



# St. Margaret's Church

I P S W I C H



## Prayer Walk

Please do use this leaflet to help  
guide the memory around the  
Church pausing at various prayer  
'stops'.

# Welcome

People have been coming to our church to worship, pray and read the Bible for hundreds of years.

The beauty of this historic building reminds us of the majesty of God, whilst the changes that this building has undergone over the years remind us that people have been following God, in a variety of ways, for a very long time whilst facing many different challenges.

We invite you to spend some time seeking God today as you explore the church in your mind, taking as much or as little time as you need.

Each prayer stop tells you a little about the 'feature' and suggests a number of things you may wish to think about whilst praying. Please do pray however you like, using the suggestions or in your own way...

## *A Prayer for Connection...*

*Dear God*

*We are grateful that You never leave or forsake us; and we are grateful for the technology that helps us stay in touch with each other.*

*Give us the strength to endure this difficult season, and deepen our connection with You and Your people.*

*Today, help us remember th `t this time of social distancing and isolation will not last for ever.*

*Empower us with an extra dose of Your love, peace, hope and joy. Remind us of Your promises and please heal our world.*

*In Jesus' name. Amen*

## The Font

The font is where baptisms take place. It was made in the C15th and suffered damage in 1644.

Baptism (also known as christening) is when a person has the mark of the cross made on their forehead with water from the font and prayers and promises are spoken.

Baptism signifies new life; when someone is baptised we are recognising that they are loved by God, we are saying thank you to God for this person and welcome them into the church family.



*Prayer...*

*Take a moment to know how loved and precious you are to God. Perhaps you might like to thank God for the special people in your own life. You might like to reaffirm your own faith or commitment to God.*

## Church ceiling

The ceiling is double hammerbeam nave roof. There are over 120 medieval carvings including the symbols of the Passion of Christ, and late C17th painted panels which include a memorial to Queen Mary. The variety and magnificence of the roof carvings remind us that the family of God is made up of Christians who are very different and who don't all think the same things, but we worship a God who has been present with humanity through the centuries, through the changes in life and the world we live in and is worthy of our praise.



### *Prayer...*

*We might feel small and insignificant sometimes but there is a God who is Creator of all, present always, who loves, restores and heals all who turn to Him. Lift your gaze to the roof and spend a moment remembering the majesty of the God we worship.*

## Mercy Window

This window shows six of the Acts of Mercy, loving acts that people did for others, as Jesus taught His followers to do.

We can see in the window examples of people feeding the hungry, clothing the naked, sheltering the homeless...



*Prayer...*

*Can you remember when you were in need and someone helped you? Perhaps practically, or by listening or supporting you when you needed a friend. Now might be a good opportunity to say thank you for that person.*



## Children's Corner



Children are always welcome in St Margaret's Church (Jesus said 'let the little children come to me') but we know that sometimes it can be difficult to sit still and listen when little people are keen to be on the move. This is a corner where children can come during the service, to play or do some colouring.

### *Prayer...*

*Jesus said that people need to be like little children. Children are (often) curious, imaginative, enthusiastic, loving, full of wonder and willing to follow those they love and trust.*

*How is your child-side doing? Perhaps the joy and wonder of life hasn't been something you've had a lot of lately. Ask God to remind you of what it means to be a Child of God and the joy and trust we can have as God's children.*

## Altar Rail

We kneel at the altar rail as we take Communion. We take Communion because Jesus told His followers that they were to do this, in remembrance of Him. The bread as His body, the wine as His blood, remembering His sacrifice.

### *Prayer...*

*You might like to take a moment to reflect on Jesus' death on the Cross and what it means, for you individually and for people everywhere.*

*Remember that although society often sets a value on people and their status, God does not; at this rail, we are all of equal worth and value to God. All of us, no matter where we have come from or what we have done, are welcome at this altar rail, to receive God's gift of love and forgiveness.*



## Lectern

The lectern holds the Bible on the back of an eagle. You will also notice that the Eagle is standing on a globe. There are many verses about Eagles in the Bible. Eagles are referred to as strong, swift, and protective of their young. The Bible also tells us of times when God will carry us on eagle's wings.



### *Prayer...*

*As we hear the Bible read to us, or read the Bible for ourselves, we know that God longs to speak to us and guide us and teach us today.*

*The Bible can be difficult to understand, or there may be parts we disagree with or find difficult. You might like to ask God to help you when you read the Bible, to understand what it means for us today, or to ask God to use the Bible to teach us more about who God is and to help us in our relationship with Jesus.*

## Altar and East window

This altar table is where the congregation used to come to receive communion (we now use the altar table nearer the pews as a demonstration that Christ is present amongst us).



If you look up to the stained glass window you will see Jesus looking down, watching over His people as they gather in church and as they go out of the church into their daily lives.

*Prayer...*

*Just as the way Christians worship has changed over the years, we also as individuals have changed as we've gone through life. Through all the changes though, God remains unchanging, always loving and always present. You might like to take some time to reflect on some of the changes that have happened in your own life; can you see how God helped you at various times, or how you have changed or grown as a result of things that happened in your life?*

## The Lady Chapel

You will see in the chapel several places where candles can be lit. People often light candles in memory of people, or to represent a prayer they want to offer



to God. Jesus is described in the Bible as the light of the world, and we also read that the light burns even in the darkest places and never goes out.

*Prayer...*

*No matter how low or dark we may be feeling or a situation may seem, we can know that the light of Jesus can light our way and give us hope, even when we can't feel it.*

As you reach the end of this “virtual” prayer walk, please do take time to sit and pray for a while