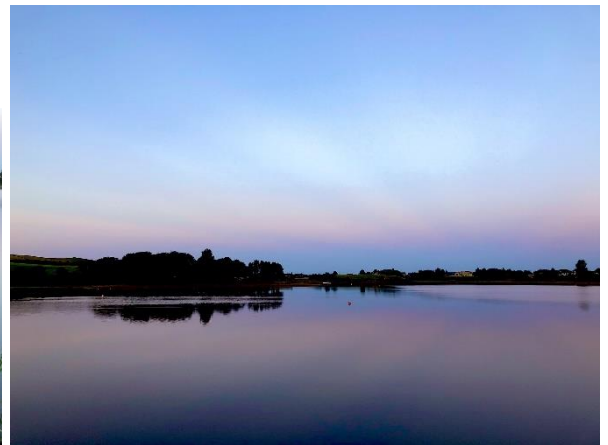


"And early in the morning he came walking towards them on the lake."

Mt 14:25

Praying for those nearing the end of their lives, that they might know Jesus's presence with them as

they walk with Him into the far greater light of the new dawn of eternal life.



May we at St John's "be like a tree planted by water, sending out its roots by the stream. It shall not fear when heat comes, & its leaves shall stay green, in the year of drought it is not anxious, & it does not cease to bear fruit." Jeremiah 17:8



Stopped a while to say Morning Prayer on #HurstVirtualPilgrimage.
 "The heavens are telling the glory of God and the firmament
 proclaims his handiwork. One day pours out its song to another &
 one night unfolds knowledge to another... In them has he set a
 tabernacle for the sun" Psalm 19



A perfect spot for Morning Prayer.

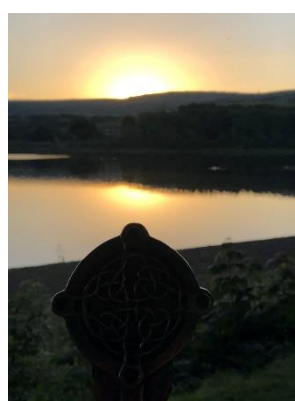
"Come, let us return to the Lord who has torn us and will heal us.
 Let us strive to know the Lord; his appearing is as sure as the
 sunrise...Your love for me is like the morning mist, like the dew
 that goes early away."

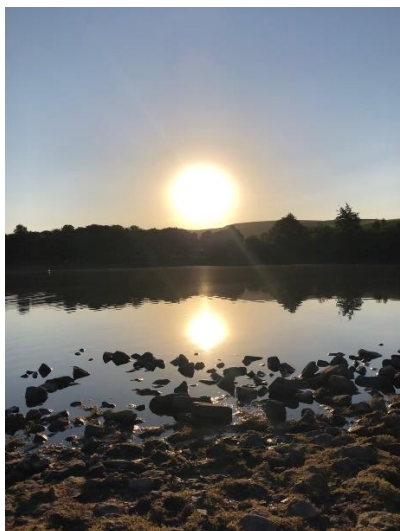
A [video](#) of the sunrise over Hollingworth Lake

Morning prayer on #HurstVirtualPilgrimage. Christ, the sun of
 righteousness, rise in our hearts this day, enfold us in the
 brightness of your love and bear us at the last to heaven's horizon;
 for your love's sake. Praying for all whose plans to see loved ones
 have had to change following last night's local lockdown
 announcement.



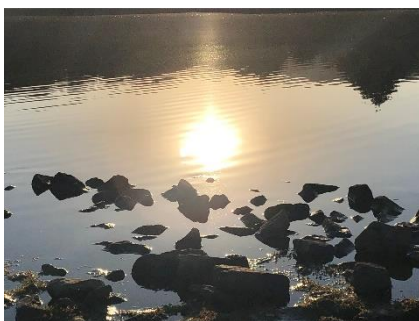
As the church remembers St Ignatius of Loyola giving thanks for Fr Alan Butler who taught me
 Ignatian ways of prayer, passed on to me his love of teaching others to prayer and encouraged
 and affirmed my vocation. Forever thankful.





Prayer of St Ignatius of Loyola

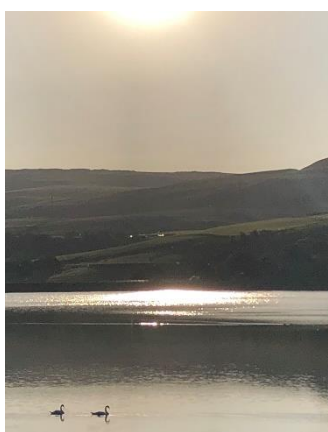
Lord Jesus teach me to be generous; teach me to serve You as You deserve; to give and not to count the cost, to fight & not to heed the wounds, to toil & not to seek for rest, to labour and not to ask for reward save that of knowing I am doing Your Will. Amen.



Butterflies dancing around the “butterfly bush” on #HurstVirtualPilgrimage. Going through this time of profound change praying for all struggling to cope with changes in their lives. Praying we might discern as a church how we are being called to transform, feed others & grow.



Walking back to where I began this morning and realised my rosary beads had fallen from my bag. So thankful that I found the beads that had anchored my pilgrimage in prayer 2 months ago on the 1st day of the pilgrimage- day 62 now! Prayed the rosary as I walked round the lake again.



Walking round the lake again and as I walk and pray I notice flowers and fruits I didn't see the first time round. So many difficulties I'm thankful for the way this time and this pilgrimage have allowed me to notice the smallest seasonal transformations in nature I have never really noticed before.



The carved owl reminds me of St John's own "Ouch the Owl". Praying that we might be able to discern where we are being led with our heritage project as we slowly emerge from lockdown. Prayers for Heather Roberts, our Archivist in her work with us on the project.



"The world is charged with the grandeur of God" Gerard Manley Hopkins. I walk around the lake 4 times today and prayed the Examen on the last 2 months of #HurstVirtualPilgrimage. Much to be thankful for not least the encouragement of others to pray and respond generously.



Watching the swans on #HurstVirtualPilgrimage, praying for all who work hard to appear calm and assured to reassure others despite at times feeling they're paddling hard "underneath the water" to stay afloat. Thankful for Alison Moore, Strategic Programme Manager and The Venerable David Sharples who've helped Manchester Diocese clergy swim more serenely during lockdown!





Taking photos is part of the prayer on #HurstVirtualPilgrimage for me. A prayer exercise in a book looking at photography as a contemplative practice suggests taking 50 photos of the same object at different times, from different angles etc. Here are just 4! I walked 10 miles today.



Ignatius of Loyola

Born in 1491, the son of a Basque nobleman, Ignatius served as a soldier and was wounded at the siege of Pamplona in 1521. During his convalescence he read a Life of Christ, was converted and lived a life of prayer and penance, during which he wrote the first draft of his Spiritual Exercises. He gathered six disciples, and together they took vows of poverty and chastity and promised to serve the Church either by preaching in Palestine or in other ways that the Pope thought fit. By 1540, Ignatius had won papal approval for his embryonic order and the Society of Jesus was born. For the next sixteen years he directed the work of the Jesuits as it spread around the world, until his sudden death on this day in 1556.



The Examen – The Review of the Day

Fr Alan Butler, the priest at St Mary's who encouraged my vocation was greatly influenced by Ignatian Spirituality and was a wonderful teacher. He would regularly lead us in Imaginative Contemplation, a way of prayer that Ignatius taught and wrote about. More of that another day! Another way of Ignatian Prayer is the Examen - often called the review of the day. I find that this way of prayer helps me to recognise God at work in my life, in others and on creation. As I practice this way of prayer I find I am recognising God's presence or God's work not just upon reflection in prayer but also in the moment as I go about my daily life. So thankful all Alan taught me.

At the end of the day we often find ourselves mulling over our experiences, re-living the events of the day. This reflection, which can be done at any time of the day, builds on this natural tendency to play back what's been going on in our lives. But, instead of making our own analysis and judgement, we ask God to show us how the Creative and Life-giving Spirit has been working in the experiences of our lives. We can reflect back over a day, over a week, or even a year.

Why not try this way of prayer looking back over this past week, or even over this time of lockdown.

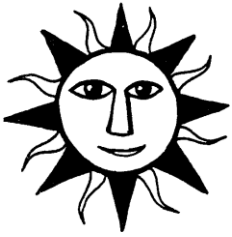
Prepare yourself for a time of prayer, light a candle and take some time to still yourself. Below are some ways of preparing yourself for prayer and coming to stillness you might find helpful. "Be still and know that I am God." Psalm 46:10

Place & Posture

Find the place which is right for you. A place where you feel comfortable, with little or no distraction. The best posture is that which helps you to be both attentive and relaxed at the same time.



Opening to God



It's a bit like sunbathing! When you sunbathe, you take off your clothes to let the sun get to you and warm you. So in prayer, you open yourself to the light of God, that God may bathe you in light and warm you with rays of love. Prayer is God's gift to us. Our part is to be *actively receptive*.

"I hold myself in quiet and silence, like a little child in its mother's arms, like a little child, so I keep myself." Psalm 131:2

Some suggestions for becoming relaxed and attentive:

Awareness of the Body

Concentrate your attention on what you can *feel*. Begin with the crown of your head and work your way down through your body to your toes. Allow time (a few seconds) for feelings in each part of your body to become apparent.

Become aware of any sensation at the crown of your head, then your forehead, face, the back of your neck... Notice any feelings in your shoulders, arms, hands... your back, chest, stomach... Become aware of any sensation in your legs, ankles, feet, toes... Become aware of the touch of clothes, your body touching the chair, the floor...

Recognise God's presence in your body, in your feelings, in *you* as a person.

"In God I live and move and have my being." Acts 17:28

Awareness of Sounds

Listen to the sounds around you. Try to identify each one. Don't rush or strain. Concentrate your attention wholly on each sound.

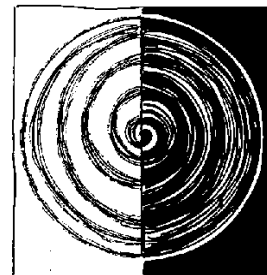
For a sequence, seek the source of the sound. Move from inside the room to outside and then back in again; then inside your self to the sound of your breathing, your pulse and your own heartbeat; then back out again...

Recognise God's presence in the sounds...

"And after the fire there came a still small voice." 1 Kings 19:12

Awareness of Breathing

- Turn your attention to your breathing...
- Listen to the sound of your breath...
- Don't deliberately change your breathing, simply be aware that you *are* breathing!
- Be aware of breathing in... breathing out... notice how this feels.
- Be aware of sensations in your nostrils... the rise and fall of your chest...



To turn this into more explicit prayer, let your in-breath be a breathing in of the goodness and love of God, and your out-breath be a breathing out of all your worries, guilt and anxiety.

or try:

Touching a stone, a shell, a piece of driftwood, rosary beads, a crucifix, a piece of material...

Listening to music

These exercises can be ways of relaxing into prayer. Or they can be, in themselves, a still, attentive prayer of loving presence to God.

Reviewing the day in God's Presence

- ❖ Let the day/week/time of lockdown 'play back'. First, allow the moments you **enjoyed** to come to the surface. Don't force it. Simply wait and let what comes, come. Let the **feelings** of these moments and events be really felt. Re-visit the experience, re-live it, take time to relish it. Be thankful!
- ❖ Ask God for light to see the time you are reviewing as **God** wants you to see it.
"Lord that I may see!" Mark 10:51
- ❖ Let the weekend 'play back' again, this time trying to become more aware of the various **moods** and **feelings** of the weekend, especially where there were **shifts of mood**.

Let yourself feel again what you felt then.

Where did these moods or feelings come from?

Where did these moods or feelings take you?

What were the creative, life-giving moments?

Where did you feel connected, in tune, going with the flow, most fully alive, most truly yourself?
What were the destructive, life-denying moments?

Where did you feel disconnected, out of kilter, going against the grain, deadened, out of touch with yourself?

What is being revealed to you?

- ❖ Be **thankful** for all that's leading you to life.
- ❖ What do you want to own and express which needs **healing** and **redeeming**? Does any of this have the potential to become life-giving, or do you need to let it go?
- ❖ What choices does this reflection time reveal to you about tomorrow?
- ❖ **Ask God** for what you want and need.

"I have come that you may have life and have it to the full." John 10:10

"For all that has been, thanks. To all that shall be, yes!"

Dag Hammarskjöld

*"She treasured all these things
and pondered them in her heart."*

Luke 2:19



Day sixty three 1 august 0 miles