



Worcester City West Team of Churches

*A Day's Retreat
for Ride+Stride*

*Incorporating
Café Church
&
Walking Church*

Saturday 10th September 2022

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.

This is now the third “Day Retreat for Ride+Stride”.

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 John’s for Morning Prayer (WR2 5BS)
- 10.30am Walk from St John’s Church to St Mark’s in the Cherry Orchard *via the Diglis footbridge.*
- 11.45am Bible Reflection at St Mark’s in the Cherry Orchard (WR5 3DW)
- 12.15pm Walk from St Mark’s Church to St Philip & St James’ Church, Whittington *via parks and green spaces.*
- 1pm Prayer During the Day at St Philip & St James’ Church, Whittington (WR5 2RQ)
- 1.15pm Picnic lunch around Whittington Church or lunch in The Swan at Whittington.
- 2.15pm Walk from Whittington to St Martin’s, London Road
- 3pm Café Church at St Martin’s, London Road (WR5 2ED)
- 4.15pm Walk from St Martin’s to St Clement’s *via the Cathedral*
- 5.30pm Evening Prayer at St Clement’s (WR2 5NP)

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 121

- 1 I lift up my eyes to the hills;
from where is my help to come?
- 2 My help comes from the Lord,
the maker of heaven and earth.
- 3 He will not suffer your foot to stumble;
he who watches over you will not sleep.
- 4 Behold, he who keeps watch over Israel
shall neither slumber nor sleep.
- 5 The Lord himself watches over you;
the Lord is your shade at your right hand,
- 6 So that the sun shall not strike you by day,
neither the moon by night.
- 7 The Lord shall keep you from all evil;
it is he who shall keep your soul.
- 8 The Lord shall keep watch over your going out
and your coming in,
from this time forth for evermore.

**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
Acts 10.17-33

Now while Peter was greatly puzzled about what to make of the vision that he had seen, suddenly the men sent by Cornelius appeared. They were asking for Simon's house and were standing by the gate. They called out to ask whether Simon, who was called

Peter, was staying there. While Peter was still thinking about the vision, the Spirit said to him, 'Look, three men are searching for you. Now get up, go down, and go with them without hesitation; for I have sent them.' So Peter went down to the men and said, 'I am the one you are looking for; what is the reason for your coming?' They answered, 'Cornelius, a centurion, an upright and God-fearing man, who is well spoken of by the whole Jewish nation, was directed by a holy angel to send for you to come to his house and to hear what you have to say.' So Peter invited them in and gave them lodging.

The next day he got up and went with them, and some of the believers from Joppa accompanied him. The following day they came to Caesarea. Cornelius was expecting them and had called together his relatives and close friends. On Peter's arrival Cornelius met him, and falling at his feet, worshipped him. But Peter made him get up, saying, 'Stand up; I am only a mortal.' And as he talked with him, he went in and found that many had assembled; and he said to them, 'You yourselves know that it is unlawful for a Jew to associate with or to visit a Gentile; but God has shown me that I should not call anyone profane or unclean. So when I was sent for, I came without objection. Now may I ask why you sent for me?'

Cornelius replied, 'Four days ago at this very hour, at three o'clock, I was praying in my house when suddenly a man in dazzling clothes stood before me. He said, "Cornelius, your prayer has been heard and your alms have been remembered before God. Send therefore to Joppa and ask for Simon, who is called Peter; he is staying in the home of Simon, a tanner, by the sea." Therefore I sent for you immediately, and you have been kind enough to come. So now all of us are here in the presence of God to listen to all that the Lord has commanded you to say.'

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 John's to St Mark's

Walking from St John's Church, we follow the ancient route along Slingpool Walk and then meander past Chapter Meadows and along the river to the foot bridge at Diglis. After crossing the river we walk through Cherry Tree Nature Reserve before arriving at St Mark's in the Cherry Orchard.



St Marks in the Cherry Orchard Church. Taken from www.worcesteranddudleyhistorichurches.org.uk/

Bible Reflection

At St Mark's we pause to reflect on the reading from Acts 10.17-33, which we heard at Morning Prayer, and can be found on pages 5 and 6. This will be used as our source for discussion as part of Walking Church.

Walk 2: from St Mark's to Whittington Walking Church

From St Mark's, we follow the course of Duck Brook as we walk through Bath Road Park and Battenhall Park before walking through the fields to reach the A4440. We then stick to the footpath as we walk to Whittington village.

This walk will be our "Walking Church" section of the day. As we walk through the fields, we will discuss the reading from Acts 10.17-33 that we heard at Morning Prayer and which we reflected on at St Mark's and can be found on pages 5 and 6.

At St Philip & St James' Church, Whittington, we will say '**Prayer During the Day**' before enjoying either a picnic lunch or a meal at *The Swan*.

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 138

- 1 I will give thanks to you, O Lord, with my whole heart;
before the gods will I sing praise to you.
- 2 I will bow down towards your holy temple and praise your name,
because of your love and faithfulness;
for you have glorified your name
and your word above all things.
- 3 In the day that I called to you, you answered me;
you put new strength in my soul.
- 4 All the kings of the earth shall praise you, O Lord,
for they have heard the words of your mouth.
- 5 They shall sing of the ways of the Lord,
that great is the glory of the Lord.
- 6 Though the Lord be high, he watches over the lowly;
as for the proud, he regards them from afar.
- 7 Though I walk in the midst of trouble,
you will preserve me;
you will stretch forth your hand against the fury of my enemies;
your right hand will save me.
- 8 The Lord shall make good his purpose for me;
your loving-kindness, O Lord, endures for ever;
forsake not the work of your hands.

**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
John 11.17-26a

When Jesus arrived, he found that Lazarus had already been in the tomb for four days. Now Bethany was near Jerusalem, some two miles away, and many of the Jews had come to Martha and Mary to console them about their brother.

When Martha heard that Jesus was coming, she went and met him, while Mary stayed at home. Martha said to Jesus, 'Lord, if you had been here, my brother would not have died. But even now I know that God will give you whatever you ask of him.' Jesus said to her, 'Your brother will rise again.' Martha said to him, 'I know that he will rise again in the resurrection on the last day.' Jesus said to her, 'I am the resurrection and the life. Those who believe in me, even though they die, will live, and everyone who lives and believes in me will never die.'

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 3: from Whittington to St Martin's

From St Philip & St James' Church, Whittington, we retrace our steps a short way by following the A4440 back towards the city centre, but at Whittington Road we continue along the road as it becomes London Road and then down the hill to St Martin's Church.



St Martins Church, London Road. Taken from www.worcesteranddudleyhistoricchurches.org.uk/

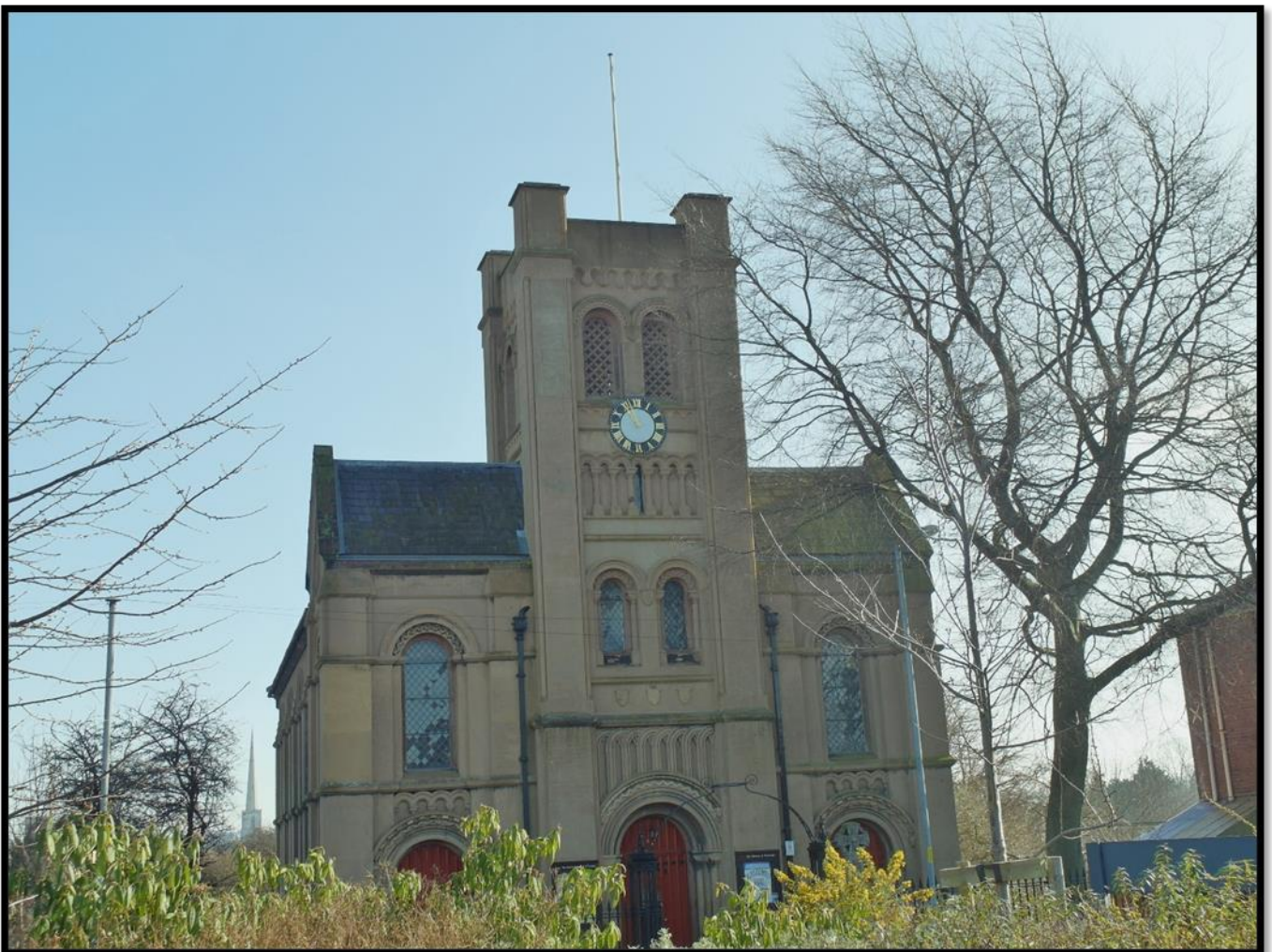
Café Church

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

Space for your notes

Walk 4: From St Martin's to St Clement's

We head back towards the west side by continuing down the hill towards the Cathedral. Once back in the city centre we head towards the main river bridge and pass the now former churches of St Alban's and St Andrew's and then pass All Saints' Church. Finally, we head to St Clement's Church for Evening Prayer.



St Clements Church. Philip Evans © 2013

Evening Prayer

Preparation

O God, make speed to save us.

All O 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 118

- 1 O give thanks to the Lord, for he is good; ♦
his mercy endures for ever.
- 2 Let Israel now proclaim, ♦
'His mercy endures for ever.'
- 3 Let the house of Aaron now proclaim, ♦
'His mercy endures for ever.'
- 4 Let those who fear the Lord proclaim, ♦
'His mercy endures for ever.'
- 5 In my constraint I called to the Lord; ♦
the Lord answered and set me free.
- 6 The Lord is at my side; I will not fear; ♦
what can flesh do to me?
- 7 With the Lord at my side as my saviour, ♦
I shall see the downfall of my enemies.
- 8 It is better to take refuge in the Lord ♦
than to put any confidence in flesh.

- 9 It is better to take refuge in the Lord ♦
than to put any confidence in princes.
- 10 All the nations encompassed me, ♦
but by the name of the Lord I drove them back.
- 11 They hemmed me in, they hemmed me in on every side, ♦
but by the name of the Lord I drove them back.
- 12 They swarmed about me like bees;
they blazed like fire among thorns, ♦
but by the name of the Lord I drove them back.
- 13 Surely, I was thrust to the brink, ♦
but the Lord came to my help.
- 14 The Lord is my strength and my song, ♦
and he has become my salvation.
- 15 Joyful shouts of salvation ♦
sound from the tents of the righteous:
- 16 'The right hand of the Lord does mighty deeds;
the right hand of the Lord raises up; ♦
the right hand of the Lord does mighty deeds.'
- 17 I shall not die, but live ♦
and declare the works of the Lord.
- 18 The Lord has punished me sorely, ♦
but he has not given me over to death.
- 19 Open to me the gates of righteousness, ♦
that I may enter and give thanks to the Lord.
- 20 This is the gate of the Lord; ♦
the righteous shall enter through it.
- 21 I will give thanks to you, for you have answered me ♦
and have become my salvation.

- 22 The stone which the builders rejected ♦
has become the chief cornerstone.
- 23 This is the Lord's doing, ♦
and it is marvellous in our eyes.
- 24 This is the day that the Lord has made; ♦
we will rejoice and be glad in it.
- 25 Come, O Lord, and save us we pray. ♦
Come, Lord, send us now prosperity.
- 26 Blessed is he who comes in the name of the Lord; ♦
we bless you from the house of the Lord.
- 27 The Lord is God; he has given us light; ♦
link the pilgrims with cords
right to the horns of the altar.
- 28 You are my God and I will thank you; ♦
you are my God and I will exalt you.
- 29 O give thanks to the Lord, for he is good; ♦
his mercy endures 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.**

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

Mark 8.1-10

In those days when there was again a great crowd without anything to eat, he called his disciples and said to them, 'I have compassion for the crowd, because they have been with me now for three days and have nothing to eat. If I send them away hungry to their homes, they will faint on the way—and some of them have come from a great distance.'

His disciples replied, 'How can one feed these people with bread here in the desert?' He asked them, 'How many loaves do you have?' They said, 'Seven.' Then he ordered the crowd to sit down on the ground; and he took the seven loaves, and after giving thanks he broke them and gave them to his disciples to distribute; and they distributed them to the crowd. They had also a few small fish; and after blessing them, he ordered that these too should be distributed.

They ate and were filled; and they took up the broken pieces left over, seven baskets full.

Now there were about four thousand people. And he sent them away. And immediately he got into the boat with his disciples and went to the district of Dalmanutha.

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.**

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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