

## 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



**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 of 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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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?

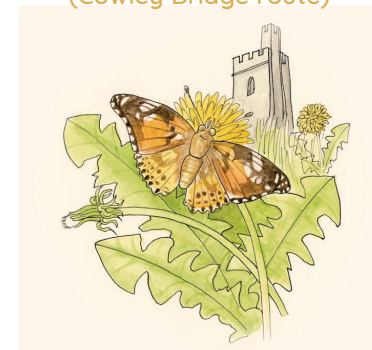
Notice the colours of the seasons as you walk and bring to God the season of work you are currently inhabiting.



**St Boniface Way**  
wander and wonder

## STAGE 4A

Church of our Lady, Upton Pyne  
to Mary Harris Chapel,  
Exeter University  
(Cowley Bridge route)



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 4A

## Upton Pyne to Exeter University



This is a shorter route from Upton Pyne to Exeter University via Cowley Bridge. This route involves road walking along the A377, including crossing Cowley Bridge where there is no footpath.

It's recommended to wear Hi-Vis and you must walk in single file across the bridge.

Following your visit to the Church of our Lady, exit the churchyard via the gate on your left, then bear right and turn right up the road.

Follow the main road for just over ¼ mile. Ignore any turnings until you see the public footpath sign on the right, push the large gate open and enter the field.

Follow the path to the right hand side of the field, but don't go into the neighbouring field on the right.

After a few minutes, bear slightly right down the hill on an overgrown path, and you will spot a hole in the hedge with a gate.

The path heads down to the railway line. Take care as you cross this.

Climb over the stile, turn left and follow the path into the small field. There will be fencing directly ahead, so bear to the right and follow the river.

Go through the small gate at the end of the field, and head up the steps.

At the road, turn right. Then turn left when you reach the A377, keeping to the footpath.

**You will shortly be approaching Cowley Bridge, and so you may wish to use public transport to cross the bridge.**

**Shortly after you turn onto the A377, you will find a bus stop. Any of the buses here will take you to the other side of the bridge (some will remain on the A377, others will make a slight detour before returning to the road). You can alight at the first stop on the A377, or stay on until the Esso petrol station - this will leave you just a little past Lower Argyll Road**

If walking, continue on the footpath and after ⅓ mile, cross Cowley Bridge - there is no pavement here and extreme care must be taken - single file only.

There is another similar bridge immediately following.

Turn right at the roundabout and head south down Cowley Bridge Road.

Keep going past Avanti Hall School and you will see an Esso petrol station ahead on the right. Just before this, take the left turn up Lower Argyll Road.

Turn right onto Coplestone Drive (make sure not to turn into Glenthorne Road also on the right), and continue up this snaking road for a minute or so, before turning right onto Clydesdale Road.

This road leads to Clydesdale Lane. Continue for ¼ mile until you see the Student Health Centre across the road.

Cross this road and head towards the Health Centre, where you will see a signpost for Mary Harris Chapel.

Turn right and continue past Reed Hall and turn left at the end of the building into the campus gardens.

At the next footpath junction, turn right and continue up a small set of steps. Then walk diagonally left through the courtyard and up the larger set of steps.

Turn right and follow the path to Queens Drive. When you reach the road, turn right and pass Queens Building. Beyond this, turn left into the Car Park.

The Mary Harris Chapel is now in front of you, but is accessed from the path at the far end of the car park. This will bring you round to the south side of the Chapel with outstanding views of Exeter and the Cathedral.

Visit the Chapel to wonder at both the ornate ceiling and the sense of peace in the building.

