

# NEWSLETTER

NUMBER 81

July 2005

Dear Pilgrims

With only a few weeks to go before the start of our Winchester Pilgrimage, the final arrangements are now being made. Thank you to all who have made this possible. Halls are booked, routes are planned, churches have been contacted, the theme: "Holy Spirit" has been explored and divided into sub-themes for each day as a focus for prayer stops. In fact the pilgrimage is shaping up and promises to be a fantastic walk, mainly along the North Downs or old Pilgrims' Way.

We have one or two vital roles still to be filled, and if these are not filled by the start of the Pilgrimage, they will need to be shared by walking pilgrims otherwise we will not be going very far. The first is our need for a Van Driver(s). If you are fit to help in this capacity for all or part of the time (eg between Rest Days or a week at a time) let me know as soon as possible. A Pilgrimage marches on its stomach. Our other need is for a driver(s), preferably with a car (although a car could be made available if necessary) to take our cook daily to the supermarket to buy the shopping for our meals and assistance in the kitchen. Both these jobs are hard work, and will require support and assistance from all walking pilgrims. We are offering free places to our Van Driver and Cook's Helper (or pro rata if task is shared). I am very keen, this year, that loading and unloading of the van is shared, and that nobody ends up with a bad back as a result of doing too much, too heavy lifting.

Luggage: please keep to an absolute minimum. You must be able to carry, lift and load your luggage onto the van. Whilst there is a coach from Redhill to Canterbury, pilgrims will be expected to make their own way home from Winchester, so please weigh your luggage before you come. Aim for 15 kilos (33lb) in total. Better to have 2 smaller bags, than one enormous one that nobody can lift (see equipment list for precise requirements). Consider carrying a plastic bag for your breakfast equipment and another for your toothbrush/toothpaste, so that the bulk of luggage can be packed before breakfast. Above all, please clearly label luggage, musical instruments and other items with your name.

We appreciate the contributions that everyone makes on pilgrimage, whichever way you personally contribute. It is a tough journey, whether walking, taking the alternative transport, driving the van or car. The pilgrimage is sustained through care, prayer and a spirit of community, which over 30 years has proved to be tough but worthwhile challenge. I personally return from Pilgrimage deeply refreshed, spiritually and physically, absolutely exhausted, but sustained for the coming year and fired up in a new way about the value of God's Love expressed in Christianity. There will be ups and downs – come to help, come to enjoy. I look forward to seeing you all again and to meeting new Pilgrims for our 30th Anniversary Pilgrimage from Canterbury to Winchester. Do try to do a few practise walks before coming.

If you are unable to join us for the whole walk, consider coming for a day (no charge). Do drop in to a lunch time pub, or to a hall in the evening (small cost for supper, please book in advance if possible), or send us an email or postcard. We have an ever-increasing bunch of "Techies" who will do doubt be bringing you "Pilgrims Live" report on our daily progress.

*Sue Adilz*

**This Years Theme – The Holy Spirit**

The Pilgrimage Theme this year is the Holy Spirit – the third person of the Trinity and dedication of Guildford Cathedral, which we hope to visit on our Rest Day in Guildford.

Each day we will be meditating on a different aspect of the work of the Holy Spirit. We will also be considering the fruits of the Spirit as possible themes for our prayer stops. So if you are coming on Pilgrimage and would like to consider preparing a prayer stop, here are some ideas:

<b>Service of Day: suggested Meditation by Priest</b>	<b>Day</b>	<b>Prayer Stop Theme: Fruits of Spirit (Gal 5:)</b>
	<b>Arrival Canterbury</b>	
Who is the Holy Spirit?	Canterbury - Wye	Self-Control
He Speaks (Acts 13:2)	Wye - Detling	Modesty
He Intercedes (Romans 8:26)	Detling - Rochester	Faithfulness
	<b>Rest Rochester</b>	
He Testifies (John 15:26)	Rochester - Kemsing	Gentleness
He Guides (John 16:13)	Kemsing - Caterham	Generosity
He Commands (Acts 16: 6,7)	Caterham - Dorking	Goodness
He Appoints (Acts 20:28)	Dorking - Guildford	Kindness
	<b>Rest Guildford</b>	
He Leads (Romans 8:14)	Guildford - Farnham	Patience
He Reproves & Convicts of Sin (John 16:8)	Farnham - Alton	Peace
He Seals God's Promise in Believer's Heart (Ephesians 1:13,14)	Alton - Alresford	Joy
He Shapes Individual's & Community's Life to Christ's (Romans 8:1-17)	Alresford - Winchester	Love/Charity
	<b>Celebration Winchester</b>	
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## **Pilgrimage Medical Advise - DRINK MORE!**

Sometime ago I saw on an Evian bottle a quote that the sensation of thirst diminishes with age, so drink water even when you don't feel thirsty. I took this simply as a sales pitch from a bottled water producer. However, I recently saw this confirmed in an article in a walking magazine, which also reiterated the initial effects of dehydration, including fatigue and headache. A woman, used to walking in the north of England, had taken a walking holiday in Italy and suffered these symptoms whilst her husband didn't.

The advice was to drink frequently and in reasonable quantities, and to include sports supplements when walking for more than a few hours. We are lucky on the pilgrimage to have a dedicated team who provide us with liquid refreshment throughout the day, but there are occasions when this is less frequent than would be ideal, for logistical reasons (they can't be in two places at once, or the path is inaccessible). Ultimately it is our individual responsibility to drink enough water to avoid dehydration (risking our own health and potentially becoming a burden to others) and to carry sufficient water for this purpose. That's why a water bottle is on the equipment list – and why we should each fill it and refill it each day.

The unpleasant side of the advice is to be moderate in consumption of other things that cause dehydration, particularly caffeine and alcohol. (Yes, Patrick, I know Strongbow is 5% alcohol, 95% water, but it doesn't count!).

And for those who are concerned that what goes in must come out (a) it happens to us all and (b) smaller, more frequent drinks will tend to alleviate this (more reason to drink between stops).

*Aidan*

## **Pilgrim News**

Fred Adilz and Sue Earley were married and would like to thank Pilgrims who supported them. Thank you for the picture from Pilgrims featuring words from 1 Corinthians 13, "Love is patient etc" – a daily reminder for us to practise! [See pictures.](#)

Your prayers are asked for Father David's recently deceased brother, and for David in his grief

Pilgrim Jim Mottram died earlier in April. May he rest in Peace

## **Help please!**

We are in need of a van driver(s) for all/part of the 2 weeks in August to transport our luggage from Winchester to Canterbury (13 - 29 Aug). The walking part of the Pilgrimage (ie bit we most need the van for) is

- Canterbury-Rochester: Sunday 14th - Tuesday 16th August inclusive,
- Rochester to Guildford: Thursday 18th - Sunday 21st August inclusive,
- Guildford to Winchester: Tuesday 23rd - Friday 26th August inclusive.

If you know anyone who might conceivably be interested in being part of this Pilgrimage, but NOT HAVE TO WALK, and who has a clean driving licence can and would like to drive a van for all or part of the time.

We also need a similar person who is prepared to drive out cook to the supermarket to get the shopping on the above days and/or help the cook in the kitchen preparing meals for 60+ pilgrims. Please get in touch with Sue Adilz (Co-ordinator) if you can help.

*Stop Press: Thank you to Pilgrims who have offered to help with the Catering Car in the second week of the pilgrimage.*

## **30th celebration report**

From the reports I've heard the 30th anniversary reunion, held at the start of April in Ropley, was a typical success. Following pretty much in the tried & tested format. – A pleasant stroll through the local country, making the most of good weather, & a few challenging arrows along the way! At the grave of Mike Simons there was a chance to reflect & pray for deceased pilgrims and shortly after at the Chequers (for lunch) meet new additions (John & Leslie arrived to introduce baby Clare to the pilgrims). On the pilgrims returned to the hall a celebration service was held, with crosses from all the pilgrimages brought to the altar. Followed by a slide show to remind pilgrims of the highlights of past pilgrimages before a worthy celebration meal, after the meal newly-weds Sue and Fred were presented with a framed print signed by the pilgrims & then there was a typical sing song session to prepare everyone for the night In the morning the pilgrims led the music during Mass at St Gregory's, with the planned resurrection theme, seeming appropriate to celebrate the completion of the pope's earthly pilgrimage, on the morning after his death. [See the report for full details and pictures.](#)