



ST MARY'S  
ATTLEBOROUGH



**Parish Pilgrimage**  
to the Shrine of  
**Our Lady of Walsingham**

**Friday 8 to Sunday 10 June 2018**

## *The Word was made flesh, and dwelt among us*

**G**od our Father is for ever seeking his people. Over nine hundred years ago, back in the reign of St Edward, King and Confessor, it was reported that the Virgin Mother of the Lord had appeared to the Lady Richeldis, an inhabitant of the Manor of Walsingham *Parva*. Near her home, Richeldis erected a chapel, after the model of the Holy House of Nazareth, in honour of the Incarnation.

Here was enshrined the image of Our Lady of Walsingham with her Son, and thus began the flow of Christians to worship here. In the small house they recognised how poor and humble the Holy Family had been, and were moved to greater love and deeper faith.

For centuries pilgrims flocked to this holy place, known all over Europe as **England's Nazareth**. When Henry VIII suppressed the monasteries, the Sanctuary was destroyed but the devotion was not wholly quashed. In 1922 a reproduction of the ancient image was made and set up in the parish church, and the pilgrimage revived.

Since then an ever-increasing number of pilgrims have sought the 'Holy Land of Walsingham.' The Holy House was restored, partly on the ancient site, in 1931. To it pilgrims come to seek the waters of the ancient well and to ask for the prayers of Blessed Mary, Mother of God, for themselves and for the whole world.

As we join this chain of pilgrims to the Shrine of the Incarnation in the valley of the Stiffkey, pray that Christians may be one in Christ, that England may once more acknowledge his Kingship, and that all people might come to him in peace, him who for our sake 'was made flesh and dwelt among us, full of grace and truth.'



## Pilgrims are encouraged...

1. to **take a full part** in the corporate devotions of the Pilgrimage, especially the Eucharist, as we seek God's blessing on the work and witness of the Shrine and on the life of the Church in England;
  2. to **offer their own intentions and thanksgivings**, and to ask the guidance and encouragement of the Holy Spirit in the life of the Church in Attleborough and Besthorpe;
  3. to **enjoy themselves** and to pray for more joy in the Church;
  4. to **pray for those in special need**, for the persecuted Church, for the sick, the dying and the dead, and all who need God's pity and protection;
  5. to **ask God** to give us all, like Mary, a heart devoted entirely to his will.
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## My prayers in Walsingham

A pilgrimage is a journey undertaken to the honour and glory of God. It is not just an 'outing', nor a trip in the company of friends, nor an adventure to an interesting place (though it is all those things), but above all it is an act which symbolises our journey through life to the heavenly Jerusalem. It is therefore a time of deep prayer. As you prepare to make the pilgrimage to Walsingham, spend some time thinking about what you are carrying with you in prayer.

***What am I truly thankful for? What ought I to be thankful for?***

***Whom have I hurt? Have I honestly sought to make amends?***

***When have I turned aside from the will of God?***

***Who do I know who is sick? Or lonely? Or anxious? Or afraid?***

***What makes me lonely, anxious or afraid?***

***Where is my life and purpose conflicted or divided?***

***What do I really want in life?***

# The Preparation and Blessing of Pilgrims

✠ In the Name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

The Lord be with you.

**And also with you.**

Let us listen to the Gospel of the Lord (*St Luke 24.13-35*).

God is the beginning and end of life's pilgrimage. Let us call upon him in confidence, saying: **Lord, be the companion on our journey.**

Father all-holy, of old you made yourself the guide and the way of your people as they wandered in the desert; be our protection as we begin this journey, so that we may return home in safety. **Response**

You have given us your only Son to be our way to you; make us follow him faithfully and unswervingly. **Response**

You gave us the Blessed Virgin Mary as the image and model for following Christ; grant that through her example we may live a new life. **Response**

You guide your pilgrim Church on earth through the Holy Spirit; may we seek you in all things and walk always in the way of your commandments. **Response**

Our Father, **who art in heaven...**

*The Priest extends his right hand over the pilgrims, and says*

All-powerful God, you always show your mercy toward those who love you and you are never far away from those seek you. Remain with your servants on this holy pilgrimage and guide their ways in accordance with your will. Shelter them with your protection by day, give them the light of your grace at night, and, as their companion on the journey, bring them to their destination in safety. We ask this through Christ our Lord. **Amen.**

May the Lord guide us and direct our journey in safety. **Amen.**

May the Lord be our companion along the way. **Amen.**

May the Lord grant that the journey we begin, relying on him, will end happily through his protection. **Amen.**

And the blessing of God almighty, the Father, the Son and the Holy Spirit, be among you and remain with you always. **Amen.**

*Sprinkling the pilgrims with Holy Water, the Priest blesses them. When we receive the water we may make the Sign of the Cross.*

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## **On arrival in Walsingham**

There are no banking facilities and no cash machine in the village, so please be sure to have cash with you. All meals are included in the charge you have already paid. If you do not have a copy of the **Walsingham Pilgrim Manual**, Richard will have copies for sale and you will need one in order to participate in the services.

Some of us are staying in rooms in the Shrine grounds and some are in St Columba's, a house just outside the grounds. Most rooms do not have *en suite* bathrooms: bathrooms are shared between three or four rooms. There is usually very little wait for access. Towels are provided.

If you need to get hold of Richard while we are in Walsingham, you can reach him on his mobile phone: **07835 849 850.**

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## **Walk to the Slipper Chapel**

Many visitors to Walsingham, unfamiliar with Church organisation, ask, 'Why are there two Shrines?' It is a good question with no good answer. The Slipper Chapel, where mediaeval pilgrims removed their shoes to walk the final mile to Walsingham, is now part of the Roman Catholic Shrine. It reminds us of the divisions between Christians and how seriously they hinder our witness to Jesus.

If the weather is fine, those who would like to walk the mile out to the Slipper Chapel as part of a group are invited to gather at the gate near the Shrine reception at **2pm on Saturday afternoon** and we'll walk out together.

# Our programme for the weekend

Take part in as many or as few activities as you wish. Events in **bold** are central parts of the Pilgrimage experience. Make time to enjoy the peace and stillness of the Shrine Church and the gardens. **Bring your Pilgrim Manual** for services!

## Friday 8 June                      Feast of the Sacred Heart of Jesus

- 2pm                      **Blessing of Pilgrims** *in St Mary's Attleborough*                      page 4
- 2.15pm                      Depart for Walsingham
- 3.15pm                      Arrive in Walsingham
- 3.30pm                      **First Visit to the Holy House**  
*We gather at the altar at the west end of the Shrine Church*  
*After our First Visit there will be time to find our accommodation and settle in*
- 5.30pm                      Evening Prayer *in the Shrine Church*
- 6.30pm                      Supper *in the Refectory*
- 8pm                      **Mass for the Feast of the Sacred Heart**  
*in the Guild of All Souls' Chapel*
- Afterwards                      Free time: *relax in the Bull or in the Norton Room*

## Saturday 9 June

- from 8am                      **Breakfast** *in the Refectory (served until 9.15am)*
- 10am                      **Stations of the Cross** *in the Shrine Garden*  
*We gather at the back of the Shrine Church*
- 12.30pm                      Lunch *in the Refectory*
- 1.30pm                      **Attleborough Parish Intercessions** *in the Holy House*  
*This is an important part of the pilgrimage where we gather to pray in hopeful trust for various causes and people known to us*
- 2pm                      Walk to the Slipper Chapel and back (see note on page 5)
- 6pm                      **The Pilgrimage Mass** *in the Shrine Church*

- 6.50pm      *Supper in the Refectory*
- 8.15pm      **Sermon and Candlelit Procession of Our Lady**  
*beginning in the Shrine Church*  
*There is an opportunity to make your confession after this service*
- Afterwards    *Free time: relax in the Bull or in the Norton Room*

## Sunday 10 June

## Second Sunday after Trinity

- from 8am      *Breakfast in the Refectory (served until 9.15am)*
- Please vacate your room by 10am
- 11am          **The Parish Mass** *in St Mary's Church*
- 12.30pm      *Lunch in the Refectory*
- 2.30pm      **Sprinkling at the Well and Ministry of Healing**  
*in the Shrine Church*
- 4pm          **Procession of the Blessed Sacrament and Last Visit**  
*beginning in the Shrine Church*
- 5pm          Depart for Attleborough

## Lighting a candle is a prayer

Every Christian, at baptism, passes from darkness to light and is called to shine as a light in the world. Saints and martyrs have shone as lights in every generation and continue to do so in our own time. So it is very appropriate to light a candle when we pray. It is an ancient custom. The candle burns after we have left as a sign of our prayer, and the sight of it kindles the power of prayer in the hearts of others. The small donation we give for the candle is a reminder that prayer is an offering. The candle, as it burns, will eventually give itself out entirely, as Christ gave himself entirely for the life of the world. And the light of the candle is a symbol of the light of the Risen Christ, scattering the darkness of our hearts and minds.



## Free time on Saturday: some suggestions

- **Explore** the Shrine Church, the gardens, and the village.
- Visit the **Parish Church** (about 8 minutes' walk down the High Street and left up Church Street).
- Admission to the grounds of **Walsingham Abbey** (containing the ruins of the destroyed mediaeval Priory) costs £4 and the entrance is in the Shirehall in Common Place. Open 11am to 4pm.
- There are a number of shops in the village, including the **Shrine Shop** (in Common Place) which sells a wide variety of books, cards, souvenirs etc.
- Spend some time alone in the **Holy House**.

There are also periods of free time at other points in the programme.

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## A Visit to the Blessed Sacrament

*'Now we see in a mirror, dimly, but then we will see face to face. Now I know only in part; then I will know fully, even as I have been fully known. And now faith, hope, and love abide, these three; and the greatest of these is love.'* (1 Corinthians 13.12-13)

A pilgrimage can be hectic and noisy. We rush from place to place and want to 'make the most of it'. Take some time to be still.

The Blessed Sacrament is reserved in three places:

1. the **Shrine Church** in the chapel above the High Altar (*go up the stairs on either side*);
2. the **Guild of All Souls' Chapel** (*by the fountain in the courtyard*);
3. the **Parish Church**.

Visit it in one of those places for a while.

*Suggestions for silent meditation before the tabernacle:*

'Nothing can separate us from the love of God.'

'Come, follow Me.'

'The Lord is risen indeed.'

'I am the Good Shepherd.'

'King of glory, King of peace.'

'Lo, I am with you always.'



# Mary, our fellow pilgrim

Walsingham exists simply to keep alive the joy that was in Mary when the Angel brought her the good news that she would give birth to the Son of God. He was the One whom the prophets had longed for, the One who would make such a difference to the world that it would be turned completely upside down. As far as we know, she was an unmarried teenager, who responded in faith to the Angel's message. She said, 'Let it be with me according to your word!' Mary said 'Yes' to God. Her 'yes' is the same 'yes' which we are all called to say, wholeheartedly and without reserve.

For nine months she carried Christ in her womb and then gave birth to him in a dirty corner, because there was no room for a pregnant Mother and her child in the inn. As she brought him up, she must have wondered about that encounter with the Angel long ago. She found her Son in the Temple, teaching the teachers themselves; later, she followed him along the way as he wandered from place to place, preaching and healing people. When the wine ran out at the wedding in Cana of Galilee, she first drew the need to his attention – 'They have no wine' – and then she gave the stewards an instruction which all Christian people must follow: 'Do whatever he tells you.'

Eventually, the authorities had had enough of her Son and he was condemned to death. St John tells us that as Jesus hung on the cross, bleeding and dying, Mary still stood beside him, together with 'the beloved disciple'. Though dying, Jesus did a wonderful thing: he gave the disciple to his Mother as her son, and he gave his Mother to the disciple to be his Mother. From that moment, she became the Mother of *all* beloved disciples of the Lord – which is all of us: the Family of the Church.

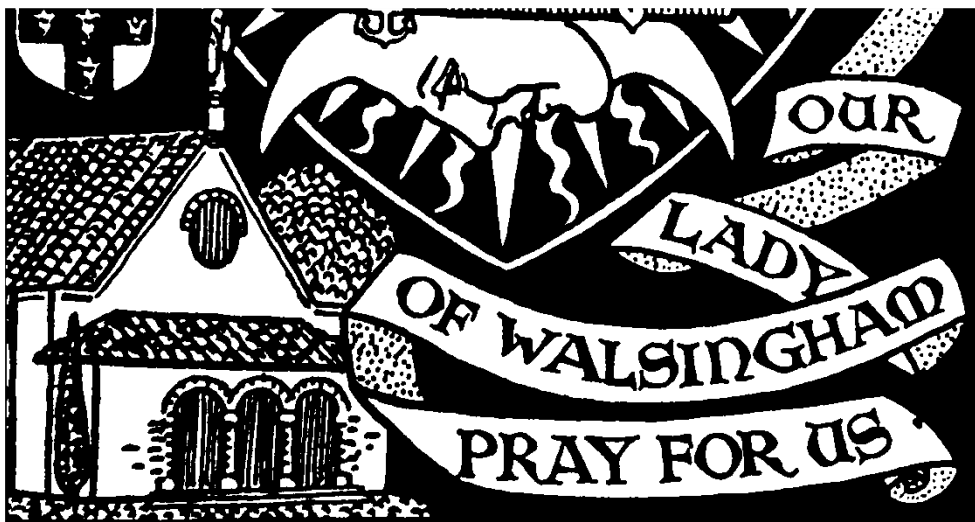
After her Son's Resurrection, she was with the apostles in the days following his Ascension, as they 'devoted themselves to prayer' while they waited for the 'promise of the Father', the life-giving Spirit of Pentecost.

Mary was always with the Lord, in life, in death and in the newness of his Risen Life. Can we doubt that she is with him still? Jesus is clear in the Gospel that his Father 'is not God of the dead, but of the living, for all live to him.' As Mary continues to 'live to the Lord' in the glory of her Son's presence, we can trust that her heart is still as attuned to his will as it was

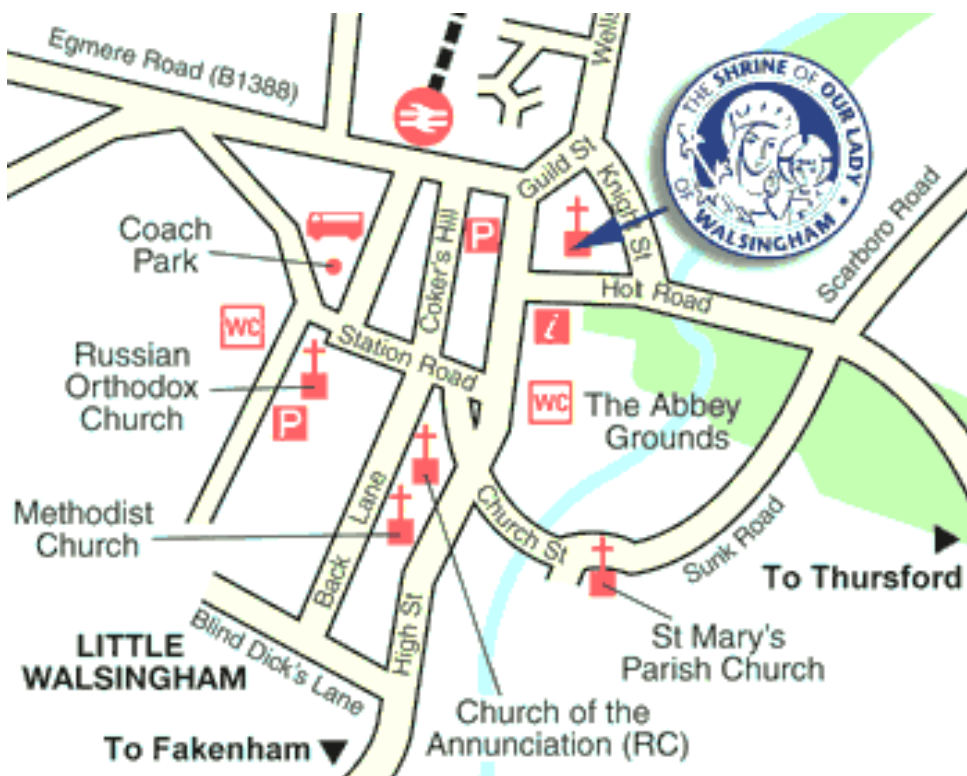
throughout her earthly life. The love between Jesus and Mary must be very great. For Christians, love expresses itself naturally in prayer. So just as we ask our friends and those whom we love here below to pray for us, we also ask Mary to pray for us – not because she is far removed from us, but precisely because she is one of us, one who always beckons us to journey on with her towards the Risen Life of her Son ‘who loved us and gave himself for us.’

Of course, we can all pray to God our Father. He sent his Son into the world precisely so that we would be able to know him. But if the experience of going on pilgrimage reminds us of anything, it should remind us that we are not meant to live the Christian life on our own. Christ calls us to be his friends *together*, not in isolation from each other. He gives us a place in the Family of the Church, the universal body of believers who are like ‘living stones’ being built into a spiritual house. In this house, we all need each other: none of us can stand on our own. And we especially need those whose faith, hope and love shines as an example and as a guide, to lead us in the way of holiness. They are not dead. They are one with us, alive in the power of the Risen Life of Jesus, Mary’s Son.

May the knowledge of her prayer be an encouragement to us in the Christian pilgrimage as we journey on towards the city of eternal light. It is with confidence that we can say: *Our Lady of Walsingham, pray for us.*



## The village of Little Walsingham



### Giving

The Shrine is very much dependent on the generosity of pilgrims, however much or little they can afford to give. There are various offering boxes dotted around the Shrine Church, where you can leave money for candles and donations. If you are a UK taxpayer, please take the trouble to fill in a Gift Aid envelope: your gift is then worth considerably more. You can also purchase Shrine publications, postcards etc in the Shrine Shop in the Common Place.

# The Shrine complex

(The numerals refer to the location of the Stations of the Cross in the garden)

