

*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 4*

## *week 3*

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 included walks in Derbyshire as I was on the Manchester Diocese Conference Monday to Wednesday at Swanwick and then on Friday I arrived in Sandsend for the week on Annual Leave with my family, so my walks have looked quite different than usual.

! We have been praying for the communities we visit, those being baptised, married and giving thanks for marriage, those taking school exams the Diocese of Manchester and those preparing for ordination amongst other things. At the end of Week 3 I had walked 96 miles and arrived spiritually at Bishopthorpe, York Minster and Stanbrook Abbey at Wass.

## *week 4*

This week has been spent on the North Yorkshire coast, walking to some of the places that we will reach later on our Walk with the Northern Saints Pilgrimage to Lindisfarne. Places such as Whitby, St Hilda's Priory, St Mary the Virgin Whitby, Whitby Abbey, St Mary's Sandsend, Runswick Bay, Staithes and Saltburn – on – Sea. Spiritually we visited Ampleforth Abbey, St Mary's Lastingham and All Saints Helmsley. For me personally, this week has been one of many blessings, not least spending time with all my family but also spending time by the sea – a place where I find a deep spiritual connection and feel especially close with God and aware of his presence.

## *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 prayers

Revd Liz

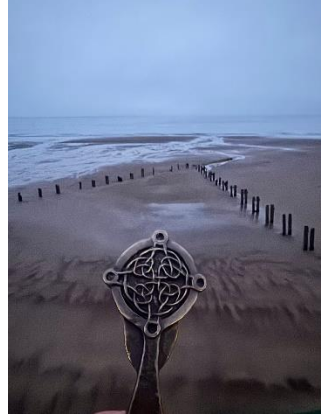
# northern saints pilgrimage

Depart	Arrive	Miles	Total
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	Bishopthorpe	11	<b>70.1</b>
Bishopthorpe	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>
<b>ST HILD'S WAY from Whitby</b>	<b>To Hartlepool</b>		
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	Staithes	4	<b>167.9</b>
Staithes	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>

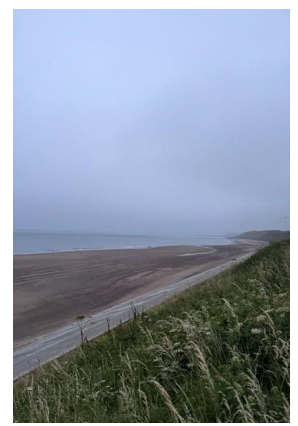
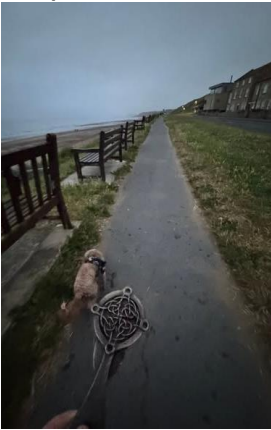
# Day twenty two 21<sup>st</sup> June trinity 3 4 miles

Setting out early to watch the sunrise on the longest day of the year. There is a heavy sea fret and a bank of cloud, A wild sauna on the beach is ready for the solstice wild swimmers.

Praying for the church families at St Matthew & St Luke and St Anne and for Revd Roger Reece as he prepares to lead worship at both churches in my absence.



Physically walking towards the border with Whitby, spiritually on the way to Ampleforth Abbey. Praying for the sisters at Stanbrook Abbey where we arrived yesterday and for the brothers at Ampleforth where we are headed. Whitby Abbey was shrouded in the sea fret.



The wild water swimmers went into the sea at 4.26, the moment of sunrise. We didn't get to watch the sunrise from the beach or the water though because the cloud was too thick and low.

The swimmers were full of joy and expectation as they gathered together around a fire on the beach and posed for a pre-swim photo.

Is that how we approach our worship? Do we go to church full of expectation of meeting our risen Lord?



Winnie was excited to be let off her lead on the beach and zoomed around.  
 The mist was beginning to lift and you could see Whitby Abbey once more.  
 This was the view as I said Morning prayer.  
 On Lord open our lips  
 and our mouth shall proclaim your praise



Walking back from the beach I met two wild swimmers who had driven over from Pickering. They described how the mist had descended as they had dropped down into Sandsend. We both expressed how disappointed we had been not to have seen a wonderful sunrise, but then she said, well we tried, at least we were here, we can say we were here.  
 It was amazing to see so many people down at the beach on the longest day to watch and wait for the light, for the sun to rise.

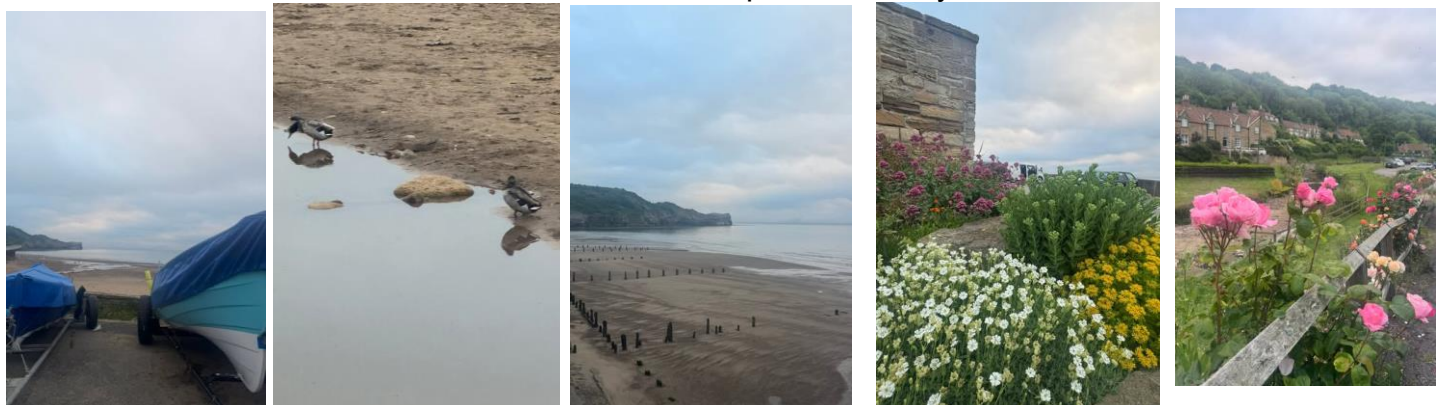
Longing for light, we wait in darkness  
 Longing for truth, we turn to You  
 Make us Your own, Your holy people  
 Light for the world to see

Christ, be our light  
 Shine in our hearts  
 Shine through the darkness  
 Christ, be our light  
 Shine in Your church gathered today

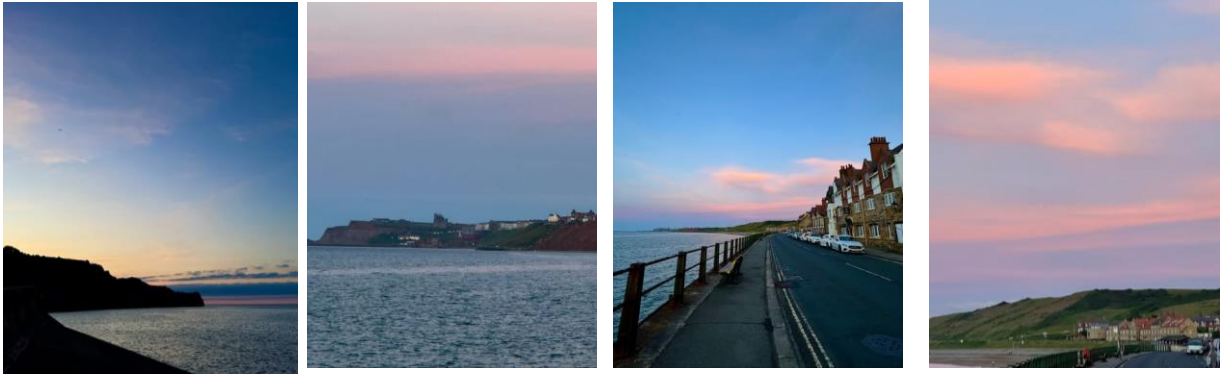
Bernadette Farrell

It might have been a grey sky but there was colour everywhere when it got light. We didn't get to see a sunrise but we still feel and see its effects.

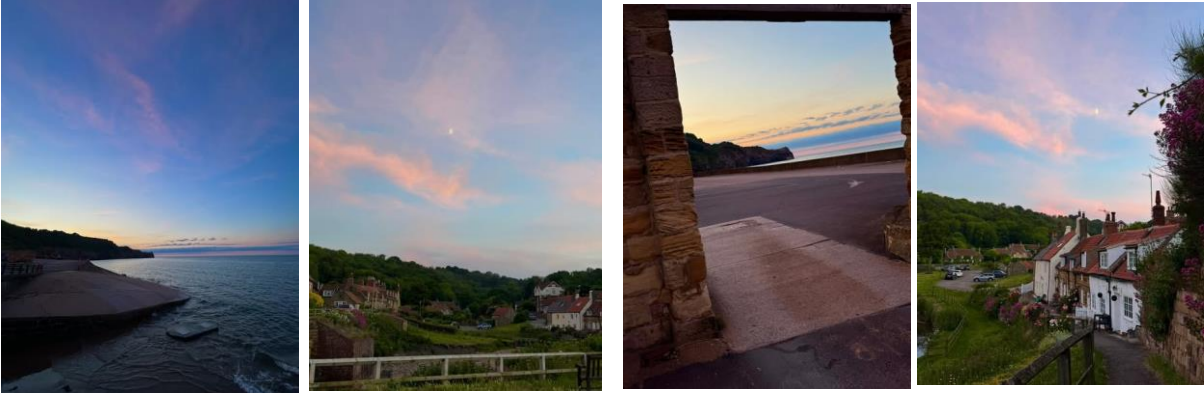
Another 3 miles walked. 1.4 miles until we reach Ampleforth Abbey.



A short walk down the sea to watch the sun set on the longest day.  
 The sea fret and lingered all day and finally was burnt off by early evening so there were beautiful colours at sunset. A time to give thanks for the many blessings of the day. Getting up to watch the sunrise and staying up to watch it set on the longest day meant I fell asleep before posting last night!



Abide with us, Lord Jesus, for the night is at hand and the day is now past.  
 1 mile walked tonight, meaning I've walked 100 miles so far. Just 0.4 miles left to walk to Ampleforth Abbey.



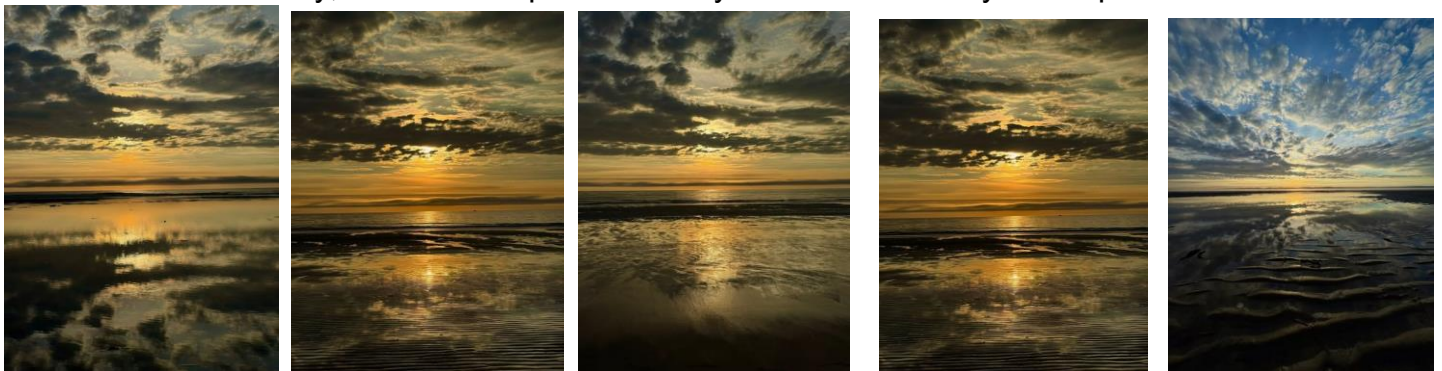
***Day twenty three 22<sup>nd</sup> June 3.2 miles***

The sun had already risen when I walked down to the beach this morning. Such a contrast to yesterday morning- changing colours and light.

"Colours of day, dawn into the mind, the sun has come up the night is behind"



Ripples and reflections in the sand. The refrain from the canticle at Morning Prayer -  
 All the earth, shout and sing for joy, for great in your midst is the Holy One.  
 Faced with such beauty, one can't help but feel they are surrounded by God's presence.



Walking under the cliffs, looking out for ammonites. There are several niches in the cliffs that could be places of shelter. Reminded of Elijah sheltering in the cave and encountering God not in the wind, earthquake or the fire but in the still small voice. Where do you find it easier to listen to God's still small voice?



Morning prayer on the beach.

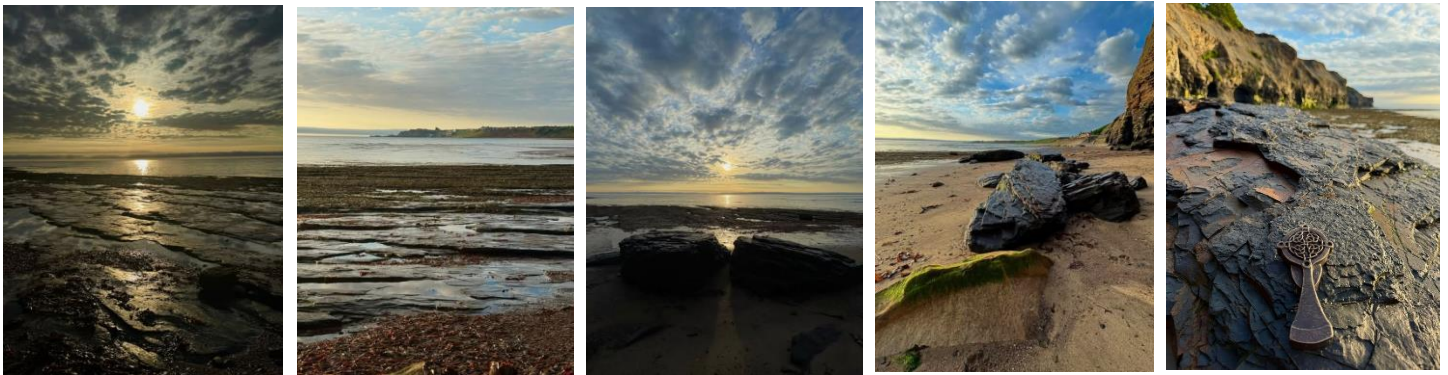
Blessed are you, Sovereign God, creator of all, to you be glory and praise for ever.

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.

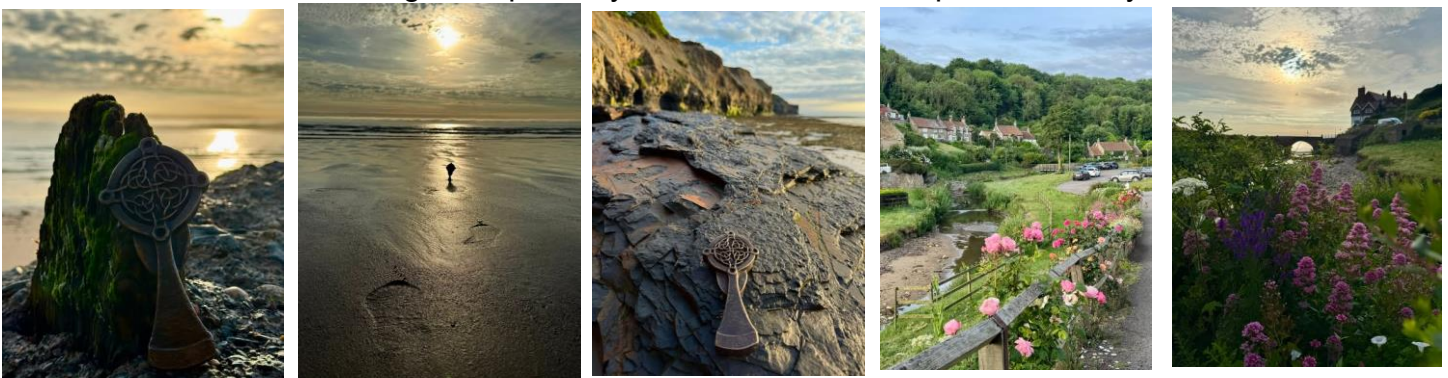
Blessed be God, Father, Son and Holy Spirit. Blessed be God for ever. Amen.



Pilgrim footsteps in the sand walking in the way of the cross. It is powerful to think that when we embark on a pilgrimage thousands have walked that way before, and will do in the future. We are a small part of a long line of people throughout history following in His way and in His light.

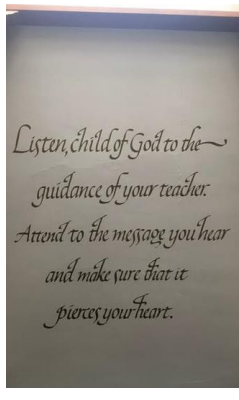
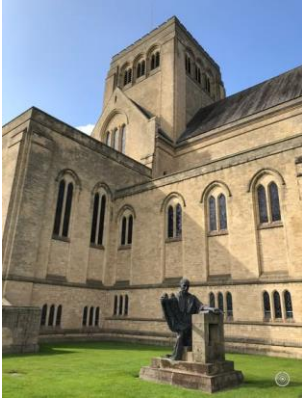
"Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight and the sin that clings so closely,[a] and let us run with perseverance the race that is set before us" Hebrews 12:1.

1.5 miles walked this morning and spiritually we have reached Ampleforth Abbey.



Yesterday we arrived at Ampleforth Abbey, home to a community of monks who seek God according to the rule of St Benedict. Praying for the community at Ampleforth and for the staff and pupils of Ampleforth College.

We are now on our way to St Mary's Lastingham.



Founded in 1802, Ampleforth Abbey is home to a community of more than 55 monks who seek God according to the Gospel and the Rule of St Benedict.

## The Work of the Monastery

### ***“A School of the Lord’s Service”*—THE RULE OF ST BENEDICT**

**1 Education** is one of the monastic works that we undertake at Ampleforth and is focussed on two institutions: Ampleforth College and St Benet's Hall, Oxford. When St Benedict instructed his followers to "establish a school for the Lord's service," he meant the monastery. The Monks at Ampleforth have long considered the running of the College and St Benet's Hall to be a natural extension of that wish.

#### **Ampleforth College**

Ampleforth College was founded in 1803 and is today the country's leading Catholic Benedictine independent school. It is fully co-educational with around 600 students between the ages of 11 and 18. A number of the monks work in the school as chaplains and teachers.

#### **St Benet's Hall, Oxford**

St Benet's Hall is a Benedictine community at the heart of Oxford that was founded in 1897 so that Ampleforth monks could take degrees at the University. Today, it is cared for by a small group of our monks working with the Master of St Benet's Hall and both monastic and lay students are awarded degrees in theology and a range of humanities subjects.

### ***“Nothing is to be preferred to the Work of God”*—THE RULE OF ST BENEDICT 43**

**2 Parishes and Partnerships** Ampleforth Monks serve 8 parishes across England and in the Monastery of the Word in Zimbabwe.

***“All guests who present themselves are to be welcomed as Christ, for he himself will say: ‘I was a stranger and you welcomed me’”***

**- THE RULE OF ST BENEDICT 53**

**3 Hospitality** is important to Benedictine Communities. The Rule of St Benedict says that monasteries are "never without guests" and "all guests who present themselves are to be welcomed as Christ." The Benedictine tradition of hospitality is at the heart of every community and continues at Ampleforth today as one of the major works of the monastic community there.

## Monastic Vows

*Before the whole community in the oratory he promises stability, conversatio morum, and obedience*

- THE RULE OF ST BENEDICT 58

**Obedience** is a key virtue, for a monk as for any Christian. The monks embrace the vow of obedience so that they can become like Christ, who came not to do his own will but the will of the Father who sent him.

The vow of **stability** is a characteristically monastic vow. Unlike some other religious, Benedictine monks generally do not join an Order; rather, they join a particular community. By their vow of stability, they promise to remain in the community they join for the rest of their lives.

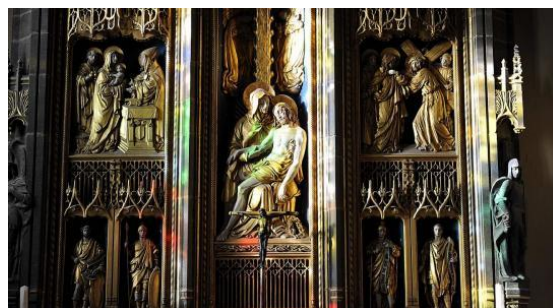
**Conversatio morum** is a Latin expression, which is difficult to translate, but it really means something like 'fidelity to monastic life.' By this vow, monks promise to observe all that monastic tradition has shown leads to God. This includes a commitment to celibate chastity, individual poverty and communal simplicity of life.



### A day in the life of a monk...

St Benedict wrote that a monk should prefer nothing to the work of God - the Divine Office or Liturgy of the Hours. The monastic day is therefore built around set times of prayer, although there are also periods of work and recreation as well as mealtimes. The day begins at 5.40am when the rising bell sounds and the monks then gather in the Abbey Church for the first prayers of the day, Matins, at 6.00am. This is followed by a period of quiet prayer before Lauds (Morning Prayer) at 7.30am and then breakfast.

The rest of the morning is dedicated to work, apart from a short coffee break. Mass is celebrated in the Abbey Church at 12.45pm. Lunch follows with Midday Prayer taking place at 2.15pm. The rest of the afternoon is devoted to manual labour or other work. A period of work and spiritual reading follows in the early evening before the celebration of Vespers at 6.00pm. This is followed by half-an-hour of lectio divina, with supper at 7.00pm. Compline, or Night Prayer, is at 8.15pm. After Night Prayer the Summum Silentium, the Great Silence, begins and is observed throughout the monastery until Morning Prayer.



## Lectio Divina - “Sacred Reading”

At least half an hour of the daily monastic timetable is devoted to lectio divina. Lectio divina (or ‘sacred reading’) is a practice which originated among those who listened to and pondered upon the Sacred Scriptures. St Benedict devoted a significant part of the monastic day to this form of contact with the Word of God in his Rule. His disciples were encouraged to become ‘listeners’ and especially to God’s Word, and to learn it by heart. This was more than rote learning, for he wanted them to fall in love with the Word, and ‘ponder it in their hearts’. The Desert Fathers and Mothers considered the Word less impenetrable than the hearts of its listeners, yet the main purpose of the Word was to live in the heart and transform the lives of disciples.

Although lectio divina has been considered more an attitude to the Scriptures than a method of reading, the Prior of the Grande Chartreuse, Guigo II, developed lectio during the 12th Century, into a method with four ‘movements’.

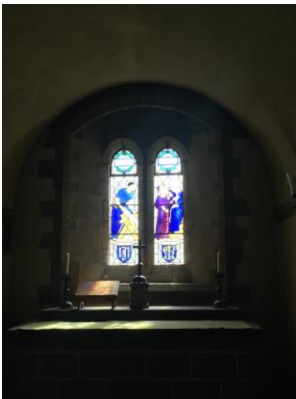
These were: reading (**lectio**), which consists in choosing a passage of Scripture, regarding its ‘Sense’ or meaning, reading the passage slowly, even several times or out-loud, and moving on to the second stage.

This is ruminating on the text (**meditatio**), which involves chewing the Word to extract its flavours, and allowing the Word to move from the ‘head’ to the ‘heart’. This can be the longest part of the process.

Once the heart is penetrated, we move on to the third stage: prayer (**oratio**), which ideally springs from the heart. Whatever emotion has been enlivened, it can characterise the prayer, which may be prayer ‘with tears’ or praise or thanks or the silent prayer of being with God.

However, we cannot engineer the final ‘movement’ which is contemplation (**contemplatio**) which is a pure gift of God, and may come to us in a great variety of ways.

A daily encounter with God’s Word in this way can be a means of ongoing formation, since we ‘hold’ the Scriptures in one hand, and the book of our experience in the other.



This week, prepare a place in your house to pray. Perhaps light a candle, place a cross before you, gaze upon a picture or icon. Take a short passage from the Bible and read it through slowly. As you read, listen for a word or phrase that stands out for you. Read the passage again, a little more slowly – ideally out loud. Again listen out for a word or phrase that seems to speak to you. Read the passage a final time and notice if a word or phrase seems to jump out at you.

Now spend some time with that word or phrase. Pray with it – roll it around in your heart and mind and stay with it. Ruminating, meditate on the word – it is like taking a first bite of a tantalizing food we have been looking forward to all day. Chew it slowly, tasting its taste and texture. Relish it like sucking a boiled sweet – till you have got all the flavour out of it. Let God reveal its particular mystery to you. Allow the word or phrase to sink down into you.

Allow this written word of God to all people become the living word of God to you personally. Rest in your prayer with this word. Notice the feelings that the word creates in you.

Let the word of God enter into your everyday experience. Pray out of the mixture of your life experience and God’s word. Simply notice, in the next few minutes of silence what is happening inside you and receive it as a gift from God.

# Day twenty four 23<sup>RD</sup> June

9.3 miles

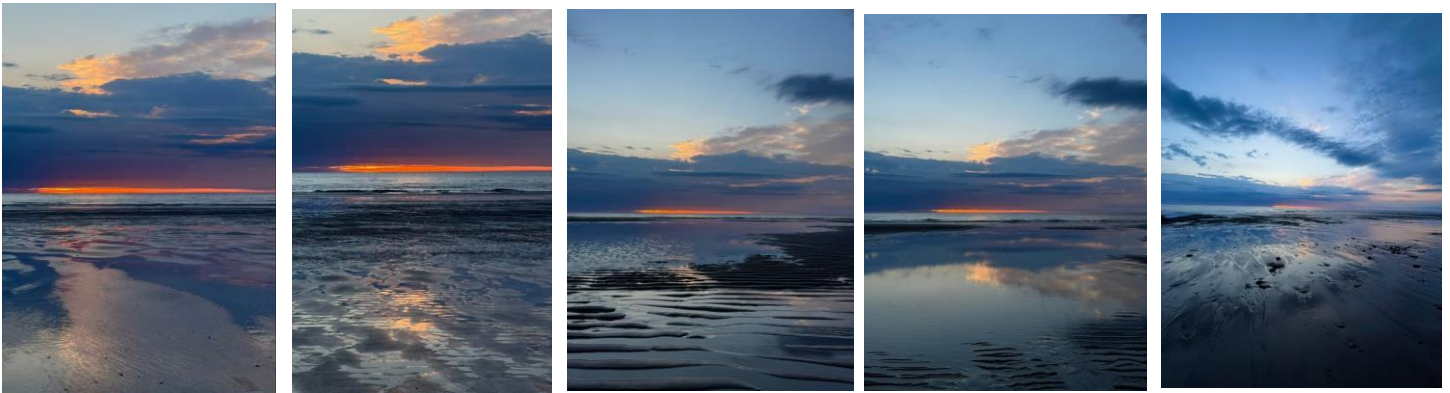
1.7 miles walked as I prayed compline.

Be present, O merciful God, and protect us through the silent hours of this night, so that we who are wearied by the changes and chances of this fleeting world, may rest upon your eternal changelessness; through Jesus Christ our Lord. Amen.



10 minutes after sunrise this morning there was a band of red just above the horizon on top of which sat a band of thick dark cloud.

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.



With the bank of dark cloud I wasn't expecting there to be much more colour in the sky this morning but the light managed to break through in a spectacular way.

"Hope is being able to see that there is light, despite all the darkness." Archbishop Desmond Tutu.



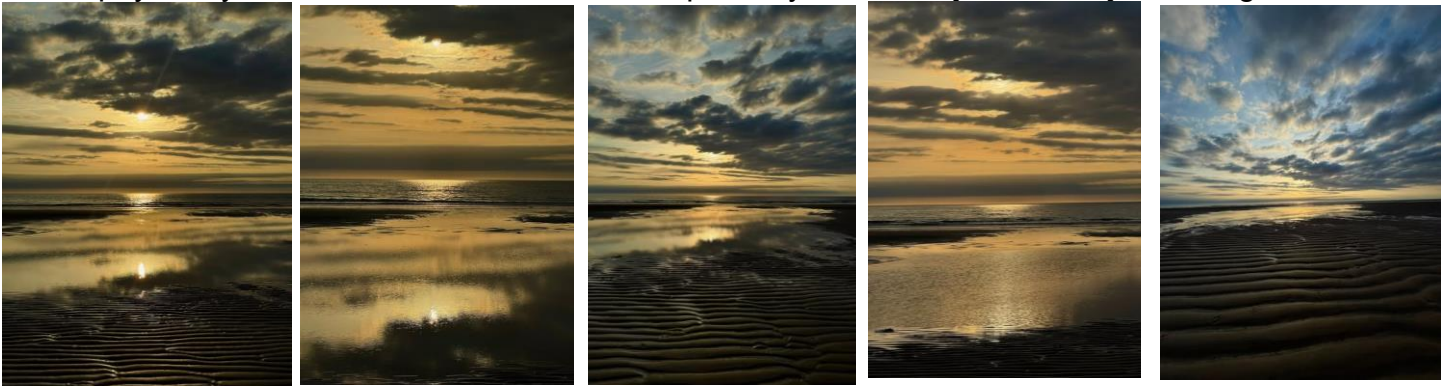
I had started to walk back thinking the best of the morning's "light show" was done. I turned around and something about how the light had changed made me walk back along the front to watch and wait some more.

"My soul waits for the Lord more than those who watch for the morning, more than those who watch for the morning." Psalm 130:6



The act of walking each day and actively watching, waiting and listening has helped me to find stillness within my self each day.

“You have made us for yourself, O Lord, and our heart is restless until it rests in you.” St Augustine  
I have physically walked another 1.7 miles and spiritually on the way to St Mary's Lastingham.



In the Spring of 2020 a new pilgrimage route, The Way of St Hild was launched, which ran from Hartlepool to Whitby along the coast. There will be more about this when we arrive spiritually at Whitby. Today I set off physically on the last part of that pilgrimage- St Mary's Sandsend to St Mary the Virgin Whitby and Whitby Abbey.

St Hilda's Collect prayer talks about Hilda shining like a jewel in the land. The sea today sparkled like lots of small diamonds. Looking out over the sea I can see my destination- Whitby Abbey.



When we arrive in Whitby spiritually on this pilgrimage, we will first visit the Sisters of the Order of the Holy Paraclete. Praying Sr Jocelyn, the Prioress of the Order and the community and for their mission and ministry.



Walking along the West Cliff at Whitby and following some of the heritage trail and learning about Skipper Dora, born in 1890, the first female fishing boat skipper on the North East Coast. Giving thanks for all pioneering women, who often face great risk, opposition and persecution, who have made it possible for others to follow.



Looking out over the mouth of the harbour and walking by the famous Whitby Whalebone Arch before walking down to the harbour a way I hadn't walked before, going through a small tunnel. The view expanding as you walked through. Praying that I might always try to see the bigger picture, and not limit what might be possible.



Walking by the harbour and over the swing bridge through the town and up the 199 steps to St Mary's Church and Whitby Abbey.

As I have got older I have developed a fear of heights, and I was torn between wanting to stop on the steps to take in the magnificent view and capture it with a photo and just clinging on to the hand rail for dear life! Praying for those who have to face their fears daily, and those whose lives are affected by phobias in a limiting way. "Do not be afraid..." is a constant refrain throughout the scriptures.

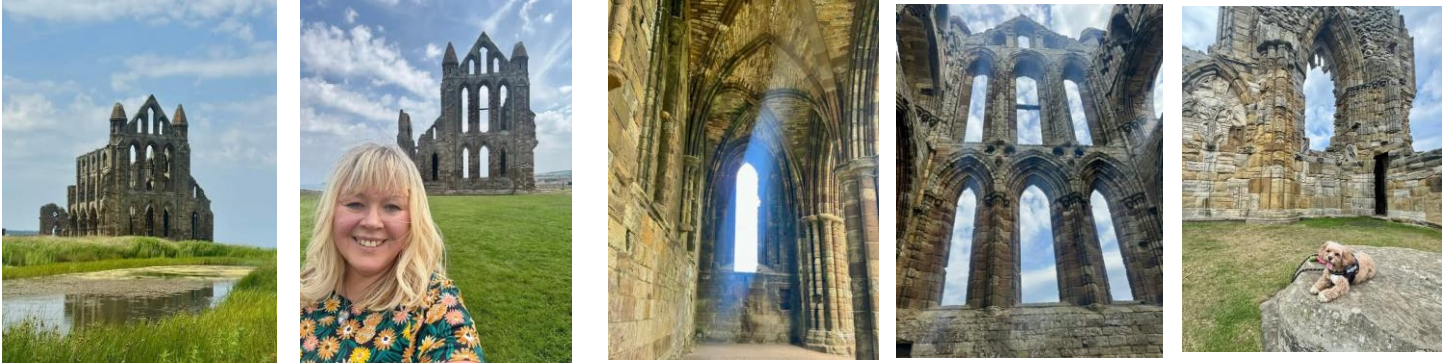


Arriving at St Mary the Virgin, Whitby when yih walk up the 199 steps you are greeted by Caedmon's Cross, which was erected in 1898 to commemorate the 7th Century Anglo Saxon poet by name. He was the first named English poet. More about the cross and the church when we arrive spiritually in a few miles time! Praying for Fr Michael Gobbett and Fr Paul Burnett and the church family at St Mary's Whitby and their ministry to the local area and the many visitors.



A short walk from St Mary's Church to Whitby Abbey. More about the Abbey and St Hilda when we arrive at Whitby Abbey on our pilgrimage of the heart, spiritually.

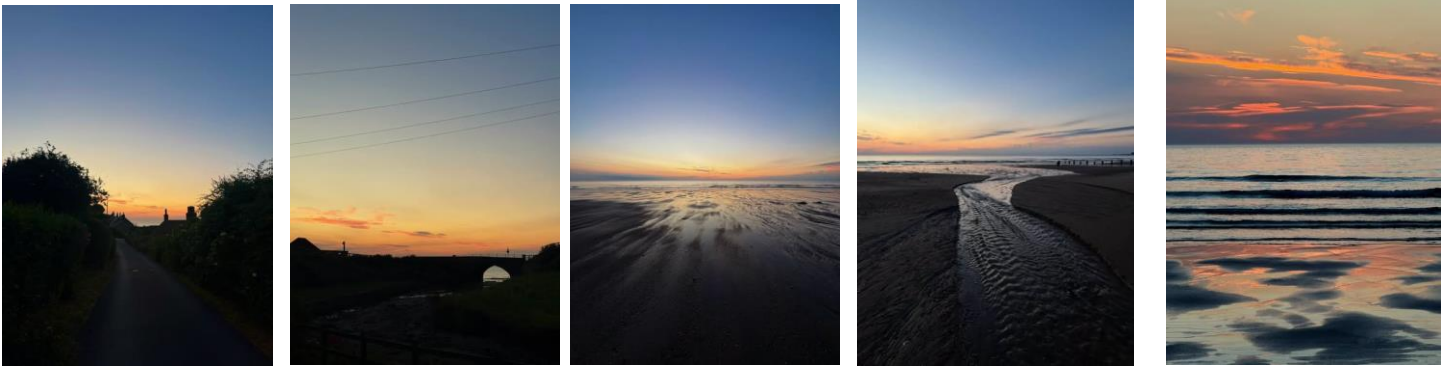
Giving thanks for the life and inspiration of St Hilda. It has been good to walk some of this way in Hilda's footsteps. Praying for the work of English Heritage. Another 6.6 miles walked from Sandsend to Whitby Abbey and walking and praying around the Abbey.



The grey crane was fishing for his supper last night and I watched his slow, careful movement through the water, completely aware of his surroundings. Lord, help me be more aware of those around me and of your presence with me. Just 1 mile walked, but 112.3 miles walked in total and still on our way to St Mary's Lastingham.



Waiting for the sunrise. "My voice shalt thou hear in the morning, O Lord; in the morning will I direct my prayer unto thee, and will look up." Psalm 5:3



# Day twenty five 24<sup>th</sup> June

4.9 miles

I watch the sunrise, Lighting the sky, Casting its shadows near,  
And on this morning Bright though it be, I feel those shadows, Near me,  
But you are always close to me, Following all my ways,  
May I be always close to you, Following all your ways, Lord.  
Following all my ways, May I be always close to you, Following all your ways, Lord



The thick dark cloud meant the sea was almost split in two- one side dark and the other bright and light. Today the Church celebrates St John the Baptist. "He must increase, but I must decrease." John 3:30.

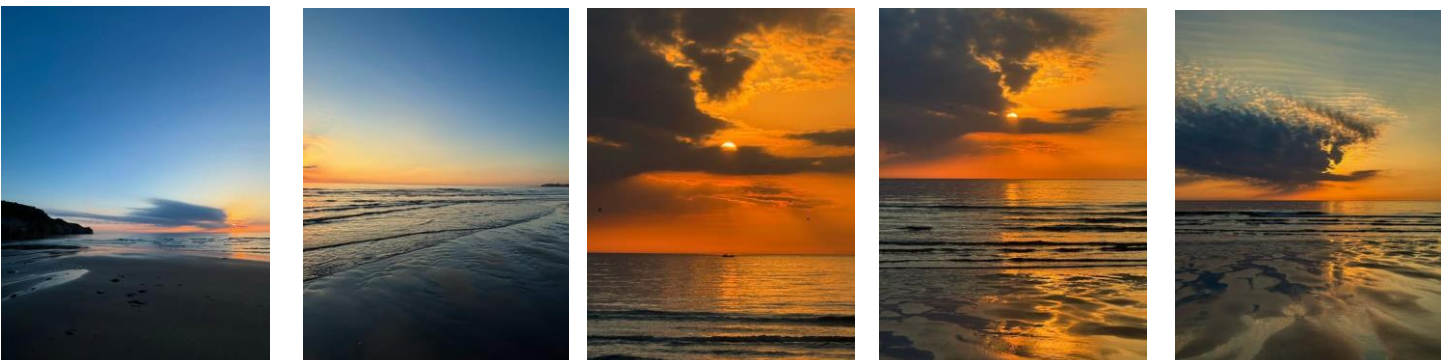
We celebrate John just a few days after the summer solstice, (the longest day of the year) after which the amount of daylight in the Northern hemisphere gradually decreases. The Nativity of Jesus is celebrated right after the Winter solstice (the shortest day of the year) and from that day forward the amount of light each day in the Northern hemisphere gradually increases.

Early Church fathers, such as Saint Bede noted that this alignment is not a coincidence but a cosmic reflection of scripture. John the Baptist was the forerunner sent to "testify to the light" (Jesus) rather than be the light himself.



A hymn for John the Baptist based on a work by The Venerable Bede.

Hail, harbinger of morn: thou that art this day born, and heraldest the Word with clarion voice!  
Ye faithful ones, in him behold the dawning dim of the bright day, and let your hearts rejoice.  
'Lo, to prepare thy way,' did God the Father say, 'before thy face my Messenger I send,  
thy coming to forerun; as on the orient sun doth the bright Daystar morn by morn attend.'



One of Malcolm Guite's Sonnets is for John the Baptist.

<https://malcolmguite.wordpress.com/tag/john-the-baptist/>

### St John the Baptist: 1 St John's Eve

Midsummer night, and bonfires on the hill  
Burn for the man who makes way for the Light:

'He must increase and I diminish still,  
Until his sun illuminates my night.'

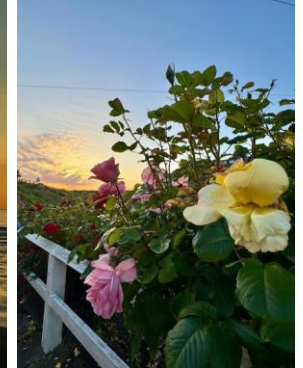
So John the Baptist pioneers our path,  
Unfolds the essence of the life of prayer,  
Unlatches the last doorway into faith,  
And makes one inner space an everywhere.

Least of the new and greatest of the old,  
Orpheus on the threshold with his lyre,  
He sets himself aside, and cries "Behold  
The One who stands amongst you comes with fire!"

So keep his fires burning through this night,  
Beacons and gateways for the child of light.

1.1 Miles walked.

A walk around Staithes- a place we will visit as part of the  
Way of St Hild, later in our spiritual pilgrimage.  
A beautiful midsummer sky. Giving thanks for the beauty of  
this place. Praying for those for whom I know this is a  
special place filled with precious memories.



Praying for all those who live in this place and those whose livelihoods depends on fishing and  
tourism.



I had the joy of joining the Sisters of the Order of the Holy Paraclete at St Hilda's Priory for a  
Eucharist to celebrate the Feast of John the Baptist.

More about the Order of the Holy Paraclete and their beautiful Priory (and more pictures!) when we  
visit spiritually on this pilgrimage. Sr Jocelyn, the Prioress of the Order and Sr Linda welcomed me

and remembered following my previous virtual pilgrimage with St John's Hurst during lockdown. It was lovely to meet them in person!

Winnie, or Winefride Hilda, to give her, her full title, enjoyed visiting the grounds of St Hilda's Priory too!

Giving thanks for and praying for the Sisters here in the UK and in Africa in their mission and ministry.



## *the Birth of John the Baptist*

Almighty God,  
by whose providence your servant John the Baptist was wonderfully born,  
and sent to prepare the way of your Son our Saviour  
by the preaching of repentance:  
lead us to repent according to his preaching  
and, after his example, constantly to speak the truth,  
boldly to rebuke vice,  
and patiently to suffer for the truth's sake;  
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. Amen.

A walk before bed, meaning I walked a total of 4.9miles yesterday and we reached St Mary's Lastingham on our pilgrimage.

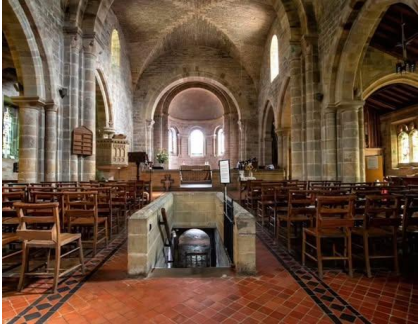
Founded by early saints, Lastingham has been a place of prayer, peace, hospitality and Christian mission for well over 1000 years. This beautiful ancient church of St Mary is particularly famous for its unique crypt, which was built on the site of the AD 654 monastery, and is where St Cedd is believed to be buried.

In AD 563, Columba set out from Ireland to found the monastery of Iona, off the coast of Scotland. Seventy years later, Bishop Aiden of Iona was appointed to bring Christianity to Northumbria. He established his See at Lindisfarne in 634, and set up a school there for Anglo-Saxon boys to be trained as priests and missionaries. Among the pupils at this school were four brothers: Cedd, Cynebil, Caelin and Chad. All four brothers eventually became bishops.

Cedd went from Lindisfarne with 3 other priests to the territory of the Middle Angles and then went with another priest to Essex. He was consecrated Bishop for the East Saxons and returned to Essex to continue his work where he built churches and two monasteries before returning to Northumbria on a visit. There is mention of Cedd and his brothers by the Venerable Bede in his 'History of the English Church and People, completed in 731 when Bede was a monk at Jarrow monastery. He writes about the founding of a monastery in Lastingham by St Cedd, who was later succeeded as Abbot by his brother Chad.

When Cedd had been bishop of the province and had administered the affairs of the monastery for many years through his chosen representatives, he happened to visit the monastery, after the Synod at Whitby during the time of plague (in 664), and there he fell ill and died. He was first buried in the

open, but in the course of time a stone church was built and his body was reinterred on the right side of the altar.



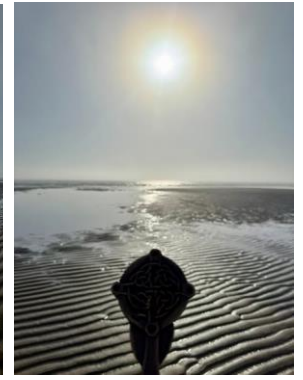
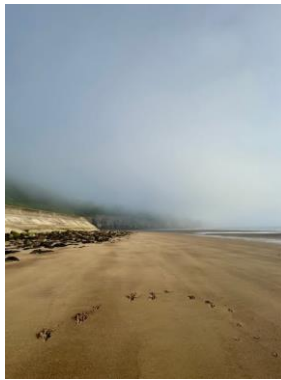
We are now heading to All Saints Helmsley, which is now 9.5 miles away.

## *Day twenty six 25<sup>th</sup> June*

## **8.8 miles**

A later start this morning- a lie in by recent standards. The sea fret was low and heavy again but the sun was incredibly bright through the mist.

“I have swept away your transgressions like a cloud and your sins like mist; return to me, for I have redeemed you” Isaiah 44:22

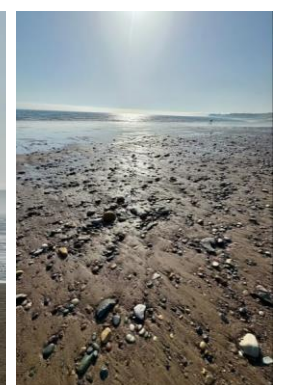


The tunnel framed the view of the valley beautifully. There was light and beauty at the end of this tunnel! Turning around 180 degrees and the sea feet still gave everything an ethereal quality.

From the Psalm at Morning Prayer

He led them with a cloud by day and all the night through with a blaze of fire. Psalm 78:14

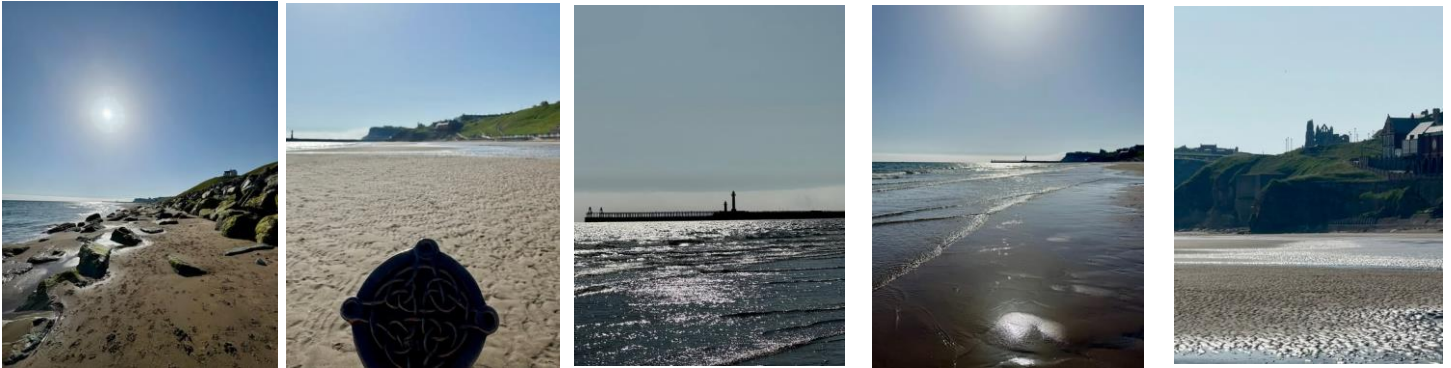
Lord may I always follow where you lead.



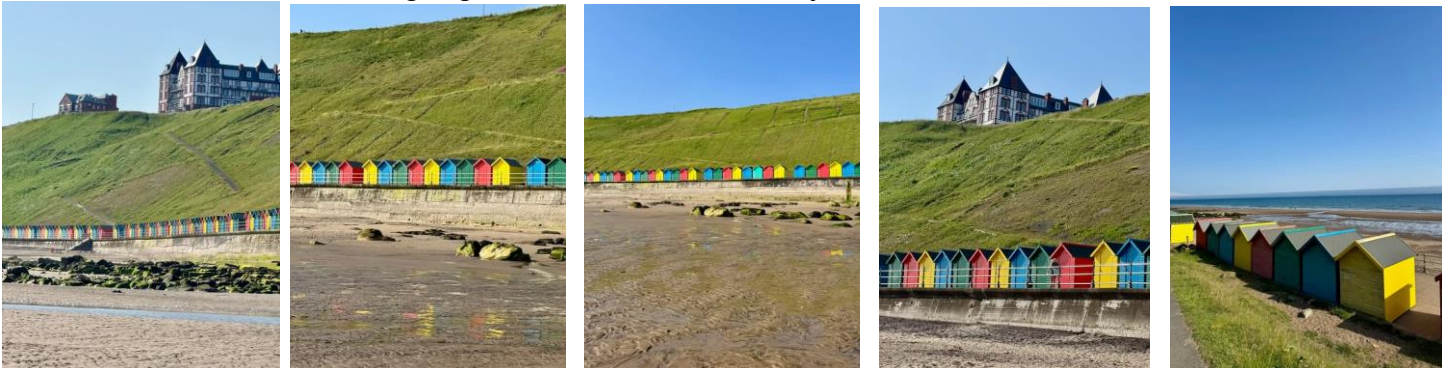
As I walked along the beach from Sandsend I realised I had walked further than planned and decided to carry on walking along the beach to Whitby's West cliff. A new, wonderful prayerful experience for me. A fossil hunter was hammering rocks to crack them open in the hope of fossils hidden within. "He split the hard rocks in the wilderness and gave them drink as from the great deep." Psalm 78:25 May the hammer of prayer open me to receive God's grace.



I have never seen Whitby pier or the Abbey from this perspective before. I'm glad I got lost in thought and prayer and continued walking on. The refrain from the psalm at morning prayer today was "O Lord, how glorious are your works." Looking at ten sparkling sea, sand and rocks, this is a prayer from the heart.



Again, I have only ever seen the beach huts from a boat at sea or from the promenade above. Good to see them as I walked around the cliff. They look so joyful. Places of shelter, places of rest and relaxation, places of fun. Where do you go to experience peace, rest and joy? 3.4 miles walked this morning. I got a lift back from Whitby to make it back in time for breakfast!



A breakfast that looks a bit like a Cuthbert's Cross!  
A visit to Saltburn-on-Sea, somewhere we will pass through later on our pilgrimage. My first visit. Good to see the place in such a beautiful day.  
Prayers for all those involved in the tourism and hospitality industries here, where weather could make a huge difference to their season.



Praying again for the work of the RNLI and the volunteer crews. More beach huts and a walk into the sea on the last surviving pleasure pier in Yorkshire. Feel refreshed and energised hearing, feeling and seeing the powers of the wind and waves.

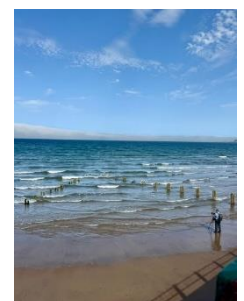
Eternal Father, strong to save, Whose arm does bind the restless wave,  
Who bids the mighty ocean deep Its own appointed limits keep;  
O hear us when we cry to Thee For those in peril on the sea.



The views from the town looking down to the beach are incredible, giving a broader perspective. The fossil garden and the viewing point were adorned with ammonites which are associated with St Hilda. Giving thanks for this time away.



Back to Sandsend and another walk along the beach and time to sit for a while and pray and reflect. It is important for us to make time to reflect otherwise we are in danger of having the experience but missing the meaning as TS Eliot describes in The Dry Salvages, the third of the Four Quartets. "We had the experience but missed the meaning, And approach to the meaning restores the experience In a different form."



Earlier I saw the heron again and have shared some pictures here, such serenity.

My last late evening walk and pray by the sea for a while.

Save us, O Lord, while waking,  
and guard us while sleeping,  
that awake we may watch with Christ  
and asleep may rest in peace.

Another 5.4 miles walked physically in Saltburn-on-Sea and Sandsend and only 0.7 miles until we reach Helmsley on our pilgrimage of the heart to Lindisfarne.



## Day twenty seven 26<sup>th</sup> June

5.5 miles

The sun had just risen when I walked down to the beach today. A friend reminded me of this poem by John O'Donohue.

The quiet loyalty of breath,  
The tent of thought where I shelter,  
Waves of desire I am shore to  
And all beauty drawn to the eye.  
May my mind come alive today  
To the invisible geography  
That invites me to new frontiers,  
To break the dead shell of yesterdays,  
To risk being disturbed and changed.

John O'Donohue

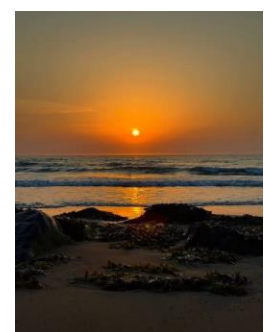
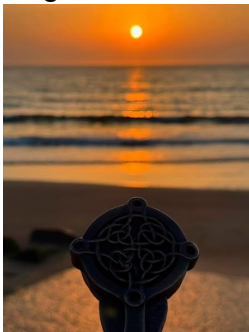
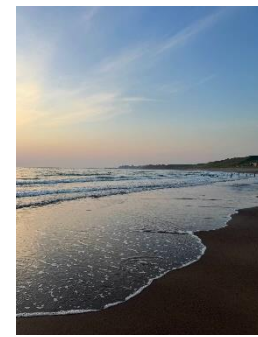
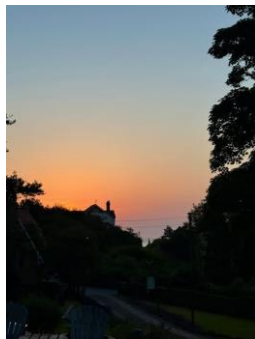
Excerpt from, 'A Morning Offering'

May I have the courage today  
To live the life that I would love,  
To postpone my dream no longer  
But do at last what I came here for  
And waste my heart on fear no more.

John O'Donohue

Excerpt from, 'A Morning Offering'

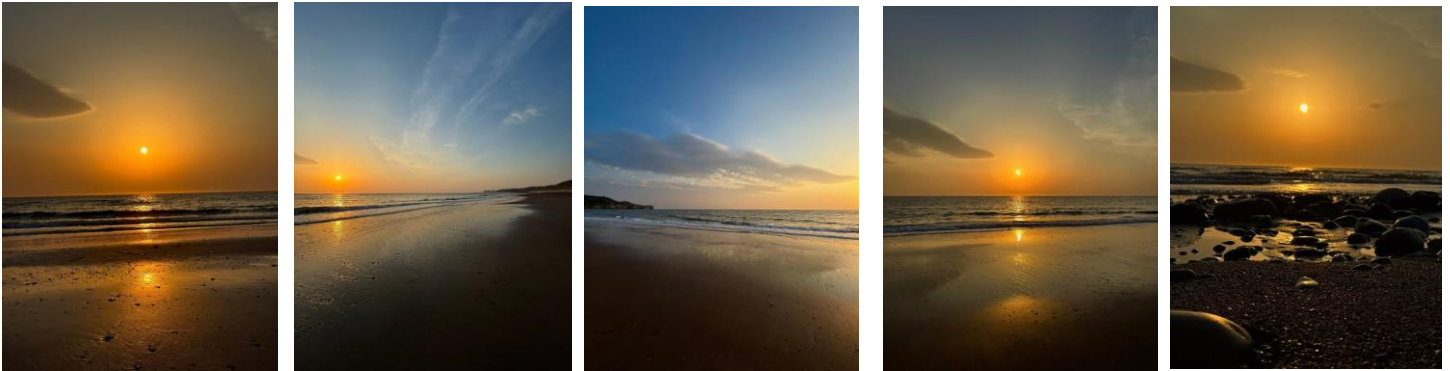
Praying for all those in The Diocese of Manchester to be ordained this weekend who have had the courage to respond to God's call. Praying for their retreat leaders The Revd Rosemary Lain-Priestly leading the Deacons and Canon David Wright leading the priests.



Praying for those to be ordained Priest by the Bishop of Middleton on Saturday 27 June 2026  
 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. Praying also for Alex Walker, curate at St Mark's Church, Chadderton  
 and St Gabriel's Church, Middleton Junction, who lives in St Matthew's parish to be ordained priest at  
 2pm on Sunday



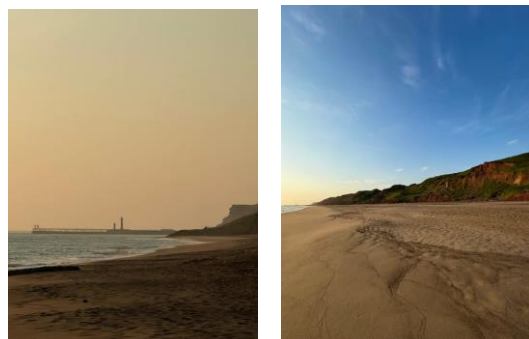
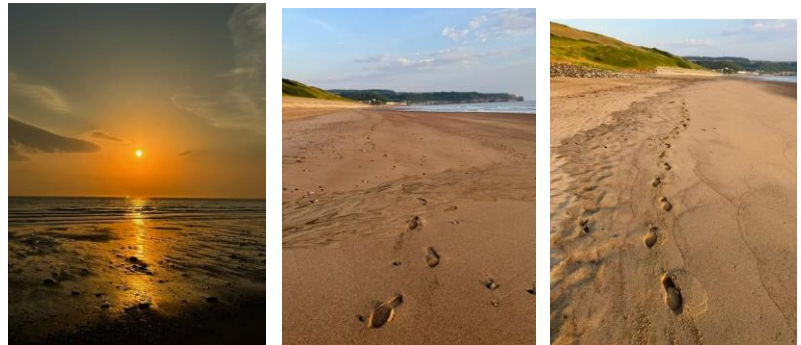
Praying for all those to be ordained Deacon by the Bishop of Manchester on Sunday 28 June 2026 at  
 10:30am and the parishes in which they will serve. Joseph Bright, Iona Christie, Paul Dent, Matthew  
 Dunne, Solomon John, John Mars, Victoria Mcquarrie, Alison Peacock, Andrew Stewart and Sue  
 Aveyard.



I have been waking early to catch the amazing sunrises over the sea, which brought to mind this  
 poem by Mary Oliver

### Why I Wake Early

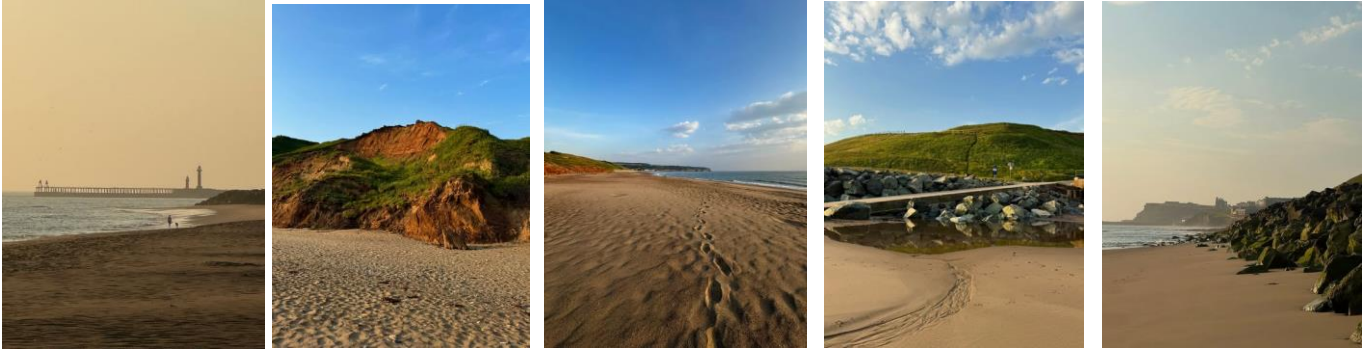
Hello, sun in my face.  
 Hello, you who make the morning  
 and spread it over the fields  
 and into the faces of the tulips  
 and the nodding morning glories,  
 and into the windows of, even, the  
 miserable and crotchety—  
 best preacher that ever was,  
 dear star, that just happens  
 to be where you are in the universe  
 to keep us from ever-darkness,  
 to ease us with warm touching,  
 to hold us in the great hands of light—  
 good morning, good morning, good morning.  
 Watch, now, how I start the day  
 in happiness, in kindness.



I hadn't intended to walk to Whitby again today - but I did!

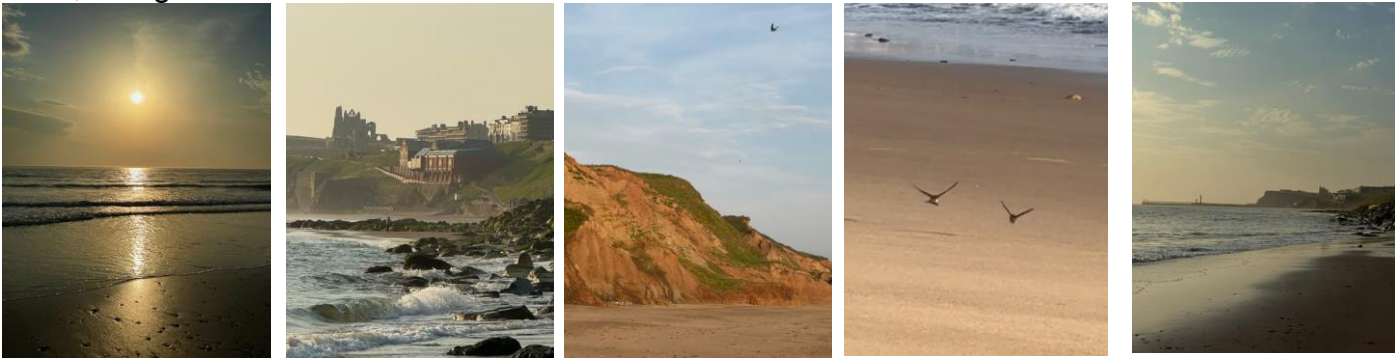
I took a picture from a distance of a dog walker with the pier behind. (First picture here) When our paths crossed I showed the picture to her and sent it to her!

Giving thanks for my faithful companion Winnie. Praying for all those, people or animals, who walk beside us each day.



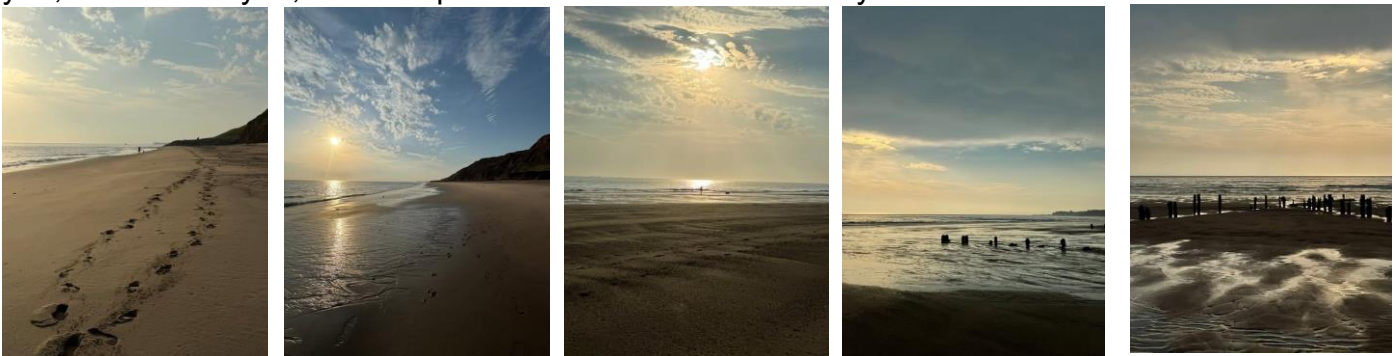
I wasn't able to walk round to the beach huts this morning as the tide hadn't gone out far enough. The waves crashed around the rocks in front of the Abbey, Reminding me of this Psalm.

"God is our refuge and strength, a very present help in trouble. Therefore we will not fear, though the earth should change, though the mountains shake in the heart of the sea; though its waters roar and foam, though the mountains tremble with its tumult" Psalm 46:1-3



Today I walked from Sandsend to Whitby and back to Sandsend along the sands.

So thankful for this with family and for these prayer walks in places of such beauty. I know I will return to these times and places in my prayer times in the future. When prayer is dry I often return to a time or place when I felt particularly close to God. Where is a place you might return to in prayer to remind you, to reassure you, of God's presence and closeness with you?



After such a beautiful walk in the sun this morning, literally one minute after I got back to where I was staying the heavens opened! Thankful I got back when I did!

After we had packed up A last prayer walk around Sandsend before returning home. Winnie joined me in contemplation.

I have walked 5.5 miles today and a total of 131.7 miles. We have reached All Saints Church Helmsley on our pilgrimage. Praying for The Revd Melanie Burnside and the congregation and the community they serve. The map below shows where we are up to on the map. 131.7 miles down and

193.3 miles to go! our next Pilgrim place we are visiting spiritually is St Hilda's Priory in Whitby which is 22.8 miles away!



A Christian church has existed in Helmsley since AD 200, according to the 19th century wall-paintings in the north aisle. Certainly there was one on this site by the time of the Norman Conquest. (There's a 10th century hog-back tombstone in the porch and an entry in the Domesday Book of 1086.)



The present building's splendid chancel arch, one of the largest in Yorkshire, dates from the 12th century (as does its counterpart over the entrance). Otherwise the handsome present day building is largely the result of major restoration in Victorian times, with the stained glass as well as the murals from this period too. Temple Moore (the architect at St Anne's Royton) and Scott Holland were the architects for the restoration. All this variety of history and interest makes Helmsley Church a very special place to visit and worship in.



The south chapel is dedicated to Columba, a missionary from Ireland who brought Christianity to much of northern England, where there are depictions of Northern Saints painted on the walls.

Other churches in the Benefice also have connections with Temple Moore. For more information see <https://www.achurchnearyou.com/church/19273/facilities/> and search for the other churches too within that webpage.

## ***Day twenty eight 27<sup>th</sup> June 0 miles***

A rest from walking today, as I did a funeral visit, wrote a sermon and caught up with emails after a wonderful holiday. I also remembered being made Deacon on this day 16 years ago. Thanks be to God! At the end of the fourth week since Trinity Sunday I have walked 131.7 miles and have another 193.3 miles to go! My next stop is at St Hilda's Priory which is 22.8 miles away.

Please do share this newsletter with friends and family, and please consider sponsoring the physical challenge element of this pilgrimage – 325 miles walking between Trinity Sunday and St Aidan's Day. Details of how to do this at the start of the newsletter. With love and prayers Revd Liz