

LISTENING ON THE WAY

Benefice Day of Pilgrimage and Prayer



discover something of ourselves, our neighbours and God. Everyone is invited to participate as much as they can... for the whole day, or simply a five-minute moment to reflect.

We are living in strange and difficult times. All around us, (and in our own lives too), there is a feeling of anxiety, disorientation, and bewilderment.

The Benefice Pilgrimage Day will offer a chance to stop, to reflect, to listen to what is going on within ourselves. The opportunities to listen – through prayer, art, creativity, walking, thinking, listening – will enable us all to

The Full Day Programme

(All online links will be given in the next Wednesday's mailing.)

8.30am from St George's Church

For those setting out on the full day's walking pilgrimage (in 6s) a socially distanced service of commissioning and sending out. Each pilgrim departs with a small scallop shell as a reminder of pilgrimage, baptism, and as a focus for prayer.

Candles are lit at home by other home-based pilgrims, and pictures of scallop shells displayed in windows.

9.30am

Praying Together. As a Seed Falls.

Where do we begin? A socially distanced contemplative service, (and broadcast via zoom), with music from violinists, John and Jane Kane.

St John's Church – and Zoom

During the Morning

Quietness and Reflection – noticing autumn.

To notice in the natural world the movement into autumn as leaves fall, seed heads replace flowers and fruit, acorns crunch under foot, birds prepare to migrate, the sun sits lower in the sky...

Reflect on what has been lost over the past 6 months and pray for those who have been affected the most. Acknowledge our own feelings and bring them before God.

Ideas for creative prayer and meditation are available separately.

At home, or out and about.

10am-4pm at St John's Church

Prayer focus. Starting the Journey.

Come and explore the labyrinth, the journey to the centre.

Create your own 'mandala'.

Scallop shells will be available for those who wish to take one.

Prayer prompts for the shorter pilgrimage from St John's to St George's along the Andover Road are available separately.

Journeying with Jonah

(Available throughout the day and after on YouTube)

1. Anywhere but Nineveh.

Short reflection (1 of 3)

12 noon

Praying Together. Growth begins in the dark soil.

A socially distanced service, and broadcast via Zoom.

St George's Church

– and Zoom

Afternoon Reflection

Reflecting on signs of hope

To be attentive to signs of life, of beauty, of hope... What is life-giving for us? What, if anything, have we learnt over the past 6 months as individuals, as a society, as a church? Where is God in this?

You could 'prayer-walk' your road, or nearby neighbourhood, focussing on God's love for every household, or shop, school...

Find something from the natural world or from around your home or as you walk along that has been discarded. Use it as a prayer focus for what must be left behind.

Find a seed (conker, acorn, seed-head) and use it as a focus for new growth, renewal, reflecting on what good could come from all of this.

Ideas for creative prayer and meditation are available separately.

At home, or out and about.

Journeying with Jonah

(Available throughout the day and after on YouTube)

2. Down deep in the belly of paradox.

Short reflection (2 of 3)

11am-5pm

Prayer focus. Pausing on the journey.

Praying for the world – captured in a collage of images from the last 6 months...

Come and place a seed that you've found – conker, acorn etc – as a silent prayer of hope.

Collect a scallop shell as a sign of journeying on and to keep in your pocket through the year.

St George's Church

3pm Service of Returning and Blessing

A short service, socially distanced, for those returning from the day's pilgrimage.

St George's Church

– and Zoom

Journeying with Jonah

(Available throughout the day and after on YouTube)

3. Bewildered by Love.

Short reflection (3 of 3)

6pm

Praying Together. Signs of life are for ever growing.

A service via zoom to close the day.

Zoom