

PRAYERS

ST PATRICK'S BREASTPLATE

May the strength of God pilot us
May the power of God preserve us
May the wisdom of God instruct us
May the hand of God protect us
May the way of God direct us
And may the shield of God defend us
Now and evermore
Amen

ST HILDA'S BLESSING

Have peace with each other
as children of one mother
Let each defer to other
and may your hearts be one

Have peace with all around you
sweet love of earth surround you
and may no harm confront you
or break the peace within

Have peace with God, your maker
In Jesus be partaker
And spirit consecrator
God three in one, grant peace

The peace of God possess you
The love of God caress you
The grace of heaven bless you
Peace everlastingly

SEEING THE LIGHT

For you, deep stillness of the silent places.
For you, the sharp cut of light on a winter's day.
For you, deep blue of the clear skies.
For you, flame red of the sunset striking the sea.
For you, fresh green of the hills and trees.
For you, glorious yellow of the headland's gorse.
For you, white lace tips of the waves, poised in
momentary stillness.
For you, sweet water from hidden springs.
From the edges seek the centre,
And when you're tired by the journey
May the refreshing winds of the hovering Spirit
smooth and replenish you
In the name of Christ, in the name of Christ. Amen

(Based on the community prayer of the wellspring
community, Australia)

COLLECT

Jesus of the sheathed sword,
In your name, many swords have been used
And many people have perished.
Speak to us, teach us, again and again,
that violence begets violence.
Teach us.
Again and again.
Over and over.
Because we keep forgetting.
And we need to keep
Remembering.
Over and over.
Amen

(Pádraig O Tuama)

corrymeela

2018

Empathy & Healing



A series of four walks during Lent

Walk 1: 22nd February

Walk 2: 8th March

Walk 3: 15th March

Walk 4: 22nd March

Walk 1 – Thursday 22nd February

Murlough Bay, Ballycastle

10:30 – Arrival at the Corrymeela Centre Ballycastle. Short talk by relative of Sir Roger Casement. Car pool to Murlough Bay. Walk from top carpark down a fairly steep road to the bay with a couple of stops: one at the Roger Casement memorial cross and the other at the abbey ruins. Ascent will be up through wooded area, along muddy path and across a wooden bridge.
(Walking Boots necessary and sticks strongly advised)

14.00 – Lunch at the Corrymeela Centre

The walk leader is Eleanor Duff, contact her on (028) 2076 3594 or 07776 027 288

Walk 2 – Thursday 8th March

Dundrum, Newcastle

11:00 – Meet at National Trust Car Park, Keel Point, Dundrum, Co Down BT33 0NQ
(Coffee from 10.40).

Beach walk through Murlough from Keel Point to Newcastle, finishing with lunch at Our Lady of the Assumption Church Newcastle, Co Down.

The walk leader is Joyce Williams, contact her on (028) 4375 1838 or 07585 377 838.

Walk 3 – Thursday 15th March

The North-West

10.30 – Meet at Ballinascreen Church of Ireland in Draperstown.
Walk around Lough Fea, up to Ballybriest Chambered Cairn and finish at the local Catholic church.
Walk is on tracks and roads, about 5 miles, 2 to 3 hours with 2 or 3 stops.

Walk leader is Dougie Tyler, contact him on (028) 2888 5580 or 07908075307

Walk 4 – Thursday 22nd March

Belfast

11:00 – Meet at the Big Fish, Salmon of Knowledge, on Donegall Quay (15min walk from Central station).
Cross the lagan by footbridge, stop at Dock cafe. Proceed to Victoria Park and on to new Connswater Greenway up to C. S. Lewis Square, through the heart of East Belfast.
Walk about 6 miles, on footpaths, 2-3 stops, 4-5 hours

For more information contact Brian McLoughlin on (028) 9079 3471 or 077 3829 2160

The Four Walks

22nd
February

Murlough Bay, Ballycastle:
Corrymeela Centre then
Murlough Bay

8th March

Dundrum, Newcastle:
Dundrum, through Murlough
to Newcastle

15th March

The North-West:
Draperstown, round Lough
Fea.

22nd March

Belfast:
Big Fish to Connswater
Greenway.

For details of all the walks look for Lenten Walks on our website www.corrymeela.org

The aim of these Lenten walks is to provide an opportunity to walk, talk, pray, reflect and enjoy the wonders of creation.

Wear suitable warm clothes/ waterproof gear, walking boots and walking sticks. The wet weather over the past few months has left many of the walks quite muddy.

Bring your own snacks, water and/or flask.

Arrange own transport - preferably link with others to car pool.

Please register with the relevant walk leader in advance so that we can communicate should nature intervene.

Any donation to the work of Corrymeela will be gratefully accepted.