

NEWHAVEN CHURCH

A SELF-GUIDED PRAYER WALK FOR HOLY WEEK 2025

GUIDE

This prayer walk for Holy Week 2025 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.

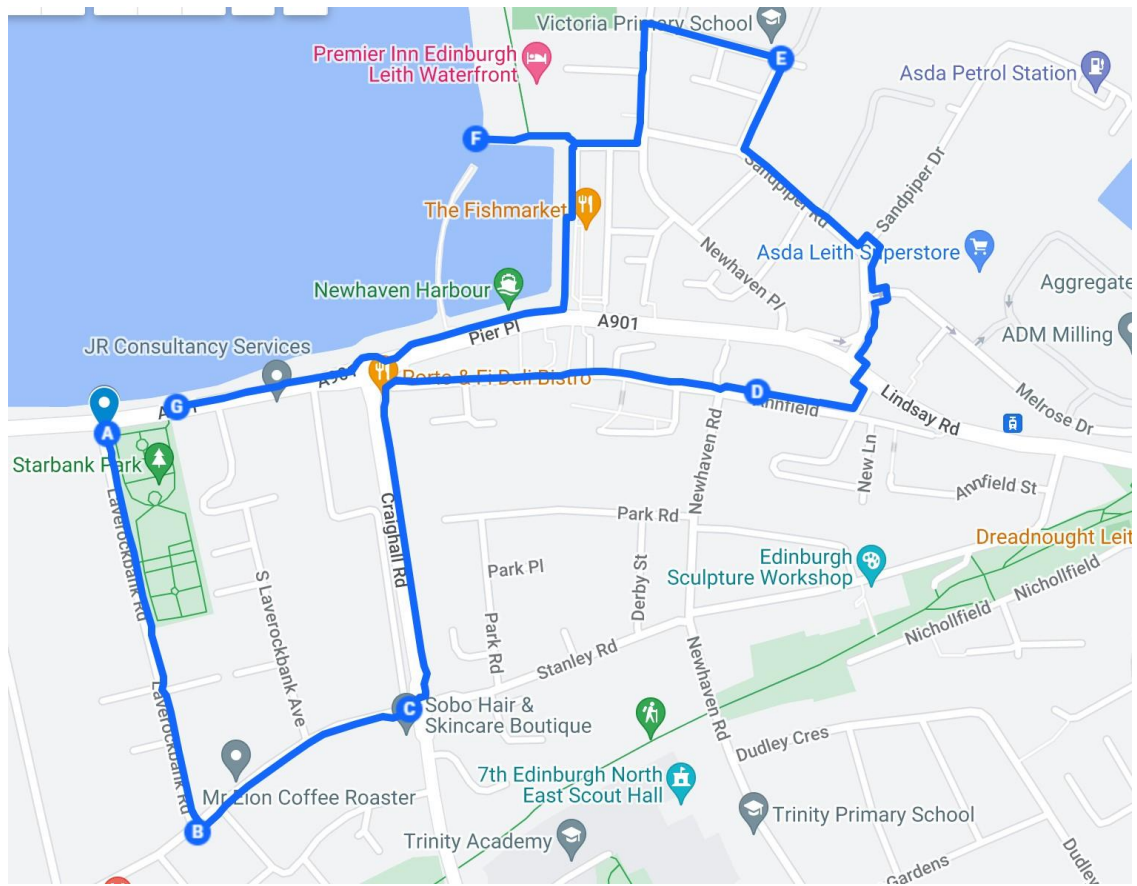
In devising this walk, we are conscious that at this time many in our community face difficult challenges in their lives. The cost of living crisis brings worries for many people and the long term mental and physical impacts of the Coronavirus pandemic continue to be felt. Wars and conflicts overseas have brought people to our community seeking refuge, as well as leaving us all with a sense of unrest and unease.

At Easter we celebrate the Good News of Jesus' resurrection from death, but 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 in pairs or as a small group. 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.





A – START IN STARBANK PARK

Stand at the top of the Park and look out over the Firth of Forth, and East 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 sight of the fruits of humanity working in partnership with nature.

Remember as you walk round 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.”

Psalms 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 whom you know who are, or have been, sick or suffering from ill-health, 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 and those elderly folk who find themselves limited physically or mentally as they grow older. Name any that you know. Acknowledge that these people mean as much to God as a new born baby. Give thanks for them, for the lives they've lived and are yet still to live. Give thanks for their families and carers and the love and devotion they display in the ordinariness of their care.

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



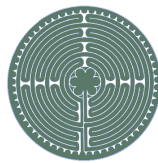
D – WALK DOWN CRAIGHALL ROAD TOWARDS THE SEA

As you pass the narrow lane that leads along to Newhaven Church, pause and give thanks for the generations of believers who have served Christ and the community from here. Give thanks for the Newhaven Connections Café and the mission it fulfills. Pray that God's light will continue to shine from this place.

THEN TURN RIGHT ALONG THE MAIN STREET TO THE HEART OF NEWHAVEN (THE OLD VICTORIA PRIMARY SCHOOL)

Stand for a while at the gates of the Heart, or across the road facing the Heart. The Heart is a new intergenerational centre for the whole community. One of its key areas of focus is loneliness and isolation in all age groups, young and old.

Give thanks that this iconic building has been retained for the benefit of the community after Victoria PS moved out. Pray that the Heart will find its role in the community.



E – WALK EAST TO THE END OF THE HEART GROUNDS, DOWN TO LINDSAY ROAD, CROSS AT THE TRAFFIC LIGHTS AND WALK UP PAST ASDA, TURNING LEFT INTO SANDPIPER ROAD, RIGHT INTO GLENARM PLACE AND THEN LEFT INTO WINDRUSH ROAD TO THE NEW VICTORIA PRIMARY SCHOOL

Bring all the children, their families and teachers in our community (not just those at Victoria) to God, naming any whom you particularly know. In particular bring the children from Ukraine, or who have fled other conflicts and difficult situations, to God and pray that they may find peace, acceptance and support in this community.

In your mind and heart, allow the little children to come to you, just as Jesus did.



F – WALK WEST ALONG TO NEWHAVEN PLACE AND THEN TURN LEFT AND THEN RIGHT INTO NEWHAVEN 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 the people who live or work 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 this 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, the Alpha and Omega, the Beginning and the End.



AFTER THE WALK

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

Return to these thoughts and feelings from time to time, quietly in the presence of God.

