

## Reflection and Prayer

The focus of the next 2 stages moves to work, the second of our three Benedictine strands.

As we are in the middle of Devon countryside and this is both historically and currently a farming community (Quickes Cheese is down the road and worth a visit!), it seems appropriate to think about work in this place.

Animals produce a range of resources that we utilise. Their energy is often focussed on one particular task and we enable them to do their work. Quickes has a wonderful herd

of dairy cattle that they look after in order to harvest their milk for the making of cheese.

As you walk this stage, and pass through farmland, reflect on what our animals need in order to do their work, what support do they require?

In our work, we are often using energy on multiple tasks. Sometimes our vision is clouded by what we ought to do and what we want to do. What work does God call you to do? What do you need to help you with that work?



### All that I am Lord, I place into your hands.

All that I do Lord, I place into your hands.

Everything I work for, I place into your hands.

Everything I hope for, I place into your hands.

The troubles that weary me, I place into your hands.

The thoughts that disturb me, I place into your hands.

Each that I pray for, I place into Your hands.

Each that I care for, I place into Your hands.

### Show me what blessing it is, that I have work to do.

And sometimes, and most of all,

When the day is overcast and my courage faints,

Let me hear Your voice saying

“You are my beloved one, I whom I am well pleased.”

Celtic Daily Prayer © The Northumbria Community Trust

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# St Boniface Way

wander and wonder

## STAGE 3

Church of St Cyr and St Julitta,  
Newton St Cyres to  
Church of our Lady, Upton Pyne



May God the Father who created you,  
guide your footsteps.

May God the Son who redeemed you,  
share your journey.

May God the Holy Spirit who sanctifies you,  
lead you on life's pilgrimage.

# STAGE 3

## Newton St Cyres to Upton Pyne



After visiting St Cyr and St Julitta's Church, carefully cross the A377 into Station Road directly opposite.

*The A377 is a very busy road, take care when crossing.*

Continue for 1/3 mile and cross the bridge over the River Creedy. Take the public footpath on the right, along the northern bank of the river and continue along the Devonshire Heartland Way.

After about 1.2 miles you will find a gate. Go through the gate, turn left and follow the footpath.

*Any footpaths along here will lead you to the same destination, but if in doubt, stick to the left.*

You will then come to a kissing gate, which leads to a pedestrian crossing over the railway line.

***Be very careful here as the crossing is on a bend, so you have limited visibility down the tracks.***

Follow the footpath opposite through the middle of the field to a footbridge over the Jackmoor Brook. In 1/4 mile, the path will bring you out to Langford.

At the gate in Langford, turn left and follow the road for just 100yds. Then take the footpath on the right of Langford House at Bidwell Lane.

After 1/4 mile, continue straight past the large trough and junction with farm tracks.

After a further 1/4 mile, the footpath leads off at two o'clock, between some trees and hedges.

Follow this path diagonally through the field to the opposite corner.

Through a gate, follow the path along the inside of the hedge until you find a gate into the farmyard.

Go through this gate and then turn right and pass the farmyard.

You will see a small gate on your left, which will take you through the graveyard on the south side of the Church of our Lady.

