

A Pilgrimage for Lockdown and Beyond

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On a pilgrimage, we might walk prayerfully towards a destination. Inside the Cathedral, we might walk through or around the building, taking time to pause and reflect as we go. The internal, spiritual journey is as significant as the external physical one. This online pilgrimage does not require us to travel, and we do not undertake the journey in one go. Instead, we are invited to pause as we spend time in different parts of the home, in different rooms and spaces, and as we go about the day. We journey inward, reflectively. Then the day – and our home – is given over to God.

There are seven stages to this pilgrimage. Each stage contains a reading from the Psalms, a reflection, and a prompt to encourage thankfulness and an awareness of God's presence.



1. Front Door

Lift up your heads, O gates; be lifted up you everlasting doors; and the King of Glory shall come in. 'Who is this King of Glory?' 'The Lord of Hosts, he is the King of Glory'. *Psalm 24: 9-10*

The Cathedral doors are closed at the moment. One day, they will be open again. God's presence is not shut out of our lives. God is with us.

As you stand in your doorway, or whenever you leave or enter your home to make a necessary journey, pray for a renewed sense of God's presence in your life and ask God to travel with you.

2. Living room or lounge



(The Cathedral Nave, facing West)

God be gracious to us and bless us and make his face to shine upon us, that your way may be known upon earth, your saving power among all nations. Let the peoples praise you, O God; let all the peoples praise you. *Psalm 67: 1-3*

The Nave is where so much 'living' happens in the Cathedral. This where we gather for worship, for concerts, for lectures and where we come to rest and think. We meet one another in this place. We shall do so again.

When you are in your living room or lounge, give thanks for the people who sustain you at the moment: your friends and family and neighbours. Give thanks for human contact and for technology.

3. Green Spaces



O Lord, how manifold are your works! In wisdom you have made them all; the earth is full of your creatures. *Psalm 104: 26*

At the heart of the Cathedral is the Cloister Garth – a growing, living place. Untamed, unchecked, and unnoticed, the plants continue to grow, and the birds are singing.

When you are in the garden or walking in a green space, or looking out at a tree, pray that, by the Holy Spirit, your faith will continue to grow. Sing praises to the God who creates us and sustains us.

(The Garth Garden at Worcester Cathedral)

4. Bathroom



Wash me thoroughly from my wickedness and cleanse me from my sins. For I acknowledge my faults and my sin is ever before me. *Psalm 51: 2-3*

Promises were made at our baptism and renewed at confirmation. All of us fall short of God's intention for us, in our thoughts, our words and deeds. Jesus teaches that God is gracious and forgiving when we repent.

In the harsh light of the bathroom mirror, acknowledge your failure to love God, your neighbour and yourself. And see that the person looking back at you is God's beloved child who is loved, cherished, and forgiven.

(The Font - picture by Michael Parris)

5. Bedroom



(The Crypt – photo by Chris Dobbs)

The Lord is my shepherd; therefore can I lack nothing. He makes me lie down in green pastures and leads me beside still waters. *Psalm 23: 1-2*

The Crypt is usually the quietest place in the Cathedral. Many people enjoy its simplicity and peace, and the knowledge that others have prayed here for centuries.

In your bedroom, lie down on your bed, let go of your anxieties, and put your trust in God. In the morning and in the night-time, give to God everything that worries you. Be still and know that God is God.



6. Kitchen

How lovely is your dwelling place, O Lord of hosts! My soul has a desire and longing to enter the courts of the Lord; my heart and flesh rejoice in the living God.

The sparrow has found her a nest where she may lay her young: at your altars, O Lord of hosts, my King and my God. *Psalm 84: 1-2*

At the altar we are fed in the sacrament. In the meal of the Eucharist, Christ gives us his body and his blood as a tangible sign of his presence with us. For the moment, for the good health of our neighbours and friends, we are away from the altar. And yet we know that Christ is with us.

As you stand in the kitchen, preparing a meal, or even a cup of tea, remember that your

health is important – whether physical, mental or spiritual. What nourishes your body? What enhances your mental wellbeing? What lifts your spirit? Take time to care for yourself, even as you care for others.

7. Windows



Lift up your hands towards the sanctuary and bless the Lord. The Lord who made heaven and earth give you blessing out of Zion.

Psalm 134: 2-3

When we are inside the Cathedral, our eyes are drawn to the windows. The Great East Window is full of colour and light, proclaiming the story of Christ and the salvation of the world.

From your window, you look out on the world Christ loves and came to save. You may not be able to leave the house, but you can look on this small corner of the world and know that God loves it. Look with the eyes of Christ at the world beyond your windows.

(The East Window and Lady Chapel)