

*walk with the northern saints
- a pilgrimage to lín dísfarne*



*trínty sunḁay to st aídán's ḁay
31st may-31st august 2026
week 5*

week 4

Thank you once again for your support and encouragement – if you are on social media please do react to posts so more people might see them.

Last week I was on annual leave with my family in Sandsend, Near Whiby, so my walks were around Sandsend, Whitby, Runswick Bay, Staithes, Saltburn-on-sea and along the beach between Sandsend and Whiby and I visited St Hilda's Priory, St Mary's Whitby and Whiby Abbey, all places we will visit this week and the weeks to come on this virtual Walk with the Northern Saints pilgrimage to Lindisfarne

At the end of Week 4 I had walked 131.7 miles and arrived spiritually at Ampleforth Abbey, St Mary's Lastingham, and All Saints Helmsley.

week 5

This week I have been walking around Royton and Chadderton, around Piethorne reservoir and alongside Canon Ray Morris I walked from St Anne's Royton to Manchester Cathedral. Spiritually we visited St Hilda's Priory, Whitby, St Mary the Virgin, Whitby, Whitby Abbey, St Hilda's Whiby and St Mary's Sandsend. It feels like we have reached a significant milestone in our pilgrimage as we have traversed across the country and have now reached the East Coast and in the words of Yazz "The only way is up!" We set off up the coast firstly by walking the St Hilda's Way, an official pilgrimage route launched in 2020, from Whiby to Hartlepool – the site of the two monasteries that Hilda was the Abbess of.

sponsored walk

As well as being a virtual pilgrimage, where we pray each day and 'visit' holy and spiritual sites along the way to Lindisfarne, there is also the opportunity to sponsor Revd Liz for the physical challenge of walking 325 miles between Trinity Sunday and St Aidan's Day (31 May-31 August). Each Church, St Matthew and St Luke Chadderton and St Anne, Longsight Royton will be raising money for their own Church funds but they will also be raising money for Dr Kershaw's Hospice.

To sponsor Revd Liz and donate to **St Matthew and St Luke Chadderton and Dr Kershaw's Hospice** via our secure portal please click [here](#).

To sponsor Revd Liz and donate to **St Anne, Longsight, Royton and Dr Kershaw's Hospice** via our secure portal please click [here](#).

Please do share this newsletter with family and friends, tell them about the pilgrimage and maybe ask if they would follow along and be willing to sponsor Revd Liz.

Please do continue to pray for me as I pray for you.

With love and

northern saints pilgrimage

Depart	Arrive	Miles	Total
St Matthew's Chadderton	St Anne's Royton	1.5	1.5
St Anne's Royton	St Mark's Heyside	1.5	3
St Mark's Heyside	St Thomas' Moorside	1.5	4.5
St Thomas' Moorside	Christchurch Denshaw	2.6	7.1
Christchurch Denshaw	St Bartholomew Marsden	7.2	14.3
St Bartholomew Marsden	Huddersfield Parish Church	7.4	21.7
Huddersfield Parish Church	CR Mirfield	4.5	26.2
CR Mirfield	Wakefield Cathedral	10.1	36.3
Wakefield Cathedral	All Saints Pontefract	9.5	45.8
All Saints Pontefract	Selby Abbey	13.3	59.1
Selby Abbey	Bishopthorpe	11	70.1
Bishopthorpe	York Minster	3.4	73.5
York Minster	Stanbrook Abbey	22.3	95.8
Stanbrook Abbey	Ampleforth Abbey	4.6	100.4
Ampleforth Abbey	St Mary's Lastingham	15.5	115.9
St Mary's Lastingham	All Saints Helmsley	10.8	126.7
All Saints Helmsley	St Hilda's Priory	27.8	154.5
St Hilda's Priory	Whitby Abbey & St Mary's Whitby	1.7	156.2
ST HILD'S WAY from Whitby	To Hartlepool		
Whitby Abbey & St Mary's Whitby	St Hilda's Whitby	0.7	156.9
St Hilda's Whitby	Sandsend	2.4	159.3
Sandsend	Runswick Bay	4.6	163.9
Runswick Bay	Staithes	4	167.9
Staithes	Skinningrove	5	172.9
Skinningrove	Huntcliffe Roman Station	3.3	176.2
Huntcliffe Roman Station	Saltburn	0.2	176.4
Saltburn	Transporter Bridge	13	189.4
Transporter Bridge	Greatham Creek	4.2	193.6
Greatham Creek	Seaton Carew	6.7	200.3
Seaton Carew	St Hilda's Hartlepool	4.7	205
St Hilda's Hartlepool	St Aidan's Hartlepool	3.5	208.5
St Aidan's Hartlepool	Durham Cathedral	18	226.5
Durham Cathedral	St Peter's Monkwearmouth	14	240.5
St Peter's Monkwearmouth	St Paul's Jarrow	7.5	248
Paul's Jarrow	Newcastle Cathedral	6.8	254.8
Newcastle Cathedral	St Cuthbert's Bedlington	13	267.8
St Cuthbert's Bedlington	Alnmouth Friary	23	290.8
Alnmouth Friary	Holy Trinity Embleton	9	299.8
Holy Trinity Embleton	St Aidan's Bamburgh	9.2	309
St Aidan's Bamburgh	Lindisfarne	16	325

Day twenty nine 28th June trinity 4

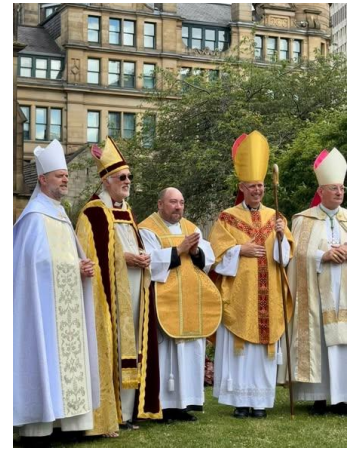
3 miles

At the start of this new week we are spiritually on the way to the Sisters of the Order of the Holy Paraclete at St Hilda's Priory, Whitby.

Today I walked a little in Manchester going to and from the ordination of Fr Alex, the curate at St Mark's Church, Chadderton and St Gabriel's Church, Middleton Junction. Praying for Fr Alex, but also for all those whole were ordained over this weekend as Deacons Priests.

A sunny but breezy walk this evening. Praying for the congregations at St Matthew and St Luke Chadderton and St Anne, Longsight Royton in their joys and in their sorrows.

Prayers too for Sheila Whittingham who has celebrated her 90th Birthday! 3 miles walked today.

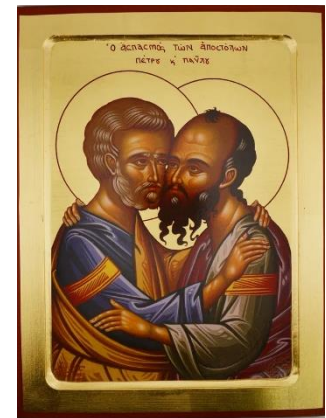


Day thirty 29th June

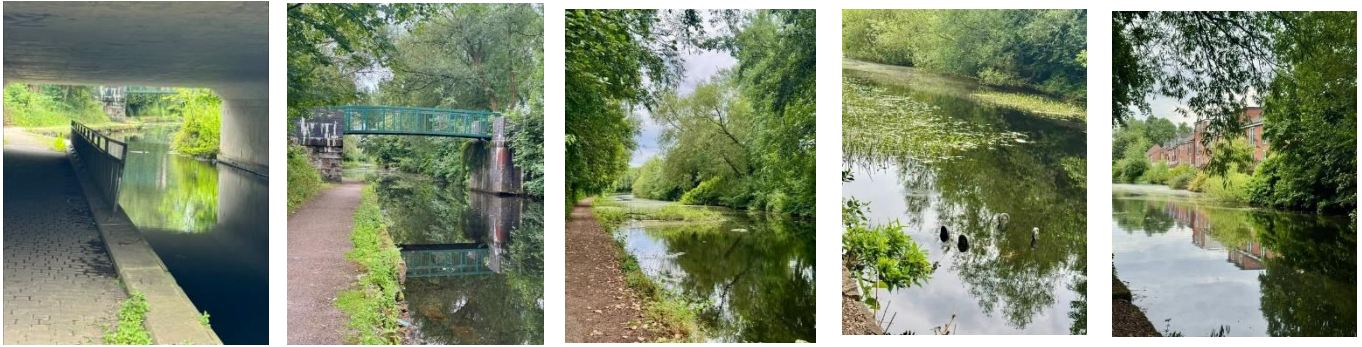
12 miles

An early start to get work done before I was setting off on an epic trek with The Revd Canon Ray Morris on a walk to Manchester Cathedral on #NorthernSaintsPilgrimage for Choral Evensong. Good to have a companion on the journey. Good too, to be walking to Mother Church, the place of our ordinations, on the day the Church celebrates St Peter and St Paul.

Almighty God,
whose blessed apostles Peter and Paul
glorified you in their death as in their life:
grant that your Church,
inspired by their teaching and example,
and made one by your Spirit,
may ever stand firm upon the one foundation,
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 Amen



Good to get off busy Broadway and onto the canal towpath. The traffic noise began to fade and be replaced by birdsong. Thankful for a place of such beauty although it was here we saw the first of 5 shopping trolleys thrown into the canal!



We saw the tower of St Joh/ Failsworth. Praying for Revd Aysha, and the congregation at St John's and the community which they serve. Prayers too for the work of the Canal and River Trust. The Tesco up ahead was a welcome sight and we stopped for a drink and a short rest.



Fantastic reflections in the canal which was so still. Just as water reflects the face, so one human heart reflects another. Proverbs 27:19 What can people see reflected in us?



The lock reminded me of a book which was significant in my journey of faith. Margaret Silf, Landmarks. She uses things we see in everyday life to help us understand our relationship with God. I shared with Ray about the book. What books or films or art that have helped you in your journey of faith would you want to tell others about? The goslings were "so cute!" as my granddaughter would say! The parents very protective of their precious young ones.



We bumped into Revd Sarah Riding with Dougal on the tow path! We had sat together in the Cathedral yesterday at Fr Alex's ordination! Prayer for Revd Sarah as she completes her curacy and prepares to take on a new role as Incumbent of St Agnes, Birch-in-Rusholme, with St James and St Cyprian, Longsight, and St Chrysostom's Victoria Park.



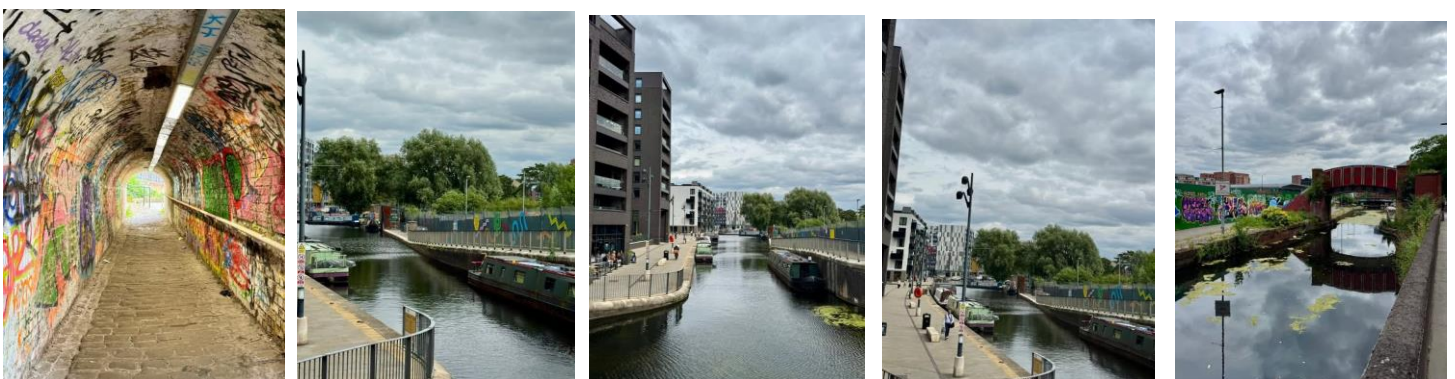
All along this towpath of the Industrial Revolution's motorway, there are signs and reminders of the region's industrial past. The canal leads the eye to the high rise skyline of the Manchester of today. Giving thanks for the work of those who have gone before us, praying we might build on their legacy.



Moody skies as we neared the city centre. The lock was full as we crossed over bridge. What fills you spiritually and lifts you up? Do you make enough time for it?

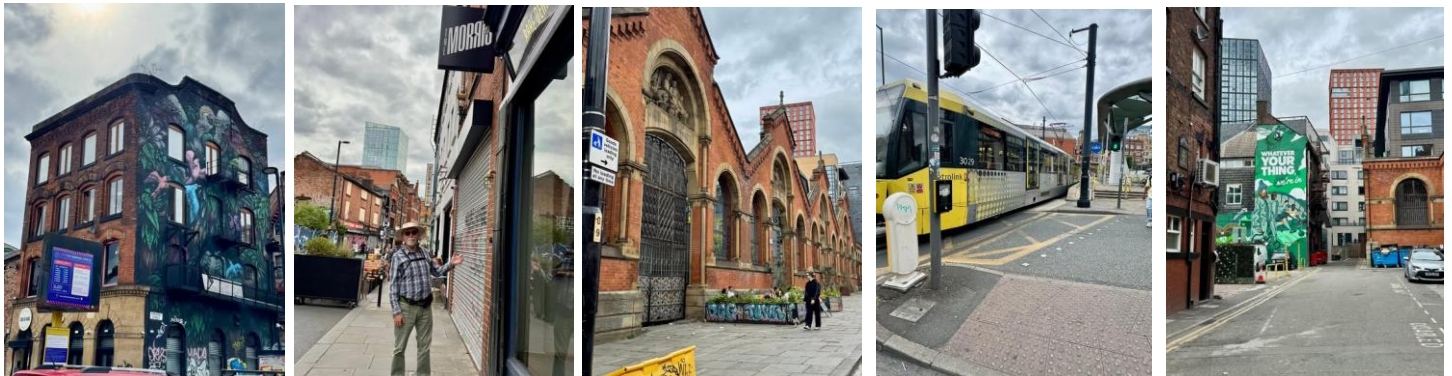


Walking through New Islington/Ancoats- a far cry today from Lowry's "Matchstalk Men and Matchstalk cats and dogs" Prayers for the growing community here.



Walking through the Northern Quarter to the city centre and the Cathedral. Ray (Morris) found his café, but it was closed!

On this day when we remember Peter and Paul and as we have walked from Royton to Manchester, Ray and I have shared with each other our vocational journey. We agreed diversions, or interruptions, have, on reflection, been important and integral to our formation as Christians and as Priests and Deacons in God's church. It has been a privilege to listen to Ray's story.



We arrived at [Manchester Cathedral](#) for Evensong! Such a beautiful service- the anthem was heavenly. A feeling of complete peace as the music washed over us. I met a priest from Finland in the congregation! Good to see Archdeacon Karen Smeeton and Canon Dr Ian Joryzcl I gave thanks for the many blessings of today and prayed for those whose funerals I will be conducting over the next week and for their families.



We got a tram back to Oldham and then walked to the bus station, but the buses were delayed so we set off walking back home before being picked up by my daughter Laura whilst we were on the way. Reminders of the importance of Oldham and its people in fighting for change and a fairer world. 12 miles walked today. Tired legs, but a thankful heart. Huge thanks to Ray for suggesting the journey and accompanying me.



Day thirty one 30th June

0 miles

I didn't walk yesterday. The only time available to walk yesterday, because of what else I had on, was very early in the morning. After my trek to Manchester Cathedral on Monday my legs weren't up for the challenge yesterday morning!

I prayed for all those who I would meet in the course of the day, many of whom were experiencing loss and deep sadness. This picture of Winnie sums up how I felt when the alarm went off at 5! I am now a third of the way through the pilgrimage being on 31 of 93 days! Although I am more than a third of the way to Lindisfarne.



Day thirty two 1st July

4 miles

I set off at quarter to 6 and began walking into Royton then I turned down Middleton Road to head to St Matthew's church. Praying for all those I will meet today at the two Eucharists at St Anne's, at a funeral visit and at St Luke's Chadderton school.



Praying for Ann Tattersall, our Reader Emeritus at St Matthew and St Luke, and for Roy her husband. Giving thanks for the years of Ann's faithful ministry and Roy's dedicated service on Deanery Synod for many years amongst other roles at Church.



Arrived at St Matthew's church. Praying for those whose funerals will take place at St Matthew's next week and for their families.



Returning to St Anne's by another way- a bit like the wise men! I am walking a circular route, linking the two parishes. A circle prayer by David Adam, a former Vicar of Lindisfarne
 Circle me, Lord. Keep protection near And danger afar.
 Circle me, Lord Keep hope within. Keep doubt without.
 Circle me, Lord. Keep light near And darkness afar.
 Circle me, Lord. Keep peace within. Keep evil out. Amen.



Walking back to St Anne's, and praying for the family whose loved one's cremated remains will be laid to rest in our Garden of Remembrance on Sunday.

4 miles walked this morning, meaning we are 3.8 miles away from St Hilda's Priory in Whitby.

Day thirty three 2nd July

5.5 miles



Praying for the churches in Churches Together in Royton. Going on a circular route again today. A circle prayer by Mary Fleeson Circle me Creator God.

May I hope joyfully, Keep me from despair.
 May I love freely, Keep me from indifference.
 May I believe expectantly, Keep me from ignorance. Amen,



Walking up the hill towards the Rochdale border. It's always a bigger pull up that hill than I think it will be! Praying for those who are finding things an unexpected struggle at the moment.

"Look at the birds of the air, they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they?" Matt 6:26-27



Refreshment for the birds on Thornham Lane. The birds will be fed but sometimes we can join in with what God is already doing and help build his Kingdom or help to be an answer to prayer. Prayers for all at St James Thornham church and school. Praying for all Year's today as they go on their transition days to their secondary schools.



Lovely to meet some equine friends on the way. As I walk down the hill from The Puckersley I can see St Paul's spire on the skyline and for the first time I've managed to see St Anne's tower on the skyline too. Praying about how we as a church might be more visible in our communities of Royton and Chadderton.



Praying for the businesses in Royton, and the stall holders on the market whilst there are road closures and diversions. The yellow and red flowers on these bushes by the bus lane make me smile every year when they are blooming. Such wonderful colour, even on a dull day. Today I have walked 5.5 miles and I have arrived at our next two destinations!



We have arrived at St Hilda's Priory and been welcomed by the Sister of the Order of the Holy Paraclete! I am pictured here with Sr Jocelyn, the Prioress and St Linda, from my real visit

there last week! Praying for all the Sisters at the Priory, at other sites in this country and in Ghana. St Hilda is my favourite Saint, so I am so glad we have reached here on our pilgrimage. Hilda was born into nobility in 614 and was baptised alongside King Edwin on Easter Day, 12 April 627. She answered the call of St Aidan, the Bishop of Lindisfarne, to return to Northumbria as a nun in 647, and after a year Aidan appointed her as the second Abbess of Hartlepool then in 657 she became the founding abbess of a new monastery at Whitby until her death in 680. She lived 33 years as a lay person and 33 years as a religious- we have arrived at St Hilda's Priory on Day 33! Legend tells of a

plague of snakes which St Hilda turned to stone, supposedly explaining the presence of ammonite fossils in the shire at Whitby. Whitby Abbey is only 1.7 miles away and we made it today!



We have arrived at Whitby Abbey and St Mary's Church Whitby after walking 5.5 miles today. We reach the church first at the top of the 199 steps! Praying for Fr Michael Gobbett and Fr Paul Burnett and the congregation at St Mary's and the parish they serve.



St Bede describes St Hilda as a woman of great energy, who was a skilled administrator and teacher. She gained such a reputation for wisdom that kings and princes sought her advice, but she also had a concern for ordinary folk like Caedmon. He was a cowherd at the monastery, who was inspired in a dream to sing verses of praise to God. Hilda recognised his gift and encouraged him to develop it. Caedmon is attributed as the first English poets whose name is recorded. Although Hilda must have had a strong character she inspired affection. As Bede writes, "All who knew her, called her mother because of her outstanding devotion and grace." In 1898 Caedmon's Cross was erected in Caedmon.



Arriving at Whitby Abbey, the place where the Synod of Whitby was held, which resolved whether the church would follow Celtic or Roman Christian traditions, particularly regarding the dating of Easter. St Wilfrid successfully argued that the Roman tradition derived its authority directly from St. Peter, the gatekeeper of heaven. King Oswiu agreed, ruling in favour of Rome to prevent being rejected by St. Peter at the gates of heaven. Praying for peace and reconciliation in the church today.



Day thirty four 3RD July st thomas 4 miles

A beautiful mackerel cloud filled sky this morning as I drove over to Ogden and then walked up to Piethorne Reservoir. Spiritually we have a short distance to walk to St Hilda's at Whitby and then St Mary's Sandsend and we are now on the St Hild's Way going from Whitby to Hartlepool.



The pale sun is breaking through the mackerel clouds In the tender compassion of our God the dawn from on high shall break upon us, To shine on those who dwell in darkness and the shadow of death, and to guide our feet into the way of peace. (from the Benedictus) Praying for those suffering the bereavement of a loved one and those preparing to say their final goodbyes today.



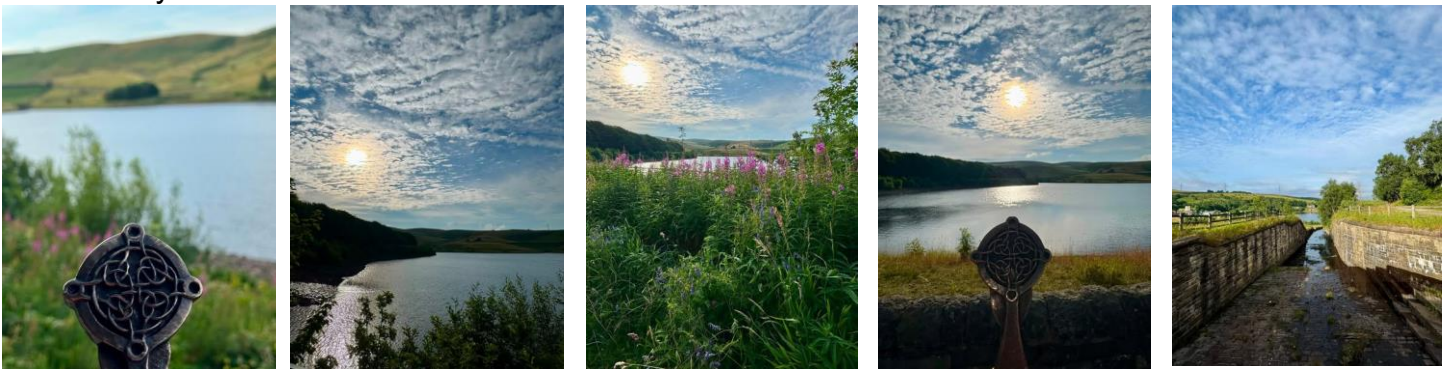
I couldn't see what was on the sign post because of the blindingly bright sun behind it. Praying for those struggling to know which direction to take in life. Praying for all who have left school in these last few weeks, preparing to take their next steps.



Come, let us sing to the Lord; let us heartily rejoice in the rock of our salvation.
 Let us come into his presence with thanksgiving and be glad in him with psalms.
 For the Lord is a great God and a great king above all gods.
 In his hand are the depths of the earth and the heights of the mountains are his also.
 The sea is his, for he made it, and his hands have moulded the dry land.
 Come, let us worship and bow down and kneel before the Lord our Maker.
 For he is our God; we are the people of his pasture and the sheep of his hand
from the Venite at Morning Prayer



Praying for Mothers' Union members in the Rochdale Archdeaconry as they prepare for their 150th Anniversary celebrations tomorrow.



Praying for St Matthew's, St Luke's and St Anne's primary schools as they enter the last couple of weeks of this school year. Praying for all the staff and the pupils and their families as they begin to look to the summer holidays. Praying for those for whom this will add financial and child care pressures.



Thankful for beautiful places to walk near where we live.
 As I walked back to the car 2 deer ran across the top path near the car park at Ogden reservoir.
 Managed to capture a fleeting photo of their retreat.
 This hymn based on the words of Psalm 42 came to mind.
 As the deer pants for the water, So my soul longs after You.
 You alone are my heart's desire And I long to worship You.



I spent some time walking around Hollinwood cemetery this afternoon. A butterfly landed on some flowers and dried its wings in the sun.

St. Basil the Great (330–379 AD) used the butterfly's metamorphosis as a living metaphor for the Resurrection. He observed how a caterpillar "dies" by entombing itself in a chrysalis, only to emerge transformed into a beautiful, winged creature. He viewed this as a natural parable of Christ's resurrection and the promise of eternal life.

Praying for the funeral directors that St Matthew's and St Anne's work with.

Praying too for the crematorium staff and for the way they look after clergy and celebrants and the bereaved families. Giving thanks for the care taken looking after the beds, planters and baskets around the chapel, which look so beautiful and lift the spirits. 5.25 miles walked today. We have arrived at St Hilda's Whitby and have travelled on and arrived at St Mary's Sandsend.



We have arrived at St Hilda's Whitby. Prayers for Fr Michael Gobbett and Fr Paul Burnett and the congregation at St Hilda's and the parish they serve.



We have arrived at St Mary's Sandsend, part of a Benefice of 6 churches which are currently in interregnum. Prayers for their curate, Dr Gill Boag-Munroe, retired priest, Rev. Josephine Evetts-Secker and authorised lay minister Helen Lloyd and the congregation and the community they serve. The church is open all the time and has a wonderful display of 2000 angels hangs from the ceiling. I physically left Sandsend last Friday and this Friday I have arrived physically, but we are now in our way to Runswick Bay.





st thomas the apostle



Thomas is mentioned among the number of the Apostles in the gospels of Matthew, Mark and Luke but it is in John's gospel that his significance is revealed. Firstly, he is heard encouraging the other disciples to go to Judæa with Jesus; then, not knowing what Jesus meant when he talked about where he was to go elicited the answer that Jesus was himself the Way. But probably most famously he was the Apostle notably unconvinced by reports of the resurrection of Jesus, causing Jesus to show him the marks in his hands and feet and side. Thomas then proclaims the words that have been described as the great climax to John's gospel by saying to Jesus, "My Lord and my God!" Thomas is the patron Saint of Architects, Builders, Construction Workers and Surveyors and Theologians. He is also known as the Apostle to India and is the Patron Saint of India, Pakistan and Sri Lanka. Praying for one of our link Diocese of Lahore in Pakistan.

Day thirty five 4th July

1.65 miles

Winnie was excited to be included on this morning's short walk. Praying for Mothers' Union members in Rochdale Archdeaconry but particularly for the branches at St Matthew and St Luke Chadderton and St Anne, Longsight Royton. Prayers for those getting St Anne's ready to host the Archdeaconry Service later today celebrating 150 years of the Mothers' Union. Praying too for the work of Maggie's Oldham.

1.65 miles walked this morning and still on the way to Runswick Bay.



The Rochdale Archdeaconry Celebration of 150 years of the Mothers' Union was a joyful occasion. Praying for the work of the Mothers' Union in Manchester Diocese and in our two parishes of St Matthew and St Luke Chadderton and St Anne, Longsight, Royton. St Anne's School choir sang in our worship and Year 6 did a project on Mary Sumner and the Mothers' Union which was displayed



This week I have walked 31.4 miles, bringing the total number of miles walked to 163.1 miles – meaning I have walked just over half-way in terms of distance on this pilgrimage! Next week we continue up the St Hild's Way along this beautiful East Coast.

Please do share this newsletter with friends and family and encourage them to follow along, if they are able, on Facebook and interact with the posts. Please do invite people to sponsor the physical challenge of this pilgrimage – walking 325 miles. Money raised will go to the church you donate to and to Dr Kershaw's Hospice. Details of how to give online are at the start of this newsletter.

Please use these newsletters as a source for your own prayer and reflection as we continue this spiritual pilgrimage to Lindisfarne together. As I walk the natural and man world around me inspires me to prayer and reflection and helps me become more aware of God's presence in the world.

Why not go on an Awareness Walk? It doesn't have to be a long walk – it can even be just down your street and back. According to one of the Apocryphal Gospels, The Gospel of Thomas, Jesus is reputed to have said:

"Lift the stone and you will find me. Cleave the wood and I am there."

God is hidden within the ordinariness of our daily life and work, but we need our eyes opened to see and become aware of God's presence

As you walk take good strong breaths of fresh air. Resist hurry. Slow down to an easy stroll.

Look Become aware of the sky, clouds, light and shadow... See colours, shades, tints... Look at patterns – shape, height, depth, thickness... Notice trees, shrubs, flowers, grasses... Be aware of shapes of buildings – roof, tiles, chimneys... Notice stillness and movement – birds, insects, animals...

Touch Feel the sun's warmth, the cool breeze, cold air, wet rain... Feel texture – sharp, rough, smooth, prickly... Touch grass, stone, bark, petal, leaf... Touch the earth, feel water; walk with bare feet.

Smell Smell scents – flowers, herbs, pine needles, grass, earth... Other smells – of industry, smoke, concrete, tarmac, animals, rubbish, fumes...

Listen Shut your eyes and become all ears... Listen to water, birds, insects, animals, cars, people... Hear far off sounds, near sounds... Listen to your own breathing and heartbeat...

Taste Taste water... Chew on a piece of grass... When you come to your next meal, savour every mouthful.

Don't try to think, just BE! Let thoughts, however good, drop away for the present. Focus on one thing that particularly draws you, become aware of it, look more closely...

"Just to be is a blessing. Just to live is holy." Abraham Heschel

With love and prayers Revd Liz