



# Worcester City West Team of Churches

## *A Day's Retreat for Ride+Stride*

*Incorporating  
Café Church  
&  
Walking Church*

*Saturday 11<sup>th</sup> September*

***Your guide to the day***



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## *Introduction to the day*

Today is a combination of a Retreat for the Day along with the annual Ride+Stride.

The Ride+Stride is a campaign organised by the National Churches Trust to raise money for the local churches trusts around the country that make grants to support maintaining historic places of worship. Any sponsorship money is shared equally between the local churches trust and a church of choice.

The Day Retreat idea stemmed from the Parish Retreats that Sarah Cottrill has organised previously. Sarah included days out walking that incorporated opportunities for prayer.

Last year, after months where we had been unable to socialise or worship together, I wanted to organise a day that offered an opportunity for both and so we had our first “Day Retreat for Ride+Stride” last year.

I invite you to use today in whatever way works for you. Whether you choose to join in with the whole programme or drop-in and drop-out at various points is up to you.

- 10am Meet at St Clement’s for Morning Prayer (WR2 5NP)
- 10.30am Walk from St Clement’s to the Cathedral, via several city centre churches.
- 11.30am Arrive at the Cathedral *with time to explore*.
- 12noon Prayer During the Day in the Cathedral Crypt (WR1 2LA)
- 12.15pm – 1pm Picnic lunch at the Cathedral (*or visit the café at the Cathedral*).
- 1pm Walk from the Cathedral to St Peter’s, Powick (WR2 4QT)
- 2.30pm Café Church at The Red Lion, next to St Peter’s
- 3.45pm Walk from Powick to St John’s Church
- 5.30pm Evening Prayer at St John’s (WR2 5BS)

# Morning Prayer

## Preparation

O Lord, open our lips

**All** and our mouth shall proclaim your praise.

### *A Song of God's Praise*

1 O God, you are my God; eagerly I seek you;  
my soul is athirst for you.

2 My flesh also faints for you,  
as in a dry and thirsty land where there is no water.

3 So would I gaze upon you in your holy place,  
that I might behold your power and your glory.

4 Your loving-kindness is better than life itself  
and so my lips shall praise you.

5 I will bless you as long as I live  
and lift up my hands in your name.

6 My soul shall be satisfied, as with marrow and fatness,  
and my mouth shall praise you with joyful lips,

7 When I remember you upon my bed  
and meditate on you in the watches of the night.

8 For you have been my helper  
and under the shadow of your wings will I rejoice.

9 My soul clings to you;  
your right hand shall hold me fast.

*Psalm 63.1-9*

**All** Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.



The night has passed, and the day lies open before us;  
let us pray with one heart and mind.

**Silence is kept.**

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 and for ever.

**All Amen.**

## The Word of God

**Psalmody**

*Psalm 20*

- 1 May the Lord hear you in the day of trouble,  
the name of the God of Jacob defend you;
- 2 Send you help from his sanctuary  
and strengthen you out of Zion;
- 3 Remember all your offerings  
and accept your burnt sacrifice;
- 4 Grant you your heart's desire  
and fulfil all your mind.
- 5 May we rejoice in your salvation  
and triumph in the name of our God;  
may the Lord perform all your petitions.
- 6 Now I know that the Lord will save his anointed;  
he will answer him from his holy heaven,  
with the mighty strength of his right hand.
- 7 Some put their trust in chariots and some in horses,  
but we will call only on the name of the Lord our God.
- 8 They are brought down and fallen,  
but we are risen and stand upright.
- 9 O Lord, save the king  
and answer us when we call upon you.

- 1 The king shall rejoice in your strength, O Lord;  
how greatly shall he rejoice in your salvation!
- 2 You have given him his heart's desire  
and have not denied the request of his lips.
- 3 For you come to meet him with blessings of goodness  
and set a crown of pure gold upon his head.
- 4 He asked of you life and you gave it him,  
length of days, for ever and ever.
- 5 His honour is great because of your salvation;  
glory and majesty have you laid upon him.
- 6 You have granted him everlasting felicity  
and will make him glad with joy in your presence.
- 7 For the king puts his trust in the Lord;  
because of the loving-kindness of the Most High,  
he shall not be overthrown.
- 8 Your hand shall mark down all your enemies;  
your right hand will find out those who hate you.
- 9 You will make them like a fiery oven  
in the time of your wrath;  
the Lord will swallow them up in his anger  
and the fire will consume them.
- 10 Their fruit you will root out of the land  
and their seed from among its inhabitants.
- 11 Because they intend evil against you  
and devise wicked schemes  
which they cannot perform,
- 12 You will put them to flight  
when you aim your bow at their faces.

13 Be exalted, O Lord, in your own might;  
we will make music and sing of your power.

**All** Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.

**Canticle**  
***A Song of Jerusalem our Mother***

**All** Thus says our God, I will comfort you,  
you shall see and your heart shall rejoice.

1 'Rejoice with Jerusalem and be glad for her,  
all you who love her,' says the Lord.

2 'Rejoice with her in joy,  
all you who mourn over her,

3 'That you may drink deeply with delight  
from her consoling breast.'

4 For thus says our God,  
'You shall be nursed and carried on her arm.

5 'As a mother comforts her children,  
so I will comfort you;

6 'You shall see and your heart shall rejoice;  
you shall flourish like the grass of the fields.'

*Isaiah 66.10, 11a, 12a, 12c, 13a, 14a, b*

**All** Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.

**All** Thus says our God, I will comfort you,  
you shall see and your heart shall rejoice.



**Scripture Reading**  
**Mark 10.46-end**

They came to Jericho.

As he and his disciples and a large crowd were leaving Jericho, Bartimaeus son of Timaeus, a blind beggar, was sitting by the roadside.

When he heard that it was Jesus of Nazareth, he began to shout out and say, 'Jesus, Son of David, have mercy on me!'

Many sternly ordered him to be quiet, but he cried out even more loudly, 'Son of David, have mercy on me!'

Jesus stood still and said, 'Call him here.'

And they called the blind man, saying to him, 'Take heart; get up, he is calling you.' So throwing off his cloak, he sprang up and came to Jesus.

Then Jesus said to him, 'What do you want me to do for you?'

The blind man said to him, 'My teacher, let me see again.'

Jesus said to him, 'Go; your faith has made you well.'

Immediately he regained his sight and followed him on the way.

Your salvation is near to those who fear you;  
that glory may dwell in our land.

**All Your salvation is near to those who fear you;  
that glory may dwell in our land.**

Mercy and truth have met together;  
righteousness and peace have kissed each other.

**All That glory may dwell in our land.**

Glory to the Father and to the Son  
and to the Holy Spirit.

**All Your salvation is near to those who fear you;  
that glory may dwell in our land.**

*from Psalm 85*

## **Gospel Canticle**

### **The Benedictus (The Song of Zechariah)**

**All Shine on us, O God, who dwell in darkness,  
and guide us into the way of peace.**

- 1 Blessed be the Lord the God of Israel,  
who has come to his people and set them free.
- 2 He has raised up for us a mighty Saviour,  
born of the house of his servant David.
- 3 Through his holy prophets God promised of old  
to save us from our enemies,  
from the hands of all that hate us,
- 4 To show mercy to our ancestors,  
and to remember his holy covenant.
- 5 This was the oath God swore to our father Abraham:  
to set us free from the hands of our enemies,
- 6 Free to worship him without fear,  
holy and righteous in his sight  
all the days of our life.
- 7 And you, child, shall be called the prophet of the Most High,  
for you will go before the Lord to prepare his way,
- 8 To give his people knowledge of salvation  
by the forgiveness of all their sins.
- 9 In the tender compassion of our God  
the dawn from on high shall break upon us,
- 10 To shine on those who dwell in darkness and the shadow of death,  
and to guide our feet into the way of peace. *Luke 1.68-79*

**All Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.**

**All** Shine on us, O God, who dwell in darkness,  
and guide us into the way of peace.

## Prayers

*Intercessions are offered*

¶ *for the day and its tasks*

¶ *for the world and its needs*

¶ *for the Church and her life*

*Prayers may include the following concerns*

¶ *Our homes, families, friends and all whom we love*

¶ *Those whose time is spent caring for others*

¶ *Those who are close to death*

¶ *Those who have lost hope*

¶ *The worship of the Church*

*This response may be used*

Lord, in your mercy  
**hear our prayer**

*Silence may be kept.*

*The Collect is said*

Almighty God,  
whose only Son has opened for us  
a new and living way into your presence:  
give us pure hearts and steadfast wills  
to worship you in spirit and in truth;  
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.

**All Amen.**

## ***The Lord's Prayer is said***

As our Saviour taught us, so we pray

**All** Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done,  
on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins  
as we forgive those who sin against us.  
Lead us not into temptation  
but deliver us from evil.  
For the kingdom, the power,  
and the glory are yours  
now and for ever.  
Amen.

## **The Conclusion**

The Lord bless us, and preserve us from all evil,  
and keep us in eternal life.

**All** Amen.

Let us bless the Lord.

**All** Thanks be to God.

## *Walk 1: from St Clement's to the Cathedral*

Walking from St Clement's Church to the main river bridge, we then meander our way towards the Cathedral passing All Saints', St Andrew's (the 'spire' or 'Glover's Needle'), St Alban's (now the Maggs' Day Centre), St Helen's and St Andrew's Methodist Church (on Pump Street) before arriving at the Cathedral.

At the Cathedral, we will say 'Prayer During the Day' at 12noon, in the Crypt.



St Clements Church. Philip Evans © 2013



## Prayer During the Day

### Preparation

O God, make speed to save us.

**All** O Lord, make haste to help us.

Your love, O Lord, reaches to the heavens

**All** and your faithfulness to the clouds.

*Psalm 36.5*

### Praise

What shall I give you, Lord, in return for all your kindness?

**All** Glory to you for your love.

Glory to you for your patience.

Glory to you for forgiving us all our sins.

Glory to you for coming to save our souls.

Glory to you for your incarnation in the virgin's womb.

Glory to you for your bonds.

Glory to you for receiving the cut of the lash.

Glory to you for accepting mockery.

Glory to you for your crucifixion.

Glory to you for your burial.

Glory to you for your resurrection.

Glory to you that you were preached to all.

Glory to you in whom they believed. *Ephrem the Syrian (373)*

# The Word of God

## *Psalmody*

### *Psalm 23*

- 1 The Lord is my shepherd;  
therefore can I lack nothing.
- 2 He makes me lie down in green pastures  
and leads me beside still waters.
- 3 He shall refresh my soul  
and guide me in the paths of righteousness for his name's sake.
- 4 Though I walk through the valley of the shadow of death,  
I will fear no evil;  
for you are with me;  
your rod and your staff, they comfort me.
- 5 You spread a table before me  
in the presence of those who trouble me;  
you have anointed my head with oil  
and my cup shall be full.
- 6 Surely goodness and loving mercy shall follow me  
all the days of my life,  
and I will dwell in the house of the Lord for ever.

**All Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.**

## *Scripture Reading*

### *Matthew 12.1-14*

At about that time Jesus was walking through some grainfields on the Sabbath. His disciples were hungry, so they began breaking off

some heads of grain and eating them. But some Pharisees saw them do it and protested, “Look, your disciples are breaking the law by harvesting grain on the Sabbath.”

Jesus said to them, “Haven’t you read in the Scriptures what David did when he and his companions were hungry? He went into the house of God, and he and his companions broke the law by eating the sacred loaves of bread that only the priests are allowed to eat. And haven’t you read in the law of Moses that the priests on duty in the Temple may work on the Sabbath? I tell you, there is one here who is even greater than the Temple! But you would not have condemned my innocent disciples if you knew the meaning of this Scripture: ‘I want you to show mercy, not offer sacrifices.’ For the Son of Man is Lord, even over the Sabbath!”

## **Jesus Heals on the Sabbath**

Then Jesus went over to their synagogue, where he noticed a man with a deformed hand. The Pharisees asked Jesus, “Does the law permit a person to work by healing on the Sabbath?” (They were hoping he would say yes, so they could bring charges against him.)

And he answered, “If you had a sheep that fell into a well on the Sabbath, wouldn’t you work to pull it out? Of course you would. And how much more valuable is a person than a sheep! Yes, the law permits a person to do good on the Sabbath.”

Then he said to the man, “Hold out your hand.” So the man held out his hand, and it was restored, just like the other one! Then the Pharisees called a meeting to plot how to kill Jesus.

## Prayers

God be in my head, and in my understanding;  
God be in my eyes, and in my looking;  
God be in my mouth, and in my speaking;  
God be in my heart, and in my thinking;  
God be at mine end, and at my departing.

**All** Amen.

*Sarum Primer*

### *The Lord's Prayer is said*

As our Saviour taught us, so we pray

**All** Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done,  
on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins  
as we forgive those who sin against us.  
Lead us not into temptation  
but deliver us from evil.  
For the kingdom, the power,  
and the glory are yours  
now and for ever.  
Amen.

## The Conclusion

May Christ dwell in our hearts by faith.

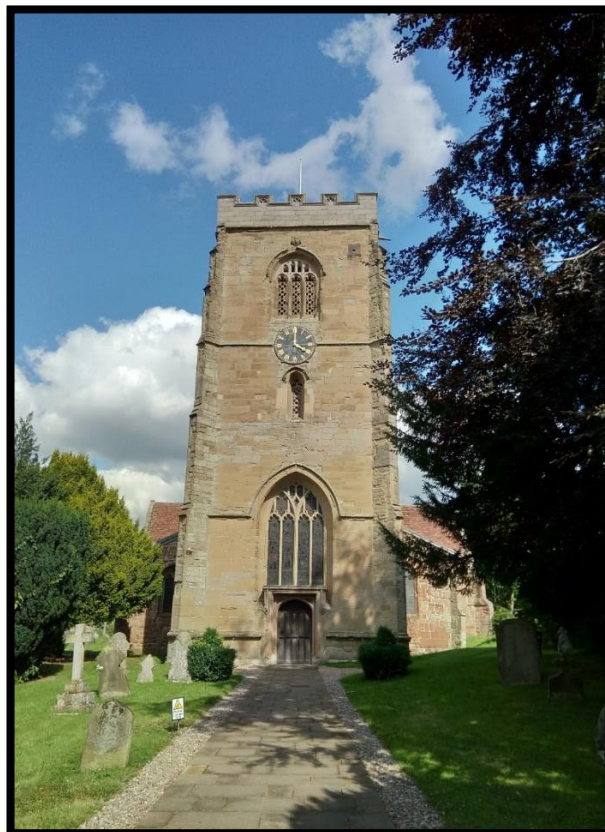
**All** Amen.

## *Walk 2: from the Cathedral to Powick*

### *Walking Church*

From the Cathedral we head south along the eastern bank of the River Severn, following the 'Severn Way' until we reach the footbridge at Diglis, where we cross to the western bank. From here we follow the 'Monarch's Way' through the fields along the western bank of the River Severn and then follow the River Teme to Powick Bridge (if the route through the fields is flooded, we will instead walk up to Weir Lane and through Lower Wick). From Powick Bridge we cross A4440 using the new pedestrian footbridge and then follow A449 to Powick. We will gather in The Red Lion pub (next to the church) for Café Church as there is a wedding in Powick Church.

This walk will be our "Walking Church" section of the day. As we walk through the fields alongside the rivers, we will discuss the reading from Matthew 12.1-14 that we heard during 'Prayer During the Day' and which you can find on pages 14-15.



St Peter's Church, Powick. Philip Evans © 2021

## *Café Church*

A quiz and discussions to be led by Rev'd Sarah Cottrill.

*Space for your notes*



*Space for your notes*

### *Walk 3: From Powick to St John's*

We head back to Worcester following the roads back to Powick Bridge. Immediately after the bridge we take the road on the left and follow the path through the fields to Wick Episcopi and then at Upper Wick we cross over the A4440 using the footbridge before following the footpath across the Boughton Park Golf Course. From Swinton Lane we head to St John's Church for Evening Prayer.



Fields from footbridge. Philip Evans © 2021

## Evening Prayer

### Preparation

○ God, make speed to save us.

**All** ○ Lord, make haste to help us.

### *A Song of God's Light*

- 1 The Lord is my light and my salvation;  
whom then shall I fear?  
The Lord is the strength of my life;  
of whom then shall I be afraid?
- 2 Though a host encamp against me,  
my heart shall not be afraid,  
and though there rise up war against me,  
yet will I put my trust in him.
- 3 One thing have I asked of the Lord  
and that alone I seek:  
that I may dwell in the house of the Lord  
all the days of my life,
- 4 To behold the fair beauty of the Lord  
and to seek his will in his temple.
- 5 For in the day of trouble  
he shall hide me in his shelter;  
in the secret place of his dwelling shall he hide me  
and set me high upon a rock.
- 6 Therefore will I offer in his dwelling an oblation  
with great gladness;  
I will sing and make music to the Lord.

*Psalm 27.1, 3-6, 8*

**All** **Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.**

That this evening may be holy, good and peaceful,  
let us pray with one heart and mind.

**Silence is kept.**

As our evening prayer rises before you, O God,  
so may your mercy come down upon us  
to cleanse our hearts  
and set us free to sing your praise  
now and for ever.

**All Amen.**

## The Word of God

**Psalmody**  
*Psalm 24*

- 1 The earth is the Lord's and all that fills it,  
the compass of the world and all who dwell therein.
- 2 For he has founded it upon the seas  
and set it firm upon the rivers of the deep.
- 3 'Who shall ascend the hill of the Lord,  
or who can rise up in his holy place?'
- 4 'Those who have clean hands and a pure heart,  
who have not lifted up their soul to an idol,  
nor sworn an oath to a lie;
- 5 'They shall receive a blessing from the Lord,  
a just reward from the God of their salvation.'
- 6 Such is the company of those who seek him,  
of those who seek your face, O God of Jacob.
- 7 Lift up your heads, O gates;  
be lifted up, you everlasting doors;  
and the King of glory shall come in.

- 8 'Who is the King of glory?'  
'The Lord, strong and mighty,  
the Lord who is mighty in battle.'
- 9 Lift up your heads, O gates;  
be lifted up, you everlasting doors;  
and the King of glory shall come in.
- 10 'Who is this King of glory?'  
'The Lord of hosts,  
he is the King of glory.'

*Psalm 25*

- 1 To you, O Lord, I lift up my soul;  
O my God, in you I trust;  
let me not be put to shame;  
let not my enemies triumph over me.
- 2 Let none who look to you be put to shame,  
but let the treacherous be shamed and frustrated.
- 3 Make me to know your ways, O Lord,  
and teach me your paths.
- 4 Lead me in your truth and teach me,  
for you are the God of my salvation;  
for you have I hoped all the day long.
- 5 Remember, Lord, your compassion and love,  
for they are from everlasting. *R*
- 6 Remember not the sins of my youth  
or my transgressions,  
but think on me in your goodness, O Lord,  
according to your steadfast love.
- 7 Gracious and upright is the Lord;  
therefore shall he teach sinners in the way.

- 8 He will guide the humble in doing right  
and teach his way to the lowly.
- 9 All the paths of the Lord are mercy and truth  
to those who keep his covenant and his testimonies.
- 10 For your name's sake, O Lord,  
be merciful to my sin, for it is great.
- 11 Who are those who fear the Lord?  
Them will he teach in the way that they should choose.
- 12 Their soul shall dwell at ease  
and their offspring shall inherit the land.
- 13 The hidden purpose of the Lord is for those who fear him  
and he will show them his covenant.
- 14 My eyes are ever looking to the Lord,  
for he shall pluck my feet out of the net.
- 15 Turn to me and be gracious to me,  
for I am alone and brought very low.
- 16 The sorrows of my heart have increased;  
O bring me out of my distress.
- 17 Look upon my adversity and misery  
and forgive me all my sin.
- 18 Look upon my enemies, for they are many  
and they bear a violent hatred against me.
- 19 O keep my soul and deliver me;  
let me not be put to shame, for I have put my trust in you.
- 20 Let integrity and uprightness preserve me,  
for my hope has been in you.
- 21 Deliver Israel, O God,  
out of all his troubles.



**All** Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.

**Canticle**  
**A Song of God's Love**

**All** God's love was revealed among us  
so that we might live through Jesus.

- 1 Beloved, let us love one another,  
for love is of God;  
everyone who loves is born of God and knows God.
- 2 Whoever does not love does not know God,  
for God is love.
- 3 In this the love of God was revealed among us,  
that God sent his only Son into the world,  
so that we might live through him.
- 4 In this is love,  
not that we loved God but that he loved us,  
and sent his Son to be the expiation for our sins.
- 5 Beloved, since God loved us so much,  
we ought also to love one another.
- 6 For if we love one another, God abides in us,  
and God's love will be perfected in us.

*1 John 4.7-11, 12b*

**All** Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.

**All** God's love was revealed among us  
so that we might live through Jesus.

## Scripture Reading

Acts 15.36-16.5

After some days Paul said to Barnabas, 'Come, let us return and visit the believers in every city where we proclaimed the word of the Lord and see how they are doing.' Barnabas wanted to take with them John called Mark. But Paul decided not to take with them one who had deserted them in Pamphylia and had not accompanied them in the work. The disagreement became so sharp that they parted company; Barnabas took Mark with him and sailed away to Cyprus. But Paul chose Silas and set out, the believers commending him to the grace of the Lord. He went through Syria and Cilicia, strengthening the churches.

Paul went on also to Derbe and to Lystra, where there was a disciple named Timothy, the son of a Jewish woman who was a believer; but his father was a Greek. He was well spoken of by the believers in Lystra and Iconium. Paul wanted Timothy to accompany him; and he took him and had him circumcised because of the Jews who were in those places, for they all knew that his father was a Greek. As they went from town to town, they delivered to them for observance the decisions that had been reached by the apostles and elders who were in Jerusalem. So the churches were strengthened in the faith and increased in numbers daily.

## Responsory

Your salvation is near to those who fear you;  
that glory may dwell in our land.

**All Your salvation is near to those who fear you;  
that glory may dwell in our land.**

Mercy and truth have met together;  
righteousness and peace have kissed each other.

**All That glory may dwell in our land.**

Glory to the Father and to the Son  
and to the Holy Spirit.

**All Your salvation is near to those who fear you;  
that glory may dwell in our land.**

*from Psalm 85*

## **Gospel Canticle**

### **The Magnificat (The Song of Mary)**

**All You have looked with favour on your lowly servant,  
from this day all generations will call her blessed.**

- 1 My soul proclaims the greatness of the Lord,  
my spirit rejoices in God my Saviour;  
he has looked with favour on his lowly servant.
- 2 From this day all generations will call me blessed;  
the Almighty has done great things for me  
and holy is his name.
- 3 He has mercy on those who fear him,  
from generation to generation.
- 4 He has shown strength with his arm  
and has scattered the proud in their conceit,
- 5 Casting down the mighty from their thrones  
and lifting up the lowly.
- 6 He has filled the hungry with good things  
and sent the rich away empty.
- 7 He has come to the aid of his servant Israel,  
to remember his promise of mercy,
- 8 The promise made to our ancestors,  
to Abraham and his children for ever.

*Luke 1.46-55*

**All Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.**

**All You have looked with favour on your lowly servant,  
from this day all generations will call her blessed.**

## Prayers

*Thanksgiving may be made for the day.*

*Intercessions are offered*

¶ *for peace*

¶ *for individuals and their needs*

¶ *Our homes, families, friends and all whom we love*

¶ *Those whose time is spent caring for others*

¶ *Those who are close to death*

¶ *Those who have lost hope*

¶ *The worship of the Church*

*This response may be used*

Lord, in your mercy

**hear our prayer**

*Silence may be kept.*

*The Collect is said*

God, who in generous mercy sent the Holy Spirit  
upon your Church in the burning fire of your love:  
grant that your people may be fervent  
in the fellowship of the gospel  
that, always abiding in you,  
they may be found steadfast in faith and active in service;  
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.

**All Amen.**

## ***The Lord's Prayer is said***

As our Saviour taught us, so we pray

**All** Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done,  
on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins  
as we forgive those who sin against us.  
Lead us not into temptation  
but deliver us from evil.  
For the kingdom, the power,  
and the glory are yours  
now and for ever.  
Amen.

## **The Conclusion**

**All** The grace of our Lord Jesus Christ,  
and the love of God,  
and the fellowship of the Holy Spirit,  
be with us all evermore.  
Amen.

Let us bless the Lord.

**All** Thanks be to God.

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