A wooden boardwalk path leads through tall grasses towards a sunset over dunes. The sky is filled with soft, golden light, and the path recedes into the distance, creating a sense of journey and discovery.

Finding Joy in the world

St Robert of Newminster
Catholic School & Sixth Form
College

Online Lenten Retreat
Lenten Walks

ST. FRANCIS OF ASISI PRAYER

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.



Walking Guide

Scripture and reflection to
accompany your walk

St Robert's Lenten Walks

Walking in the light of God with St Francis of Assisi

Choose one of the Lenten walks to walk (or a favourite walk of your own) and use these bible readings, prayers and things to think about as you do your walk or just think of the prayer of Saint Francis

There are six walks to chose from

St Robert's Lenten Walk **1** Penshaw Monument Circular

St Robert's Lenten Walk **2** Fatfield Circular

St Robert's Lenten Walk **3** Roker Seafront Circular

St Robert's Lenten Walk **4** Washington Wetland Centre Circular

St Robert's Lenten Walk **5** Hetton Circular

St Robert's Lenten Walk **6** Silksworth Circular

At some point on your walk please take a photo of something you find inspiring – you could use it to write your own prayer. You could then e-mail it to STR-Chaplaincy@str.bwcet.com

Let us begin

Come along!

Let us walk

in the light

of the Lord!

I s a i a h 2 : 5

Dear Jesus,
Walk beside me today, as you walked beside the disciples.
Let me to see you in the world around me.
And help me to bring the light of your love to all I meet.
Amen.

Walking in the light of God

God said, "Let there be light," and there was
light.

(The Book of Genesis)

There are many different types of light to help us see.

Some shine in different colours, some help plants grow and some even light up a disco ball for a party!

The sun's light is always the same but appears differently through different coloured windows, through the clouds, the rain and at different times of the day.

God's light is always the same but may appear differently through different people, places and circumstances in our lives.

Who or what brings light to your life?
Give thanks to God for these people!

Remember our school motto

“Sic Luceat Lux Vestra”

Let Your Light Shine

Walking with Mary beside us

“Do what ever he tells you to”

John 2:5

Saints are examples of people who kept Jesus at the centre of their lives. God called each of them to do a special job.

The Queen of the Saints is Mary, Mother of Jesus.

For Mary and Joseph, Jesus was at the centre of their life when he was a baby and needed caring for.

Mary kept following Jesus and walked beside him even when he was put on the cross.

Let us pray ,

Mary Our Mother and Mother of Jesus,
Help us to keep Jesus at the centre of our lives ,
as you did.

Walk beside us to guide us along the special
path that God has created just for us.

Amen

Walking with Beauty

Reading from the Gospel of Matthew:

Look at the wildflowers in the field. See how they grow. They don't worry about fashion or buying fancy clothes for themselves. If God makes what grows in the field so beautiful, what do you think he will do for you? It's just grass - one day it's alive, and the next day someone throws it into a fire. But God cares enough to make it beautiful. Surely he will do much more for you. Do not worry, because your Father in Heaven knows you, and loves you and will care for you

God , you made me . You made me with love. You tell me that I am even more beautiful than the flowers in the field. You say that I am more precious than rubies or pearls. Lord, help me to believe this.
Help me to remember that I am your wonderful creation.

What stops me from seeing that I am good or beautiful?

What can I do to remember that I am good and beautiful?

Walking Francis of Assisi

A prayer of Saint Francis of Assisi

Lord God,
living and true.

You are love.

You are wisdom.

You are humility.

You are endurance.

You are rest.

You are peace.

You are joy and gladness.

You are justice and moderation.

You are all our riches,
and You suffice for us.

You are beauty.

You are gentleness.

You are our protector.

You are our guardian and defender.

You are our courage.

You are our haven and our hope.

You are our faith, our great consolation.

You are our eternal life, Great and Wonderful
Lord, God Almighty, Merciful Saviour.

Walking Amongst Your Creation

“In the beginning, God created the heavens and the earth.”

The Book of Genesis

A Prayer for our Earth

by Pope Francis:

Dear God,

You are present in the whole universe and in the smallest of your creatures.

Fill us with peace, that we may live as brothers and sisters.

Help us to protect the world.

Help us to spread beauty, not pollution and destruction.

We thank you for being with us each day.

Encourage us as we build a world of justice, love and peace.

Amen.

How can you help our planet?

Walking on Solid Rock

A Reading from the Gospel of Matthew:

Whoever listens to Jesus and follows him is like a wise man who built his house on the rock.

It rained hard, the floods came, and the winds blew. But the house did not fall because it was built on rock.

The foolish man did not listen. He built his house on sand. It rained hard, the floods came, and the winds blew and beat against that house. And it fell with a loud crash.

Sometimes if we are feeling a bit sad, or worried, or alone, we might feel like we are sinking into quicksand. We might feel like we are searching for something to hold onto to pull us out.

But we are not alone. We have people around us who love us. They reach out to us, hold our hands and pull us out. They help us to feel like the house on the rock. To feel confident and safe. Jesus is always with us to, helping us to listen to his teachings about love and peace. And when we listen to Jesus, we will build our lives on the rock.

Walking amongst the Greatness of God

The Hands of God are so **POWERFUL**
that they “flung stars into space”,
so **GREAT** that he holds the whole world,
so **MIGHTY** that he built the mountains,
the moon and the planets.

But the Hands of God are also so
GENTLE, they carefully formed and
fashioned you.

They even counted the hairs on your
head.

And so **LOVING** that written on the palm
of His hand, is your name.

These are the hands that reach out and
hold you every time we pray.

Walking as Ambassadors for Christ

The Church does not create its own light but it reflects the light of God.

We are all part of the Church, By treating others in the way that Jesus would, by showing love and friendship, we reflect the Love of God too!

Dear Jesus ,

Help me to reflect your love to all I meet .

It sounds like a big job, but help me to remember that I am not alone. I am part of the worldwide family of your Church.

Help me to use my gifts and talents to reflect your light wherever there is darkness .

Amen .

When we are in darkness, do we turn to the Lord in prayer?

When others are in darkness are we God's light for them?

Do we let our light shine?

Walking with Christ, Water of Life

We use water for washing and drinking. Just like all the plants and animals, we need water to live! Jesus says "I am the living water".

When we keep Jesus in our lives, we can live life to the full!

Water is used during Baptism and when we enter a church, as a symbol of the Holy Spirit.

Everyone makes mistakes. When we do something wrong, we can say sorry to God.

He will wash away our sins and help us to be the best we can be

Remember to add the steps (or time) from this walk to your weekly total for our Lenten

Challenge - [CAFOD – Walk for Water](#)

Or Cafod just giving page is still open you or your family can donate the link is

[St Robert's 6th Form Walk for Water | Walk for Water | CAFOD](#)

Thank You

Walking with others

Jesus said “The last will be first, and the first will be last.”

Matthew 20:16

Jesus was different from the other religious leaders at the time, because he reached out to the poor,
the sick,
the dying.

The people who had been ignored by everyone else .

We pray for anyone who feels alone or forgotten .
We pray for people who are hungry, lonely, living in poverty, without food, shelter or clean water .

We pray that one day the world will be a place where everyone is treated fairly.

We pray that we can see ways that we can make a difference to others .

Amen .

Walking in the light

Jesus said, “I am the light of the world. Whoever follows me will not walk in darkness”

John 8:12

But Jesus also said,

“You are the light of the world. You wouldn't hide a lamp under a bowl, you put it on its stand so it gives light to everyone in the house. In the same way, let your light shine before others!”

Matthew 5:15-16

As we finish our walk we remember the questions we started with

Who or what brings light to your life?
Give thanks to God for these people!

Remember our school motto

“Sic Luceat Lux Vestra”

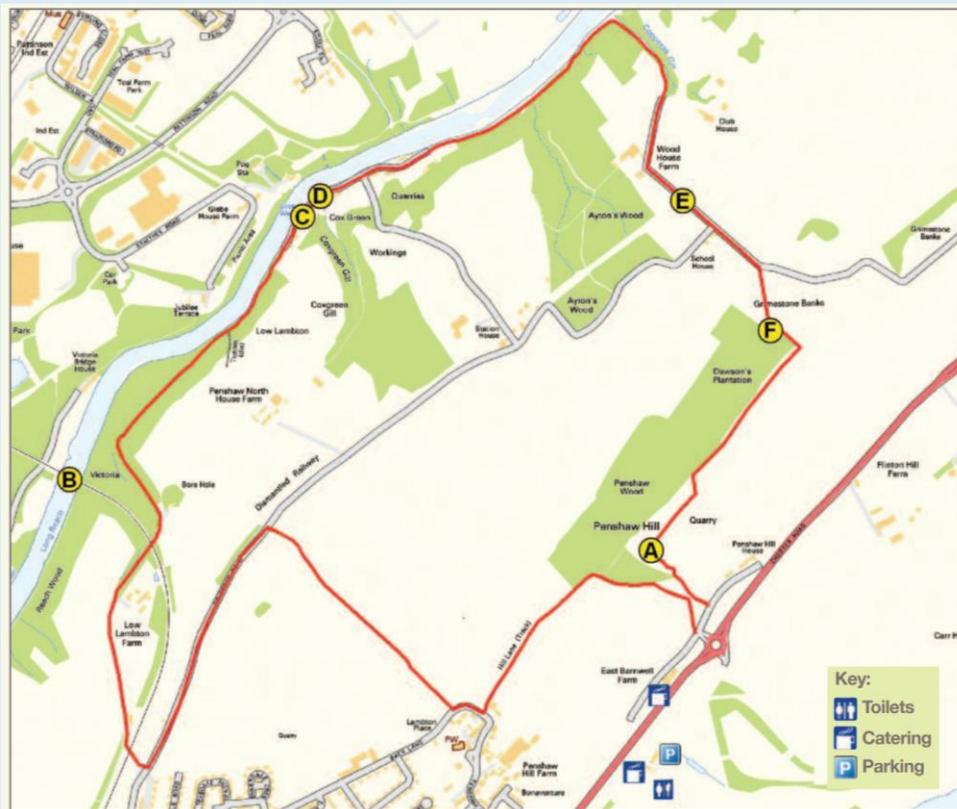
Let Your Light Shine

St Robert's Lenten Walk 1

Penshaw Monument Circular

Walk Distance & Time 6.5 km & 2 hours

Start & Finish - Foot of Penshaw Monument or any other point on the route



Walk Directions

Take the path up the grassy bank that runs to the left below Penshaw Monument.

Pass through the gate and follow the track, passing the sign for Penshaw Wood on the right.

Stay on this track all the way down to the road.

At the road turn right and take the public footpath on the right and follow this down to another road.

Cross the road onto the disused railway line and turn left.

Stay on this disused railway line until reaching a bridge, take the steps up to the left and cross the bridge.

Stay on this road passing houses on the right and through a tunnel.

Take the public footpath on the left through the woods, the Victoria Viaduct can be seen through the trees on the left.

At the bottom of this path turn right and follow the riverside path to Coxgreen.

The Alice Well can be seen on the right.

Continue straight ahead passing the green footbridge and the "Oddfellows Arms".

Take the path to the left of the horse stables. Take the second right marked with a public footpath sign for Penshaw Monument, take this path up the bank keeping to the right, passing the golf course on the left and joining a road.

Follow the road crossing a bridge over the old disused Penshaw railway line straight up the bank, taking the first public footpath on the right. Follow this path straight across the field and up the steep bankside. At the top turn right and follow this path alongside Penshaw wood up to Penshaw Monument.

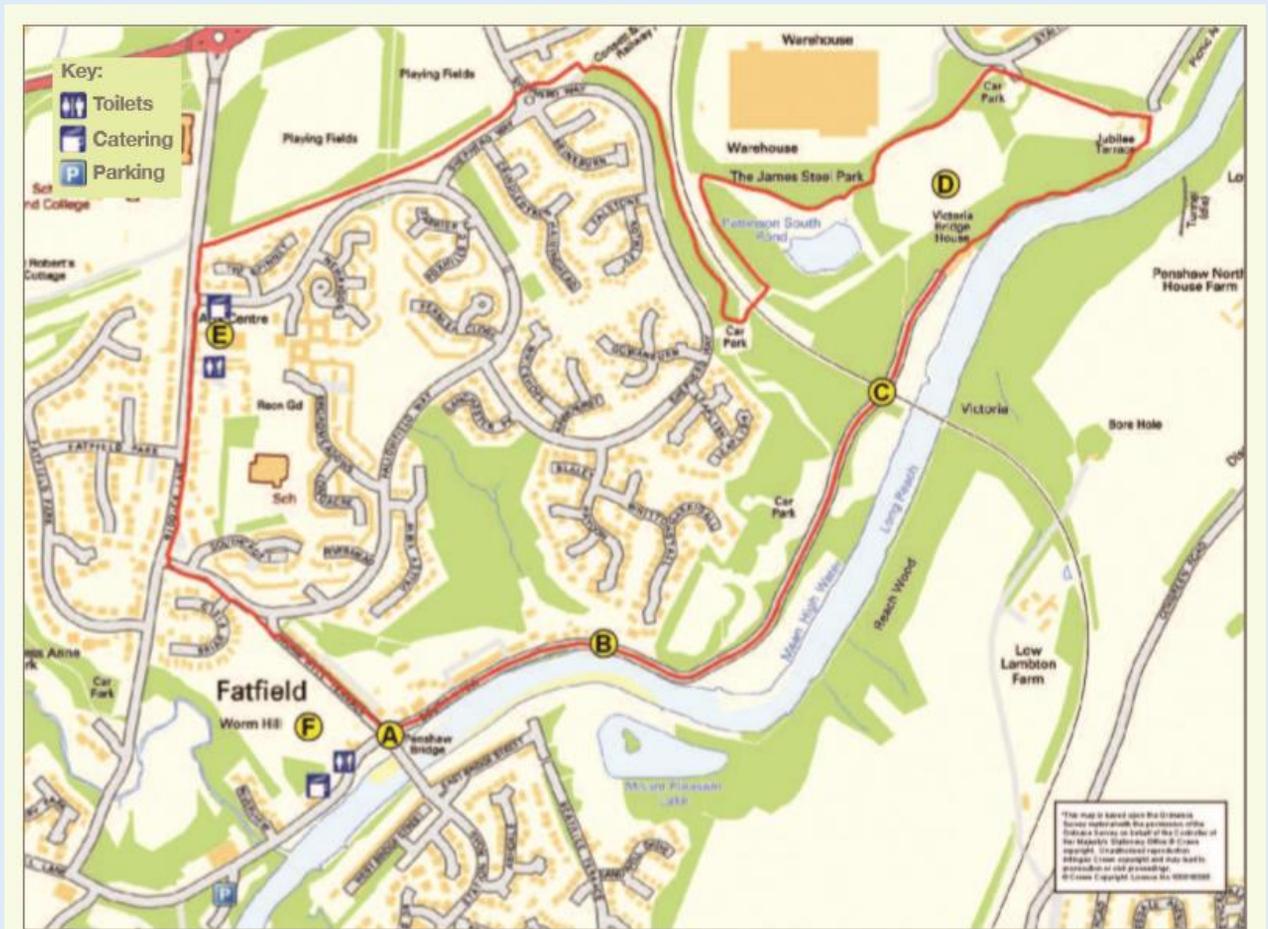
St Robert's Lenten Walk 2

Fatfield Circular

Walk Distance & Time 4.8km 1 hour

Start & Finish - Fatfield Bridge East Bridge Street Fatfield

Or any other point on the route



Walk Directions

Take the road to the left of the bridge, passing cottages on the left and the river to the right.

Passing Biddick Pumping Station on the left, former site of Girdle Cake Cottage.

Stay on this road, passing underneath the Victoria Viaduct. Keep to the lower path passing Victoria Viaduct House.

After the black railings take the path to the left up the bank, passing the row of houses (Jubilee Terrace).

Turn immediate left after the houses up the tarmac path, crossing the road that leads into the car park. Turn left onto the tarmac path and follow this through James Steel Park, keeping to the right, skirting the edge of the pond, continue up the bank and turn right through the tunnel.

After the tunnel, take the second turning on the right, passing allotments on the right. At the end of this path turn right then left onto the tarmac coast to coast cycle path. Follow this path, crossing the road straight ahead and passing under a footbridge before coming to another road.

Turn left at the road and continue straight ahead, passing the Arts Centre on the left.

Turn left following the sign for "Riverside and Mount Pleasant", the starting point of Fatfield Bridge can be seen in the distance and Worm Hill to the right.

St Robert's Lenten Walk 3

Roker Seafront Circular

Walk Distance & Time 3km 40 mins

Start & Finish - Bungalow Café Pier View Roker
or any other point on the route

Walk Directions

Starting at the Bungalow Café, head along Roker Terrace passing the Roker Hotel on the left, until reaching a traffic crossing adjacent to Roker Park. At this point turn right onto the footpath and continue along the coast, passing the red naval mine on the right and Bede's Cross on the left. Follow this path until reaching the green space of Cliff Park. Take the path to the right that skirts round the park, passing the white lighthouse and old bus shelter until reaching the roundabout next to the Marriot Hotel.

Cross over the road at the traffic island and turn left (entrance to recreation ground is on the right). Cut through the recreation ground.

At the roundabout at the top of the recreation ground take the second exit on to Park Avenue. Continue straight ahead passing St Andrew's Church on the right until reaching Side Cliff Road. Turn left on to Side Cliff Road and cross the road into Roker Park via the entrance on the right.

Walk down the bank and take the second left, passing the bandstand through Roker Ravine.

Stay on this path to the sea front. After walking under the bridge, turn right onto the promenade until reaching a roundabout. Take the tarmac path to the right of the roundabout back up to the starting point. To the left are fine views of Roker Pier. On a clear day the North York Moors and Yorkshire coastline can be seen to the south.



St Robert's Lenten Walk 4

Washington Wetland Centre Circular

Walk Distance & Time 5km 1 hour 30 mins

Start & Finish - Washington Wetland Centre Car Park
or any other point on the route



Walk Directions

Take the path to the left of the Wetlands Centre entrance – this is the coast to coast path. Continue on this path, passing a small pond on the left until reaching a road. At the road turn right.

On the left appears Low Barmston Farm. Just before the farm, take the public footpath to High Wood.

Follow the path, keeping to the right down the bank and cross the footbridge.

Turn left over the stile marked “Wearside Walks”.

Keep to the side of the field and follow the line of the hedge. Fine views of Offerton and Penshaw Monument can be seen to the right. Keep on the path with the hedge to the right. Continue straight ahead following the line of the hedge towards Woodhouse Farm, passing through the farm complex until reaching the green public footpath sign to High Wood and Toby Gill. Take this route through a hedge lined path.

Passing a pond and stone wall on the left, keep to the path on the right following the signs marked “High Wood circular walk”. Below to the left can be seen Manor House Farm and the A19 bridge beyond. This path now passes through High Wood. This path can be narrow and steep. Take care!

Stay on this riverside path, crossing a green footbridge and up a steep set of steps, finally crossing a footbridge before turning left and re-joining the original C2C path and back to the Wetlands Centre.

St Robert's Lenten Walk 5

Hetton Circular

Walk Distance & Time 3.2km 50 mins

Start & Finish - Hetton Lyons Country Park
or any other point on the route



Walk Directions

At the car park entrance turn right, passing through the blue gates.

Turn left onto a tarmac path and follow this path, passing the lake on the right.

Stay on the main path to the left and up the bank, passing football pitches on the right.

Stay on this path as it rises slightly and bends to the right.

At the bend turn left, then immediate left again. Follow this path around to the right, keeping the stream (Hetton Burn) to the right. Stay on this path until it reaches the road.

At the road turn right, heading back to Hetton Village Centre.

Wesleyan Chapel is on the left. Nicholas Wood's house is to the right.

Cross the road at the traffic lights and continue on the path ahead onto Park View.

Continue forward passing Hetton House on the left, the road then curves to the left. On the bend is the former site of the Standard Theatre.

Return back along Park View and cross the road at the traffic lights immediately after Hetton House. Turn right and cross the road at the traffic lights and continue into the park that is home to the Bob Paisley memorial.

Exit the park to the right.

Turn left onto the main street, passing the former site of Barrington School now occupied by Heron Foods.

Cross the road at the traffic lights and turn left. Continue forward. To the left on the other side of the road (above the pharmacy) can be seen a clock commemorating Hetton soldiers of the First World War.

Turn right on to Caroline Street. The Old School building can be seen to the left on the other side of the road.

Follow Caroline Street to Eppleton Row and back up to Hetton Lyons Country Park.

After passing allotments on the left, take the path to the immediate right, follow this path back to the tarmac path, then turn left to the car park.

St Robert's Lenten Walk 6

Silksworth Circular

Walk Distance & Time 6.6km & 2 hours

Start & Finish - Silksworth Community Pool, Tennis and Wellness Centre
or any other point on the route

Walk Directions

Take the path to the left of the Tennis and Wellness Centre entrance, passing the children's play area on the left.

Follow the tarmac path up the bank, passing the football pitches and wheeled sport park on the right.

Cut through the car park keeping the ski slope on the left. This is the former site of Silksworth colliery.

Take the second path on the right.

At the junction turn right down the bank.

At the bottom of the bank take the path to the left that follows the outer edge of the lake until reaching the road (North Moor Lane).



Cross the road at the traffic island.

Turn right and take the first left onto the tarmac path, then first left onto the old Hetton Colliery Railway line. Follow this all the way to Silksworth Road.

At Silksworth Road turn left and continue forward, crossing the road into Doxford Park on the right. Enter the park, take the first left and then left again following the path with the walled kitchen garden to the right and the road to the left.

Cross the stream and follow the path to the right, passing the ponds.

Take the path to the left of the footbridge. At the end of this path turn right to access amenities at Doxford Park shopping centre if needed. Otherwise turn left again onto Warden Law Lane, passing Silksworth House, Silksworth Cottage and the former school house on the left.

At the end of Warden Law Lane turn right and head up the bank back towards New Silksworth, passing St Mathew's Church on the right. Continue on, passing the Golden Fleece pub on the right. Take the first right immediately after the road crossing.

Turn left onto Londonderry Street.

The streets to the right, Quarry Street, Robert Street, Lord Street were at the centre of the eviction row in 1892.

At the bottom of Londonderry Street, turn left towards the traffic lights. Cross at the lights onto Blind Lane, keeping to the right side of the street.

The Miners Welfare Hall is on the right followed by a blue plaque for "the store".

Continue passing Silksworth Park and council houses dating from the First World War.

Turn right just before the Colliery Tavern Inn and stay on this path until the sign for the Sunderland Tennis Centre appears on the left. Follow this sign back to the car park.

Key

St Robert's Lenten Walk **7**

Longacre Wood /Angel of the North Circular

Walk Distance & Time 6.6km & 2 hours

Start & Finish - Angel of the North or any other point on the route

Walk Directions

Walk up to the Angel on the mound.



Cross the road at the traffic island.

Turn right and take the first left onto the tarmac path, then first left onto the old Hetton Colliery Railway line. Follow this all the way to Silksworth Road.

At Silksworth Road turn left and continue forward, crossing the road into Doxford Park on the right. Enter the park, take the first left and then left again following the path with the walled kitchen garden to the right and the road to the left.

Cross the stream and follow the path to the right, passing the ponds.

Take the path to the left of the footbridge. At the end of this path turn right to access amenities at Doxford Park shopping centre if needed. Otherwise turn left again onto Warden Law Lane, passing Silksworth House, Silksworth Cottage and the former school house on the left.

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Continue passing Silksworth Park and council houses dating from the First World War.

Turn right just before the Colliery Tavern Inn and stay on this path until the sign for the Sunderland Tennis Centre appears on the left. Follow this sign back to the car park.

Key