



Enjoy the Journey

Take time. Bring to mind a place that is important to you. A place, over the years, that you have visited often.

What makes it special for you? Does it: take you back to your childhood; remind you of people you love; fill you with awe; cause you to laugh, or cry, or both? What makes it significant? What was your first visit like...and what has changed over time?

Take time. Choose a place on your journey today and be aware of your senses and emotions and soak in your surroundings.

Ponder them, be aware of what you are acknowledging and what you are initially ignoring.

Is the day: blustery, overcast, the sky predominantly light grey with the cloud cover ever moving, an occasional bird in flight, the waves pounding the cliffs which appear impregnable and unshakeable; or is there quite a light breeze, a blue sky peppered with white clouds, birds gliding gracefully through the sky, effortless, as the water glistens gently in the sunshine and the cliffs appear solid and unchanging?

Likewise, movement and stillness, both on calm and stormy days.

Take time. A chance to reflect on the past, consider the present and imagine the shape of the future.

Slight variations? Profound change? What endures? What fades? What emerges?

The life of the world changes but carries on as since the time of Magnus and before.

The sun rises, the sun sets, the seasons morph.

The tide comes in and goes out. Years turn into centuries, into millenniums.

Enjoy God's creation which surrounds you as you travel the St Magnus Way, also remember who you are, and that both what you bring to the path and what you discover during the journey, makes your pilgrimage unique.

Movement and stillness, but also change...always change.