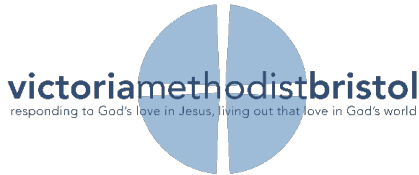


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# LENT KNIT-ALONG 2025

## WEEK 2

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**Pattern by Lyn Lloyd-Jones**  
**Reflections by Patrick Stonehewer**

### Introduction

We are very grateful to Rev. Patrick Stonehewer for writing the accompanying reflections for week two of the Lent Knitalong. Patrick is Minister at Vic, and at nearby Parkway Methodist Church. He can't claim any expertise in knitting, but enjoys offshore sailing when time permits, running as a way of keeping fit, and walked the length of Great Britain in 2022.

That walk, an adventure-cum-pilgrimage, started on a misty morning at the start of May at the north-western tip of Great Britain. Three months and over 1100 miles of walking later, it finished on a hot afternoon at Dover on the shore of the English Channel.

Embarking on a pilgrimage is to step aside from normal routines, being open to drawing closer to God and to growing spiritually. Pilgrimage has been part of the journey for some Christians, some of other faiths and some of no faith. Memories, images and prayers from Patrick's pilgrimage inspire this week's reflections.

### Sunday, 09 March

Getting to the start of my walk was a whole adventure in itself: a long train journey, an overnight stay with friends, a minibus across the NW Highlands of Scotland, then a short ferry crossing before the final dozen or so miles in a second minibus to Cape Wrath itself.



*“Do not let your hearts be troubled. Believe in God; believe also in me. In my Father’s house there are many dwelling places. If it were not so, would I have told you that I go to prepare a place for you? And if I go and prepare a place for you, I will come again and will take you to myself, so that where I am, there you may be also. And you know the way to the place where I am going.” Thomas said to him, “Lord, we do not know where you are going. How can we know the way?” Jesus said to him, “I am the way and the truth and the life. No one comes to the Father except through me. If you know me, you will know my Father also. From now on you do know him and have seen him.”*

— John 14:1-7

As you take a little time aside from your normal routine to knit, how might you be open to God through the prompting of the Holy Spirit as you take a look at your faith journey this week?

### *Prayer*

My dearest Lord,  
be a bright flame before me;  
be a guiding star above me;  
be a smooth path beneath me;  
be a kindly shepherd behind me,  
today and for evermore. Amen.

*Attributed to St Columba*

## Monday, 10 March



Over the course of three months, I spent much time alone, not only walking, but resting and relaxing in the wide variety of places I visited. Much of that solitude was refreshing, a time for mind and soul to be refreshed, to be thankful for who I am in God’s sight.

*O Lord, you have searched me and known me.  
You know when I sit down and when I rise up;  
you discern my thoughts from far away.  
You search out my path and my lying down  
and are acquainted with all my ways.*

*Even before a word is on my tongue,  
O Lord, you know it completely.  
You hem me in, behind and before,  
and lay your hand upon me.  
Such knowledge is too wonderful for me;  
it is so high that I cannot attain it.*

— Psalm 139:1-6

Take a few moments to think about your name. Do you know what it means? Is it important to you? Would you choose another name?

### *Prayer*

Holy God, whatever our names mean to us – something good or something difficult – you name us your children and we bring our thanks. You call us by name and know us individually. Help us to be open to that call today, ready to hear a particular word. Amen.

## Tuesday, 11 March



Lots of solitude, equally many encounters with others *en route*: some momentary, those with friends and family members who joined me for a while, still others whose passing friendship came with the gift of a conversation, unexpected hospitality, a place to dry wet clothes ... the list continues.

*Now you have observed my teaching, my conduct, my aim in life, my faith, my patience, my love, my steadfastness, my persecutions, and my sufferings, the things that happened to me in Antioch, Iconium, and Lystra. What persecutions I endured! Yet the Lord rescued me from all of them. Indeed, all who want to live a godly life in Christ Jesus will be persecuted. But wicked people and impostors will go from bad to worse, deceiving others and being deceived. But as for you, continue in what you have learned and firmly believed, knowing from whom you learned it and how from childhood you have known sacred writings that are able to instruct you for salvation through faith in Christ Jesus. All scripture is inspired by God and is useful for teaching, for reproof, for correction, and for training in righteousness, so that the person of God may be proficient, equipped for every good work.*

— 2 Timothy 3:10-17

Who are your friends and companions in your journey of faith? How have they walked with you and supported you? What's important about them?

## Prayer

God of all, thank you for all those we have been remembering – who spent time with us, who accepted us as we were, who were channels of your love, who introduced us to much that has enriched our lives. Bless those of them who are still alive and enable us to express our thanks to them. Amen.

## Wednesday, 12 March

It's difficult to say what was the most enjoyable moment or place of my pilgrimage, not least because I was surrounded by much beauty in God's creation. Almost too many times to mention when I was able to pause a moment in awe and wonder.



*By your strength you established the mountains;  
you are girded with might.  
You silence the roaring of the seas,  
the roaring of their waves,  
the tumult of the peoples.  
Those who live at earth's farthest bounds  
are awed by your signs;  
you make the gateways of the  
morning and the evening shout for joy.  
You visit the earth and water it;  
you greatly enrich it;  
the river of God is full of water;  
you provide the people with grain,  
for so you have prepared it.  
You water its furrows abundantly,  
settling its ridges,  
softening it with showers,*

*and blessing its growth.  
You crown the year with your bounty;  
your wagon tracks overflow with richness.*

— Psalm 65:6 - 11

Close your eyes and imagine you are in a place of natural beauty. What's special about it? How do you feel as you think about it?

### *Prayer*

Maker of the world, thank you for the senses you have given us and for all that we can appreciate through them. Thank you for the beauty and rawness of creation. We are a part of this intricate whole – enable us to live in ways that are helping and healing. Amen.

## Thursday, 13 March

Pilgrimage and prayer go hand in hand. In addition to starting and ending each day in prayer, I took the opportunity to pray at the places of worship I passed – some 225 in total. Having joined evensong in Carlisle one evening, I was blessed to be prayed for by a member of the Cathedral staff, amidst the splendour of the 900 year old building.



*“Praise be to the Lord, the God of Israel, who made heaven and earth! He has given King David a wise son, endowed with intelligence and discernment, who will build a temple for the Lord and a palace for himself. “I am sending you Hiram-Abi, a man of great skill, whose mother was from Dan and whose father was from Tyre. He is trained to work in gold and silver, bronze and iron, stone and wood, and with purple and blue and crimson yarn and fine linen. He is experienced in all kinds of engraving and can execute any design given to him. He will work with your skilled workers and with those of my lord, David your father.*

— 2 Chronicles 2:12b-14

What are your creative gifts? How do you use them? What do you see in others that can be encouraged by you?

### *Prayer*

God our Creator, you implanted a share of creativity in each of us. Thank you for those gifts we recognise in ourselves and for the many ways, small and large, in which we can use them – to bring glory to you and to enrich the lives of other people. Help us to recognise the gifts that others have and to encourage them to use them. Amen.

## Friday, 14 March



Three months on foot was largely an enriching and refreshing experience, even when the British weather proved wet & windy (and subsequently very hot and dry). One evening in SW Scotland sticks with me, for the feelings of intense loneliness as I sat at a lakeside campsite. Lonely, but assured in prayer of God's presence, although it seemed distant.

*Humble yourselves, therefore, under the mighty hand of God, so that he may exalt you in due time. Cast all your anxiety on him, because he cares for you. Discipline yourselves; keep alert. Like a roaring lion your adversary the devil prowls around, looking for someone to devour. Resist him, steadfast in your faith, for you know that your brothers and sisters in all the world are undergoing the same kinds of suffering. And after you have suffered for a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, support, strengthen, and establish you. To him be the power forever and ever.*

*Amen.*

— 1 Peter 5:6-11

Recall a time when your faith has been challenged. Offer it in prayer, seeking God's assurance.

### *Prayer*

Christ the Way, we look to you for guidance and for assurance. When we feel alone, remind us that you are everywhere about us. Give us courage to end what needs to be ended. Open our minds to recognise the new things you have in store for us. Amen.

## Saturday, 15 March

Journey's end was marked by dipping my boots and then bare feet into the English Channel, with a sense of accomplishment in completing a significant personal challenge. Plenty to be thankful for in God's presence.



*Where can I go from your spirit?  
Or where can I flee from your presence?  
If I ascend to heaven, you are there;  
if I make my bed in Sheol, you are there.  
If I take the wings of the morning  
and settle at the farthest limits of the sea,  
even there your hand shall lead me,  
and your right hand shall hold me fast.  
If I say, "Surely the darkness shall cover me,  
and night wraps itself around me,"  
even the darkness is not dark to you;  
the night is as bright as the day,  
for darkness is as light to you.*

— Psalm 139:7-12

What are you thankful for today in God's presence?

### *Prayer*

Jesus, centre of our community, we thank you for the time out that we've had in recent days and for the insights that you have given us. As this week closes, help us to hold onto those insights, that we may grow closer to you through this faith community. Bless us all as we journey onwards. Amen

Acknowledgements:

Patrick's own blog: <https://walkingcapewrathtodover.blogspot.com/>

Prayers adapted from [www.rootsontheweb.com](http://www.rootsontheweb.com)

Compiled by Vicky Davies