

SOME RESOURCES

The Celtic Hymnbook (published by Kevin Mayhew Ltd)
suitable songs

Celtic Alleluia (3) and Iona Alleluia: (4)

Be thou my vision (24)

Christ as a light (27)

Christ be beside me (28)

Christ be with me (30)

Gloria, Gloria, Gloria, in excelsis deo (55)

Goodness is stronger than evil; love is stronger than hate (68)

Here be the peace (73)

How blessed are you who are poor, the Kingdom of God is yours x 2 (80)

Additional words may be added ad lib

Magnificat, magnificat, praise God, my soul, praise God

The proud are downed, the poor raised up, magnificat my soul (129)

A Holy Island Prayer Book—Ray Simpson, Canterbury Press (UK)/Kindle/Amazon
St Cuthbert's Pilgrimage (Christians Aware)

Liturgies from Lindisfarne—Ray Simpson, Kevin Mayhew Ltd with CD Rom

Material on St Cuthbert can be found on pages 213-232 of *'Great Celtic Christians—Alternative worship from the Community of Aidan and Hilda, the Celtic Prayer Book Vol 4: Kevin Mayhew and Celtic Daily Prayer: HarperCollins*

On the internet:

www.cuthberts.net/cuddy

www.raysimpson.org/about/lindisfarne

www.lindisfarne.org

On Holy Island visit St Cuthbert's Isle at low tide,
Fenwick Lawson's The Journey in St Mary's Church,
St Cuthbert's Seat outside St Cuthbert's Centre,
The digital Lindisfarne Gospels in memory of St Cuthbert at the Lindisfarne Centre
The English Heritage Museum and Priory
The Open Gate Retreat House. Holy Island has a series of leaflets on 'Holy Wandrers' and other resources for pilgrims.

For more copies contact
The Community Office,
Lifeboat House,
Marygate,
Holy Island,
Berwick-upon-Tweed
TD15 2SQ

RRP £0.50



St Cuthbert's Way Melrose to Lindisfarne

Pilgrim Prayers and Songs

From The Community of Aidan and Hilda
www.aidanandhilda.org

Setting Out

May the path rise to meet you,
May the winds be always at your back,
May the sun shine warm upon your face,
And the rain fall softly where you tread,
And until we meet again
May God hold you in the hollow of his
hand.

**As we journey together we place in
your hands the people and concerns
we have left behind, that we may enjoy
our fellow pilgrims for who they are,
celebrate your presence in each place,
and make Christ our constant com-
panion.**

Some suitable psalms

Suitable verses from these psalm
numbers 23, 27, 40, 42, 123, 125, 139
Psalm 107:1–9, 23–32

Response after each verse:

**Give thanks to the Lord,
who leads us on.**

Refrains to be repeated or sung while walking

- 1) God behind, God before, God above.
God below, God without, God within.
- 2) Bless to us, O God,
the earth beneath our feet
Bless to us,
O God the path where-on we walk
Bless to us, O God,
each thing our eyes will see.
- 3) Be a smooth way before us
Be a guiding star behind us
Be a keen eye before us
Until our journey's end.

- 4) Forgetting what is past,
we look to the things unseen.
We journey in your light.
The sun shall not strike us by day,
nor the moon by night.
We journey in your light.
We look not to right or left,
but straight towards your way.
We journey in your light.
The rough places shall be smoothed
and the pitfalls shall be cleared.
We journey in your light.
The proud shall be brought low
and the humble shall be raised up.
We journey in your light.
No final home
have we on this life's passing seas.
We journey in your light.
...
We journey in your light.

Mornings

As the day opens before us
May we open up to you.

Cuthbert gave himself to God while
sporting around as a child:

**God who created me
Nimble and light of limb
In three elements free
To run, to ride, to swim
Not when the sense is dim
But now from the heart of joy
I would remember Him.**

H.C.Beeching

Creator of heaven and earth, who called
Cuthbert from guarding sheep in the
Lammermuir hills to be a shepherd of the
people, help us, inspired by his example,
to offer friendship to all.

Psalm 121
followed by a song or chant.

Whatever befalls the earth befalls the
sons and daughters of the earth;
the earth is God's and we will serve it.

Forgiveness

Creator and Saviour,
**we have exploited earth for our selfish
ends, turned our backs on the cycles of
life and forgotten we are your
stewards. Now soils become barren,
air and water become unclean, species
disappear, and humans are
diminished. In penitence we come to
you.**

There may be silence or a statement of
forgiveness

Sing chant (TAIZE)

Bless the Lord, my soul
and bless God's holy name
Bless the Lord my soul,
who leads us into life.
Bless this earth, O God,
and nourish all its life
Bless this earth, O God,
and help us bless it too. Taize

Intercessions

Caring Father God, we offer to you
the fuels and forests,
the seas and soil,
the air and animals,
the textiles and technology of the world.
**May we steward your creation to your
glory and for the benefit of future
generations.**
In dependence on the God of life,
may we cherish the precious earth;
**the earth of the God of life,
the earth of the Christ of love,
the earth of the Spirit Holy.**

May you, our God, who dances with
creation,
plants your likeness in the people
and strikes the world with thunder,
send us forth to fill the world with love.

On arrival at Holy Island

(Hymn numbers are from the Celtic Hymn Book)
Sing: Ebb tide, full tide (43)

Pray:

Lord, you are my island,
in your bosom I nest.
You are the calm of the sea,
in that peace I rest.
You are the waves on the shore's
glistening stones,
their sound is my hymn.
You are the song of the birds,
their tune I sing.
You are the sea breaking on rock,
I praise you with the swell.
You are the ocean that laps my being,
in you I dwell.

Sing:
Here be the peace (73)

Before departure

You have been with us at the world's
beginning,
Be with us till the world's end.
You have been with us at the sun's rising,
Be with us to our day's end.
You have been with us on our journey
here
Be with us to our journey's end.
Go before us in our pilgrimage of life.
**Anticipate our needs,
prevent our falling,
and lead us to our eternal destiny.**

May the peace of the Lord Christ go with
you (133)

Call us out of the darkness of half-belief that the torch of faith may burn brightly in us as it did in him.

Sing a chant
such as *Kindle a flame to lighten the dark and take all fear away* (Iona Community)

Or:
B. Romans 12:9-13
Cuthbert's last words to his brothers were: 'Always keep God's peace and love among you... Live in mutual goodwill also with Christ's other servants. Never think you are superior to other people who do not share your faith and way of life'. A Lindisfarne monk observed that he put his trust wholly in God, satisfied with the converse and ministry of angels.

May your holy angels guard our sleep; may they watch over us as we rest and hover around our beds. Let them reveal to us in our dreams, visions of your glorious truth.

May God and Cuthbert and the angels watch over us and our loved ones too, especially these we name before you now ... *names may be mentioned*
Awake may we watch with Christ
Asleep may we rest in peace.

Creation Prayer— any time

God of life
You are the Rock from which all earth is fashioned.
You are the Food from which all souls are fed.
You are the Force from which all power lines travel.
You are the Source who is creation's head.

Song, chant or psalm

Isaiah 11: 6-9

The Glory of Creation

For earth and sea and sky in the harmony of colour,
we give you thanks, O God.

For the air of the eternal seeping through the physical,
we give you thanks, O God.

For the everlasting glory dipping into time,
we give you thanks, O God.

For nature resplendent, growing beasts, emergent crops, the energies of the city,
we give you thanks, O God.

For the Person you sent to restore us when we fell away from the goodness of your creation,
we give you thanks, O God.

For harmony restored through your Spirit moving upon the turbulent waters of our lives,
we give you thanks, O God.

For the honour you give us of lives flowing in the rhythm of your tides,
we give you thanks, O God.

For setting each of us, like the stars upon their courses, within the orbit of your love,
we give you thanks, O God.

we give you thanks, O God.

Matthew 6: 26-29

Reflection

Declaration

This we know, the earth does not belong to us;

the earth is God's and we will serve it.

This we know, we did not weave the web of life;

the earth is God's and we will serve it.

Bible reading

1 Samuel 3.1-10 or 2 Timothy 2:1 10

On one day:

When Cuthbert was in charge of hospitality at Ripon monastery a young man rode in, tired and hungry and tethered his horse in the snow. Cuthbert welcomed him, massaged his cold feet, and in due course brought him a hot meal. But the man had disappeared, though there were no marks in the snow. Cuthbert thought God must have sent an angel to test whether he was truly hospitable. 'Do not neglect to show hospitality to strangers, for by that some have entertained angels without realizing it', (Hebrews 13:2) Cuthbert's tender hands warmed cold feet and anointed sick bodies:

Father, take our hands.

May your compassion

flow through them.

May they offer tender touch, human warmth and practical care.

On another day:

Cuthbert returned to Melrose where he succumbed to the plague, but on learning that his brothers had prayed for him all night he rose from his sick-bed. He recovered, though he limped for the rest of his life, and he ministered to survivors in the plague-ridden villages

Wounded healer, we pray for those known to us who suffer, that you will heal them... (names may be mentioned). Help us also to visit our own wounds as we walk and allow you to touch them,

Amen

Pause for reflection

A chant or song

Holy God of Cuthbert and the saints
Go before us now.
God of the hills, God of the outposts
Go before us now.
God of the streets, God of the people
Go before us now.

Midday

Be with us now, Lord,
in the middle of the day;
Keep us in the beautiful attitudes:
simple, grateful, joyful.

A psalm, or other bible reading.

Cuthbert was making his way southward along the river Teviot, teaching and baptising the country folk, and taking with him a boy he was training. 'Do you think someone has prepared your midday meal today?' he asked the boy. 'I have no family or friends in this district' the boy replied, and he clearly did not expect unknown strangers to provide for their needs. 'Cheer up, the Lord will provide for those who trust Him' Cuthbert assured him, quoting Jesus' words 'Seek first the kingdom of God and all these other things shall be given to you'. After building up the boy's faith by quoting such Scriptures, Cuthbert saw an eagle flying overhead and said to the boy: 'This is the eagle the Lord has instructed to provide us with food today.' Shortly after, as they continued to walk, they saw the eagle settle on the river bank. At Cuthbert's direction the boy ran to it and saw a large fish in its mouth, which he brought to Cuthbert.

‘Why did you not give our fisherman his half of it since he was denying himself?’ said Cuthbert. So the boy gave half to the eagle. They asked some local folk if they could cook the fish on their fire. They shared it with them, worshipping the Lord and giving thanks. Then they set out to the mountains.

Based on the account by an anonymous monk of Lindisfarne

Think about God’s Providence in nature, and the virtue of gratitude.....

Let us pray:

**We would become your Cuthbert people,
O Christ, shepherds of your sheep,
peace makers and hospitality givers
open to change and partnership, Spirit
led, in solitude and costly service.**

Kate McIlhagga Cuthbert’s Folk

Chant or song

**Lead us from death to life,
from falsehood to truth,
From despair to hope, from fear to
trust;
Lead us from hatred to love,
from war to peace.
Let peace fill our hearts, our world,
our universe.**

The Universal Peace Prayer

Our Father ...

**The grace of our Lord Jesus Christ, the
love of God and the fellowship of the
Holy Spirit be with us all.**

Evenings

Bounteous God of land and sea,
wherever we go is yours.
You led our forebears by cloud and fire,
you lead us through the days and years.
You led your saints by sign and sail,
your presence goes before us now.

Psalm 107:1–9, 23–32 or
Response after each verse:

**Give thanks to the Lord,
who leads us on.**

Ezekiel 34:11-16 or John 10:1-10

Now robed in stillness in this quiet place
emptied of all I was I bring all that I am -
your gift of shepherding to use and bless.
*Cuthbert’s Prayer, St. Aidan’s Chapel,
Bradford Cathedral*

May our prayers rise like incense, and our
hands like an evening off’ring (131)

We bring to God
someone we have met
or remembered today...
someone who is hurting
and needs our prayers
a troubled situation in our world
someone whom we find hard to forgive
We bring ourselves to God that we may
grow in generosity of spirit, clarity of
mind and warmth of affection.
Amen.

Pause

Either:

A. None of those present would presume
to hide from Cuthbert the secrets of
their hearts, but they all made open
confession of their sins because they
realised that these things could never
be hidden from him... He used

especially to make for those places
that were far away in steep and
rugged mountains, which others
dreaded to visit and whose poverty
and ignorance kept other teachers
away. Giving himself up gladly to
this devoted labour, he instructed
them with such devotion that he
would often leave the monastery for
a week, and sometimes for up to a
month. *Bede*

Reader Matthew 18:12-14

Or:

B. After many brothers at Lindisfarne
left for Ireland following the new
regulations required by the Synod of
Whitby, Cuthbert was sent there
from Melrose to be prior of the re-
maining brothers, who complained
much. Cuthbert was always kind
and cheerful, and would pray at
night on the little St Cuthbert’s Isle.
The brothers gradually mellowed.

The serenity of Christ
and kindly Cuthbert be ours
The serenity of Christ,
King of tenderness.
Help us to make the transition
from criticism to joy.

**God of renewal, lead us
From complaining to appreciation
From stagnation to creativity
From coldness to love
From ourselves to you.**

Most glorious Giver of Life
May hills and islands praise you
May male and female praise you
Darkness and light praise you
Stars and moon praise you
The sheep and the butterflies praise
you

**The ducks and the sea otters praise
you**
Cuthbert and the risen ones praise you
**May all creation praise you
and give you glory for ever.**

Reader

*Choose one of the fruits listed in this
verse, as a prayer focus for the next stage
of the walk*

Galatians 5:22

God be our light in the dark
Our shelter in the storm
And our companion evermore.

Night Prayer with Cuthbert

Cuthbert’s call to serve God began as he
sat under the night sky and saw Aidan’s
holy soul escorted to heaven by angels.
His life drew to a close also under the
night sky, for although his little
hermitage on Farne Isle had high, stone,
walls, its roof was open to the heavens.

**Let the sun go down and the earth
become still, and let the Son of God
draw near.**

Either:

A. In the darkness we can see the
splendour of the universe - blankets
of stars, the solitary glowings of the
planets. In the darkness the wise
three found the star that led them to
you. In the darkness of dreams you
speak to your people
**As day begins to fade, let treasures
of dark draw near.**
You called Cuthbert out of the
darkness of night to be the Fire of
the North.