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)

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 Wanders’ and other resources for pilgrims.

For more copies contact
The Community Office,
Lifeboat House,
Marygate,
Holy Island,
Berwick-upon-Tweed
TD15 2SQ RRP £1.00

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 companion.

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.

Intercessions

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.

May 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)

Music: Bless the Lord, my soul

Bless the Lord, 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.

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, my only home.
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 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

Song, chant or psalm
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.

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 realising it’, (Hebrews 13:2) Cuthbert’s tender hands warmed cold feet and anointed sick bodies:

Father, take our hands.
May your compassion flow though 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 Mcllhagga Cuthbert’s Folk

Chant or song

Lead us from death to life, from falseshood 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 remaining 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.