



LET US WALK PILGRIMAGE PRAYER BOOK

*We adore you, O Christ, and we praise you.
Because by your holy cross you have
redeemed the world.*

St Francis of Assisi



A prayer book for the walking pilgrimage to the
Metropolitan Cathedral of St George, Southwark,
from the Church of St Francis of Assisi, Maidstone,
between 5th - 9th October 2026
to mark the 800th anniversary of St Francis' death
and in preparation for *Adoremus 2026*.

St Francis' Canticle of Creation

O Most High, all-powerful, good Lord God, to you belong praise, glory, honour and all blessing.

Be praised, my Lord, for all your creation and especially for our Brother Sun, who brings us the day and the light; he is strong and shines magnificently. O Lord, we think of you when we look at him.

Be praised, my Lord, for Sister Moon, and for the stars which you have set shining and lovely in the heavens.

Be praised, my Lord, for our Brothers Wind and Air and every kind of weather by which you, Lord, uphold life in all your creatures.

Be praised, my Lord, for Sister Water, who is very useful to us, and humble and precious and pure.

Be praised, my Lord, for Brother Fire, through whom you give us light in the darkness: he is bright and lively and strong.

Be praised, my Lord, for Sister Earth, our Mother, who nourishes us and sustains us, bringing forth fruits and vegetables of many kinds and flowers of many colours.

Be praised, my Lord, for those who forgive for love of you; and for those who bear sickness and weakness in peace and patience - you will grant them a crown.

Be praised, my Lord, for our Sister Death, whom we must all face.

(ALL) I praise and bless you, Lord, and I give thanks to you, and I will serve you in all humility.

Prayer for peace often associated with St Francis

Lord, make me an instrument of your peace:
where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy.
O divine Master, grant that I may not so much seek
to be consoled as to console,
to be understood as to understand,
to be loved as to love.
For it is in giving that we receive,
it is in pardoning that we are pardoned,
and it is in dying that we are born to eternal life.

Prayer of St Francis

Most High, glorious God, enlighten the darkness of my heart.
Give me right faith, certain hope, and perfect charity,
sense and knowledge, Lord, that I may carry out
Your holy and true command. Amen.

Franciscan blessing

May the Lord bless you.
May the Lord keep you.
May He show His face to you and have mercy on you.
May He turn His countenance to you and give you
peace. And may the Lord bless you. Amen

Prayer for creation

All powerful God,
you are present in the universe
and in the smallest of your creatures.
You embrace with your tenderness all that exists.
Pour out upon us the power of your love,
that we may protect life and beauty.
Fill us with your peace, that we may live
as brothers and sisters, harming no one.
O God of the poor,
help us to rescue the abandoned
and forgotten of this earth,
so precious in your eyes.
Bring healing to our lives,
that we may protect the world and not prey on it,
that we may sow beauty,
not pollution and destruction.
Touch the hearts
of those who look only for gain
at the expense of the poor and the earth.
Teach us to discover the worth of each thing,
to be filled with awe and contemplation,
to recognize that we are profoundly united
with every creature
as we journey towards your infinite light.
We thank you for being with us each day.
Encourage us, we pray, in our struggle,
for justice, love and peace.

(Pope Francis from his 2015 encyclical Laudato Si'.)

Morning & Evening prayer and the readings of the day can be found at www.universalis.com. Check that you are using the calendar for England & Wales.

Prayer to the Holy Spirit

Come, Holy Spirit, fill the hearts of your faithful
and kindle in them the fire of your love.

V. Send forth your Spirit and they shall be created,

R. And you shall renew the face of the earth.

Let us pray.

O God, who have taught the hearts of the faithful
by the light of the Holy Spirit,
grant that in the same Spirit we may be truly wise
and ever rejoice in his consolation.

Through Christ our Lord. Amen.

Prayer at the start of the walk

Dear Father,

We ask your blessing as we travel today in spirit;
Guide our minds as we learn of those who came before
us, traversing the pilgrim way.

Give us a hunger to seek your face in paths through
fields, along roads trod by many seeking the blessing of
your presence.

Nurture our fellowship

And help us to see each other as a brother or sister
Sharing the journey to your blessed kingdom. Amen.

(Nineveh Murray, adapted)

Prayer at Midday: The Angelus

V. The Angel of the Lord declared unto Mary.

R. And she conceived of the Holy Spirit.

Hail Mary, etc...

V. Behold the handmaid of the Lord.

R. Be it done unto me according to your Word.

Hail Mary, etc...

V. And the Word was made flesh.

R. And dwelt among us.

Hail Mary, etc...

V. Pray for us, O holy Mother of God.

R. That we may be made worthy of the promises of Christ.

Let us pray:

Pour forth, we beseech You, O Lord, thy Grace into our hearts; that we, to whom the incarnation of Christ, thy Son, was made known by the message of an angel, may by his Passion and Cross be brought to the glory of his Resurrection.

Through the same Christ, our Lord. Amen.

Prayer on arrival at a pilgrim church or shrine

Lord Jesus Christ,

By your Passion, Cross and Resurrection you obtained for us the power to cast off our old selves and to step into new life.

As we cross the threshold of this holy place, we leave behind all that holds us back from following you more closely.

We thank you for the gift of your servant, (name of the saint of the church).

Help us to walk in their footsteps as missionary disciples.

Guided by their example, may we be always faithful and courageous in proclaiming your Gospel.

Lord, show us your mercy and come to our aid.

We ask this in your Most Holy Name. Amen.

(Adapted from Forward in Mission pilgrimage prayers)

Prayer at the end of the walk

Lord Jesus Christ,

As this pilgrimage comes to an end,

We give thanks for the journey

and for our safe arrival.

Help us to walk onwards in newness of life.

By your Spirit, transform us into your likeness.

Give us your humility and compassion.

And fill us with your life and love.

We ask this in your Holy Name. Amen.

(Adapted from Forward in Mission pilgrimage prayers)

Prayer before the evening meal

The day is coming to a close,

and, like the disciples on the road to Emmaus,

we pause to break bread together.

May our eyes be opened,

and, in this act of common sharing,

may we see the risen Lord in one another.

May we see the Lord of Life in the gifts of our food,
our conversation and our lives shared in common.
And may the blessing of God, his peace and love,
rest upon our table. Amen.

(Edward Hays, adapted)

Prayer before sleeping

God of our pilgrimage,
You have walked with us through the dust and distance
of this day.

As night falls and the path fades from view,
We entrust our weary bodies, our restless hearts, and
our anxious minds into your care.

Lord, guard our rest: Grant us the gift of deep and
tranquil sleep so that we might wake refreshed for the
road ahead.

Lord, keep our shelter: Surround this place with your
peace, and keep us safe until the morning light.

Lord, guide our onward steps: May the Father who
created us guide our footsteps, may the Son who
redeemed us share our journey, and may the Spirit who
sanctifies us lead us on.

Amen.

(Adapted from Forward in Mission pilgrimage prayers)

