

A photograph of the interior of a church, likely the Shrine of Our Lady of Walsingham. The scene is viewed through a dark wooden doorway. In the center, a woman with dark hair, wearing a light-colored top and a reddish-brown skirt, stands with her back to the camera, facing an ornate altar. The altar is covered with a white cloth and features a large, colorful religious painting of the Virgin Mary and Child Jesus. Above the altar, a golden canopy (velum) is visible. To the left, a stone pillar stands in the foreground, and in the background, there are rows of small, lit candles on stands. The walls are made of rough-hewn stone, and the floor is tiled.

**‘I SOUGHT HIM  
WHOM MY HEART  
LOVES’**

**SOUTH WALES PILGRIMAGE TO  
THE SHRINE OF OUR LADY  
OF WALSINGHAM**

**22—25 JULY, 2024**

## The Angelus (Memorial of the Incarnation)

The angel of the Lord  
brought tidings to Mary.  
**And she conceived  
by the Holy Spirit.**

Hail Mary, full of grace,  
the Lord is with thee.  
Blessed art thou among women  
and blessed is the fruit of thy womb, Jesus.  
**Holy Mary, Mother of God,  
pray for us sinners, now,  
and at the hour of our death. Amen.**

Behold, the handmaid of the Lord.  
**Be it unto to me  
according to thy word.** *Hail Mary...*

And the Word was made flesh.  
**And dwelt among us.** *Hail Mary...*

Pray for us, O holy Mother of God.  
**That we may be made worthy  
of the promises of Christ.**

Let us pray.

We beseech you, O Lord,  
to pour your grace into our hearts;  
that as we have known the Incarnation  
of your Son Jesus Christ  
by the message of an angel,  
so by his cross and passion +  
we may be brought to the glory  
of his resurrection;  
through Jesus Christ our Lord. **Amen.**





# I SOUGHT HIM WHOM MY HEART LOVES

## SOUTH WALES PILGRIMAGE TO THE SHRINE OF OUR LADY OF WALSINGHAM

“I sought him whom my heart loves.” Those words from the Song of Songs reveal a heart that deeply yearns, as the lover seeks her lover, as the bride seeks out her bridegroom. She wanders far and wide, through the city streets and squares.

They come from the first reading at our Mass on Monday night, creating a backdrop to Mary Magdalen’s story as she seeks out her Lord, the one whom her heart loves. She too is heartbroken. She seeks him out among the dead, wants to do all she can do for him now, in her darkest moment. Filled with sadness, her tears hide the one she loves. In a state of distress she does not see him who transforms her mourning into joy, her grief into gladness.

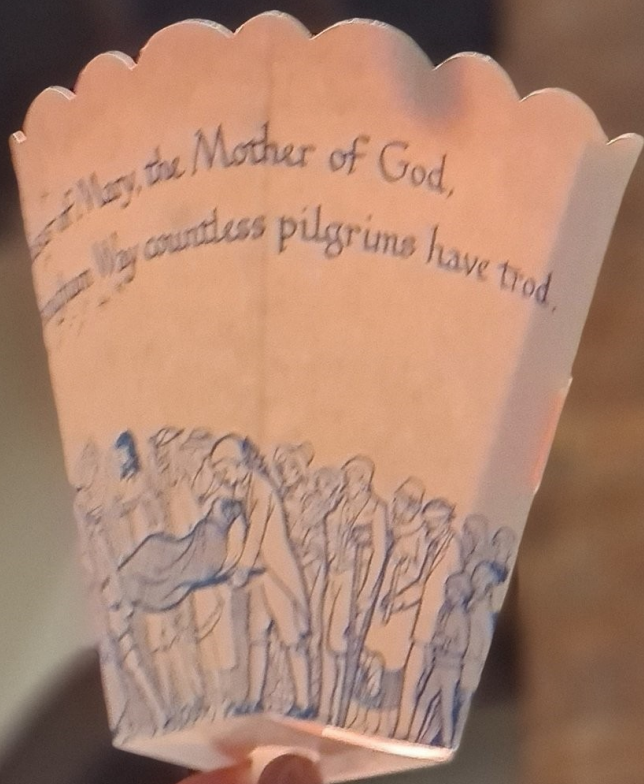
The Shrine of Our Lady of Walsingham is a place for pilgrims, a place perhaps of those want more, or simply need a new perspective on life which makes them value what they already have. What or whom do you seek? What do others yearn for? What prayers and deep desires do you bring to this place? What do you hope to see or hear? Yes, this a place awash with prayer which offers a new encounter with Jesus, with the one whom we see held in the arms of Mary his mother.

Through prayer and sacrament, song and story and in so many other ways, we will draw close to Mary’s Son, seek him out in the silence of a sacred space, or in the talk and chatter at meal time, in times spent alone, or when propping up the bar! The Shrine of Our Lady of Walsingham celebrates the Incarnation of God in Christ who has come to make his home with us, and who is present in the fabric of our lives.

At Wednesday’s Mass, we will hear the gospel of the shepherds as they make haste to see all that has happened and there, after seeking him out, they discover Jesus with Mary and Joseph.

Throughout her life, Mary remains close to Jesus—sometimes at a distance but never far away. She follows his journey, watches his every move, walks to the momentum of his love, and seeks him out when he seems out of sight, like the time she tries to squeeze through the crowds to see him.

May our time here be full of grace and full of love. May we be drawn closer to the Lord so that clinging to him, we can say with St Paul, “I live now not with my own life but with the life of Christ who lives in me.”



I SOUGHT HIM  
WHOM MY  
HEART LOVES

# TIMETABLE

**DAILY NOTES & OTHER INFORMATION ABOUT THE PILGRIMAGE  
& SHRINE CAN BE FOUND ON PAGES 47 –49**

## Monday 22 July

5.00pm	‘Welcome to Walsingham’ for first time pilgrims ( <i>Orangery</i> )
6.30 pm	Supper
7.45 pm	First Visit to the Holy House, Sung Mass of St Mary Magdalen, Torchlight Procession of Our Lady, and Benediction

## Tuesday 23 July

8.00 am	Breakfast
9.30 am	Sprinkling and Intercessions in the Holy House ( <i>Shrine Church</i> )
11.30 am	Concelebrated Sung Mass St Bridget of Sweden, Patroness of Eurpoe ( <i>Shrine Church</i> )
12.30 pm	Lunch
3.00 pm	Visit to the RC Chapel of Reconciliation and Slipper Chapel
6.30 pm	Supper
8.00 pm	Liturgy of Healing with Laying on of Hands and Anointing and Sacrament of Reconciliation ( <i>Shrine Church</i> )

## Wednesday 24 July

8.00 am	Breakfast
9.00 am	onwards Stations of the Cross ( <i>Shrine Church</i> )
11.30 am	Concelebrated Sung Mass of Our Lady of Walsingham ( <i>Parish Church</i> )
12.45pm	Lunch, followed by free afternoon
5.45 pm	‘Enter the Mystery’ Drinks Reception ( <i>Orangery</i> )
6.30 pm	Supper
8.00 pm	Eucharistic Adoration, Procession of the Blessed Sacrament and Benediction ( <i>Shrine Church</i> )

## Thursday 25 July

8.00 am	Breakfast
9.30 am	Concelebrated Sung Mass of St James, Apostle, and Last Visit to the Holy House ( <i>Shrine Church</i> )

## Optional Daily Devotions at the Shrine

5.30 pm	Evening Prayer
6.00 pm	Shrine Prayers ( <i>Angelus &amp; Rosary with thanksgivings and Intercessions</i> )

MONDAY (7.45 pm)

## FIRST VISIT TO THE HOLY HOUSE

*There are, obviously, too many of us to make it possible for all to enter the Holy House during this celebration. However, pilgrims are encouraged to visit the House both today and throughout our pilgrimage.*

(STAND)

*Please turn to face the Holy House. All proclaim:*

**Hail most holy Sanctuary of Our Lady of Walsingham!  
I will go into the house of the Lord,  
even to the God of my joy and gladness!**

Let us listen to the Gospel of the Lord

(Luke 1:26 –38)

*(The gospel of the Annunciation is read)*

Let us pray.

We beseech you, O Lord, pour your grace into our hearts  
that as we have known the incarnation of your Son Jesus Christ  
by the message of an angel  
so by his cross + and passion  
we may brought to the glory of his resurrection;  
through Jesus Christ your Son our Lord who is alive and reigns with you,  
in the unity of the Holy Spirit, one God, now and for ever. **Amen.**

Come Holy Spirit, fill the hearts of your faithful people.

**And kindle in them the fire of your love.**

**O Mary, O glorious Mother of my Saviour,  
behold me at my journey's end  
standing within this holy place where, through the centuries,  
you have been the devotion and confidence of Christians.  
In this place where your name is so great,  
your protection so assured, your intercession so loving,  
I humbly claim a share in your prayers,  
O Mary, Our Lady of Walsingham.**

Blessed is she who believed

**That the promises made her by the Lord would be fulfilled.**

Almighty God, grant us the grace to magnify your holy name  
and make us ever open to the guidance of your Holy Spirit,  
that we may come at the end of our pilgrimage on earth to our eternal home, there  
with Mary and all the saints to praise you for ever.  
Through Jesus Christ our Lord. **Amen.**

# **CONCELEBRATED SUNG MASS for ST MARY MAGDALEN followed by PROCESSION of OUR LADY & BENEDICTION**

*The Order of Mass is on page 41 of this booklet*

## **Entrance Hymn**

**Come, Christians all, rejoice and sing,  
With thankful hearts your praises bring:  
For now has risen our Lord and King, Alleluia!**

**On Sunday morn, at break of day,  
The sad disciples made their way  
To find the place where Jesus lay. Alleluia!**

**The Marys went, oppressed by care,  
With ointments mixed with spices rare,  
His blessed body to prepare, Alleluia!**

**An angel by the tomb they see,  
Who speaks to them triumphantly:  
'The Lord is now in Galilee', Alleluia!**

**Then John and Peter quickly came,  
They search the tomb with hearts aflame,  
His resurrection they proclaim, Alleluia!**

**That very night, our Saviour dear  
To his disciples did appear,  
Spoke loving words to calm their fear, Alleluia!**

**Now let us thank the Lord most high,  
And with our praises fill the sky,  
For Christ is risen, no more to die, Alleluia!**

## **English Translation of First Reading**

A reading from the Song of Songs

*(3:1-4)*

The bride says this: On my bed, at night, I sought him whom my heart loves. I sought but did not find him. So I will rise and go through the City; in the streets and the squares I will seek him whom my heart loves. I sought but did not find him. The watchmen came upon me on their rounds in the City: 'Have you seen him whom my heart loves?' Scarcely had I passed them than I found him whom my heart loves.

## **Psalm Response**

**For you my soul is thirsting, O Lord my God.**

## **Hymn for the Preparation of the Gifts**

**Love divine, all loves excelling,  
joy of heav'n to earth come down,  
fix in us thy humble dwelling;  
all thy faithful mercies crown!  
Jesus, thou art all compassion,  
pure, unbounded love thou art;  
visit us with thy salvation;  
enter every trembling heart.**

**Breathe, O breathe thy loving Spirit  
into every troubled breast!  
Let us all in thee inherit,  
let us find the promised rest.  
Take away our love of sinning;  
Alpha and Omega be;  
end of faith, as its beginning,  
set our hearts at liberty.**

**Come, Almighty to deliver;  
let us all thy life receive;  
suddenly return and never,  
nevermore thy temples leave.  
Thee we would be always blessing,  
serve thee as thy hosts above;  
pray, and praise thee without ceasing,  
glory in thy perfect love.**

**Finish then, thy new creation;  
pure and spotless let us be;  
let us see thy great salvation  
perfectly restored in thee.  
Changed from glory into glory,  
till in heav'n we take our place,  
till we cast our crowns before thee,  
lost in wonder, love, and praise.**



## Communion Hymn

Jesu, lover of my soul,  
let me to thy bosom fly,  
While the nearer waters roll,  
while the tempest still is high.  
Hide me, O my Saviour, hide,  
'til the storm of life is past;  
Safe into the haven guide;  
O receive my soul at last.

Other refuge have I none,  
hangs my helpless soul on thee;  
Leave, ah! leave me not alone,  
still support and comfort me.  
All my trust on thee is stayed,  
all my help from thee I bring;  
Cover my defenceless head  
with the shadow of thy wing.

Thou, O Christ, art all I want,  
more than all in thee I find;  
Raise the fallen, cheer the faint,  
heal the sick, and lead the blind.  
Just and holy is thy Name,  
I am all unrighteousness;  
False and full of sin I am;  
thou art full of truth and grace.

Plenteous grace with thee is found,  
grace to cover all my sin;  
Let the healing streams abound;  
make and keep me pure within.  
Thou of life the fountain art,  
freely let me take of thee;  
Spring thou up within my heart;  
rise to all eternity.

## Hymn before the Procession

*During this hymn, the candles are lit and the ministers prepare for the procession. Please remain in your places until after the hymn.*

As I kneel before you,  
as I bow my head in prayer,  
take this day, make it yours  
and fill me with your love.

*Ave Maria, gratia plena,  
Dominus tecum, benedicta tu*

All I have I give you,  
every dream and wish are yours.  
Mother of Christ, mother of mine,  
present them to my Lord.

As I kneel before you,  
and I see your smiling face,  
every thought, every word  
is lost in your embrace.

Let us proceed in peace  
In the name of Christ. Amen.

# The Walsingham Pilgrim Hymn

All Glory to God in His mercy and grace  
Who hath stablished His home in this wonderful place.  
*Ave, Ave, Ave Maria! Ave, Ave, Ave Maria!*

All Glory to Jesus our Saviour and Lord  
Whose image within us by grace is restored

All Glory to God in His Spirit divine  
Who hath fixed His abode in this poor soul of mine.

Sing the praises of Mary, the Mother of God  
Whose 'Walsingham Way' countless pilgrims have trod.

Then lift high your voices, rehearse the glad tale  
of Our Lady's appearing in Stiffkey's fair vale.

When Edward Confessor ruled over the land  
The Faverche's Manor stood here nigh at hand.

The Lady Richeldis devoted her care  
to good works and penance and worship and prayer.

One day as she prayed and looked up to the skies,  
A vision of splendour delighted her eyes.

Our Lady, God's Mother, in glory arrayed,  
Held a house in her arms which was clearly displayed.

Take note my dear daughter, and build here a shrine,  
As Nazareth's home in this country of thine.

And the spot that I choose where the house shall arise  
By a sign shall be plainly revealed to your eyes.

The vision passed slowly away from her sight  
But her mind held the house in its length, breadth and height.

Bewildered she pondered this message so sweet,  
When a clear spring of water burst forth at her feet.

Bewildered no longer for this was the sign,  
She vowed on this spot she would build such a shrine.

The finest materials her workmen could find  
She employed for this house she had fixed in her mind.

But though she had given both timbers and lands,  
The power of the work lay in Mary's own hands.

And this was made clear when the work was complete  
By the answers to prayers poured out at her feet.

And soon mighty wonders by Grace were revealed,  
For the sick who made use of the waters were healed.

So Walsingham then came a place of great fame,  
and Our Lady herself was called by this name.

And many a pilgrim to the day of his death,  
Took the road once a year to England's Nazareth.

So crowded were roads that the stars, people say,  
That shrine in the heavens were called 'Walsingham Way'

And many the favours and graces bestowed  
On those, who in faith, took the pilgrimage road.

The image of Mary with her Holy Son  
Was honoured and feted by everyone.

The Canons and Friars built houses around  
And the praises of God were a regular sound.

And Kings, Lords and Commons their homage would pay  
And the burning of tapers turned night into day.

But at last came a King who had greed in his eyes,  
And he lusted for treasure with fraud and with lies.

The order went forth; and with horror 'twas learned.  
That the shrine was destroyed and the image was burned.

And here where God's mother had once been enthroned,  
The souls that stayed faithful 'neath tyranny groaned.

And this realm which had once been our Lady's own Dower  
Had its church now enslaved by the secular power.

And so dark night fell on this glorious place  
Where all former glories there hardly was trace.

**Yet a thin stream of pilgrims still walked the old way  
And hearts longed to see this night turned into day.**

**Till at last, when full measure of penance was poured,  
In her Shrine see the honour of Mary restored.**

**Again, 'neath her image the tapers shine fair  
In her children's endeavours past wrongs to repair.**

**Again in her house her due honour is taught;  
Her name is invoked, her fair graces besought.**

**And the sick and the maimed seek the pilgrimage way,  
And miraculous healing their bodies display.**

**Oh, Mother give heed to the prayer of our heart,  
that your glory from here never more may depart.**

**Now to God the all Father, and Son, with due praise,  
And life giving Spirit, thanksgiving we raise.**

*As the Blessed Sacrament is brought from its place of reservation, the bell will ring. (KNEEL)*

## **Hymn**

**Majesty, worship his majesty,  
unto Jesus be glory, honour, and praise.  
Majesty, kingdom, authority  
flows from his throne unto his own  
his anthem raise.  
So exalt, lift up on high the Name of Jesus  
Magnify, come glorify Christ Jesus the King  
Majesty, worship his Majesty  
Jesus who died, now glorified,  
King of all kings**

*A short reflection follows, and then all sing the following:*



Therefore we, before him bending,  
this great Sacrament revere;  
types and shadows have their ending,  
for the newer rite is here;  
faith, our outward sense befriending,  
makes our inward vision clear.

Glory let us give, and blessing  
to the Father and the Son,  
honour, might and praise addressing,  
while eternal ages run;  
ever too his love confessing,  
Who from both, with both, is One.

*A **Collect** is said or sung  
after which **Benediction** is given.*

*As the sacrament is being returned to the tabernacle, the following refrain is sung three times:*

**Blessed and praised be Jesus Christ  
in the most Holy Sacrament.  
Hosanna, hosanna, hosanna in excelsis!**

*Please remember to keep silence in church  
and in the courtyard*



FOR YOU MY  
SOUL IS  
THIRSTING, O  
LORD MY GOD

TUESDAY (9.30 am)

## **SPRINKLING AT THE WELL WITH INTERCESSIONS (IN THE HOLY HOUSE)**

### **Hymn**

As the deer pants for the water  
so my soul longs after you;  
you alone are my heart's desire  
and I long to worship you.

You alone are my strength, my shield;  
to you alone may my spirit yield:  
you alone are my heart's desire  
and I long to worship you.

I want you more than gold or silver,  
only you can satisfy;  
you alone are the real joy-giver  
and the apple of my eye.

You're my Friend and you're my Brother  
even though you are a king:  
I love you more than any other,  
so much more than anything.

*The sprinkling begins with a scripture reading and a brief introductory homily*

In the name of the Father +  
and of the Son and of the Holy Spirit. **Amen.**

The Lord be with you.  
**And also with you.**

My brothers and sisters, to prepare ourselves for this sprinkling,  
let us acknowledge our sins.

Lord Jesus, friend of sinners, you bring hope in our despair.  
Lord, have mercy. **Lord, have mercy.**

Lord Jesus, healer of the sick, you give strength in our weakness.  
Christ, have mercy. **Christ, have mercy.**

Lord Jesus, destroyer of evil, you bring life in our dying.  
Lord, have mercy. **Lord, have mercy.**

May almighty God have mercy on us,  
forgive us our sins,  
and bring us to everlasting life.  
**Amen.**

*All make their way to the well in silence. The steps to the well are steep. If you think you cannot manage them safely, please go to be sprinkled at the other more accessible stations.*

*During Sprinkling, the following response may be sung*

**Water of life, cleanse and refresh us,  
raise us to life in Christ Jesus.**

*After Sprinkling, please gather in groups for Intercessions in and around the Holy House. The priest or other person who leads the Intercessions continues with the following:*

## **Prayer after Sprinkling**

Lord, in your mercy give us living water,  
always springing up as  
a fountain of salvation:  
free us, body and soul, from every danger,  
and admit us to your presence  
in purity of heart.  
Grant this through Christ our Lord.  
**Amen.**

Let us pray for the coming of the Kingdom,  
when sickness and pain shall be no more,  
in the words that Jesus taught us: **Our Father...**

May our Lady of Walsingham join her  
prayer with ours as we say:  
**Hail Mary..**

## **Intercessions in the Holy House**

*A pattern for Intercessions in the Holy House may be found in the Shrine Pilgrim Manual. The petitions collected from the group are offered under five headings:*

- *Thanksgivings*
- *For the sick*
- *For those in need*
- *For the departed*
- *For the parish and community*

*The following pattern may be observed for each group of petitions:*

- *Brief introduction*
- *Petitions, silence and prayer. Petitions may be interspersed with a suitable response, such as:*

Lord, hear us. **Lord, graciously hear us.**  
Lord, in your mercy. **Hear our prayer.**  
Lord, we believe. **Increase our faith.**  
Our Lady of Walsingham. **Pray for us**

## **Concluding Prayers**

Let us ask Our Lady of Walsingham to join her prayers with those we have offered, as we say: **Hail Mary, full of grace...**

*Either the Prayer of St Bernard and the Prayer of John Chrysostom or a General Thanksgiving (from the Pilgrim Manual) may be said, followed by:*

**The grace of our Lord Jesus Christ,  
and the love of God,  
and the fellowship of the Holy Spirit  
be with us all evermore. Amen.**



**TUESDAY 11.30 AM**

**CONCELEBRATED SUNG MASS of SAINT BRIDGET of SWEDEN, PATRONESS of EUROPE (SHRINE CHURCH)**

*The Order of Mass is on page 41 of this booklet*

## **Gathering Hymn**

**For the beauty of the earth,  
for the glory of the skies,  
for the love which from our birth  
over and around us lies;**

*Lord of all, to thee we raise  
this our sacrifice of praise.*

**For the beauty of each hour  
of the day and of the night,  
hill and vale, and tree and flower,  
sun and moon, and stars of light;**

**For the joy of ear and eye,  
for the heart and mind's delight,  
for the mystic harmony,  
linking sense to sound and sight;**

**For the joy of human love,  
brother, sister, parent, child,  
friends on earth and friends above,  
for all gentle thoughts and mild;**

**For each perfect gift of thine,  
To our race so freely given,  
Graces human and divine  
Flowers of earth and buds of heaven.**

**For thy church, that evermore  
lifteth holy hands above,  
offering up on every shore  
this pure sacrifice of love;**

## English Translation of the First Reading

A reading from the letter of  
St Paul to the Galatians

Through the Law I am dead to the law, so that now I can live for God. I have been crucified with Christ, and I live now not with my own life but with the life of Christ who lives in me. The life I now live in the body I live in faith: faith in the Son of God who loved me and who sacrificed himself for my sake.

## Responsorial Psalm

*Response:*

**Taste and see that the Lord is good**

## Hymn for Presentation of Gifts

**Blessed assurance, Jesus is mine!  
O what a foretaste of glory divine!  
Heir of salvation, purchase of God,  
born of his Spirit, washed in his blood.**

*This is my story, this is my song,  
praising my Saviour all the day long;  
this is my story, this is my song,  
praising my Saviour all the day long.*

**Perfect submission, perfect delight,  
visions of rapture now burst on my sight;  
angels descending bring from above  
echoes of mercy, whispers of love.**

**Perfect submission, all is at rest;  
I in my Saviour am happy and blest,  
watching and waiting, looking above,  
filled with his goodness, lost in his love.**

## Communion Hymn

**Rock of Ages, cleft for me,  
let me hide myself in thee;  
let the water and the blood,  
from thy wounded side which flowed,  
be of sin the double cure;  
save from wrath and make me pure.**

**Not the labours of my hands  
can fulfill thy law's demands;  
could my zeal no respite know,  
could my tears forever flow,  
all for sin could not atone;  
thou must save, and thou alone.**

**Nothing in my hand I bring,  
simply to the cross I cling;  
naked, come to thee for dress;  
helpless, look to thee for grace;  
foul, I to the fountain fly;  
wash me, Savior, or I die.**

**While I draw this fleeting breath,  
when mine eyes shall close in death,  
when I soar to worlds unknown,  
see thee on thy judgment throne,  
Rock of Ages, cleft for me,  
let me hide myself in thee.**

## Recessional Hymn

Tydi a wnaeth y wyrth, O! Grist, Fab Duw  
Tydi a roddai imi flas ar fyw:  
Fe gydiaist ynof trwy dy Ysbryd Glan,  
Ni allaf, tra bwyf byw, ond canu'r gan;  
Rwyf heddiw'n gweld yr harddwch sy'n parhau,  
Rwy'n teimlo'r ddwyfol ias sy'n bwyiocau;  
Mae'r haleliwia yn fy enaid i  
A rhoddaf, Iesu, fy mawrhad i Ti.

Tydi yw Haul fy nydd, O! Grist y Groes,  
Yr wyt yn harddu holl orwelion f'oes;  
Lle'r oedd cysgodion nos mae llif y wawr,  
Lle'r oeddwn gynt yn ddall 'rwy'n gweld yn awr;  
Mae golau imi yn dy berson hael,  
Pen llanw fy ngorfoledd yw dy gael;  
Mae'r Haleliwia yn fy enaid i  
A rhoddaf, Iesu, fy mawrhad i Ti.

Tydi sy'n haeddu'r clod, ddihalog Un,  
Mae ystyr bywyd ynot Ti dy Hun;  
Yr wyt yn llanw'r gwacter trwy dy Air,  
Daw'r pell yn agos ynot, O! Fab Mair;  
Mae melodïau'r cread er dy fwyn,  
Mi welaf dy ogoniant ar bob twyn;  
Mae'r Haleliwia yn fy enaid i  
A rhoddaf, Iesu, fy mawrhad i Ti.

*You did this mighty deed, O Christ, God's Son  
You gave me joy anew, the race to run;  
Your Spirit held and guided me along,  
For evermore, I'll sing the glorious song;  
I see the beauty now that can survive,  
I feel the touch divine that makes alive.  
The Alleluia has possessed my soul;  
To you, O Christ, I give my praises all.*

*You are the sun, O Christ of Calvary,  
You beautify the whole of life for me;  
the gleaming dawn makes all the shadows flee  
I now have sight, where once I could not see;  
Your gracious life upon my path sheds light,  
To cherish you is my supreme delight.  
The Alleluia has possessed my soul;  
To you, O Christ, I give my praises all.*

*To you belongs all honour, Holy One,  
Life's purpose can be found in you alone;  
Your word sustains and moves in every sphere  
O Mary's Son, in you the far is near;  
To you belongs the praise creation sings,  
And I behold your glory in all things.  
The Alleluia has possessed my soul;  
To you, O Christ, I give my praises all.*

# I SOUGHT HIM WHOM MY HEART LOVES

## PILGRIMAGE 2024

# **TUESDAY AT 8.00 PM**

## **LITURGY OF HEALING (SHRINE CHURCH)**

### **Hymns**

*Some or all of the following hymns may be sung as part of our gathering for this celebration.*

#### **1.**

**Holy Virgin, by God's decree,  
You were called eternally;  
That he could give his Son to our race.  
Mary, we praise you, hail, full of grace.  
Ave, ave, ave, Maria.**

**By your faith and loving accord,  
As the handmaid of the Lord,  
You undertook God's plan to embrace.  
Mary we thank you, hail, full of grace.  
Ave, ave, ave, Maria.**

**Joy to God you gave and expressed,  
Of all women none more blessed,  
When in mankind your Son took  
his place.**

**Mary, we love you, hail, full of grace.  
Ave, ave, ave, Maria.**

**Refuge for your children so weak,  
Sure protection all can seek.  
Problems of life you help us to face.  
Mary, we trust you, hail, full of grace.  
Ave, ave, ave, Maria.**

**To our needy world of today  
Love and beauty you portray,  
Showing the path to Christ we  
must trace.**

**Mary, our mother, hail, full of grace.  
Ave, ave, ave, Maria.**

#### **2.**

**Thou didst leave thy throne  
and thy kingly crown,  
When thou camest to earth for me;  
But in Bethlehem's home  
was there found no room  
For thy holy nativity.**

*O come to my heart, Lord Jesus,  
There is room in my heart for Thee.*

**Heaven's arches rang  
when the angels sang,  
Proclaiming thy royal degree;  
But of lowly birth  
didst thou come to earth,  
And in great humility.**

**The foxes found rest,  
and the birds their nest  
In the shade of the forest tree;  
But thy couch was the sod,  
O thou Son of God,  
In the deserts of Galilee.**

**Thou camest, O Lord,  
with the living word  
That should set thy people free;  
But with mocking scorn,  
and with crown of thorn,  
They bore thee to Calvary.**

**When the heavens shall ring,  
and the angels sing,  
At thy coming to victory,  
Let thy voice call me home,  
saying "Yet there is room,  
There is room at My side for thee."**



3.

To God be the glory,  
great things He has done;  
So loved He the world  
that He gave us His Son,  
Who yielded His life  
an atonement for sin,  
And opened the life gate  
that all may go in.

*Praise the Lord, praise the Lord,  
Let the earth hear His voice!  
Praise the Lord, praise the Lord,  
Let the people rejoice!  
O come to the Father,  
through Jesus the Son,  
and give Him the glory,  
great things He has done.*

O perfect redemption,  
the purchase of blood,  
To every believer  
the promise of God;  
The vilest offender  
who truly believes,  
That moment from Jesus  
a pardon receives.

Great things He has taught us,  
great things He has done,  
And great our rejoicing  
through Jesus the Son;  
But purer, and higher,  
and greater will be  
Our wonder, our transport,  
when Jesus we see.

3.

I heard the voice of Jesus say,  
"Come unto me and rest;  
lay down, thou weary one, lay down  
thy head upon my breast."  
I came to Jesus as I was,  
so weary, worn, and sad;  
I found in him a resting place,  
and he has made me glad.

I heard the voice of Jesus say,  
"Behold, I freely give  
the living water; thirsty one,  
stoop down and drink, and live."  
I came to Jesus, and I drank  
of that life-giving stream;  
my thirst was quenched, my soul  
revived,  
and now I live in him.

I heard the voice of Jesus say,  
"I am this dark world's light;  
look unto me, thy morn shall rise,  
and all thy day be bright."  
I looked to Jesus, and I found  
in him my Star, my Sun;  
and in that light of life I'll walk  
till travelling days are done.

## Bible Reading and Homily

### Hymn

I need thee every hour,  
in joy or pain;  
come quickly and abide,  
or life is vain.

*I need thee, O I need thee!  
every hour I need thee;  
O bless me now, my Saviour!  
I come to thee*

I need thee every hour,  
most Holy One  
O make me thine indeed  
thou blessed Son!

I need thee, ev'ry hour,  
most gracious Lord:  
no tender voice like Thine  
can peace afford.

I need thee every hour,  
stay thou near by;  
temptations lose their power  
when thou art nigh.

## Prayer over the Oil

Praise to you, God,  
the almighty Father.  
You sent your Son to live among us  
and bring us salvation.  
**Blessed be God who heals us in Christ.**

Praise to you, God,  
the only begotten Son.  
You humbled yourself  
to share in our humanity  
and you heal our infirmities  
**Blessed be God who heals us in Christ.**

Praise to you, God, the Holy Spirit,  
the Consoler.  
Your unfailing power  
gives us strength in our bodily weakness.

**Blessed be God who heals us in Christ.**  
God of mercy, ease the sufferings  
and comfort the weakness of your servants  
on whom we lay our hands  
and anoint with this holy oil.  
We ask this through Christ our Lord.  
**Amen.**

*Please maintain a prayerful atmosphere during  
the Ministries of Healing. Some or all of the  
following may be sung.*

**1.**

**Be still and know that I am God,  
Be still and know that I am God,  
Be still and know that I am God,**

**I am the Lord that health thee.  
I am the Lord that health thee.  
I am the Lord that health thee.**

**In thee, O Lord, I put my trust  
In thee, O Lord, I put my trust  
In thee, O Lord, I put my trust**

**2.**

**Spirit of the living God,  
fall afresh on me;  
Spirit of the living God,  
fall afresh on me;  
break me, melt me,  
mould me, fill me,  
Spirit of the living God,  
fall afresh on me.**

**3.**

**Jesus, Name above all names,  
beautiful Saviour, glorious Lord,  
Emmanuel, God is with us, Blessed  
Redeemer, living Word.**

**4.**

**Jesus, remember me,  
when you come into your kingdom.**

**5.**

**Open our eyes, Lord,  
we want to see Jesus,  
To reach out and touch him,  
And say that we love him.  
Open our ears, Lord  
and help us to listen,  
Open our eyes, Lord,  
We want to see Jesus.**

*There is no formal ending to this celebration.  
The Sacrament of Reconciliation, the Sacrament  
of Anointing, and the Ministry of Prayer will  
continue to be available as required.*

*You are invited to remain and pray or leave at  
any time.*

*When you leave the church, please do so in  
silence, and remember to keep silence in the  
courtyard too.*

# WEDNESDAY *from 9am onwards*

## STATIONS OF THE CROSS

*We begin in the nave of the Shrine Church.*

+ In the name of the Father and of the Son and of the Holy Spirit. **Amen.**

May God our strength and salvation, be with you all.

**And also with you.**

*The priest introduces the Stations of the Cross and leads us in prayer. At the end of the prayer, all say: Amen.*

*On the way to each station a verse of the following hymn is sung:*

### **Stations 1 and 8**

At the cross her station keeping,  
stood the mournful mother weeping,  
close to Jesus at the last  
Through her soul, of joy bereaved,  
bowed with anguish, deeply grieved,  
now at length the sword hath passed.

### **Stations 2 and 9**

O, that blessed one, grief-laden,  
blessed Mother, blessed Maiden,  
Mother of the all-holy One;  
O that silent, ceaseless mourning,  
O those dim eyes, never turning  
from that wondrous, suffering Son.

### **Stations 3 and 10**

Who, on Christ's dear mother gazing,  
in her trouble so amazing,  
born of woman, would not weep?  
Who on Christ's dear Mother thinking,  
such a cup of sorrow drinking,  
would not share her sorrows deep?

### **Stations 4 and 11**

For his people's sins, in anguish,  
there she saw the victim languish,  
bleed in torments, bleed and die.  
Saw the Lord's anointed taken,  
saw her Child in death forsaken,  
heard his last expiring cry.

### **Station 5 and 12:**

In the passion of my Maker,  
be my sinful soul partaker,  
may I bear with her my part;  
Of his passion bear the token,  
in a spirit bowed and broken  
bear his death within my heart.

### **Stations 6 and 13:**

May his wounds both wound and heal me  
he enkindle, cleanse, anneal me,  
be his cross my hope and stay.  
May he, when the mountains quiver,  
from that flame which burns for ever  
shield me on the judgment day.

### **Stations 7 and 14**

Jesus, may thy cross defend me,  
and thy saving death befriend me,  
cherished by thy deathless grace:  
when to dust my dust returneth,  
grant a soul that to thee yearneth  
in thy paradise a place.

## **The Stations of the Cross**

1. *Jesus is condemned to death*
2. *Jesus receives his cross*
3. *Jesus falls the first time*
4. *Jesus meets his mother*
5. *Simon or Simon of Cyrene helps Jesus to carry the cross*
6. *Veronica wipes the face of Jesus*
7. *Jesus falls the second time*
8. *Jesus meets the women of Jerusalem*
9. *Jesus falls the third time*
10. *Jesus is stripped of his garments*
11. *Jesus is nailed to the cross*
12. *Jesus dies on the cross*
13. *Jesus is taken down from the cross*
14. *Jesus is laid in the tomb.*
15. *The Station of the Resurrection*

**‘LET US GO AND  
SEE THIS THING  
THAT HAS  
TAKEN PLACE’**



## AT EACH STATION

- *The Station is announced, followed by:*

We adore you, O Christ,  
and we bless you.

**Because by your holy cross  
you have redeemed the world.**

- *A reading and/or meditation*
- *(An intention for the station)*
- *A prayer (such as Our Father, Hail Mary, Glory be, Lamb of God)*

Have mercy on us, O Lord.  
**Have mercy on us.**

## AT THE STATION OF THE RESURRECTION

*The following may be sung (or said) after  
the fourteenth Station:*

In thy most bitter passion  
My heart to share doth cry,  
With thee for my salvation  
Upon the cross to die.  
Ah, keep my heart thus movéd  
To stand thy cross beneath,  
To mourn thee, well beloved,  
Yet thank thee for thy death.

*After the reading and/or meditation, the  
following may be said:*

**Lord Jesus, by your dying  
you have destroyed our death.  
By your rising you have restored us  
to eternal life.**

**Thine be the glory,  
risen, conquering Son;  
endless is the victory,  
thou o'er death hast won;  
angels in bright raiment  
rolled the stone away,  
kept the folded grave clothes  
where thy body lay.**

***Thine be the glory,  
risen conquering Son,  
Endless is the vict'ry,  
thou o'er death hast won.***

**Lo! Jesus meets us,  
risen from the tomb;  
Lovingly he greets us,  
scatters fear and gloom;  
let the Church with gladness,  
hymns of triumph sing;  
for her Lord now liveth,  
death hath lost its sting**

**No more we doubt thee,  
glorious Prince of life;  
life is naught without thee;  
aid us in our strife;  
make us more than conquerors,  
through thy deathless love:  
bring us safe through Jordan  
to thy home above.**

Let us pray.

Lord of all life and power,  
who through the mighty resurrection  
of your Son  
overcame the old order of sin and death to  
make all things new in him:  
Grant that we, being dead to sin  
and alive to you in Jesus Christ,  
may reign with him in glory;  
to whom with you and the Holy Spirit  
be praise and honour,  
glory and might, now and in all eternity.  
**Amen.**

Let us bless the Lord.  
**Thanks be to God.**

**WEDNESDAY AT 11.30AM**  
**CONCELEBRATED SUNG MASS of**  
**OUR LADY OF WALSINGHAM (PARISH CHURCH)**

*The Order of Mass is on page 41 of this booklet*

**Entrance Hymn**

**Sing we of the blessed Mother**  
**who received the angels word,**  
**And obedient to his summons**  
**bore in love the infant Lord;**  
**Sing we of the Joys of Mary**  
**at whose breast that child was fed**  
**Who is Son of God eternal**  
**and the everlasting Bread.**

**Sing we, too, of Mary's sorrows,**  
**of the sword that pierced her through,**  
**When beneath the cross of Jesus**  
**she his weight of suffering knew,**  
**Looked upon her Son and Saviour**  
**reigning from the awful tree,**  
**Saw the price of man's redemption**  
**paid to set the sinner free.**

**Sing again the joys of Mary**  
**when she saw the risen Lord,**  
**And in prayer with Christ's apostles,**  
**waited on his promised word:**  
**From on high the blazing glory**  
**of the Spirit's presence came,**  
**Heavenly breath of God's own being,**  
**Tokened in the wind and flame.**

**Sing the chiefest joy of Mary**  
**when on earth her work was done,**  
**And the Lord of all creation**  
**brought her to his heavenly home:**  
**Virgin Mother, Mary blessed,**  
**Raised on high and crowned with grace,**  
**May thy Son, the world's redeemer,**  
**Grant us all to see his face.**



## English Translation of First Reading

A reading from the letter of St Paul to the Galatians

(4:1-7)

My point is this: heirs, as long as they are minors, are no better than slaves, though they are the owners of all the property; but they remain under guardians and trustees until the date set by the father. So with us; while we were minors, we were enslaved to the elemental spirits of the world. But when the fullness of time had come, God sent his Son, born of a woman, born under the law, in order to redeem those who were under the law, so that we might receive adoption as children. And because you are children, God has sent the Spirit of his Son into our hearts, crying, "Abba! Father!" So you are no longer a slave but a child, and if a child then also an heir, through God.

## Psalm

*Response:*

**Like a child rests in its mother's arms,  
so will I rest in you.**

**Like a child rests in its mother's arms,  
so will I rest in you.**

My God, I am not proud.  
I do not look for things too great. *R.*

My God, I trust in you.  
You care for me, you give me peace. *R.*

O Israel, trust in God,  
now and always trust in God. *R.*

## Hymn for the Preparation of the Gifts

**Alleluia! sing to Jesus!  
His the sceptre, His the throne.  
Alleluia! His the triumph,  
His the victory alone.  
Hark! the songs of peaceful Zion  
thunder like a mighty flood.  
Jesus out of every nation  
has redeemed us by His blood.**

**Alleluia! not as orphans  
are we left in sorrow now;  
Alleluia! He is near us,  
faith believes, nor questions how;  
Though the cloud from sight received Him  
when the forty days were o'er  
Shall our hearts forget His promise,  
"I am with you evermore"?**

**Alleluia! bread of angels,  
Thou on earth our food, our stay;  
Alleluia! here the sinful  
flee to Thee from day to day:  
Intercessor, Friend of sinners,  
Earth's Redeemer, plead for me,  
Where the songs of all the sinless  
sweep across the crystal sea.**

**Alleluia! King eternal,  
Thee the Lord of lords we own;  
Alleluia! born of Mary,  
Earth Thy footstool, Heav'n Thy throne:  
Thou within the veil hast entered,  
robed in flesh our great High Priest;  
Thou on earth both priest and victim  
in the Eucharistic feast.**

## **Hymn during Communion**

**God has gladdened my heart with joy, alleluia!  
he has vested me with holiness, alleluia!**

Sing my soul of the glory of the Lord;  
with God's Spirit I'm full to overflowing.

See the love that God showers on the poor;  
see the Lord overshadow those who fear him.

All the world will join in this song of praise,  
for through me they now know the Lord is with them.

To fulfill what he promised from of old  
God has chosen me! Bless his name for ever.

Day by day, year by year, God's love is sure;  
those who listen and keep his word will know it.

See the power of the Lord destroy the strong!  
Those who think themselves strong, the Lord will humble.

Empty pride, self-conceit the Lord ignores;  
but he raises the poor who call upon him.

No more thirst, no more hunger with the Lord;  
unsurpassed is his goodness to his people.

See the care that the Lord shows to us all.  
day by day, year by year, God's love unending.

**God has gladdened my heart with joy, alleluia!  
he has vested me with holiness, alleluia!**

Praise the Father, the Son, the Spirit, praise!  
May the glory of God be sung for ever.

## **Recessional Hymn**

**Hail, holy Queen, enthroned above, O Maria!  
Mother of mercy and of Love! O Maria.**

*Triumph, all ye Cherubim,  
sing with us ye Seraphim,  
heaven and earth resound the hymn:  
Salve, salve, salve Regina!*

**Our life, our sweetness here below...  
Our hope in sorrow and in woe...**

**To thee we cry, poor sons of Eve...  
To thee we sigh, we mourn, we grieve..**

**This earth is but a vale of tears...  
A place of banishment and fears...**

**Turn then most gracious Advocate...  
To us, thine eyes compassionate...**

**When this our exile is complete...  
Show us thy Son, our Jesus sweet...**

**O clement, gracious, Mother sweet...  
O Virgin Mary we entreat...**

WEDNESDAY AT 8.00PM

# **EUCCHARISTIC ADORATION, PROCESSION of the BLESSED SACRAMENT & BENEDICTION (SHRINE CHURCH)**

## **Exposition Hymn**

(STAND)

*KNEEL when the Blessed Sacrament is brought to the altar.*

**Be still, for the presence of the Lord,  
the Holy One is here.**

**Come bow before him now,  
with reverence and fear.**

**In him no sin is found,  
we stand on holy ground.**

**Be still for the presence of the Lord,  
the Holy One is here.**

**Be still, for the glory of the Lord  
is shining all around;**

**He burns with holy fire,  
with splendour he is crowned.**

**How awesome is the sight,  
our radiant king of light**

**Be still for the glory of the Lord  
is shining all around.**

**Be still for the power of the Lord  
is moving in this place,**

**He comes to cleanse and heal,  
to minister his grace.**

**No work too hard for him,  
in faith receive from Him;**

**Be still, for the power of the Lord  
is moving in this place.**

## **Greeting**

Praised be the God and Father of our Lord Jesus Christ,  
who has bestowed on us in Christ every spiritual blessing in the heavens.

**Blessed be God for ever!**

## **Opening Prayer**

*At the end, all respond: Amen.*

## First Reading

### Responsorial Psalm

The Lord's my shepherd, I'll not want;  
He makes me lie in pastures green.  
He leads me by the still, still waters,  
His goodness restores my soul.

**And I will trust in you alone,  
and I will trust in you alone,  
for Your endless mercy follows me,  
your goodness will lead me home.**

He guides my ways in righteousness,  
and He anoints my head with oil,  
and my cup, it overflows with joy,  
I feast on his pure delights.

And though I walk the darkest path,  
I will not fear the evil one,  
for you are with me, and your rod and  
staff  
are the comfort I need to know.

### Gospel Acclamation (STAND)

### Gospel

The Lord be with you.  
**And also with you.**

Listen to the Gospel of Christ  
according to Saint *N*.  
**Glory to you, O Lord.**

*At the end:*

This the Gospel of the Lord.  
**Praise to you, O Christ.**

### Homily (SIT)

## Hymn (KNEEL or SIT)

**O, bread of heaven, beneath this veil  
thou dost my very God conceal;  
my Jesus, dearest treasure, hail;  
I love thee and adoring kneel;  
each loving soul by thee is fed  
with thine own self in form of bread.**

**O food of life, thou who dost give  
the pledge of immortality;  
I live; no, 'tis not that I live;  
God gives me life, God lives in me:  
he feeds my soul, he guides my ways,  
and every grief with joy repays.**

**O bond of love, that dost unite  
the servant to his living Lord;  
could I dare live, and not requite  
such love then death were meet  
reward:  
I cannot live unless to prove  
some love for such unmeasured love.**

**Beloved Lord in heaven above,  
there, Jesus, thou awaitest me;  
to gaze on thee with changeless love,  
yes, thus I hope, thus shall it be:  
for how can he deny me heaven  
who here on earth himself hath given?**

### Prayers

*Sung Response:*

Christ our Light:  
**you are the bread of life,  
hear our prayer, O Lord.**

### Hymn before the Procession

**Jesus, we enthrone you,  
we proclaim you our King,  
standing here in the midst of us  
we raise you up with our praise.  
And as we worship build a throne,  
and as we worship build a throne  
and as we worship build a throne.  
Come, Lord Jesus,  
and take your place.**

## ProceSSIONAL Hymns

1. Zion, sing in exultation,  
sing your song of jubilation,  
sing in praise of Christ your King.  
Sing to Christ in adoration,  
sing the new song of salvation,  
homage to your Saviour bring.  
  
*Bless-ed and praised be Jesus Christ  
in the most holy sacrament.  
Hosanna, hosanna,  
hosanna in excelsis.*
2. Sing of love beyond all telling,  
love from Jesus' heart upwelling,  
giving all that love can give.  
See him as his life is ending,  
to his chosen friends attending,  
giving all that all might live.
3. Greet your Lord with acclamation,  
sing with joy in celebration  
of his gift of living bread.  
Let your mind with love be dwelling  
on his gift, all gifts excelling,  
gift by which your heart is fed
4. See the King his table spreading;  
see the Lamb his lifeblood shedding;  
see in blood the New Law sealed.  
All is new, the old has vanished;  
all is real, with shadows banished,  
what is hidden stands revealed.
5. Listen, Christ's own words obeying,  
hear him now command you, saying:  
"Do this in my memory."  
Gifts now offer, love expressing,  
faith now bring, his presence blessing,  
where no human eye can see.
6. Christians let your faith grow stronger:  
what was bread is bread no longer  
blood is here where once was wine.  
Touch and sight are here deceivers,  
mind and heart, be true believers:  
truth is here beneath the sign.

7. Bread and wine are here concealing  
what to faith God is revealing:  
outward signs his glory hide.  
Bread becomes its very Giver,  
wine redemption's mighty river,  
flowing from the Saviour's side.
8. When we eat the bread of gladness,  
there is here no cause for sadness:  
Christ can suffer pain no more.  
One or many, each is given  
whole, entire, the bread of heaven:  
mortal minds can but adore.
9. Bad and good, in equal measure,  
find the selfsame hidden treasure,  
with unequal loss and gain.  
Here the good receive salvation,  
sinners earn their condemnation:  
from one table, joy or pain.
10. When you see the host divided,  
let your faith by this be guided:  
ev'ry fragment Christ contains.  
Risen body is not broken  
only outward sign and token:  
Christ his living self remains.
11. Praise to Jesus, bread from heaven,  
angel's food to pilgrims given,  
God the Father's gift of love.  
In one perfect immolation  
Isaac's offering, lamb's oblation,  
manna raining from above.

**Hail our Saviour's glorious Body,  
which his Virgin Mother bore;  
hail the Blood which, shed for sinners  
did a broken world restore;  
hail the sacrament most holy,  
flesh and blood of Christ adore.**

**To the Virgin for our healing,  
his own Son the Father sends;  
from the Father's love proceeding  
sower, seed, and Word descends:  
wondrous life of Word incarnate  
with his greatest wonder ends.**



On that paschal evening see him  
with the chosen twelve recline,  
to the old law still obedient  
in its feat of love divine;  
love divine, the new law giving,  
gives himself as **Bread and Wine**

By his word the **Word** almighty  
makes of bread his flesh indeed;  
wine becomes his very life blood;  
faith **God's** living **Word** must heed!  
faith alone may safely guide us  
where the senses cannot lead!

### *KNEEL*

Come adore this wondrous presence;  
bow to **Christ**, the source of grace!  
here is kept the ancient promise  
of **God's** earthly dwelling place!  
Sight is blind before **God's** glory,  
faith alone may see his face.

Glory be to **God** the **Father**,  
praise to his coequal **Son**,  
adoration to the **Spirit**,  
bond of love, in **Godhead** one!  
**Blest** be **God** by all **Creation**  
joyously while ages run!

### **Collect**

Let us pray.

*At the end of the prayer, all respond:* **Amen.**

### **Benediction**

## **Reposition Hymn**

**Father**, we love you,  
we worship and adore you,  
glorify your name in all the earth.  
**Glorify** your name, **glorify** your name,  
glorify your name in all the earth.

**Jesus**, we love you,  
we worship and adore you,  
glorify your name in all the earth.  
**Glorify** your name, **glorify** your name,  
glorify your name in all the earth.

**Spirit**, we love you.,  
we worship and adore you,  
glorify your name in all the earth.  
**Glorify** your name, **glorify** your name,  
glorify your name in all the earth.

*When returning them, please remove the candles  
from the shades and place them in the box  
provided.*

**THURSDAY AT 9.30AM**

**CONCELEBRATED SUNG MASS for ST JAMES,  
APOSTLE (SHRINE CHURCH)**

*Order of Mass on page 41 of this booklet*

**Entrance Hymn**

**For all thy saints, a noble throng,  
Who fell by fire and sword,  
Who soon were called, or waited long,  
We praise thy name, O Lord.**

**For James who left his father's side,  
Nor lingered by the shore,  
When, softer than the weltering tide,  
Thy summon's glided o'er;**

**Who stood beside the maiden dead,  
who climbed the mount with thee,  
And saw the glory round thy head,  
One of the chosen three;**

**Who knelt beneath the olive shade,  
Who drank thy cup of pain,  
And passed from Herod's flashing blade  
To see thy face again.**

**Lord, give us grace, and give us love,  
Like him to leave behind  
Earth's cares and joys, and look above  
With true and earnest mind.**

**So shall we learn to drink thy cup,  
So meek and firm be found,  
When thou shalt come to take us up  
Where thine elect are crowned.**

## First Reading

A reading from the second letter of St Paul to the Corinthians

(2 Corinthians 4:7-15)

We are only the earthenware jars that hold this treasure, to make it clear that such an overwhelming power comes from God and not from us. We are in difficulties on all sides, but never cornered; we see no answer to our problems, but never despair; we have been persecuted, but never deserted; knocked down, but never killed; always, wherever we may be, we carry with us in our body the death of Jesus, so that the life of Jesus, too, may always be seen in our body. Indeed, while we are still alive, we are consigned to our death every day, for the sake of Jesus, so that in our mortal flesh the life of Jesus, too, may be openly shown. So death is at work in us, but life in you. But as we have the same spirit of faith that is mentioned in scripture – *I believed, and therefore I spoke* – we too believe and therefore we too speak, knowing that he who raised the Lord Jesus to life will raise us with Jesus in our turn, and put us by his side and you with us. You see, all this is for your benefit, so that the more grace is multiplied among people, the more thanksgiving there will be, to the glory of God.

## Responsorial Psalm

*Response:*

**Those who are sowing in tears will sing when they reap**

## Hymn for the Preparation of the Gifts

**Lord, enthroned in heavenly splendour,  
first-begotten from the dead.**

**Thou alone, our strong defender,  
liftest up thy people's head.**

**Alleluia! Alleluia!**

**Jesus, true and living bread!**

**Here our humblest homage pay we,  
here in loving reverence bow;  
here for faith's discernment pray we,  
lest we fail to know thee now.**

**Alleluia! Alleluia!**

**Thou art here, we ask not how.**

**Though the lowliest form doth veil thee  
as of old in Bethlehem,  
here as there thine angels hail thee,  
branch and flower of Jesse's stem.**

**Alleluia! Alleluia!**

**We in worship join with them.**

**Paschal Lamb, thine offering, finished  
once for all when thou was slain,  
in its fullness undiminished  
shall for evermore remain.  
Alleluia! Alleluia!**

**Cleansing souls from every stain.  
Life-imparting heavenly Manna,  
stricken Rock with streaming side,  
heaven and earth with loud hosanna  
worship thee, the Lamb who died.  
Alleluia! Alleluia! Alleluia!  
Risen, ascended, glorified!  
Risen, ascended, glorified!**

## **Hymn during Communion**

I hear thy welcome voice,  
That calls me, Lord, to thee,  
For cleansing in thy precious Blood  
that flowed on Calvary

*I am coming, Lord!  
Coming now to thee!  
Wash me, cleanse me, in the Blood  
That flowed on Calvary.*

'Tis Jesus calls me on  
To perfect faith and love,  
To perfect hope and peace and trust  
For earth and heaven above.

'Tis Jesus who confirms  
The blessed work within,  
By adding grace to welcomed grace,  
Where reigned the power of sin.

All hail, atoning Blood!  
All hail, redeeming grace,  
All hail, the gift of Christ our Lord,  
our Strength and Righteousness.

**Mi glywaf dyner lais  
Yn galw arnaf i,  
I ddod a golchi 'meiau i gyd  
Yn afon Calfari**

*Arglwydd dyma fi  
Ar dy alwad di  
Canna f'enaidd yn y gwaed  
A gaed ar Galfari*

**Yr Iesu sy'n fy ngwadd  
I dderbyn gyda'i saint  
Ffydd, gobaith, cariad pur a hedd  
A phob rhyw nefol fraint.**

**Yr Iesu sy'n cryfhau  
O'm mewn ei waith trwy ras  
Mae'n rhoddi nerth i'm henaidd gwan  
I faeddu mhechod cas**

**Gogoniant byth am drefn  
Y cymod a'r glanhad.  
Derbyniad Iesu fel yr wyf  
A chanaf am y gwaed.**

## Recessional Hymn

**Guide me, O Thou great Redeemer,  
Pilgrim through this barren land.  
I am weak, but Thou art mighty;  
Hold me with Thy powerful hand.  
Bread of Heaven, Bread of Heaven,  
Feed me till I want no more...**

**Open now the crystal fountain,  
Whence the healing stream doth flow  
Let the fire and cloudy pillar  
Lead me all my journey through.  
Strong Deliverer, strong Deliverer,  
be thou still my Strength and Shield...**

**When I tread the verge of Jordan,  
Bid my anxious fears subside;  
Death of deaths and hell's destruction  
Land me safe on Canaan's side.  
Songs of praises, songs of praises,  
I will ever give to Thee...**

## LAST VISIT TO THE HOLY HOUSE

*All turn to face the Holy House, as we say together:*

**Now Lord you have kept your word  
Let your servant go in peace.  
With my own eyes I have seen the salvation  
which you have prepared  
in the sight of every people;  
a light to reveal you to the nations  
and the glory of your people Israel.  
Glory be to the Father, and to the Son,  
and to the Holy Spirit.  
As it was in the beginning is now and ever  
shall be world without end. Amen.**



‘I SOUGHT HIM  
WHOM MY  
HEART LOVES’



## **Prayer to Our Lady of Walsingham**

**O Mary,**  
recall the solemn moment when Jesus,  
your divine Son, dying on the cross,  
confided us to your maternal care.  
**You are our Mother;**  
we desire ever to remain your devout children.  
Let us therefore feel the effects  
of your powerful intercession with Jesus Christ.  
**Make your name again glorious in this place,**  
once renowned throughout our land  
by your visits, favours and many miracles.  
**Pray, O Holy Mother of God,**  
for the conversion of England and Wales,  
restoration of the sick, consolation for the afflicted,  
repentance of sinners, peace to the departed.  
**O Blessed Mary, Mother of God,**  
**Our Lady of Walsingham, intercede for us. Amen.**

Let us thank God for all the blessings of our Pilgrimage  
and ask Our Lady of Walsingham to pray for us  
as we return to our daily lives:

**O Mary, Mother of Jesus,**  
**I thank God through your Son,**  
**for the grace of a happy pilgrimage,**  
**and for all that has happened to me**  
**while I have been here.**  
**Pray for all those I have met here**  
**and for all my fellow pilgrims.**  
**Pray that I may have a safe**  
**and happy return home,**  
**and that God may give me the grace**  
**to do at home**  
**what you have taught me to do here.**

Lord Jesus,  
**hear us.**

Our Lady of Walsingham,  
**pray for us.**

St Joseph,  
**pray for us.**

Holy Family of England's Nazareth  
**Protect us who hope and trust in you.**

## **Hymn of Farewell**

**Dear Mother of our Saviour Christ  
we hail thee, and depart.  
Our pilgrimage is now complete,  
we leave petitions at thy feet  
Enfold them in thy heart.**

**Be with us as we journey home  
Mother of God, we pray.  
Make us to love thy blessed Son  
and may his holy will be done  
in duty day by day.**

**O holy house of Walsingham!  
Here would we ever dwell  
but Jesus calls us to the strife  
and tumults of our daily life  
Our Lady's Shrine, "Farewell"**

**Let us go in the peace of Christ.  
Thanks be to God.**

**HAVE YOU REMEMBERED  
TO RETURN YOUR ROOM KEY?**

# THE ORDER OF MASS

## Introduction to the Mass

(STAND)

+ In the name of the Father,  
and of the Son  
and of the Holy Spirit. **Amen.**

+ Yn enw'r Tad,  
a'r Mab,  
a'r Ysbryd Glân. **Amen.**

Grace and peace be with you.  
**And keep you in the love of Christ.**

[Heavenly Father, all hearts are open to you.  
No secrets are hidden from you.  
Purify us with the fire of your Holy Spirit  
that we may love and worship you faithfully,  
through Jesus Christ our Lord. **Amen.**]

## Penitential Rite

*Invitation to repentance followed by silence.*

*EITHER:*

(Lord Jesus...)

Lord, have mercy.  
**Lord, have mercy.**

(Lord Jesus...)

Christ, have mercy.  
**Christ, have mercy.**

(Lord Jesus...)

Lord, have mercy.  
**Lord, have mercy.**

*OR:*

Show mercy to us, loving Father.  
We have sinned against you,  
please make us anew.  
In your love and your grace you forgive us.  
**Lord, have mercy,**  
**Lord, have mercy.**

Look not on our failings, Lord Jesus.  
We have sinned against you,  
please make us anew.  
By your life and your death you redeem us,  
**Christ have mercy,**  
**Christ have mercy.**

Come fill our hearts, Holy Spirit.  
We have sinned against you,  
please make us anew.  
Forgive us and heal us and save us.  
**Lord, have mercy,**  
**Lord have mercy.**

*The celebrant says:*

Almighty God who forgives all who truly repent,  
have mercy on us and set us free from sin,  
strengthen us in goodness and keep us in eternal life;  
through Jesus Christ our Lord. **Amen.**

## Gloria

*EITHER:*

**Gloria, Gloria, in excelsis Deo.  
Gloria, Gloria, in excelsis Deo!**

*OR:*

**Glory to God, glory to God,  
glory to God in the highest!**

## Opening Prayer

## Reading

*(SIT)*

*After the reading:*

This is the word of the Lord.  
**Thanks be to God.**

Dyma air yr Arglwydd.  
**Diolch a fo i Dduw.**

## Psalm

## Gospel Acclamation

*(STAND)*

Alleluia, alleluia, alleluia, (alleluia!)  
**Alleluia, alleluia, alleluia, (alleluia!)**  
(verse)  
**Alleluia, alleluia, alleluia, (alleluia!)**

## Gospel

*SAID:*

The Lord be with you.  
**And also with you.**

Listen to the Gospel of Christ  
according to Saint N.

**Glory to you, O Lord**

*After the Gospel:*

This is the Gospel of the Lord  
**Praise to you, O Christ**

*SUNG:*

The Lord be with you.  
**And also with you.**

Listen to the Gospel of Christ  
according to Saint N.

**Glory be to you, O Lord (x4)**

This is the gospel of the Lord.

**Praise to you, Lord Jesus Christ (x4)**

## Homily

*(SIT)*

## Prayer of the Faithful

*(STAND)*

*SAID:*

Lord, in your mercy,  
**hear our prayer.**

*SUNG:*

**Lord, hear our prayer,  
Lord, hear our prayer.  
Lord in your mercy,  
Lord hear our prayer.**

*After the final bidding:*

Merciful Father,  
**accept these prayers  
for the sake of your Son  
our Saviour Jesus Christ. Amen.**

## The Peace

The peace of the Lord be with you always.

**And also with you.**

Let us offer one another the sign of peace.

## Hymn for the Preparation of the Gifts

(SIT)

## Invitation to Prayer

Pray, my brothers and sisters. . . almighty Father.

**May the Lord accept the sacrifice at your hands**

**for the praise and glory of his name,**

**for our good and the good of all his holy church.**

## The Prayer over the Gifts

## The Eucharistic Prayer

(STAND)

The Lord be with you.

**And also with you.**

Lift up your hearts.

**We lift them to the Lord.**

Let us give thanks to the Lord our God.

**It is right to give our thanks and praise**

*The celebrant continues with the Preface*

## Sanctus and Benedictus

*EITHER:*

**Holy, holy, holy, Lord,  
God of power and might.  
Heaven and earth are full of your glory!  
Hosanna in the highest!**

**Blessed is he who comes  
in the name of the Lord.  
Hosanna in the highest!**

*OR:*

**Holy, holy, holy, Lord.  
God of power and God of might.  
Heaven and earth, heaven and earth  
are full of your glory.  
your power and your might.**

***Hosanna! Hosanna!  
Hosanna in the highest heav'ns!  
Hosanna! Hosanna!  
Hosanna in the highest heav'ns!***

**Blessed, blessed is he who comes  
Blessed, blessed is he who comes.  
Blessed is he, blessed is he  
who comes in the name of the Lord!  
*Hosanna! Hosanna...***

*The Eucharistic Prayer continues.*

## Memorial Acclamation

Let us proclaim the mystery of Faith:

*EITHER*

**Lord, by your cross and resurrection,  
you set us free, you set us free. (x2)**

*You are the Saviour, the Saviour,  
the Saviour of the world.  
You are the Saviour, the Saviour,  
the Saviour of the world.  
Saviour of the world!*

*OR:*

**Christ has died,  
Christ is Ris'n  
Jesus Christ will come again.**

*Hosanna, hosanna,  
hosanna in the highest heav'ns!*

*The Eucharistic prayer continues*

## Great Amen

*EITHER:*

**...for ever and ever.  
Amen.**

*OR:*

**Amen!  
We lift our hearts and voices  
to you!  
As we sing, Amen!  
So shall it be for ever, Amen!**

## The Lord's Prayer

*Invitation to the Lord's Prayer*

**Our Father, who art in heaven,  
hallowed be thy name;  
thy kingdom come;  
thy will be done;  
on earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses  
as we forgive those who trespass against us.  
And lead us not into temptation,  
but deliver us from evil.  
For thine is the kingdom, the power and the glory,  
for ever and ever. Amen.**

## Breaking of Bread

We break this bread to share in the body of Christ.

**Though we are many, we are one body  
for we all share in one bread.**

*EITHER:*

**Hear our prayer,  
hear our prayer;  
through this bread and wine we share.  
May we be your sign of peace everywhere.**

*OR:*

**Hear our prayer, have mercy;  
Hear our prayer, have mercy;  
Give us your peace.**



## Invitation to Communion

This is the Lamb of God who takes away the sins of the world.  
Happy are those who are called to his supper.  
**Lord, I am not worthy to receive you,  
but only say the word and I shall be healed.**

## Communion

(SIT)

*There is silence after communion and/or hymns may be sung*

## Prayer after Communion

(STAND)

Let us pray.

Gweddiwn.

*At the end of the prayer after communion, all say: Amen.*

## The Blessing and Dismissal

The Lord be with you.  
**And also with you.**

Yr Arglwydd a fo gyda chwi.  
**A hefyd gyda thi.**

The blessing of almighty God,  
the Father + and the Son  
and the Holy Spirit be among you  
and remain with you always. **Amen.**

Bendith Duw hollalluog,  
y Tad + y Mab,  
a'r Ysbryd Glân a fo yn eich plith ac a  
drigo gyda chwi yn wastad. **Amen.**

Go in peace to love and serve the Lord.  
**In the name of Christ. Amen.**

Ewch mewn tangnefedd  
i garu a gwasanaethu'r Arglwydd.  
**Yn enw Crist. Amen.**

**I SOUGHT HIM  
WHOM MY  
HEART LOVES**

**PILGRIMAGE 2024**

A photograph of a priest with white hair and glasses, wearing a white cassock, standing at a wooden pulpit in a church. He is smiling and looking towards the camera. The church interior features high vaulted ceilings, brick pillars, and a large stained glass window in the background. Other people in white robes are visible in the background, seated at a table. The floor is made of light-colored tiles.

**‘WHY ARE YOU  
WEEPING? WHO  
ARE YOU  
LOOKING FOR?’**

# DAILY NOTES

## General

All you need to participate in the liturgical celebrations of this week is found within these pages. However, you may like to buy a Walsingham Pilgrim Manual from the Shrine Shop which will provide more insight into the life and spirituality of the shrine. The Manual costs £5.00 and will also be useful for your own personal devotions and point you to other ways in which you can share in the life of the shrine when you are away from it.

As well as our own pilgrimage programme, which is set out on page 4, there is also the usual daily round of prayer within the shrine which includes Evening Prayer at 5.30 p.m and Shrine Prayers (Angelus and Rosary) at 6.00 pm. You are more than welcome to participate in these—they form the rhythm of the Shrine's life week by week throughout the year.

**The Reception Office** on the ground floor of the Milner Wing near the archway is open daily from 9.00 am—7.00 pm for general enquiries or any problems during your stay. The night porters are available during the evening and night. Use the internal phones and dial 220 or 315 in the event of an emergency.

**In the event of the fire alarm sounding** (continuous ringing bell) please leave the building. DO NOT assume it's a test! There are fire notices on the back of each bedroom door, take a moment to read and familiarise yourself with the escape route and assembly point. Please do not use the lift if the fire alarm sounds.

**Accommodation:** On the journey each pilgrim will be given a badge indicating where they are staying. Please wear these badges as they are used as a means of identification at meal times. If you are travelling by car these will be available on arrival. However, please note that rooms may not be available until after 2 or 3pm. This will be indicated on arrival.

**Keys and fobs:** The shrine issues keys for room doors. Along with the key will be a fob giving you access to the main door of the building in which you are staying. You will find the keys in the doors of the room on arrival but you will need to keep them with you thereafter to access buildings. On the key will be a black fob that will grant you access into your accommodation building. Next to the front door, you will see a black box on the wall. To gain entrance place your key in front of the box, you will hear a beep and the door will release. To exit the building, press the black button on the inside of the door that says 'Press to exit'. The Brandie Gate, the main entrance to the Shrine Grounds, will close at midnight and unlocked at 6am. However, if you're staying in Mileham or St Annes, the main doors are accessed by keypads (the number is on your badge.) The 'College' rooms have keys but no fobs. If you need any assistance with keys please speak to the staff at the Accommodation Office who are always happy to help.

**Internet Access:** To access the internet you will need to search and find 'The Anglican Shrine' network and the password is olw-wifi.

**The Norton Café Bar** will be open for your use from 10am daily until 11pm.

**Special Diets:** If you have ordered a special diet, you will be issued with a ticket which you must show at the Refectory food servery at meal times. Please return them at the last meal.

**Silence:** Pilgrims are reminded of the need for silence in the shrine church and in the fountain courtyard immediately outside.

**Consideration for Others:** Between the hours of 11.00 pm and 7.00 am please be as quiet as possible in the corridors. Close doors quietly behind you. If you're back late remember those who go to bed early, or if you're up early remember those who got back late!

**No Smoking:** Smoking is not permitted in any of the buildings. You are welcome to smoke within the shrine gardens, but please dispose of the cigarette ends in the bins provided.

**Refreshments:** There are Tea and Coffee Making facilities in all accommodation buildings. Please make yourself at home whilst also washing and returning everything, and keeping the space clean and tidy.

## Monday

**Arrival:** On arrival the coaches will stop outside the Shrine Church. You *may* be asked to remain on the coach whilst a member of the Hospitality Team welcomes you. However, instructions will be given on arrival. People will be on hand to guide you to your accommodation. Please do be aware of individuals who may need some help with their luggage—and perhaps offer them a helping hand! For those travelling by car, please note that parking permits are no longer available at Reception. There is a parking meter in the car park which accepts notes, coins and cards.

**Servers:** There will be a meeting for all Servers in the Shrine Sacristy at 4.30 p.m.

**First Time Pilgrims:** In the Orangery at 5.00pm there is an optional gathering for first time pilgrims (and others) for a brief introduction to the Shrine and our pilgrimage days together.

## Tuesday

**Intercessions in the Holy House:** offered in groups (usually parish groups) immediately following Sprinkling, which takes place at 9.30am. If you are not part of a parish group then please do join any group—they'll be more than happy for you to join them! Give your completed Intercession sheets to the leader of that group.

**The Chapel of Reconciliation/Slipper Chapel (RC Shrine):** Coaches will leave from outside the Shrine Church at 2.00pm. for those unable to walk to the Slipper Chapel. They will return after Benediction. The Blessed Sacrament is exposed in the Chapel from 2pm. The Divine Mercy Chaplet, Rosary and Benedictions takes place at 3pm. The walk to the RC Shrine is approximately 1 mile.

**Liturgy of Healing:** During this liturgy we will have the opportunity to celebrate the ministries of healing which includes Laying on of Hands, Anointing with Oil and the Sacrament of Reconciliation (Confession). More information about the ministries will be given during the Liturgy.

**Welsh Mass:** At some point through the week, an additional Said Mass will be celebrated in the medium of Welsh. This will be announced during the notices.

## Wednesday

**Stations of the Cross:** these take place at various times from 9.00 am onwards. Please gather in the shrine church and join the next group. They usually 'set off' at about 10 or 15 minute intervals or until a significant group is formed. There are also Stations of the Cross arranged for those whose mobility is limited, which begin at 9.30 am (gather behind the outdoor altar). Stations of the Cross in Welsh will take place at 9.45am. The Stations of the Cross can be found on page 26—although some other order may also be used as appropriate.

**Mass:** The Mass today is in the Parish Church. If you are able to offer a lift to anyone who may have difficulty walking to and from the church, please can you tell Fr Dean so that we can liaise with those in need of some assistance? Thank you.

**Free Afternoon:** Wednesday afternoon is free for you to spend time in the shrine and the village at your leisure. There is often a coach trip arranged and details of this will be given on Tuesday and Wednesday. We are open to suggestions about the destination.

**Drinks Reception** You are invited to a Drinks Reception in the Orangery from 5.45 pm. This is simply a time to get together, to learn about and share any opportunities, events and developments within the catholic tradition of the Diocese and beyond.

## Thursday

**Luggage:** Before Mass, please bring your luggage to the coaches parked outside the Shrine. Please **clearly** label which coach and which drop off point your luggage is intended, and place your luggage with others on the same coach.

**Keys:** Please remember to return the door keys to Reception!

**Blessings:** place any devotional articles or books you would like blessed on S. George's altar by 9.00 a.m.

**Offerings:** If you would like to make an offering towards the work of the Shrine then please place it on the altar of the Holy House before Mass today. If you pay tax please use a Gift Aid envelope.





# EVENTS

## ASSUMPTIONTIDE WEEKEND

### **Pilgrimage to the Shrine of Our Lady of Penrhys**

Saturday August 17, 2022

Pilgrimage on foot begins at 9am  
from Llanwonno Church

12 noon: Mass at the Shrine,  
followed by Picnic Lunch

### **Ecumenical Celebration of the Assumption of Our Lady**

St Mary the Virgin, Bute Street, Cardiff  
Sunday August 16, 2024

Barbecue from 6.30pm; Vesper at 8.30pm,  
followed by Torchlight Procession of Our Lady  
and Fireworks

## OCTOBER DEVOTIONS

### **October Devotion to Our Lady of Walsingham**

St Mary the Virgin, Cardiff  
Saturday October 12, 2024

12 noon:  
Concelebrated Sung Mass

2.30 pm:  
Liturgy of Healing with Sprinkling,  
Procession and Benediction

## PILGRIMAGE 2025

### **South Wales Pilgrimage to the Shrine of Our Lady of Walsingham**

Monday 21 July—Thursday 24 July 2025

Information about all these events from:  
Fr Dean Atkins | Mobile: 07368 176300  
deanjatkins@outlook.com | [www.enterthemystery.com](http://www.enterthemystery.com)



# PRAYER TO OUR LADY OF WALSINGHAM

O Mary,  
recall the solemn moment when Jesus,  
your divine Son, dying on the cross,  
confided us to your maternal care.  
You are our Mother;  
we desire ever to remain your devout children.  
Let us therefore feel the effects  
of your powerful intercession with Jesus Christ.  
Make your name again glorious in this place,  
once renowned throughout our land  
by your visits, favours and many miracles.  
Pray, O Holy Mother of God,  
for the conversion of England and Wales,  
restoration of the sick, consolation for the afflicted,  
repentance of sinners, peace to the departed.  
O Blessed Mary, Mother of God,  
Our Lady of Walsingham, intercede for us. Amen.

I SOUGHT HIM  
WHOM MY  
HEART LOVES

South Wales Pilgrimage to the  
Shrine of Our Lady of Walsingham  
22—25 July, 2024

[www.enterthemystery.com](http://www.enterthemystery.com)