

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



*trinity sunday to st aídán's day  
31<sup>st</sup> may-31<sup>st</sup> august 2026  
week 3*

## *week 2*

Thank you once again for your support and encouragement.

Physically last week I walked to and prayed at each church in our Mission Community – St Mark's Chadderton, St Gabriel, Middleton Junction, St Paul Royton and St James Barry St. I also physically walked to and prayed at Holy Trinity Coldhurst, Oldham Parish Church and St Stephen and All Martyrs, Lower Moor, St James' Thornham and St Mary High Crompton. I walked to and prayed for the Church of England primary Schools in the two parishes too – St Matthew's Chadderton, St Luke Chadderton and St Anne, Royton as well as other Church of England schools – St Paul's Royton and The Blue Coat School.

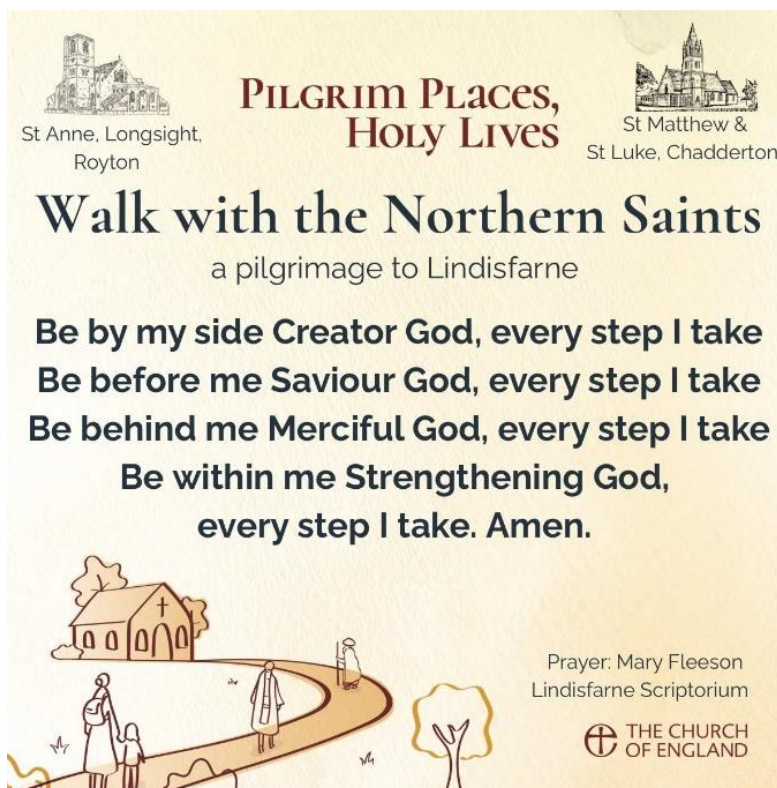
If the weather was ok I would get up very early and go on my walk, otherwise I would get up early to work and then go out when the weather was slightly kinder! My feet are beginning to look battle worn!

Spiritually we journeyed to Wakefield Cathedral, All Saints Pontefract and Selby Abbey and in week 3 we made our way to the Archbishop's Palace at Bishopsthorpe, quickly followed by York Minster. At the start of the week, 7 June, we had the joy of Confirmations and I have continued to hold those candidates in prayer. Bishop Mark kindly gave me a blessing at the end of the Confirmation service as I continue the pilgrimage. We were also delighted to celebrate the wedding of Dave and Carol at St Matthew's they will continue to be held in prayer.

Part of Week 3 was spent at The Manchester Diocese Clergy Conference, and then at the end of the week I began a week of Annual Leave, but will be still walking and sharing some of that walking on social media.

Please do keep me in your prayers as I continue to pray for you as we "Walk with the Northern Saints" on a pilgrimage to Lindisfarne.

With love and prayers Revd Liz.



The poster features a light beige background with a central title and prayer text. At the top left is an illustration of a church with the text 'St Anne, Longsight, Royton'. At the top right is an illustration of a church with the text 'St Matthew & St Luke, Chadderton'. The central title reads 'PILGRIM PLACES, HOLY LIVES' in a serif font, followed by 'Walk with the Northern Saints' in a larger serif font and 'a pilgrimage to Lindisfarne' in a smaller sans-serif font. Below this is a 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', and 'Be within me Strengthening God, every step I take. Amen.' At the bottom left is a simple line drawing of a church and a path with figures. At the bottom right is the text 'Prayer: Mary Fleeson Lindisfarne Scriptorium' and the logo for 'THE CHURCH OF ENGLAND'.

St Anne, Longsight,  
Royton

**PILGRIM PLACES,  
HOLY LIVES**

St Matthew &  
St Luke, Chadderton

**Walk with the Northern Saints**  
a pilgrimage to Lindisfarne

**Be by my side Creator God, every step I take**  
**Be before me Saviour God, every step I take**  
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Prayer: Mary Fleeson  
Lindisfarne Scriptorium

THE CHURCH  
OF ENGLAND

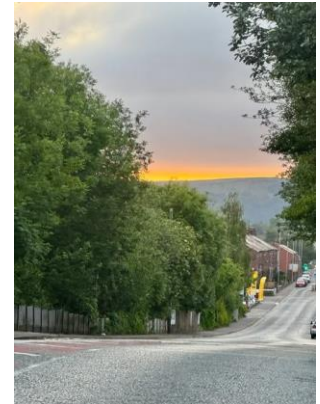
# *northern saints pilgrimage*

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

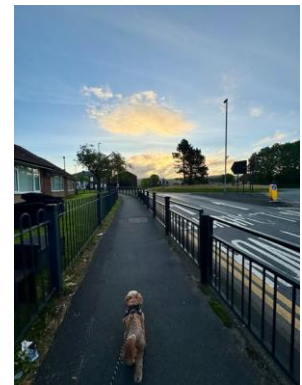
# Day fifteen 14<sup>th</sup> June trinity 2

4.5 miles

A beautiful light this morning as Winnie and I set off this morning just as the sun was rising. Praying this morning for both congregations at St Matthew's & St Anne's as we prepare to worship together today.



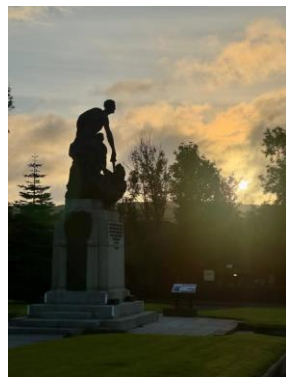
Today there is much to celebrate. Praying for Lyla Heather Blossom Maguire and Nellie Rose Martin and their families as they are to be baptised later today at St Matthew's. Prayers also for Shirley and John Entwistle who are celebrating their Ruby Wedding Anniversary today and who will renew their wedding vows later today at St Matthew's.



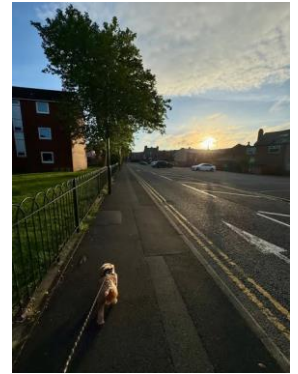
Walking through Shaw's Memorial Garden as the sun was rising over the hills.

Pausing at the Crompton War Memorial, which, according to the information board, is considered one of most impressive war memorials in the region. In addition to the unusual sculpture, there is a rare referral to the 'oppression and brutal tyranny of war' in the inscription on the front of the memorial. Giving thanks for the lives of those who have died in. Praying for women and men serving in conflicts today. Praying for peace.

The Education statue reminds me of statues and pictures of St Anne with Mary, with Anne imparting her knowledge and her faith on to her daughter. The statue was originally in the Carnegie Library in Shaw. Praying for all who work in the libraries across our borough. Prayers too for Deborah Smith and all who work in the Manchester Diocese Board of Education.



Spiritually, we are on our way to Bishopthorpe, the Archbishop's Palace, physically we are on our way to St James' East Crompton. Prayers for Major Sue Taney and all at the Salvation Army citadel in Shaw and for their ministry in the town.



The fair is in town until 6pm today!

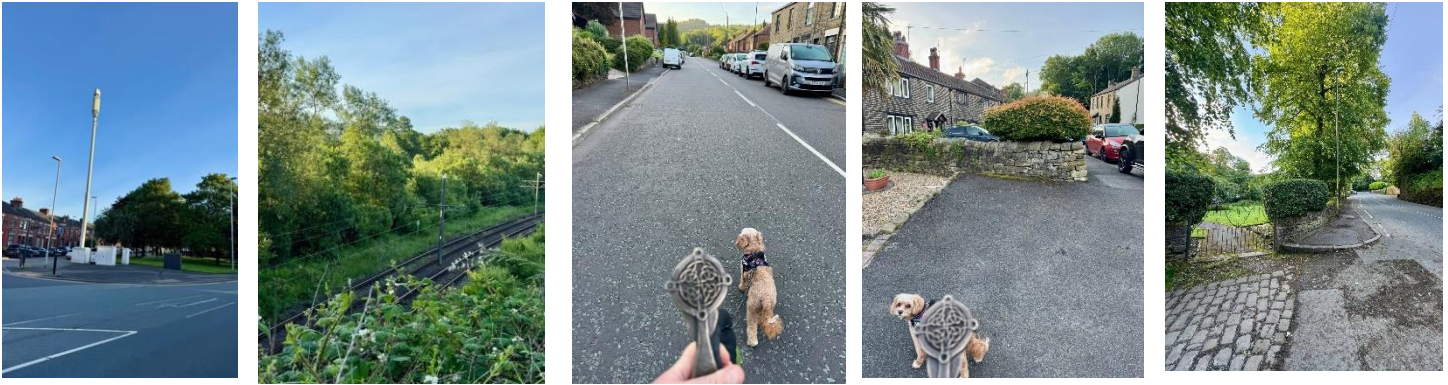
Praying for the shops and businesses in Shaw. Reminders of the industry of the past with some mills still dominating the skyline. A fact I remember from my History O-Level is that because of "King Cotton" there were more millionaires in Shaw and Crompton than anywhere else in Europe!



We arrived at St James East Crompton. Prayers for Fr Paul Pritchard, the Vicar, and Fr Howard Moston and the congregations at St James East Crompton and the parish they serve. Praying for their mission and ministry. Prayers too for all the users of the Parish Hall. Now onto St Saviours Mission, East Crompton.



Walking from St James East Crompton to St Saviours Mission, East Crompton, continuing to pray for Fr Paul and Fr Howard and preparing to walk up yet another hill! Winnie enjoying the new sights and smells on the way!



Physically arrived at St Saviour's Mission, East Crompton and spiritually arrived at Bishopthorpe at the same time! Praying for Fr Paul and Fr Howard and all the congregation at St Saviours and the community which they serve. Lovely to spend some time in this peaceful holy place.



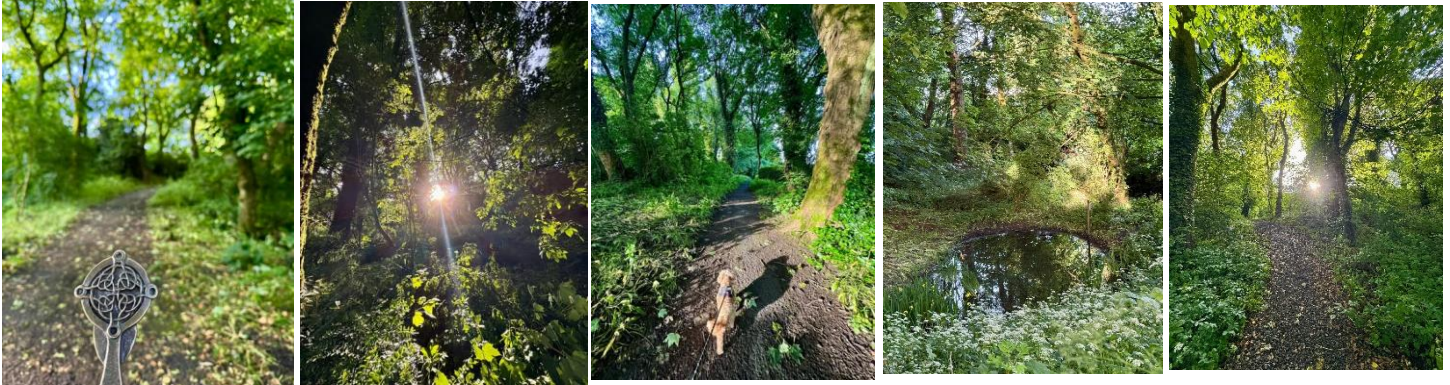
We have spiritually arrived at Bishopthorpe Palace, residence of the Archbishop of York, The Most Revd Stephen Cottrell. Praying for the Archbishop Stephen. In his ministry of Archbishop and for the responsibility he carries Prayers for the Archbishop's staff including the Venerable Mark Steadman, Chief of Office staff who kindly responded when I contacted the Archbishop's office.

We have been encouraged to pray that the Church may have the courage to venture into the deep waters of faith, becoming communities of prayer, compassion and joyful witness. Pray that we may help more people know the love of Jesus Christ and be transformed by it, and that we may never lose sight of our calling to be pilgrims of hope in a world that longs for good news.

When I did a similar pilgrimage 6 years ago Archbishop Stephen reminded our church that Lindisfarne was not just a place of arriving but a place where in the past people were formed in purser to be sent out on 'mission and he asked us to pray that the Church in this land might be formed by God, find new intimacy with God and then be sent out to do his work in the world.



We left St Saviours and walked through the wooded area opposite. The sunlight streaming through the trees made the leaves shimmer. A beautiful end to the walk today in place that made prayer easy and natural. This pilgrimage is a big commitment and it is not always easy to make time for the walk or feel like I have the energy, but here I give thanks for the joys of this pilgrimage. Another 4.5 miles walked today and only 2.5 miles until we reach York Minster!



We had been praying for Lyla Maguire and Nellie Martin and their families as they were brought for baptism and John and Shirley Entwistle as they celebrated their Ruby Wedding Anniversary and their Renewal of Vows on our pilgrimage. It was a day full of joy and thanksgiving.



## Day sixteen 15<sup>th</sup> June 3.75 miles evelyn underhill

An early start again, setting off just as the sun was rising. Praying for the Manchester Diocesan Conference starting today. Praying for those who are organising the conference, and the speakers and the chaplains to the conference.

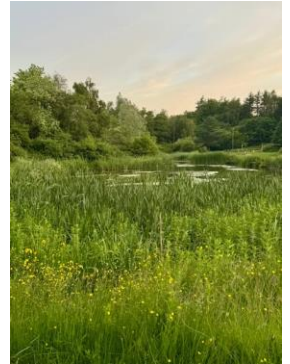


The Lord is my shepherd, I shall not want."He makes me lie down in green pastures;he leads me beside still waters; he restores my soul He leads me in right paths for his name's sake." Psalm 23:1-3 Stopped by the pond at Salmon Fields to say Morning Prayer.

"O Lord, open our lips and our mouth shall proclaim your praise."

Being out so early in the morning on #NorthernSaintsPilgrimage means I hear a chorus of morning praise from a myriad of birds. My bird app told me I was join in prayer and praise this morning by a song thrush again and crows, goldcrests, great spotted woodpeckers, robins, blue tits, collared doves, jackdaws, magpies and wood pigeons.

Praying for those who will lead us in worship at the Diocesan conference.



Walking through the wooded area by the pond at Salmon Fields. I've never walked along there before and felt unsure about where I was going.

Praying for those from our link Diocese of Namibia, Lahore and Tampere who will be joining us at the Diocesan Conference.



Walking along the Royton Linear Park again, in the opposite direction.

There are a number of bird boxes attached for the trees, one says "Welcome home".

"Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord my whole life long." Psalm 23:6

As we walk this pilgrimage may we find our rest and home with God. You can begin to see the fruit appearing on the trees and bushes along the linear park, such as apples, pears, plums, damsons and blackcurrant! Praying that the Diocese of Manchester Diocesan Conference will bear much fruit.



Walking back through Royton as the rising sun warms the buildings and the landscape and lifts the spirits. Praying for Bishop David, Bishop Mark and Bishop Matthew and all who will attend the Diocese of Manchester Diocesan Conference. Prayers for safe travels. Another 3.75 miles walked today meaning we have reached York Minster and are on the way to the next Pilgrim Place- Stanbrook Abbey, approximately 21 miles away. 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. Amen.





We have arrived spiritually at York Minster!  
 Praying for the Dean and Chapter of York Minster. The pictures have been taken on previous visits to York Minster, a place whose stones are soaked in prayer. One of the images is from the St Cuthbert Window. You can explore the window here <https://stainedglass-navigator.yorkglaziertrust.org/...>  
 These are all pictures I've taken on previous visits.



PILGRIM PLACES,  
 HOLY LIVES

Do you know  
 St Alcuin of  
 York?

THE CHURCH OF ENGLAND

Part of the Church of England's reflections at the moment are on Pilgrim Places and Holy Lives and today they shared about St Alcuin of York, Alcuin was born around the year 735, somewhere near York. He had a remarkable life, beginning in the cathedral school of York where he was taught by Albert, himself a student of Bede. His early life was shaped by the rich scholarly culture of York, which had one of the best libraries in England at the time. He became known for his learning, piety, and skill as a teacher.

Alcuin was so well-regarded that the Emperor of the Franks, Charlemagne, invited him to Aachen to be Master of the Palace School. In both these places, Alcuin's love of learning nurtured many students and teachers, at the time and in the many years to follow.

Alcuin was an educator but he was also very devoted to his own learning. In his work as a scholar and teacher, scripture shaped his thinking, steadied his faith, and helped him respond with care to those around him. Alcuin also lived through times of great distress.

We still have two letters he wrote which reveal to us the devastation Alcuin felt when Vikings attacked the monastery on Lindisfarne in 793.

As a trusted advisor to Charlemagne, Alcuin played a key role in shaping the spiritual vision of Aachen Cathedral. His influence helped the building become more than stone and glass - it became a place where learning, prayer, and worship met, where architecture itself could lift hearts and minds toward God.

"The Bible often shows us that God's deepest work happens in times of uncertainty, waiting, and struggle. In our own shadows, we too are invited to pause, to breathe, and to discover that God is already with us. As Alcuin writes later in his letter to the Bishop of Lindisfarne, 'God never deserts those who hope in him.'" - Sammi Tooze

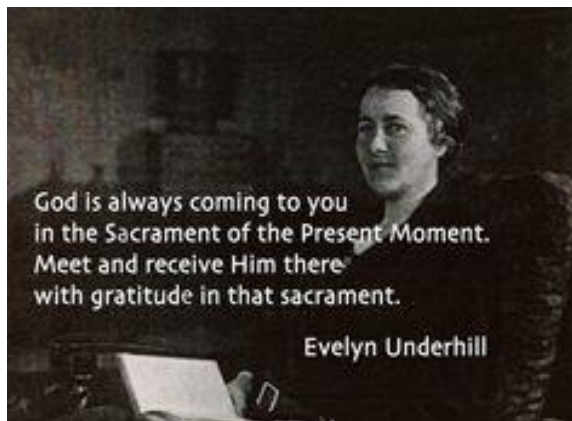
## **st paulinus — first Bishop of York**

Paulinus was born in the latter part of the sixth century, probably in Italy, Paulinus was among the second group of monks sent by Pope Gregory to England to assist Augustine in his work. He went with the party that accompanied Ethelburga to Northumbria, where she was to marry the king, Edwin, who subsequently took his wife's Christian faith as his own. Paulinus built the first church in York in about the year 627 and was its first bishop. Paulinus baptised St Hilda when she was 13, who we will meet later on in this pilgrimage! He travelled much north and south of the Humber, building churches and baptising new Christians. He had to flee for his life, however, when Edwin was killed in battle by the pagan king, Penda of Mercia, and Paulinus became Bishop of Rochester. He died on this day in the year 644.



## **Evelyn Underhill**

On this day the church commemorates Evelyn Underhill. Born in 1875, Evelyn Underhill was in her thirties before she began to explore religion. At first, she wrote on the mystics, most notably in her book *Mysticism*, published in 1911. Her spiritual journey brought her in 1921 back to the Church of England, in which she had been baptised and confirmed. From the mid-1920s, she became highly-regarded as a retreat conductor and an influential spiritual director. Of her many books, *Worship*, published in 1936, embodied her approach to what she saw as the mystery of faith. She died on this day in 1941.



I am finding that as I walk this pilgrimage God is always coming to me in the Sacrament of the Present Moment. I am thankful for this pilgrimage in particular the way it is helping me to live in the present moment and to walk with God and a whole holy of heavenly company!

Go on a walk or sit in your garden and really look around you, drink everything in and thank God for everything you see and that time spent in that Sacrament of the Present Moment.

## Day seventeen 16<sup>th</sup> June

4.25 miles

Up before sunrise to walk and pray. Thankful for the blessings of yesterday as we gathered for the Diocese of Manchester Conference. Praying for all of us gathered here, and for all who cannot be with us due to illness or family commitments.



Praying for Dr Johannes Hartl (Augsburg House of Prayer), one of our speakers at The Diocese of Manchester Conference. As I walk in the gardens, remembering that Johannes invited us to reflect on gardens as places of beauty and encounter.



Continuing reflecting on the words of Dr Johannes Hartle yesterday as I walk through the gardens. He talked of our "Inner Garden" being our place of encounter with God. "God desires an encounter with us more than we desire an encounter with him." St Teresa of Avila talks of prayer as watering a garden. Johannes shared this quote from St Teresa with us. "If only I had understood sooner what a great king dwells in my heart, I would not have left him alone there so often." Teresa of Ávila (1515-1582) The tree stump looks like a heart with a cross in the centre.



I've been to Swanwick many times before I've never walked the path I walked today. Praying for those in the Diocese of Manchester preparing for ordination this Pentecost, setting off on new paths.



Walking on the path to the village through a field filled with beautiful wild flowers. The birds are singing their morning praise too. The flowers have grown anyway without being planted. Giving thanks for the beauty of creation and my avian companions in prayer.



Walking through the village of Swanwick. Praying for all the churches in the village. Thankful for this quiet time at the start of the day.



Back walking round the grounds at The Diocese of Manchester Conference. Giving thanks for this time apart and praying God's blessing on the day ahead. 4.25 miles walked today - still on the way to Stanbrook Abbey from York Minster.



## Richard of Chichester

Today is the day that the church remembers Richard of Chichester. He was born in what is now Droitwich in 1197. When Richard became Bishop of Chichester he was seen as a model diocesan bishop: progressing around his diocese on foot, visiting and caring for his clergy and people, generally being accessible to all who needed his ministry. He insisted that the sacraments be administered without payment and with a proper dignity. You may be familiar with a prayer that is attributed to him.

Thanks be to thee,  
my Lord Jesus Christ,  
for all the benefits thou hast given me,  
for all the pains and insults  
thou hast borne for me.  
O most merciful redeemer,  
friend and brother,  
may I know thee more clearly,  
love thee more dearly,  
and follow thee more nearly,  
day by day. Amen.

## Day eighteen 17<sup>th</sup> June

## 5 miles

A fine drizzle (that fine rain that soaks you through!) as I set out this morning, giving thanks for the time spent with friends and colleagues at The Diocese of Manchester Conference and the many blessings of yesterday. A beautiful subdued light.



Delighting in the beauty of the grounds here. Yesterday at The Diocese of Manchester Conference we were asked to reflect on how to "be seen" is important, and on how we are seen by others can be important to us. Praying for those who feel unseen or unheard in our society. We then reflected on the words to Jesus at his baptism, "You are my beloved Son, in whom I am well pleased." Our value is not in the years of others but in our relationship of love with God.

Do we know the truth that God delights us? Do we live as though God delights in us?



Yesterday we welcomed the Right Revd Sophie Jelley, The Bishop of Coventry to The Diocese of Manchester Conference. Bishop Sophie reflected on The Abundant Prayer. She talked of the importance of withdrawing, as Jesus did, to spend some time apart and of putting ourselves in the way of God's blessing abundant blessing.

As I walked out of the grounds I gave thanks for this time apart with friends and colleagues and for the wonderful hospitality received here.

Then the "light rain" became more abundant! It made me think of a poem that was studied at GCSE when I worked at Crompton House School. Blessing by Imtiaz Dharker which begins with scarcity and ends with abundant blessing.



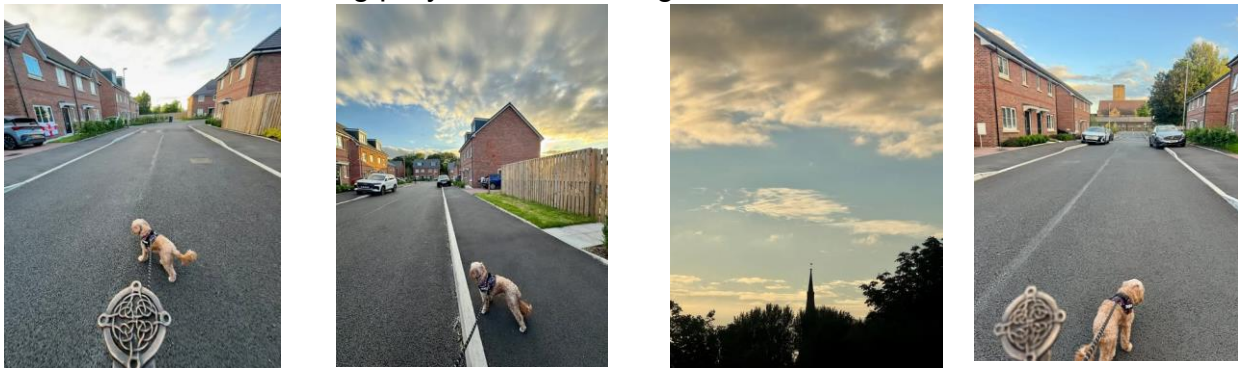
Back from the Diocese of Manchester conference and straight back to emails and then the 6.30pm Family Worship at St Anne's. I was tired but felt the need to make time to reflect on the conference so went out after I came back from St Anne's. Walked through the garden of remembrance, praying for those who have died recently and the families and friends who mourn them.



I walked around by the recently built houses off Broadway opposite St Anne's school. Praying for the people who have made these houses their homes. You can see both of the Anglican Churches in Royton, St Paul's and St Anne's when walking by these new houses. Continuing prayers for near neighbours at St Paul's.

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You can see both of the Anglican Churches in Royton, St Paul's and St Anne's when walking by these new houses. Continuing prayers for near neighbours at St Paul's.



Reflecting back on The Diocese of Manchester conference in my prayer as I walk past the wild flowers blooming on the waste ground. God's abundant beauty freely given.

Looking back over these last days, using the method of prayer called the Examen (or review of the day) and giving thanks for each blessing and grace received.

Looking back over the three days a second time and this time calling to mind those times when I felt out of sorts or discomfited and asking that I might see those times in God's light and discern where those feelings came from.



Walking back home as the sun begins to set and the sounds of football can be heard through the open windows.

Before the ending of the day,  
Creator of the world, we pray  
That you, with steadfast love, would keep  
Your watch around us while we sleep.

5 miles walked in total today. spiritually still on the way to Stanbrook Abbey- another 11.8 miles before we reach there.



## The Examen – The Review of the Day

The way of prayer I used as I walked this evening was the examen. 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.

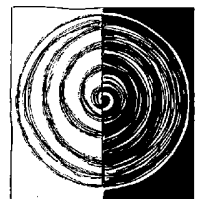
For a sequence, seek the source of the sound. Move from inside the room to outside and then back in again; then inside your self to the sound of your breathing, your pulse and your own heartbeat; then back out again...

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 nineteen 18<sup>th</sup> June

6 miles

Good to see the sun this morning as I set off to pray.

As always I began the walk I prayed this Mary Fleeson 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

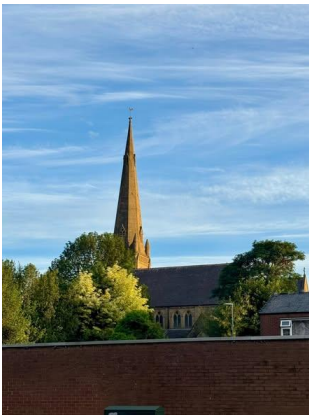
Be within me Strengthening God,  
every step I take. Amen.

As Petertide approaches praying for all those exploring their vocation. Praying for those experiencing "road blocks" as they explore their vocation or are forced to take unexpected and unplanned for paths.



Praying for all those to be ordained Deacon by the Bishop of Manchester on Sunday 28 June 2026 at 10:30am and the parishes in which they will serve.

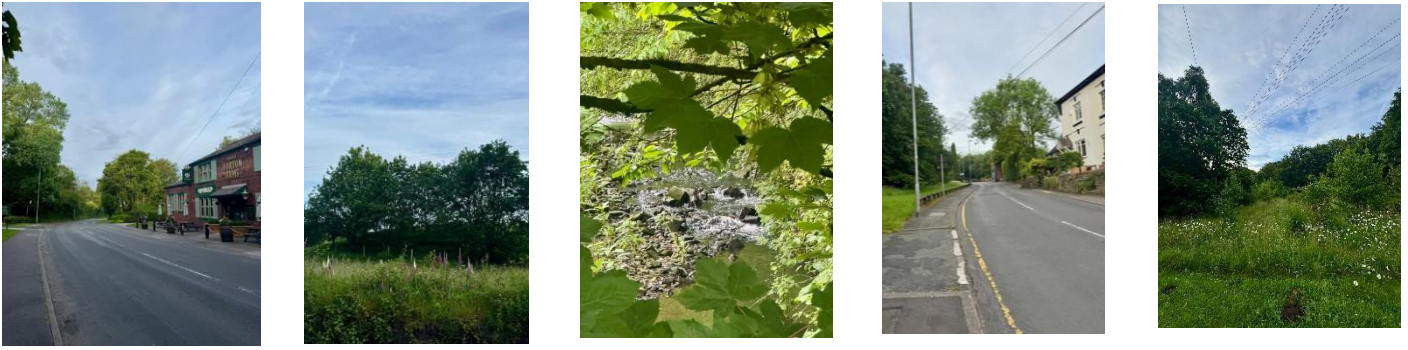
Joseph Bright, Iona Christie, Paul Dent, Matthew Dunne, Solomon John, John Mars, Victoria Mcquarrie, Alison Peacock, Andrew Stewart and Sue Aveyard.



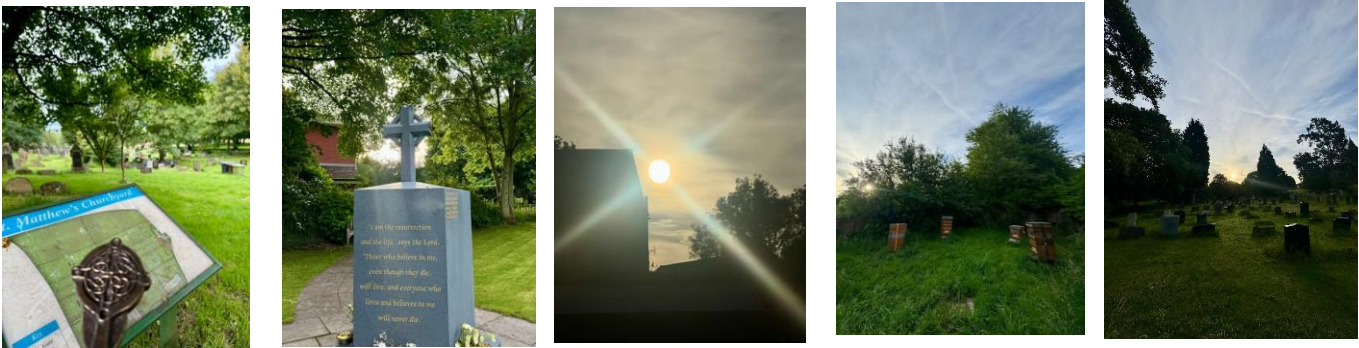
Praying for those to be ordained Priest by the Bishop of Middleton on Saturday 27 June 2026 at 2:30pm

Alexios Andriopoulos, Jan Bennett, Beccy Clark, Debs, Crossland, Michele Evans, Angie Foster, Susanna Hewitt, Paula Holmes-Patel, Andrew Jyothi Isaac Susan, Helen Kidd, Abby Latham-Holt, Kenson Li, John Muyita., Ellise O'Hara, Maryam Razavo Mehr, Tim Roman, Elizabeth Roney, John Rosenbloom and Dean Stott.

Please also pray for Alex Walker, curate at St Mark's Church, Chadderton and St Gabriel's Church, Middleton Junction, who lives in St Matthew's parish as he is to be ordained priest at 2pm on Sunday 27 June 2026 by the Bishop of Beverley.



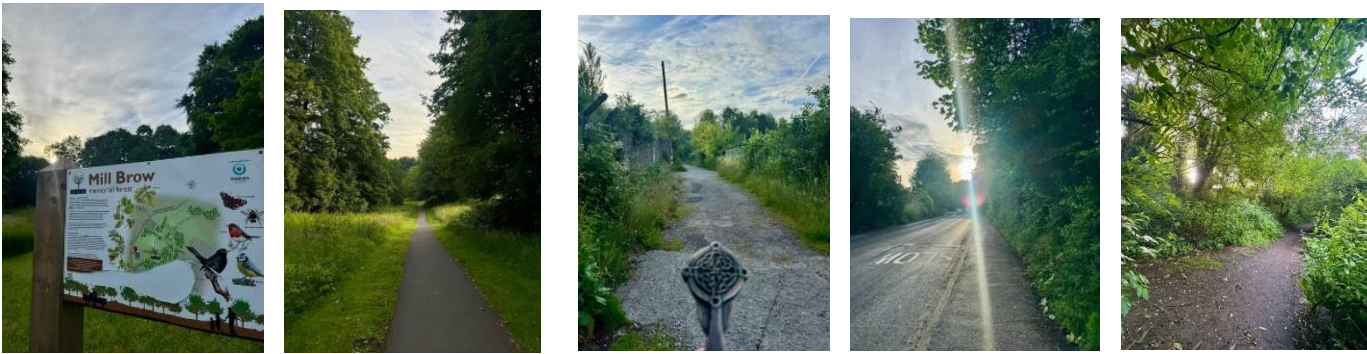
As I walk up through St Matthew's beautiful churchyard I hold in prayer all whose funerals and burials of ashes I have conducted this year and their families. Praying too for our amazing team of volunteers who take care of our churchyard at St Matthew's and our wonderful Beekeepers at Millbrow Beekeeping Association.



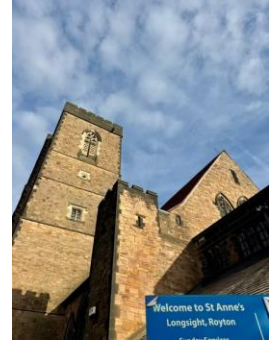
Holding in prayer and giving thanks for the priests who have served faithfully here in the parish of St Matthew and St Luke, Chadderton in the past 170 years. I was lucky enough to know two of them very well, Revd Canon Lindsay Owens and Revd Capt David Penny. Thankful I have been called to follow in their footsteps.



Walking through the Memorial forest and remembering with thanks those who have walked with me on my faith journey and are now worshipping and serving God in His nearer presence. Remembering especially Fr Harry Edwards and Fr Alan Butler.



Walking back to St Anne's and holding in prayer and giving thanks for the priests who have served faithfully here in the parish of St Anne, Longsight Royton in the past 116 years. I was lucky enough to know two of them very well- Revd James Read and The Venerable David Sharples. Thankful I have been called to follow in their footsteps.



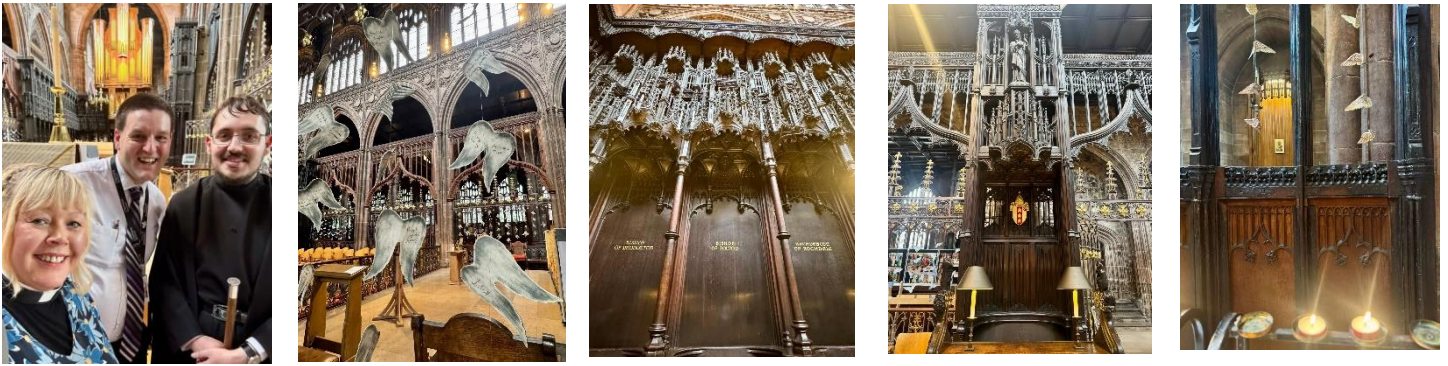
I made a pilgrimage to Manchester Cathedral for the 1.10pm Eucharist today to give thanks for 15 years as a priest. I didn't walk there today- but I intend to as part of this pilgrimage. I did walk around Manchester and Salford though afterwards.

Giving thanks for the privilege to serve in the Church of God as a priest. Giving thanks for all those who have supported me in the discernment process and in the years of ordained ministry since. And giving thanks for the Church Communities I have served- St Anne's Royton, St Matthew and St Luke, Chadderton, St Mark's Heyside and St John the Evangelist, Hurst.



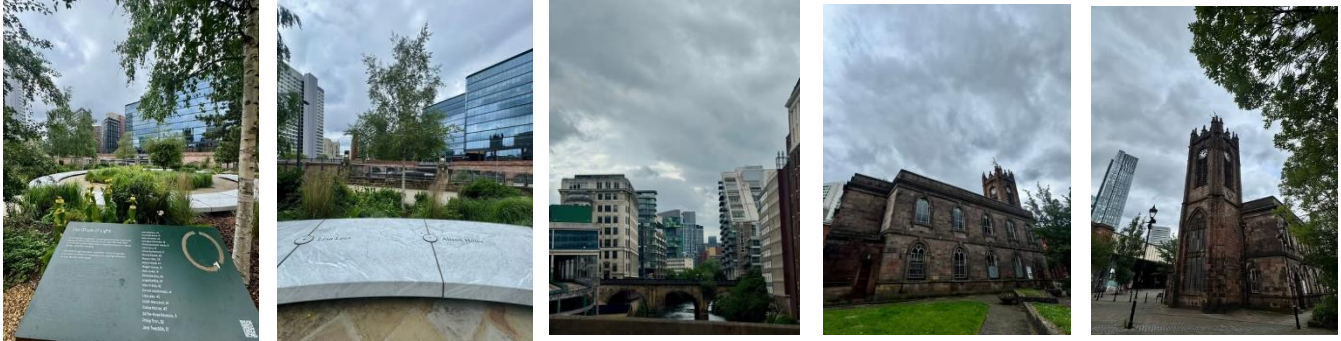
Praying for and giving thanks for the Dean and Chapter of the Cathedral, the vergers and Cathedral staff. Good to see the newly minted verger Nathanael with Gareth today. Prayers for the whole Cathedral community.

Praying too for Bishop David, Bishop Mark and Bishop Chris and Archdeacon Karen, Archdeacon Rachel and Archdeacon Karen.



Walking around the Glade of Light, created as a memorial garden to the those who lost their lives in the Manchester Arena bombing on 22 May 2017. The plaque explains, "It's a place to reflect, to remember and a lasting testament to love. We will never forget."

Remembering especially and holding in prayer, Alison Howe and Lisa Lees, from our community and church family at St Anne's, and their families and friends who will always love and miss them. Walked over to Sacred Trinity, Salford, praying for the mission and ministry of this church and for the Revd Canon Andy Salmon, the Rector. 6 miles walked today and still on the way to Stanbrook Abbey.



Wonderful to see so many people at Oldham Parish Church this evening for The Archdeacon's Visitation from St Matthew's and St Anne's to make their commitment as Deputy Warden, PCC members and Sidespeople and to support Maggs and Helen from St Matthew's and Babs from St Anne's as they made a commitment to another year in the office of Churchwarden. Syliva, from St Anne's made her commitment at the service held at Rochdale Parish Church. Huge thanks to Helen and Maggs and Sylvia and Babs and other officers for all they have done this last year and for their willingness to serve once more. Prayers for all who have stood for office and continue to serve in a variety of ways.



## Day twenty 19<sup>th</sup> June

3.5 miles

A warmer start to the day today.

Reflecting on some words from scripture that came up at the Conference earlier in the week.

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light." Matt 11:28-30.

Prayers for all carrying heavy burdens and those in need of rest -physically and spiritually.



Praying for pupils and staff at Royton Hall Primary school.

Walking through the park, giving thanks for places of rest and recreation. The flowers looked and smelt beautiful in the early morning air.



Walking back through Royton past the Health and Wellbeing Centre. Praying for all those waiting for test results and treatment.

Walking past the town hall- praying for the local councillors.

Still on spiritually on the way to Stanbrook Abbey. Another 3.5 miles walked this morning.



## *Day twenty one 20<sup>th</sup> June*

## *2.5 miles*

Blessed are you, Sovereign God, creator of all,  
to you be glory and praise for ever.

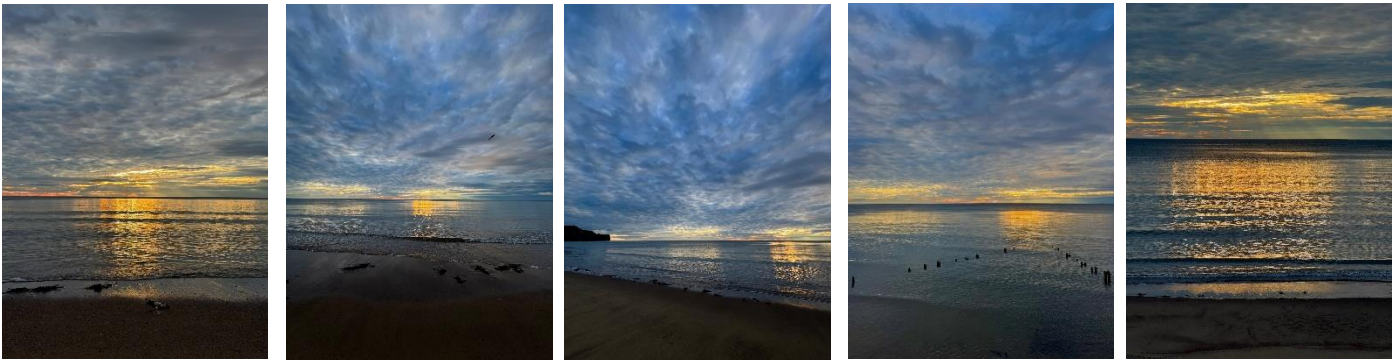
You founded the earth in the beginning  
and the heavens are the work of your hands.

In the fullness of time you made us in your image,  
and in these last days you have spoken to us  
in your Son Jesus Christ, the Word made flesh.

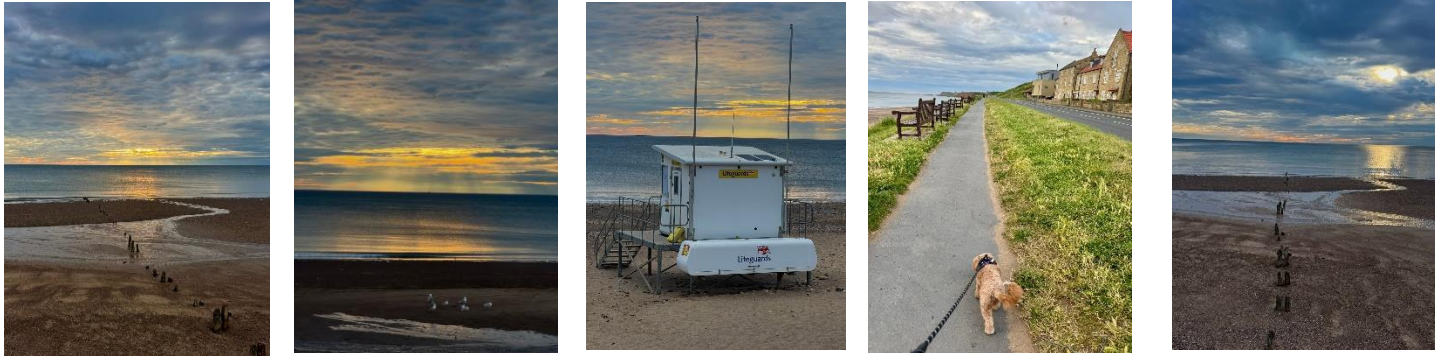
As we rejoice in the gift of your presence among us  
let the light of your love always shine in our hearts,  
your Spirit ever renew our lives and your praises ever be on our lips.

Blessed be God, Father, Son and Holy Spirit. Blessed be God for ever. Amen.

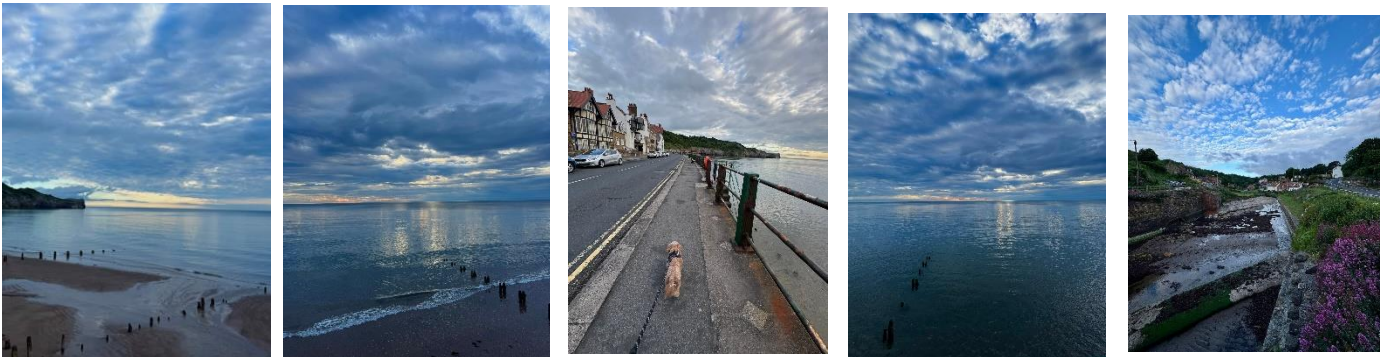
(From the Acclamation of Christ at the dawning of the day. )



Remembering a funeral I conducted for a lady who had been born in Whitby but had lived in Royton most of her life and always supported the work of the RNLI. Praying for the work of the RNLI and the volunteers and supporters.



Blessed are you, creator of all, to you be praise and glory for ever.  
 As your dawn renews the face of the earth bringing light and life to all creation,  
 may we rejoice in this day you have made; as we wake refreshed from the depths of sleep,  
 open our eyes to behold your presence and strengthen our hands to do your will,  
 that the world may rejoice and give you praise.  
 Blessed be God, Father, Son and Holy Spirit. Blessed be God for ever.



Walking back and I see the grey heron I had seen earlier at the front door of where we are staying. It was majestic. I spent some time standing still and watching.  
 The poem Leisure by William Henry Davies came to mind. Thankful for this time away.

**Leisure**

What is this life if, full of care,  
 We have no time to stand and stare.  
 No time to stand beneath the boughs  
 And stare as long as sheep or cows.  
 No time to see, when woods we pass,  
 Where squirrels hide their nuts in grass.  
 No time to see, in broad daylight,  
 Streams full of stars, like skies at night.

No time to turn at Beauty's glance,  
And watch her feet, how they can dance.  
No time to wait till her mouth can  
Enrich that smile her eyes began.  
A poor life this if, full of care,  
We have no time to stand and stare

Do you make time to stand and stare?



This morning I walked 2.5 miles meaning I reached Stanbrook Abbey at Wass. Below is a prayer written by the great great great granddaughter of St Thomas More, Dame Gertrude More and the chief founder of the original Abbey in Worcestershire. Spiritually now on the way to Ampleforth Abbey.

Lord Jesus Christ,  
You are the Way to the Father, the Truth about existence and the Life of the world.  
We pray that you will draw many  
to follow your Way of love,  
to seek the Truth  
which sets free  
and to give their Life  
to the service of God and neighbour  
for the sake of your name. Amen.



The Stanbrook Abbey community, now at Wass traces its roots back to seventeenth-century Flanders where it was founded by nine young English women (including a clutch from Yorkshire) in exile. Imprisoned during the French Revolution, a small band of survivors returned to England in 1795, settling in 1838 at Callow End, Worcester. Another 170 years brought the move to North Yorkshire, with the sisters moving to Wass in 2009.

Stanbrook is celebrated for its traditions of [Gregorian chant](#), devotional literature and fine printing. The Stanbrook Abbey Hymnal is used by many people in the Church.

The Sisters are having a guest house built so they can offer residential retreats in the future. They also rent out some holiday lodges which are set in the Abbey grounds. WASS is in the North Yorkshire Moors National Park so there are many beautiful places to see round and about. You can find out more [here](#).



Stanbrook Abbey was built to be as sustainable as possible. The Sisters say, “As Christians, we believe that God gave human beings stewardship over creation (Genesis 1:26). As Benedictines, we try to treat everything with the same reverence as is shown to sacred altar vessels (see The Rule of St Benedict 31:10). If this holds good for things within the monastery, it extends also to God's creation whose wonders we praise daily in the words of the Book of Psalms. So our rationale for being 'green' springs from our faith and our life as Benedictines.” You can hear from the Sisters [here](#) in a video how they are achieving this. There is another 5 minute video [here](#) from when the monastery was first built when they allowed people in to see the building. They are inspirational! Here is the website for [Stanbrook Abbey](#).



At the end of the third week since Trinity Sunday, I have walked 96 miles and have another 229 miles to go! My walking on Sunday 22<sup>nd</sup> June will hopefully get me over the 100 miles! My next stop is at Ampleforth Abbey which is 4.4 miles away.

It can be inspiring to have a vision of where we are heading. Here is a picture of Cuthbert's Island just off Lindisfarne.

Please do continue to join us on this pilgrimage of the heart to Lindisfarne and use these newsletters as food for prayer.

Looking forward to the next part of our pilgrimage.

With love and prayers Revd Liz

