**Quernmore Pilgrimage Walk**

Our Quernmore Pilgrimage Walk is a circular walk which takes you up Clougha Pike and then back down again via a different route. Some parts of the walk are quite steep with uneven ground - young children are not recommended to do this walk. Also, please be aware that dogs are not allowed on this route. The walk is around 5 miles and will take you roughly three hours.

*Start your walk at Rigg Lane car park.*

**Beginning your prayer walk -** Lord God of all Creation, we pray for our walk today.

Give us eyes to see the beauty and value in all that you have made. Direct our thoughts and teach us to pray. Amen.

*Bear right approximately 100 yds after leaving the car park and follow the path across the boardwalk and up through a narrow wooded gorge, by a stream.*

**Stopping by the stream -** Take a moment

of quiet to reflect on the past week, perhaps on something you want to ask God’s forgiveness for. Pick up something small to throw into the river, like a small stone or a twig. As you throw your small object in, say sorry to God, who promises to forgive when we acknowledge and repent

of our sins.

‘You will cast all our sins into the depths of the sea’ (Micah 7:19b)

*Continuing on your walk you will reach two stiles, this is a good place to stop to enjoy the view and pray for the homes and farms you can see. When you are ready to continue, take the right stile.*

**Praying for home/s -** O God, whose Son was content to share the life of Nazareth, we pray his peace and joy into every home.

May we be good neighbours, thinking more of what unites us than what separates us. Give us the love to comfort the sorrowful

and offer help to those in trouble, through your Son, our guide and pattern. Amen.

**Praying for farms -** We thank you, Good God, for the hard work which takes place here and in all the farms in our community. We ask your blessing on the families and on the whole enterprise. We thank you for the working animals and for the machines

which take the toil out of our labour. Keep all food, equipment and materials in this place safe from pollution and theft, so that they may play their part in bringing in a harvest, to feed and clothe your world. Amen.

*Continuing your walk you will follow a steep narrow path to a wall and then follow the wall until you reach a gate. Eventually you will see St Peter’s church building and Quernmore Primary School, you can take this opportunity to pray for them.*

**Praying for a church building -** Lord God, we thank you for this place of worship. May it be a place of peace for the wearied, hope for those who are worried, joy for those who are sad, faith for those who doubt and a place where all are welcome. We thank you for all who care for this building and its grounds; may all we do there glorify you. Amen.

**Praying for the primary school** – What do you think is important for primary schools? What challenges and opportunities do you think they face? Offer this up to God in prayer

*Your walk will now take you on a path across open moor to reach a rocky escarpment.*

**Stopping as you climb upwards -** Read aloud Psalm 121 as you climb. This Psalm is one of the songs of ascents, songs likely sung by the Israelites as they were on pilgrimages to Jerusalem and the temple.

‘I lift up my eyes to the hills –

from where will my help come?

My help comes from the Lord,

who made heaven and earth.

He will not let your foot be moved;

he, who keeps you will not slumber.

He who keeps Israel

will neither slumber nor sleep.

 The Lord is your keeper;

 the Lord is your shade at your right hand.

 The sun shall not strike you by day,

 nor the moon by night.

 The Lord will keep you from all evil;

 He will keep your life.

 The Lord will keep your going out and your

 coming in, from this time on and forevermore.’

*When you reach the summit it is marked by*

*a white survey column.*

**Stopping at a ponder point -** Well done, you made it to the top! Take a moment to stop, maybe sit down and consider your surroundings. What can you see? What can you hear? What can you smell? What can you feel? Ask God to direct your focus towards one thing around you like a particular plant or a certain view - how does it make you feel? Offer this to God in prayer.

*If you would like a shorter walk you can descend the hill the way that you came up, this would make the walk 3 miles instead of 5 miles.*

*To take the main route down, follow a narrow path through the heather away from the Pike. After a stile over a fence take a left hand path downhill which brings you out onto a gravel road. Follow the track down, eventually passing through a gate (in a dip) and carry on along the track until a wall is reached.*

**Stopping by a gate** – Jesus called himself

a ‘gate’. Read and consider the Bible passage below. What do you think Jesus means? What does it mean to have ‘life in all its fullness?’

‘Therefore Jesus said again, “Very truly I tell you, I am the gate of the sheep. All who

have come before me are thieves and robbers, but the sheep have not listened to them. I am the gate; whoever enters through me will be saved. They will come in and go out, and find pasture. The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.’ (John 10:7-10)

*Turn left at this point (leaving the track) on a path which brings you to Ottergear bridge. Cross the bridge and follow the path back to the car park.*

**Stopping to consider some flowers -** Read and consider this poem, from Christina Rossetti’s ‘Consider the Lilies of the Field’, it is based on Matthew 6:28-9.

Flowers preach to us if we will hear.

The rose saith in the dewy morn:

I am the most fair;

Yet all my loveliness is born

Upon a thorn.

The lilies say: Behold how we

Preach without words of purity.

The violets whisper from the shade:

Men scent our fragrance on the air

Yet take no heed

Of humble lessons we would read.

The merest grass

Alongside the roadside where we pass

Tells of his love who sends the dew,

Who sends the rain and sunshine too.

*Congratulations for completing your walk!*

**Ending your prayer walk** – Finish your prayer walk by offering up a prayer to God for what you have experienced on your walk today. You can finish with the Lord’s Prayer.



Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done;
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation;
but deliver us from evil.
For thine is the kingdom,
the power and the glory,
for ever and ever.
Amen.

*Follow this link to find an electronic version of the map -* https://www.plotaroute.com/route/2747 812?units=km

Some material here was taken and adapted from Seasonal Worship from the Countryside (SPCK, 2003).