



# A Prayer Walk through St Edmundsbury Cathedral

*If you are on your own, please feel free to use these prayers or use your own. If you are in a group, you may wish to say the prayers responsively. There are candlestands throughout the building, where you may wish to stop, light a candle and pray. You will also find prayer cards in various locations, which you may wish to use or take with you.*

## WELCOME AND INTRODUCTION

As you enter the Cathedral, pause and adjust to the space. Be aware of the noise of the traffic outside and the voices of people passing by. Think of the thousands of people who enter through these doors each year - as worshippers, visitors, pilgrims, 'seekers', people looking for solace and comfort.

### 1) OPENING RESPONSES

Leader I was glad when they said unto me: we will go into the house of the Lord.

**All Our feet shall stand in thy gates: O Jerusalem.**

Leader Jerusalem is built as a city: that is at unity in itself.

**All For thither the tribes go up, even the tribes of the Lord: to testify unto Israel, to give thanks unto the Name of the Lord.**

Leader For there is the seat of judgement: even the seat of the house of David.

**All O pray for the peace of Jerusalem: they shall prosper that love thee.**

Leader Peace be within thy walls: and plenteousness within thy palaces.

**All For my brethren and companions' sakes: I will wish thee prosperity.**

Leader Yea, because of the house of the Lord our God: I will seek to do thee good.

**All Glory be to the Father, and to the Son: and to the Holy Ghost; as it was in the beginning, is now, and ever shall be: world without end. Amen.**

## 2) AT THE FONT

*Ahead of you is the font, the place of baptism and the start of the Christian journey. This font has medieval origins, with Victorian additions, including images of baptism from the Bible depicted in the scenes around the bowl. The font cover is dedicated to the people of the parish who died in the First World War.*

Leader            God poured out his promised Holy Spirit in tongues of flame on the day of Pentecost.

**All                Amen.**

Leader            We have been baptised with the Spirit and with fire.

**All                Amen.**

Leader            May that same Holy Spirit send us out to tell his story, and give us a voice to glorify God before all people.

**All                Amen.**

*Move down the central aisle to the crossing (the space in front of the central altar, just before the large arch)*

## 3) AT THE CROSSING

*The Cathedral is a mixture of old and new. The Nave was built between 1503 and 1551 but the Tower and its beautiful vaulted ceiling were only completed in the last 15 years. The focus of the Cathedral is now on the central altar, the heart of the Cathedral's worship, the place where Holy Communion is celebrated.*

Leader            The bread that we break,

**All                Is it not a sharing in the body of Christ?**

Leader            The cup of blessing that we bless,

**All                Is it not a sharing in the blood of Christ?**

Leader            We being many are one body:

**All                For we all partake of the one bread.**

**All                All praise to you, our God and Father,  
you feed us at the altar with the bread of heaven  
and quench our thirst from the true vine:  
hear our prayer that, being grafted into Christ,  
we may grow together in love  
and feast with him in the kingdom of your Son,  
Jesus Christ our Lord.                Amen.**

*Continue to the left and go through the blue and silver gates into the Edmund Chapel.*

#### **4) IN THE EDMUND CHAPEL**

**A Reading** from *Abbo of Fleury: The Martyrdom of St Edmund, King of East Anglia, 870*

Edmund the Blessed, King of East Anglia, was wise and worthy, and exalted among the noble servants of the almighty God. He was charitable to poor folks and widows, just like a father, and with benevolence he guided his people always towards righteousness, and restrained the cruel, and lived happily in the true faith. ...[After he died] the local people laid the head with the holy body and buried it as best they could in such a hurry, and soon erected a marker over him. After many years, when the harrying ceased and peace was granted to the afflicted people, they joined together and erected a church worthy of the saint at the marker where he was buried, because miracles happened frequently at his grave.

*The story of St Edmund is an inspiration to us - a Christian who was prepared to give up his life for his faith. Explore the various images of St Edmund (statue, tapestries) in this part of the Cathedral. Do look up the stairs where you will see an image of the young King Henry VI praying at the shrine of St Edmund.*

*The Edmund Prayer*

**Christ Jesus, with the life and martyrdom of St Edmund, King of East Anglia, you inspired generations of pilgrims in the way of love and hope. Enfold your Church in the mystery of your wounded and risen glory, who with the Father and the Holy Spirit, are present eternally. Amen.**

*Move into the High Altar and Chancel area.*

#### **5) THE CHANCEL**

*This is the area of the Cathedral where choral services take place. Music is a vital element of worship. You will see the organ (look up!) and the choir stalls. Here you will also find the 'Cathedra', the Bishop's throne.*

Leader      O Lord, open thou our lips.

**All**                    **And our mouth shall show forth thy praise.**

Leader                O God, make speed to save us.

**All**                    **O Lord, make haste to help us.**

Leader                Glory be to the Father, and to the Son, and to the Holy Ghost.

**All**                    **As it was in the beginning, is now, and ever shall be;  
world without end. Amen.**

**All**                    **Be thou a light unto mine eyes, music to mine ears,  
sweetness to my taste, and a full contentment to my  
heart. Be thou my sunshine in the day, my food at the  
table, my repose in the night, my clothing in nakedness,  
and my succour in all necessities; my Saviour and my God  
for ever. Amen.**

**Do feel free to explore other parts of the Cathedral.**

**The Lady Chapel** is set aside for private prayer and the lighting of candles.

Prayers left in the basket will be prayed by the Cathedral clergy.

Pilgrims to this place have said prayers here just as you are praying today for a  
thousand years.

*A Prayer for Pilgrims*

**May the peace of Christ go with us wherever He may  
send us.**

**May He guide us through the wilderness  
protect us through the storm**

**May He bring us home rejoicing at the wonders He has  
shown us**

**May He bring us home rejoicing once again into our  
doors.**

**Amen**

You may wish to join one of our services.

**Weekdays**

*Morning Prayer* Monday to Friday (8.30 am), Saturday (8.45 am)

*Eucharist* Monday and Saturday (9.00 am), Tuesday (12.30 pm, Healing Eucharist), Wednesday (1.00 pm BCP Communion)

Thursday (12.30 pm Silent Meditation and Eucharist), Friday (8.00 am)

Saturday (9.00 am)

*Evensong/Evening Prayer* Monday to Friday (5.30 pm), Saturday (3.30 pm)

**Sundays**

There are services at 8.00 am, 9.00 am, 10.30 am and 3.30 pm in the Cathedral.

**You are always welcome here.**