



The Anglican Parishes of Whittington, Weeford and Hints

*What the Lord requires of you is to do justice and to love mercy and to walk
humbly with your God*



Prayer Walk Around Whittington

*Take a short walk around the village
praying for the area, its residents,
people you know, visitors, those who
work here, the wider world and yourself*



THE CHURCH
OF ENGLAND

Pray one for another, that ye may be healed. The effectual fervent prayer of a righteous person availeth much. James 5:16



As Christians we are called to pray for the needs of the world and one another.

This short walk takes about 50 minutes *plus* whatever time you pause for. You can walk and pray and pause and pray. Spend longer in some places, less in others. You don't need to pray everything in the booklet. Let God's Holy Spirit guide you.



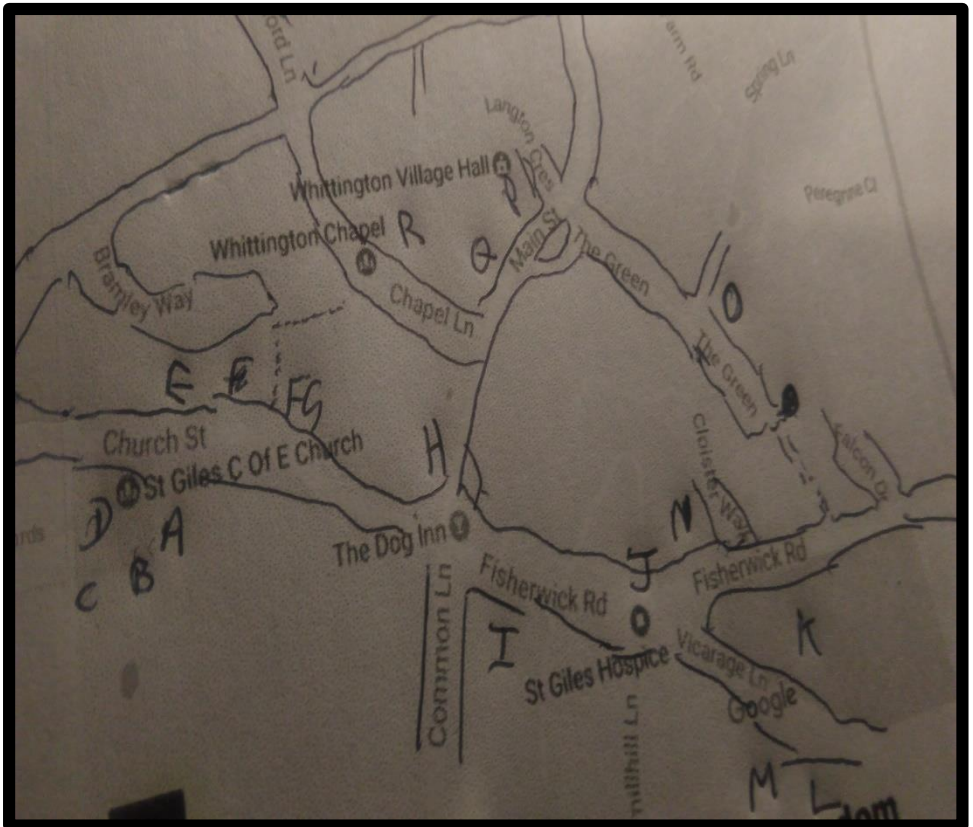
May this time walking and praying be a blessing to you and to our village of Whittington. Please return booklet for others to use at the end of your prayer walk.





THE CHURCH
OF ENGLAND

The Map of the Journey



Stand by the Font in St Giles' Church. It is the place of baptism and renewal to commence your journey...

To think and pray about

Your Church; This Church; All those baptized; All who are welcomed into this church and this village; Your Christian Journey. What aspects of your life is God renewing?



A prayer as you begin

O God, who made this place and time holy, shine with the glory of the Lord's resurrection: Stir up in your Church that Spirit of adoption which is given to us in Baptism, that we, being renewed both in body and mind, may worship you in sincerity and truth; through Jesus Christ our Lord, who lives and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. Amen



Exit through the main wooden door, turn left and enter the graveyard. Follow the path until you come to an Angel and the carefully kept war graves on the left.



A Prayer for the Armed Forces

Almighty God, in you alone we find safety and peace. We commend to your gracious keeping all the men and women who serve in the Navy, the Army, or the Air Force, who face danger and put their lives at risk so that others might live in safety. Defend them day by day by your heavenly power; and help them to know that they can never pass beyond the reach of your care. Keep alive in them and in us your vision of that peace which alone we must seek and serve; through Jesus Christ our Lord. Amen.

To Think About and Pray For

DMS Whittington,

Pray for the service men and women of Whittington and those stationed at DMS Whittington. Also for their families who give much. For the Little Troopers charity supporting local forces families and for SSAFA Charity supporting local forces families.

We thank God for the lives of men and women given in service in conflicts and wars and pray their sacrifice be not in vain but liberate futures that are ones of freedom and fulfilment for those that live now.

Almighty God, stretch forth your mighty arm to strengthen and protect the armed forces: grant that meeting danger with courage and all occasions with discipline and loyalty, they may truly serve the cause of justice and peace; to the honour of your holy name, through Jesus Christ our Lord. Amen



Continue just a few steps further and on the left you will see a grave with a surround dedicated to the daughter of the Warden of the Khyber Pass. As we venture into Whittington let us pray for the people of many nations who live in the village, from Spain, Latvia, France, Poland and many other nations. Let us pray for those visiting our village from around the world. Let us be mindful of our responsibility as the people of Whittington to the rest of the world. Let us thank God for the diversity in our world.



A Prayer for the world

God of history and God of all nations,



we praise and thank you for your presence and work in our country and village, in the past, the present and the future. You created us all to be different. We are just amazed by your wonderful work creating different cultures, different languages and different faces.

Grant us courage to accept our difference. Grant us strength to resist our prejudice. Grant us love to care for each other. Grant us spiritual eyes to see your will for our nation and village. Grant us grace to become one big family of God. Grant us faith to build Your Church together. Amen.



Continue along the pathway turning to the right and through the small gate adjacent to the church hall by the skip. Proceed with caution. If wet and slippery, journey behind the church hall instead. Walk carefully across the carpark and stand in front of blue and yellow church hall sign. Many groups meet here, a good number of which are aimed at supporting the elderly and the lonely. Many groups meet elsewhere in the village supporting the elderly.

To Think and Pray about

The wisdom of the elderly; their experience of life. For the elderly of Whittington and the elderly we know. For those who care for the elderly in Whittington in care homes, sheltered housing and in their own homes. Pray for all social groups for the elderly in Whittington including the church pastoral team, Whittington good neighbours scheme, coffee-stop, Wednesday club, whist for pleasure, bridge with friends, community choir, men's lunch and women's lunch.

A Prayer for the elderly

Look with mercy, O God our Father, on all whose increasing years bring them weakness, distress, or isolation. Provide for them homes of dignity and peace; give them understanding helpers, and the willingness to accept help; and, as their strength diminishes, increase their faith and their assurance of your love. This we ask in the name of Jesus Christ our Lord. Amen



Continue across the carpark and cross the road with extreme caution to pavement opposite. The houses set back were at one time police houses.

A prayer for the courts

Almighty God, who sittest in the throne judging right: We humbly beseech thee to bless the courts of justice and the Judges and magistrates in all this land; and give unto them the spirit of wisdom and understanding, that they may discern the truth, and impartially administer the law in the fear of thee alone; through him who shall come to be our Judge, thy Son our Saviour Jesus Christ. Amen



Pray for judges, magistrates, barristers, solicitors and advocates, for witnesses, witness support workers, for victims and victim support staff, for defendants, for the convicted, for the police, the PCSOs and for the admin staff and for the probation services. For the families of all involved. For justice and compassion. For forgiveness.



We pray at this point for all from our village who are in prison or have relatives or people they know in prison. For all in our village who work in prisons and especially for the nearby HMP/YOI Swinfen Hall in our sister parish of Weeford.



A Prayer

***Mend in mercy the broken in mind and memory.
Soften the hard of heart, the captives of anger.
Free the innocent; parole the trustworthy.
Awaken the repentance that restores hope.
May prisoners' families persevere in their love.***

***Jesus, heal the victims of crime. They live with the scars
Lift to eternal peace those who die.
Grant victims' families the forgiveness that heals.***

***Give wisdom to lawmakers and to those who judge.
Instil prudence and patience in those who guard.
Make those in prison ministry bearers of your light,
for all of us are in need of your mercy!***



continue down the hill a little until you come to the scouts' hut on the left with their scout badge clearly displayed.

We pray for all youth organizations including in our village beavers, cubs, scouts, rainbows, brownies and guides. For the leaders of these organizations and for continuing support in the Trefoil organization. We pray too for The Boys' Brigades in Lichfield. We pray for the sunbeams who meet at church, toddler groups in the village and for messy church -for children and accompanying adults.



A prayer for youth groups and young people

Christ our Lord,

You give us our lives: all that we are, our bodies and our minds. You inspire us to learn more about the world around us, about you, about ourselves and about one another.

May we who enjoy the freedoms that you give us rejoice in our discoveries and work tirelessly for education for all. May those who take risks and make sacrifices for their own education or the education of others inspire us always in our pursuit of learning and the life of faith. May we learn from one another, gain the knowledge to build a better world, and realise the potential you give to all. Amen



Take just a few steps further down the hill on the left you will come to a large detached house, 'The Hawthorns Guest House' (B+B)



A prayer for travellers

O God, Who did cause the children of Israel to traverse the Red Sea dry-shod; Thou Who did point out by a star to the Magi the road that led them to Thee; grant us we beseech Thee, a prosperous journey and propitious weather; so that, under the guidance of Thy holy angels we may safely reach that journey's end, and later the haven of eternal salvation. Hear, O Lord, the prayers of Thy servants. Bless their journeying. Thou Who art everywhere present, shower everywhere upon them the effects of Thy mercy; so that, insured by Thy protection against all dangers, they may return to offer Thee their thanksgiving. Through Christ our Lord. Amen.

To Pray and Think about

We are all on a journey of life. How is your journey going? What do you have to thank God and pray for?

The railway and canal frame the edge of Whittington. Pray for all who work and travel on our railways and waterways and keep them in good order. For the very many cyclists who cycle our parish roads. For runners.

Pray for all leaving Whittington to journey to other places for pleasure, refreshment or work. Pray for all those arriving into Whittington for pleasure, refreshment and work and those returning home. Pray for those journeying into new phases of life. Pray for faith journeys. Pray for all preparing for the great journey of marriage and those recently married, especially at St Giles' Church.



Continue to the bottom of the hill and on the left by the old school you will see the village war memorial.

To Think About and Pray For

Pray for people of Whittington who have died recently. Pray for those grieving at this time. Pray for those facing death. Pray for those who have died whom you knew.



*Lord of all, we praise you
for all who have entered into their rest
and reached the promised land where you are seen face to face.
Give us grace to follow in their footsteps
as they followed in the way of your Son.
Thank you for the memory of those you have called to yourself:
by each memory, turn our hearts from things seen
to things unseen,
and lead us till we come to the eternal rest
you have prepared for your people,
through Jesus Christ our Lord*

Psalm 34:18

The LORD is close to the
brokenhearted and saves
those who are crushed in
spirit.



With extreme caution cross over towards The Dog Inn Pub and along Fisherwick Road. Continue to the post-box and with caution cross and pause by Elswick House Nursery School. (Higher up the hill you would come to Whittington Primary School)

To Pray and Think About

Elswick House Nursery School, Barracks pre-school, Whittington Primary School, King Edward V1 School, DMS Whittington Medical School, church Bible-study groups, the dance schools that meet in our village. Pray for the Cathedral School and Repton School. Pray for all students away from the village and their various colleges, universities and creative arts schools. Pray that knowledge and skills will realise compassionate, moral people and offer opportunities to fulfil dreams. Pray for private tutors in the village



***A prayer for
places of
learning***

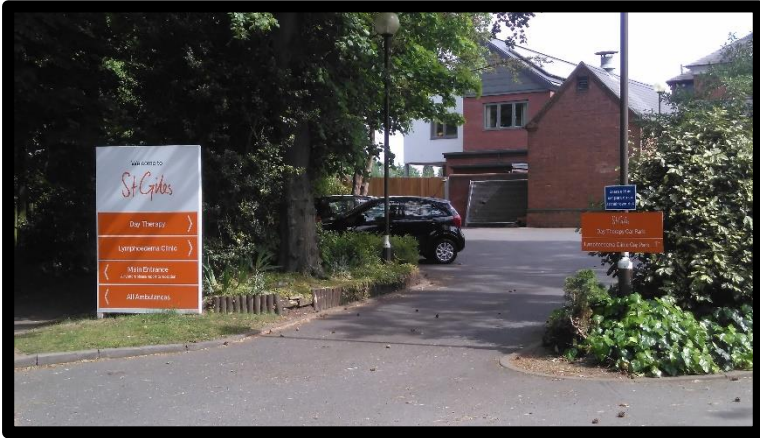
***O Eternal God,
bless all schools,
colleges, and universities in which our village students study, that they
may be lively centres for sound learning, new discovery, and the pursuit
of wisdom; and grant that those who teach and those who learn may
find you to be the source of all truth; through Jesus Christ our Lord.
Amen.***





J

Continue along the road until you come to the signage for St Giles Hospice on the right.



To Pray and Think about

There are people in our village who are crying tears of grief and pain. There are those who feel their life simply turns on and on with no purpose. There are those who suffer in body mind and spirit. Pray to God for them. Pray for those you know.

Pray too for St Giles' Hospice, St Giles' Hospice home care and grieving support teams, Burton Queen's Hospital, Good Hope Hospital, Samuel Johnson Hospital, for community mental health teams, for those suffering with HIV, cancer and dementia in Whittington, for all in the medical and emergency services, for counsellors and social workers, for those working with victims and perpetrators of domestic violence in Whittington, for the village pharmacist, for Ruach

A Prayer

Lord God, whose Son, Jesus Christ, understood people's fear and pain before they spoke of them, we pray for those in hospital; surround the frightened with your tenderness; give strength to those in pain; hold the weak in your arms of love, and give hope and patience to those who are recovering; We ask this through the same Jesus Christ, our Lord. Amen





K

Take the little path way through the trees and crossover towards the bowling green carpark. Take the little alley way towards the right of the carpark to Bit End Field. Pray as you wander across the field heading for the gate by the pavilion.



To Think About and to Pray For

Pray for all children of Whittington, that they will be happy and healthy. That their homes will be ones of nurture, safety and love. Pray for the futures of these children that they will grow and develop as compassionate loving people and open to the possibilities and dreams of life. Pray for their families however these are constructed, especially the principal carers. Pray that their laughter, imagination and joy will be prevalent in all their days. Pray for any children you know. Pray for Whittington Country Fair and church fetes that take place here.



Pray- A Parents' Prayer

O God the Father of mankind, who hast given unto me these my children, and committed them to my charge to bring them up for Thee, and to prepare them for eternal life: help me with Thy heavenly grace, that I may be able to fulfil this most sacred duty and stewardship. Teach me both what to give and what to withhold; when to reprove and when to forbear; make me to be gentle, yet firm; considerate and watchful; and deliver me equally from the weakness of indulgence, and the excess of severity; and grant that, both by word and example, I may be careful to lead them in the ways of wisdom and true piety, so that at last I may, with them, be admitted to the unspeakable joys of our true home in heaven, in the company of the blessed Angels and Saints. Amen



Turn left from the gate and head up the hill up the lane until you reach the cricket ground and club. Wander into the car-park and pause.

Pray for all sporting endeavours in the area for fit bodies, fairness of play, enjoyment, perseverance and teamwork. Pray for Whittington cricket club, Whittington football club, local rugby teams, local hockey clubs, Whittington Bowling club (just passed), keep fit classes for the elderly, for Whittington Yoga classes, Tai Chi and dancing groups and for Tumble Tots.



O God, you gave us bodies—
as well as minds and hearts—
with which to praise and worship you.

Our sports and exercises are a fitting use of gifts
and talents you have given us.

Bless our workouts and the games we play,
and those with whom we exercise or compete.

Give us strength, endurance, courage
and agility as we compete or train.

Keep us safe and healthy as we celebrate
our physical and mental skills in sport.



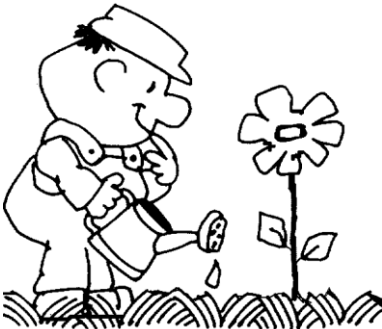
Turn left and head back down the hill, down the lane. Very soon you will arrive at Jubilee Park on the left. Enter and either pause or take the pathway circuit returning to the gate.



A Prayer for Creation

Every creature, every plant every rock and grain of sand proclaims the glory of its Creator worships through colour, shape scent and form.

A multi-sensory song of praise. Creator God, may we join with the whole of your creation in praising you, our Creator through the fragrance and melody of our lives



To Think About and to Pray For

Thank God for the opportunity to pause, reflect, relax and enjoy his world. Pray for those who look after Whittington's green spaces; parks and grounds people, county planners. Pray for those who work to protect our planet and nurture it. Pray for Whittington and Fisherwick Environment Group, Whittington Allotments, Whittington flower arranging group, local farms and nurseries, for all work on the land and in horticulture.

Thank God for our amazing world.



Exit the gate back into the lane, turning left and heading down the lane to the end. Pause at the little pathway and look across the road to Whittington Hall.



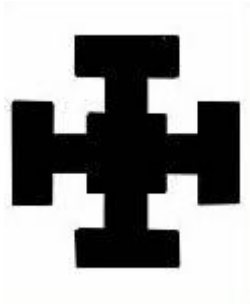
A symbol of history and life journeys. Our lives are all a mixture of the glorious and the sinful. Pause for a moment to reflect on each in your life and to pray to God for forgiveness. Take time to pray the Lord's Prayer at this point.

***Most merciful God,
Father of our Lord Jesus Christ,
we confess that we have sinned
in thought, word and deed.
We have not loved thee with our
whole heart.
We have not loved our neighbours as
ourselves.
In thy mercy
forgive what we have been,
help us to amend what we are,
and direct what we shall be;
that we may do justly,
love mercy,
and walk humbly with thee, our God.
Amen.***

***Our Father, which art in
heaven, Hallowed be thy
Name. Thy Kingdom
come. Thy will be done in
earth, As it is in heaven.
Give us this day our daily
bread.
And forgive us our
trespasses, As we forgive
them that trespass against
us. And lead us not into
temptation, but deliver us
from evil. For thine is the
kingdom, The power, and
the glory,
For ever and ever, Amen.***



Cross over carefully towards the hall and travel to the right to the small chicane. Turn left down the little alley-way and walk until you come to the junction of The Green and Spring Lane, still under canopy of trees. Pause.



**just pause for a
moment and consider...**





p

Continue forwards heading for the green and the village hall that is just about visible. Cross over Main Street and stand facing the village hall.



To Pray For

The Borough Council, Lichfield Mayor, Whittington Councillors, Chief Executive, County Council, High Sheriff and Deputies, Lord Lieutenants and deputies, Chairman and County Councillors, Lichfield's MP, Chaplains to the above, all administrative staff. Pray they will enact their office in a spirit of service and for the common good.

For the Fairtrade organisation in this village and that their principles of fairness in trade are upheld. Pray for Whittington Farmers' Market held on the adjacent Bell Pub Carpark each month. For the Langton medical group who hold surgeries here, for all their staff and patients.

For the village hall and all who use it. For the Whittington players' amateur dramatics company, Lichfield Lighthouse Company, Wildfire Folks, the choristers at the Lichfield cathedral (school) Lichfield music and arts festival. All resident and visiting actors, dancers, artists, musicians, entertainers, singers, designers and choreographers in our village. For Whittington History Society. For the Women's Institute.



Head towards the Bell Inn and continue on Main Street passing the CO-OP and stand by the three shops, with hairdressers behind you across the road and estate agents just ahead.

There are many things you *could* pray for here:

Pray for the banks, building societies, credit unions, commerce and insurance companies. Pray for those who live in Whittington that are struggling financially and are in debt. Pray for those without employment; for those fearful about the stability of their post or facing redundancy.

The Dog Inn, the Bell Inn, the Plough Inn, Lichfield Street Pastors/late night listeners, restaurants, hotels, chip shops, lunch clubs and tearooms in the area.



To Reflect Upon and to Pray About

For all farmers and food producers, for food manufacturers and distributors. For food sellers. For fair trade practices. Pray for Whittington Farmers' Market. For the interconnectedness between Whittington and the world with regard to food. For those struggling to feed families. For those without food in Whittington or passing through. For our health and bodies. For the Lichfield foodbank scheme, those who support and enable it as well as the clients.

God of compassion, your love for humanity was revealed in Jesus, whose earthly life began in the poverty of a stable and ended in the pain and isolation of the cross: we hold before you those who are homeless and cold. Draw near and comfort them in spirit and bless those who work to provide them with shelter, food and friendship. We ask this in Jesus' name. Amen.



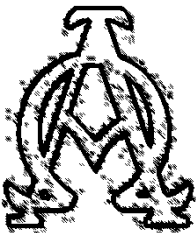


R

Continue along the road, past the Cantonese Restaurant and turn right into Chapel Lane. When the pavement ends cross over cautiously and face the old chapel.



Pray for our sister church parishes of St Mary Weeford and St Bartholomew Hints. The Anglican Churches of the Lichfield Deanery including the cathedral. Pray for The Bishop of Lichfield. Pray for all clergy including Fr Jason at St Giles', the chaplains/ spiritual directors of DMS Whittington, St Giles Hospice and HMPYOI Swinfen. Prayer for Churches Together in Lichfield. For the Methodist Church and circuit, for the local Roman Catholic churches, for Wade Street and URC/ Baptist and Pentecostal churches. For any Quakers in our Village and Lichfield area. Pray for peoples of all faiths in Whittington and Lichfield - Jews, Buddhists, Jains, Hindus, Sikhs, Muslims and those who follow Shinto practices.



Turn left into the little path-way and walk up the hill. Turn left along new pathway. At end turn right and walk up the hill towards the church. Cross carefully and go up the pathway and back into the church.



Commend all for whom you have prayed to God. Thank God for all your blessings. Pray for yourself. Ask God how you should respond to the prayers you have prayed. Go into the world to love and to serve our Lord.

Psalm 139: 14-16



I praise you because I am fearfully
and wonderfully made;
your works are wonderful,
I know that full well.
My frame was not hidden from
you when I was made in the secret
place,
when I was woven together in the
depths of the earth.
Your eyes saw my unformed
body; all the days ordained for me
were written in your book
before one of them came to be.



Departing Prayer

God to surround me, God to encompass me;
God in my words, God in my thoughts;
God in my waking, God in my resting;
God in my hoping, God in my doing;
God in my heart, God in my soul;
God in my weakness, God in my strength;
God in my life, God in eternity. Amen

Other Prayers you can utilize on your prayer walk

Prayer

In our journeying with you,
may we never lose our sense of direction,
never lose sight of the landmark
towards which we travel.
And should cloud or rain obscure our vision,
may we draw closer to you,
so that our feet may tread
in your footsteps,
your words be our encouragement,
and your love our protection
against the storms and trials of life.
Amen



Prayer

Loving God, you have called us to live by faith,
in obedience to your will,
so that we might have life in all its fullness.
Help us to love you with all of our hearts,
to mature as disciples of Christ,
and to grow in the gifts and fruits of your Spirit.
O Lord God, destroy and root out whatever evil
plants within us,
That with our sins destroyed,
you may sow understanding and good work
In our mouths and hearts;
May we trust in you, and know your daily provision.
In Jesus Name. Amen

***Prayer***

Loving God, we offer you today, our thoughts, words and
actions.
Help us to heed the promptings of your Spirit,
To recognize your Son in those we encounter,
And to be a witness for your kingdom.
Help us to share your healing touch, your words of
encouragement,
Your smile of friendship, your helping hand.
Give us, O Lord, firm faith, unwavering hope, perfect love.
Pour into our hearts the spirit of wisdom and understanding,
The spirit of counsel and spiritual strength,
The spirit of knowledge and true godliness, and the spirit of
your holy fear. Through Christ our Lord. Amen



DIOCESE OF
LICHFIELD

Come follow Christ
in the footsteps of St Chad



Please leave for others to use

Compiled by The Revd Dr Jason Phillips

