

## Prayer Walks and the Northern Saints

Kathryn Turner writes; praying while walking has a very long history in the North-East. St Bede tells us that St Aidan would often walk along country lanes with his fellow-monks chanting psalms and sharing the gospel with those they met along the way. St Aidan was so committed to walking that the king told him that, as bishop, he really should have a horse and gave him one. This gesture of generosity backfired when Aidan came across a beggar and gave the horse to him – and carried on walking!

Many pilgrimages come to this part of the world – often under the title, “In the Footsteps of the Northern Saints” and it is true that you cannot go far in our Diocese without meeting something to do with one of our great saints. In many ways, we live on holy ground – even beyond the shores of the Holy Island of Lindisfarne. The Northern Saints had a deep sense of God in Creation. They also knew that walking gave them an opportunity to meet people and to listen to their concerns and worries and introduce them to the Good News about Jesus and his promise of eternal life.

Our Prayer Walks take us out into our own “holy land” and give us chance to savour God’s wonderful work in Creation through what we see, hear, touch, smell or taste. We link passages from Scripture or other works to help to deepen our reflections. And who knows, along the way, you might just have an opportunity to strike up a conversation that will help to change someone’s life for the better!

Enjoy walking in the footsteps of the countless holy men and women who have trodden the highways and byways of our Diocese and let us know of any new walks that you think others might like to try. Please contact [adminfaith.mission@diocesehn.org.uk](mailto:adminfaith.mission@diocesehn.org.uk).