

Diocese of Arundel & Brighton Ecumenical Walking Pilgrimages

THE WALSINGHAM PILGRIMAGE 2013

ST ALBANS—Whitwell-Barton-le-Clay-BEDFORD-Little
Gransden-St Ives-Ely-Downham Market-KING'S LYNN-
Snettisham-Burnham Thorpe-WALSINGHAM

10th — 25th August 2013

Details: www.thepilgrims.org.uk

Join us for a day

The Roman Catholic Diocese of Arundel and Brighton annually organises an Ecumenical Walking Pilgrimage where up to a hundred pilgrims rediscover the rewards of undertaking the old way of journeying to a holy shrine.

On this our 39th pilgrimage we are walking from St Albans via Bedford, Ely and King's Lynn to England's premier Marian Shrine, Our Lady of Walsingham. Bedford was where John Bunyan was in prison when he wrote *The Pilgrim's Progress*, and we are taking that book as our theme. By the time we celebrate at Walsingham we will have walked about 180 miles. As far as possible we follow footpaths, bridleways, tracks and lanes and learn to appreciate the beauty of our land that is a welcome distraction from sore feet and aching legs.

To know more or receive details of future pilgrimages write to:

The Diocese of Arundel & Brighton Ecumenical Walking Pilgrimages, The Christian Education Centre, 4 Southgate Drive, Crawley, West Sussex, RH10 6RD

Follow our progress online at our website:
www.thepilgrims.org.uk
Updated daily!

Who are these people?

A group of Christians making a walking pilgrimage.

What is a pilgrimage?

A physical journey, usually made to some holy place with the intention of making progress on a spiritual journey. The purpose might be to give praise to God, to do penance, to petition God for some favour, or to ask the intercession of a Saint.

Whose bright idea is this, anyway?

The general answer is that no one knows. Certainly the Israelites took the Ark of the Covenant on pilgrimage to Jerusalem. These pilgrimages were likened to the long trek from slavery in Egypt to Sion, the Promised Land. They can be seen as an anticipation of Christ's journey to Jerusalem for our salvation and so Christ leading us on our earthly pilgrimage towards the heavenly kingdom.

And this pilgrimage?

It is part of our life journey. Geoffrey Chaucer in his *Canterbury Tales* sums up the proper attitude for making a pilgrimage:

"Christes lore and his Apostles twelve

he taught, but first he followed it himselfe."

So by our example of Christian living we are trying to show what the teaching of Christ and his Christian Church actually means today.

Why St Albans to Walsingham?

Pilgrimage is as much about the journey as the arrival, and we have found a route that links the Cathedrals at St Albans and Ely with villages in Bedfordshire associated with John Bunyan, the banks of the Great Ouse, Norfolk countryside including the Sandringham Estate, and the Marian Shrine in the small village of Little Walsingham. As we walk through the countryside, we stop at churches to pray for the communities that we pass through. We stay in school, church or village halls each night, living and growing as a community over a two week period.

Pilgrimage Theme

In the past we have contemplated the life of a Saint in our prayer stops in local churches along the way. In recent Pilgrimages, we have introduced a theme for our prayers and meditations. This year the theme is based on the journey described in *The Pilgrim's Progress*, and the hymn which originated in the book:

Who would true valour see,

Let him come hither;

One here will constant be,

Come wind, come weather;

There's no discouragement

Shall make him once relent

His first avowed intent **TO BE A PILGRIM**

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