

## Take your time

Of course you can set your own pace. Our suggestion is that on your walk you take time to stop, look, listen and breathe deeply- perhaps even with your eyes closed - before walking on. There are no rules, pause on your walk as many times as you like - or not at all. No matter how young or old you are, consider taking a photograph or two of what you notice, of what 'stirs' you. You might find it helpful to stop and sketch, or write a piece of prose or perhaps a prayer. These can be added to our website or to the village Facebook page. At some point on your walk we invite you to choose a small stone or pebble to hold in your hand as you walk. Polish it with your fingers. Use it like a Rosary Bead together with the 'walk talk' provided with each direction sheet. Use the pebbles of each walk as a reminder of what you experienced, of the 'cobwebs' you blew away, and of what you wish to remember.

## When you pause

Consider purposefully .....

- being still and listen to your own breathing
- being aware of your body, from toes to head
- being aware of your surroundings
- becoming aware of sounds and smells
- becoming aware of where your mind is wandering
- becoming aware of the wonder of place and creation
- becoming aware of self
- thinking about what you value and what to change

## The directions and maps

### A Guide

The weekly walk material is provided as a guide, the route has been carefully chosen, but do not feel bound by it if you wish to walk less or further. Equally, additional notes and suggestions are in the directions to nurture your experience on the way, not to overwhelm your own thoughts and needs as you walk through Lent.

### Walking through Lent

We hope that you enjoy this Lenten exercise and that as you walk you experience something more than just a walk. If during lent you wish to enter into a conversation about your experience, do not hesitate to contact any one of us.

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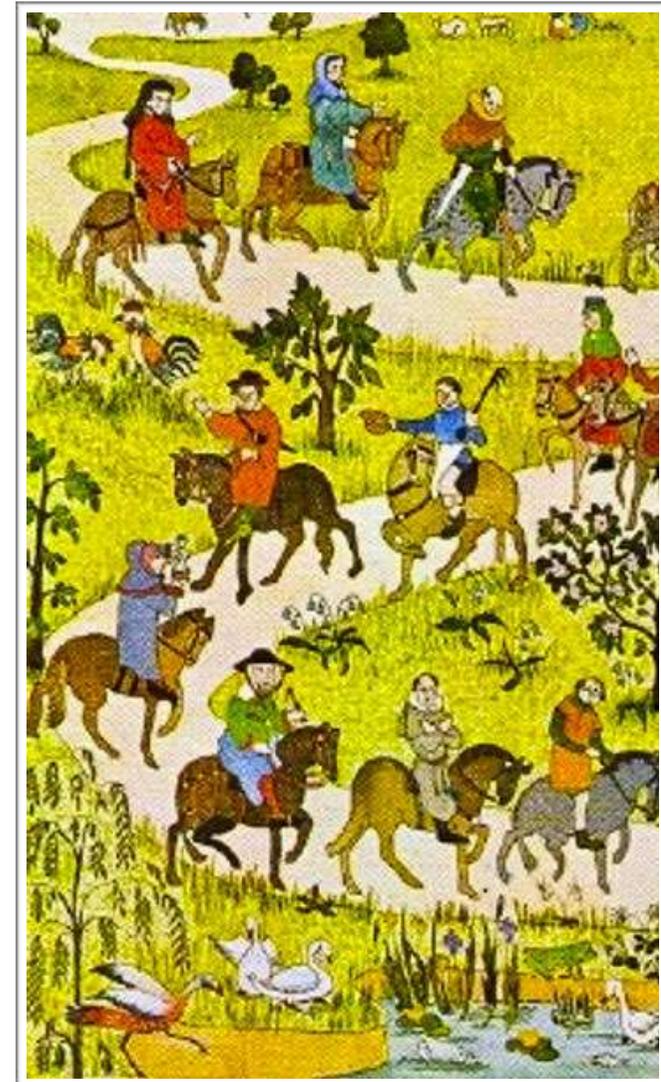
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# Walking Through Lent

A guided walk in familiar places.

A breath of fresh air for any day of the week throughout the next forty days.



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## Come on pilgrimage this Lent.

*How awesome is this place*

Join those who walk the Pilgrim's Way to Canterbury, or the Camino Way to St James Compostela by walking in the footsteps of saints - of those who have gone before us where we live. St Neot was not alone in his life in this place and neither are you as we walk together -though apart.

Come on pilgrimage.

Let us walk together the road of life.

We will go on well trodden paths,  
and also open new ways.

We will seek,  
we will search,  
we will rejoice,  
and perhaps we will sing.<sup>1</sup>

When pilgrims left their homes they were not always clear what they would encounter on their way, or at their destination.

Even though some of the walks we have collected for you may be very familiar, leave your home expecting to experience, to notice or to feel something new.

Expect to be surprised.

1.From *The Road of Life* by David Adam

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**The walks we have included offer you the chance to walk through Lent.**

The walks we have researched are of varying length and terrain. There are activities for both adults and young people and plenty of scope to add your own touch

**What to take with you.**

There are no rules, but appropriate footwear and clothing will keep you comfortable. You might like to take paper and pencil for notes, or a camera as well as a flask of tea on some of the walks.



## Enjoy the walk

Walking is good for our well being. Using some time while we walk, to reflect upon the world and where we live, and to take time to take stock of our life, will not be time wasted. The walks that accompany this leaflet each week throughout Lent, are suggested as a means to enjoy the walk and to pause and reflect along the way.

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**Pick up a pebble**

On your walk consider picking up a small stone or pebble. Bring each pebble home with you and on Easter Day place the pebbles on the altar in church. The pebbles become your pilgrim token and remind you of your journey.

**Easter Day**

At the point of writing we do not know how Easter will be celebrated this year. However, we hope that a simple ritual - the lighting of candles, the placing of pebbles - might be possible during the day at some point.



## A breath of fresh air

The eve of Lent begins on Shrove Tuesday with the symbolic clearing out of cupboards ready for the journey, reminding us of the Israelites escape from Egypt. Walking in a purposeful way this Lent may help you clear the cupboards of your mind and soul. On the pages that follow we have included some points you may find helpful along the pilgrim's way.