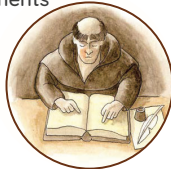


Reflection and Prayer

You will notice that the interior walls of Upton Pyne church are a pink brown, reminiscent of the colour of the local soil and in keeping with the original colour that would have been used inside the church.

It's significant that the rich, red-brown colour is quite particular to this area of Devon. It is good soil for growing a variety of crops, both for livestock and people. Much of the surrounding area is used for agriculture, and as we journey we can reflect on the work of the land.

The rhythm of the seasons provide moments of pause as we recognise the change



from one to the next. Ploughing, planting, growing, harvesting, pruning and fallow.

These seasons can be reflected in our own work too.

What season of work are you in at the moment? Is this a season you are enjoying, or is it one that you long to leave behind?

Notice the colours of the seasons as you walk and bring to God the season of work you are currently inhabiting.

O God, whose love we see in sunshine and flowers,

Great spreading trees, sunset and dawn,

And all the wondrous pageantry of the changing year,

We praise you that you come to us through all the beauty of the world.

We thank you for the sudden glimpses of your beauty, a sudden slight of flowers, raindrops shining in the sun, cobwebs gemmed with dew, stars reflected in a puddle, shadows moving up a grassy slope, leafy trees, green moss on a stone wall, sun on the bark of a fir tree. For these and all sudden showing of your beauty, we praise and adore you.

Amen.

Lord God, help me to find happiness in my acceptance of what is Your purpose for me:

In friendly eyes, in work well done, in quietness born of trust,

And most of all in the awareness of Your Presence in my spirit.

Amen.

Celtic Daily Prayer © The Northumbria Community Trust

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St Boniface Way

wander and wonder

STAGE 4

Church of our Lady, Upton Pyne
to Mary Harris Chapel,
Exeter University



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 4

Upton Pyne to Exeter University



On leaving the Church of our Lady, turn right onto Upton Pyne Hill.

Continue along the road, passing the memorial on your left, for 500m and at the junction, take the turning on your left into Burridge Road. Follow this road for 500m and, just after the wooded area on your right, take the Bridleway into the field on your right and walk along the right-hand side of the field. After the first field you will join a clear farm track, which you follow all the way down the hill until you reach the farm at Woodrow Barton.

Pass through the farm, with the farm buildings on your left and pass the farmhouse on your right.

Continue to follow the obvious farm track down to a crossroads at the bottom of the hill, where you continue straight over, heading towards the railway. Carefully cross the railway and take the footbridge to your right on the opposite side of the tracks.

After you have crossed the River Exe, continue past the National Grid pylon, then take the public footpath signposted on your left. Follow the overgrown path round the riverbank to a turnstile which leads onto Stoke Road (A396). This is a busy road, so please be careful. Cross

the road and walk 10 metres to the right, where you will see a small gap in the hedges on your left. Take this well-marked path and follow it uphill through Stoke Woods (Forestry England). When you reach the main trail, turn right then immediately bear right at the hairpin corner. In 50 metres, look to your 11 o'clock and you will see some steps marked with a public footpath sign.

Follow this up through the trees to the next meeting of paths. Here, turn left and follow the main track (bearing right up the hill) for about 100m before heading up some steps on the right.

When you next meet a path, turn left again, and after a short while, right.

Follow this path uphill and at the top keep ahead with the car park on your left to exit onto Pennsylvania Road.

At the road, turn right and follow the road uphill for 650m until you reach Wreford's Lane, where you turn right. After 100m there is a gate on the left into Horsey Meadow (Devon Wildlife Trust). The path follows the line of the trees just inside the hedge line around the top of the field to exit the top corner at another gate.

Straight ahead you will find Duryard Valley Park, a great spot to stop for a picnic. When you are ready to continue, find the path again and return to Pennsylvania Road. Turn right and follow the road south.

To avoid too much time on this road, take the second road on your left (Stoke Valley Road) and then first right (Florida Drive) to head into the housing estate.

Where this road forks, take the right-hand fork and follow it to the end. At the end, you will find some steps down between the houses, follow the footpath and turn right at the end. This footpath will bring you back out onto Pennsylvania Road. Turn right and then left again at the T junction onto Argyll Road. Take the right-hand fork and then immediately turn left onto Belvidere Road. Follow Belvidere Road past the end of the houses and into the trees ahead.

In 200m you will see some steps down on the left (marked Exeter Green Circle route).

This will take you along the left-hand side of Exeter Community Garden and turn right at the bottom onto the road (Higher Hoopern Lane).

As you drop down the hill (about 50m) you will see a path in front of you leading into the trees, along the left bank of Taddiforde Brook. Follow this path, cross the bridge and turn right, then bear left at the fork (where you will see a bench) to emerge back onto Rennes Drive at a roundabout. Head straight across into North Park Road, passing the Laver Budling on your right to come up to the Northcott Theatre. Swing right in front of the theatre and then take the next left turn into Queens Drive.

As you head down the hill, you will then see a sign for the Mary Harris Chapel to the left, just as the road swings right.

You then reach the chapel off the parking area. Head inside for a well-deserved rest in the tranquillity of the chapel, remembering to look up and admire the wonderful ceiling.

