

PILGRIMAGE AROUND ST DAVIDS

1. Pathways

How do you view the path before you? Some would view it as straight and clear, others may see it as a dark tunnel of the unknown, or perhaps a place giving shade from the heat of the day. When you look back on your experience in primary school or look forward to Yr 7 how do you feel? What are you looking forward to? Are you worried about anything? What pathways are clear and straight to you? Is there a dark tunnel of unknown?

Reflection: *What learning or experience will you take with you into Year 7 that's going to help you deal with whatever the path of life holds? Who might help you with this? Take a leaf (from the box) representing this learning or experience and hang it on a branch to remind you.*

Prayer: *Lord Jesus you left your followers with the words, 'My peace I give you, my peace I leave with you. Do not let your hearts be troubled. Do not be afraid.' Help us to know that whatever life holds you can give us peace. Amen.*

2. New Perspectives

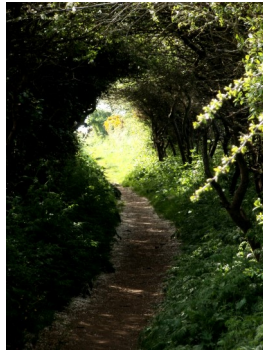


From here you get a different view from the start of the journey. If you were take a photo of this view what would you focus on? Use the frame to help you. Pilgrimage is about gaining a new view on life. In the past pilgrims travelled with

very little in the way of possessions, not even knowing where they would find food or somewhere to sleep. They would live much more in the present moment, meeting each opportunity as it unfolds.

Reflection: *Does a trip out of school help you to see things differently about yourself or others or about your surroundings? How can you learn to live in the moment rather than always thinking about the past or future?*

Prayer: *Lord help us to see things differently today. Amen.*



3. Healing and Wholeness

There is a long history of miracles of healing associated with the water here. It is said that when St. David was born, a well sprang up from the ground. Since then people have been coming here in faith to use the waters of this spring. It is said that waters from this well can cure diseases and can bring healing and wholeness to those who touch it. If you look into the well you can see coins, shells and flowers left by visitors as offerings of prayer, thanks or hopes for the future.

Reflection: *Consider how important water is to us. We can't live without it. Christians read in the Bible that Jesus offers water of life. This isn't water to just quench the thirst but spiritual water giving life to the soul. Do you think miracles ever happen? Christians believe that God can do miraculous things including giving healing. What miracle would you like to happen in your life?*

Prayer: *Introduce a time when children can be quiet so they can think their own thoughts or pray their own prayers.*

(Fill the spray bottle with some water from the well) If you would like, you can hold your hands up to feel the water as it is sprayed over you. The water is cool and refreshing! You can think of or pray about people or situations in your own life for which you would like miracles to happen.

(Spray the water at then end of the prayer time)



4. Foundations

This is the place where it is said St David was born. His mother, St. Non, gave birth to him during a thunderstorm. St. Non was a single Mum and she had to bring David up on her own. It was Non who told David the stories about Jesus. David was so inspired by these that he became a great man working for God and bringing other people to know Jesus by passing on the stories. The stone cross is more than 1200 years old, it reminds us how long the stories of Jesus have been told in this place.

Reflection: *Think about your own family. What stories have been passed down to you? What stories have made a difference to your life? Because you have spent time together in school your life story is now linked to those of your classmates.*

Amazing stories leave their mark on the world. I wonder what mark on the world you will leave? Lay your named stone on the cairn and think about a positive influence you could have on the world which will be remembered when you are gone.



Prayer: *We thank you Lord God for the way in which our lives have had a positive influence in our school. As St David retold the stories of Jesus that were important to him help us to retell the stories important in our lives so that we can each individually leave a positive mark on the world. Amen.*

5. Silent Presence

This place is called 'Pig's Foot Lane'. It's thought that over time the name has changed from 'Pyx Foot Lane' because this is the route the priests from the cathedral would walk to bring the bread and wine to people in the city. The bread, representing the body of Christ and reminding Christians of the presence of God, would be carried on foot in a Pyx (show picture). As pilgrims entered the last part of the journey they would become more aware of their closeness to the final goal, the destination. They would mark this part of the journey by trying to reflect more deeply on the inner voice of God within them. They would sometimes choose to walk this part barefooted or in silence.

So the last part of our walk is in silence, so you can experience what this is like. Try to keep silent even if you don't want to because people around you might desperately want to have time and quiet to think.

Reflection: *As you journey look around you and take the time to reflect on your inner thoughts, especially those thoughts about leaving your present school and moving on to your next school.*

Prayer: *Lord God as we walk help us to remember that you are always with us to guide and help us. Amen.*

Continue to the river in silence

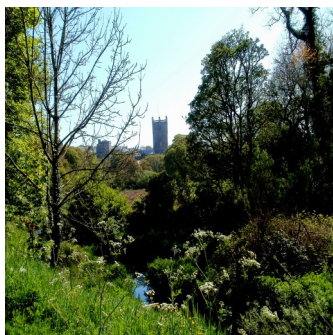
6. Letting Go

Often pilgrims would choose places like this to make preparations for the final part of their journey, entering the cathedral. To do this they would wash their feet as a sign of wanting a fresh start. It was an act of repentance, saying sorry for all the wrong things in their lives and asking God to help them begin afresh.

Reflection:

As you enter this next phase of your life you have an opportunity to make a new start. In our lives we carry things with us that we no longer need. There may be anger inside us, or sad memories, perhaps recollections of bad things we have done. Take a stone from your bag. Think about things in your life for which you would like to say sorry, or memories that trouble you. This stone represents the things that you want to get rid of in your life. Stand at the bridge and think about the things in your life you want to let go of. When you are ready let the stone slip from your hands into the water...those things are now past.

Prayer: Lord God our heavenly Father, you know our innermost thoughts and feelings. For all the wrong we have done we say sorry and ask that you help us make a fresh start to fill us with hope for the future.



7. St. Davids Shrine

Sit on the floor facing the Shrine.

This is the place to which pilgrims past and present make their way. It holds the image and relics of St David and has become a focus for prayer.

St. David was a holy man whose way of life was an example to others. He showed people how to be close to God and to do God's work. Pilgrims follow his example because they too want to be close to God. One of the sayings of David that has been passed down to us is:

Be joyful

Keep the Faith

And do the little things which you have seen and heard me do.

Look at the way the artist has 'written' the icon so that David's eyes are gazing towards the High Altar—the representation of the presence of God. David is telling pilgrims if they want to do good and do their best they will only achieve this with the help of God and it is to him that they should look.

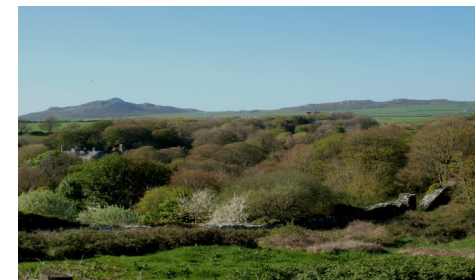
A traditional symbol carried by those on pilgrimage was a scallop shell. They would use it to signify to others that they were on pilgrimage and they would use it to hold gifts they received on the way. After their pilgrimage they would take the shell home or to their home church as a reminder of the journey they had made.

Receiving of School Shell

Please make
for the picnic



Year 6 Pilgrimage



Welcome & Introduction

Today you are on a pilgrimage! There are many ways to view pilgrimage. Some see it as making a journey to a special holy place and spending time thinking about being the person God wants them to be. Others see pilgrimage as a journey of the mind, thinking about spiritual things within ourselves. Some people talk about pilgrimage as a journey to a place associated with their favourite sporting events or heroes.

Long ago it was declared that 3 pilgrimages to St Davids was equal to 1 to Jerusalem, the place where Jesus had lived. People wanted to visit the places where Jesus had been that they'd read about in the Bible or touch the place where saints had lived in the hope that this would make a difference to their life through a cure, miracle or forgiveness of things they'd done wrong. Today we are hoping that you will take from this journey an understanding of pilgrimage and have time to reflect on your own life experiences and beliefs.

Introduce format of pilgrimage

We will stop in various places along the route to talk and think about some of the things which are important to you as you move to Year 7. You will be invited to look at the view in front of you and to talk, to reflect and to do something related to this and then as you travel to talk to each other about these things.

Prayer for the journey

Bless us, O God, as we walk together.
Bless us, O God, as we think about our future.
Bless us, O God, as we learn from each other. Amen.