

## **NEWHAVEN CHURCH**

### **A SELF-GUIDED PRAYER WALK FOR HOLY WEEK 2021**

#### **GUIDE**

This prayer walk for Holy Week 2021 is an opportunity for you to walk around the community of Newhaven with your heart, your mind and all your senses, open to God. It combines reflective devotional elements as well as encouragements to pray for specific parts of our community.

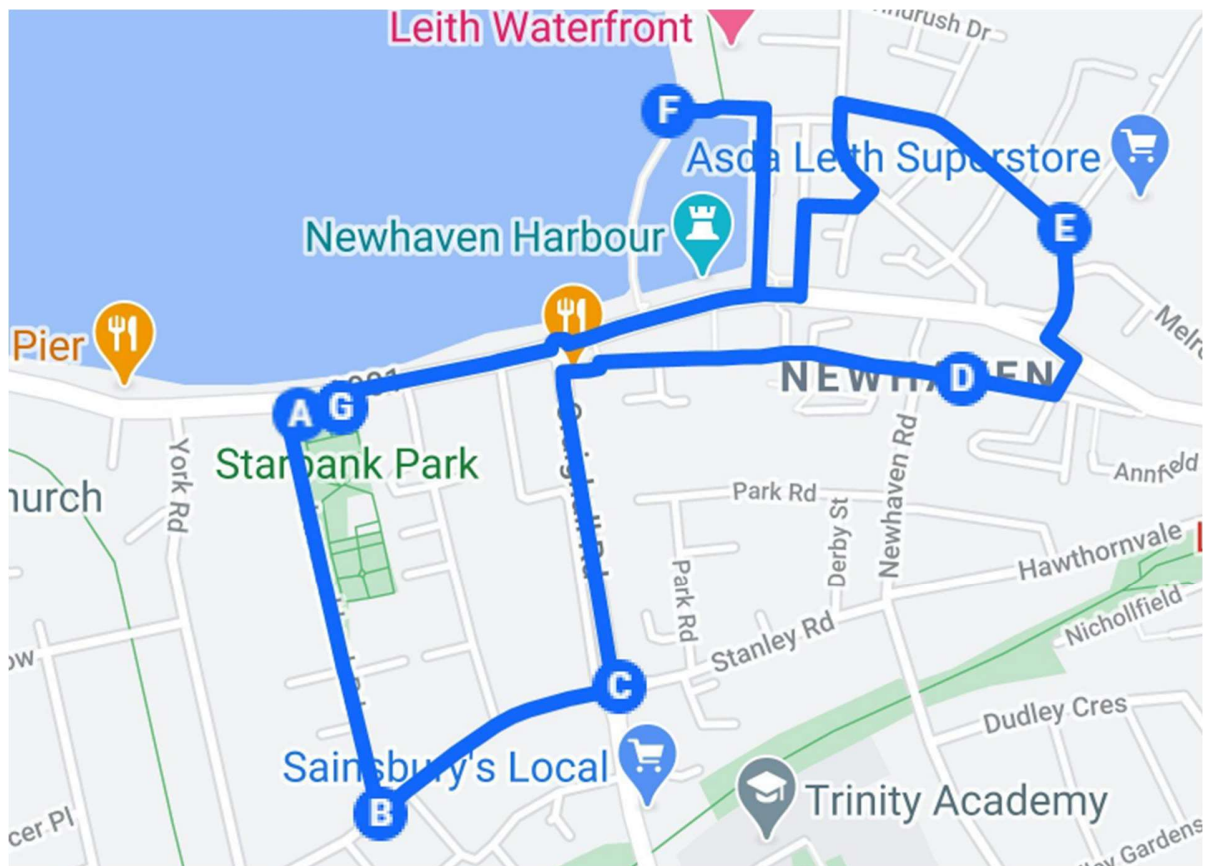
In devising this walk, we have been very conscious of the challenges that everyone has faced in the last 12 months. Although at Easter we celebrate the Good News of Jesus' resurrection from death, we wish to avoid any suggestion that this means all the difficulties of life will melt away. Most likely, they will not. Rather, we wish to encourage a willingness to hold those difficulties as we patiently wait upon God's kingdom. Perhaps it is through the pain of those difficulties that we can better see how and where Christ brings light into the world.

The map is a guide only, as are the suggestions for prayer below. Feel free to adapt them as you feel appropriate. Rely on your own words and thoughts, and do not worry that God might not understand what you're thinking or trying to say. God will. Leave space for simply being silent with God.

You can walk alone if comfortable with that, or as a small group (COVID-19 restrictions permitting). However you go, please do take care as you cross roads etc and be aware of your general safety. We do not recommend this walk in the dark.



## MAP OF ROUTE



## A - START IN STARBANK PARK

Stand at the top of the Park and look out over the Firth of Forth, and East out to the North Sea. Think of the sea, how vast is the ocean, the earth, the universe.

And how small you are.

Spend time in the Park, looking at the plants and flowers, walking round the flower beds. Enjoy the fruit of humanity working in partnership with nature.

Remember as you walk around that God himself walked with Adam and Eve in the Garden of Eden. Be conscious that God walks with you now.

Prepare yourself for the walk ahead with the following verses.

*"Show me the path where I should walk, O Lord;  
Point out the right road for me to follow.  
Lead me by your truth and teach me, for you are the God who saves me.  
All day long I put my hope in you." Psalm 24: 4,5 NLT*



## **B – WALK SOUTH UP LAVEROCKBANK ROAD TO THE JUNCTION WITH EAST TRINITY ROAD**

As you arrive at the junction, look diagonally right across the junction and you can just see the Longhouse GP Surgery. Reflect upon those who have been struck with ill health this past year, COVID and other things, and all those working in the healthcare sector, from hospital porters and cleaners to nurses and doctors; paramedics and administrators.

Bring those who are ill, and those caring for them, to God.



## **C – TURN LEFT AND WALK EAST TO THE JUNCTION WITH CRAIGHALL ROAD**

Arriving at the junction, cross over to the top of Craighall Road on the Church side. If you look back southwards (away from the sea), you might just be able to see Trinity House Care Home near the Ferry Road end of Craighall Road.

Think of the residents in care homes, name any that you know. Reflect upon what they have been through in the last 12 months, isolated from loved ones. Many will have passed away in that time. Think of the families who haven't been able to visit their relatives. Think of the care workers and the strain they have been under all this time.

Bring those in care homes, either as residents or care workers, to God.



**D – WALK DOWN CRAIGHALL ROAD TO THE SEA AND TURN RIGHT ALONG THE MAIN STREET TO VICTORIA PRIMARY SCHOOL**

Stand for a while at the gates of the school, or across the road facing the school. Think of the children who go there, whose learning and development has been affected by the pandemic. Think of the parents who have had to home school, the staff of the school who have had to manage the delivery of lessons in very difficult circumstances. Think of the new school being built on the other side of Lindsay Road, and the potential future of the building in front of you as a community hub.

Bring the children, their families and their teachers, to God.



**E – WALK TO THE END OF THE SCHOOL PLAYGROUND, DOWN TO LINDSAY ROAD AND CROSS AT THE TRAFFIC LIGHTS AND WALK UP TO ASDA**

Give thanks for all those who work in our supermarkets and food shops. Remember that they, too, have been on the front line throughout the pandemic. Give thanks for our food producers, the farmers, those working in processing and deliveries. Give thanks for the foodbanks that provide for those in need.

Thank God for giving us our daily bread, and for those who provide it to us.



**F – WALK WEST ALONG SANDPIPER ROAD TOWARDS THE LIGHTHOUSE AND HARBOUR (EITHER GO STRAIGHT OVER TO THE LIGHTHOUSE THROUGH THE FISHMARKET CAR PARK, OR WALK DOWN TO LINDSAY ROAD AGAIN AND ROUND TO THE HARBOUR)**

As you walk towards the Lighthouse, think of the old Newhaven fishing village. Give thanks for the heritage we have in this community, for the people who came before us and the lives they led, and the institutions that they helped to create, the fishmarket, the school, the choirs, the churches.

When you arrive at the Lighthouse, take in the 360° panorama! Take time to look at the old village, the tenements, the church spires, the houses up on the hill, look round at the fishmarket, the boats in the harbour, and then turning round look at Brewer's Fayre, beyond that to David Lloyd sports centre and the Western Harbour blocks. Think of all of the people who live in this place. Think of the many that you may know, and probably the thousands more you don't know.

Think of those for whom this has been their home all their lives. Think of those who may have just arrived and may not yet (or ever) know it as home.

Give thanks that God knows each one of them. Each one with their back story, their good points and bad points, their hopes and regrets, joys and sorrows. Each a child of God.

Bring this community, and all in it, to God.



**G – WALK BACK ROUND THE HARBOUR AND WEST ALONG THE FRONT TO  
STARBANK PARK (OR, FEEL FREE TO ADAPT THIS LAST LEG BACK TO YOUR OWN  
HOME OR CAR)**

At Easter, we remember that Jesus suffered and died on the Cross for us. He did  
this to show God's love for ALL creation,

ALL humanity,

EVERYONE in Newhaven and beyond.

NO exceptions.

Jesus, the Light of the World.

Where have you seen that light on your prayer walk today?

Remember that the despair of Good Friday gives way to the hope that Jesus'  
resurrection brings and the promise of new life. As you walk, look West to where  
the sun will surely set that day (whether you see it or not), and be assured that  
the sun will surely rise in the East tomorrow.

Jesus, the Hope for this World.



## AFTER THE WALK

Take note of your thoughts and feelings. If inclined, write them down or share them with someone.

Return to your thoughts and feelings that the walk engendered from time to time while quietly in the presence of God.

You may find the following paraphrase of the Beatitudes helpful.

## BEATITUDES FOR A PANDEMIC

Blessed are those run ragged by the pandemic, the furloughed workers and home schoolers,  
*for theirs is the kingdom of God.*

Blessed are those who mourn for loved ones,  
*for they will be comforted.*

Blessed are those who know not what is round the corner, but humbly comply with the restrictions,  
*for they shall inherit the earth.*

Blessed are those who hunger and thirst in their service to those in need,  
*for they will be filled.*

Blessed are the merciful, who understand the challenges facing those in authority, and forgive them,  
*for they shall be shown mercy.*

Blessed are the key workers,  
*for they shall be called children of God.*

Blessed are those who are losing their childhood,  
*for theirs is the kingdom of God.*

