

## St Andrew Chapel in the Retrochoir

*You will be hated by everyone because of me,  
but the one who stands firm to the end will be saved*

*(Matthew 10:22)*

In the 16th century, in this oldest part of the building, heresy trials were conducted and people sentenced to die for their faith. Maybe our experience is not quite as bad as this. In the St Andrew chapel prayer is offered for those living with HIV/Aids, who feel excluded or marginalised. In the next chapel St Christopher carries the Christ Child through a deep river as we are carried through difficult places. Turn to see the WWI War Memorial: here we see St George fighting the dragon. We may experience different kinds of dragons in our minds or lives: of depression, of low self esteem, of helplessness, of loss.



*Whatever trials and difficulties we experience,  
may we hope in God  
that there may be a good and positive outcome. Amen.*

## In the churchyard

*For the leaves of the tree are for the healing of the nations.*

*(Revelation 22.2)*

Here is a good place to reflect quietly on all you have seen, thought or prayed. Listen to the birds as they compete with the trains, traffic and people. Focus on the flowers, the leaves, the form and the beauty of the colours and scent. Explore the Botanical Trail (see leaflet) and the medicinal plants in the monastic garden which would have brought healing to those in the first infirmary on this site.

*Thank you for this time of quiet and reflection.  
May my journey of hopefulness around this holy place  
lift me from times of darkness  
into the light of comfort and renewal. Amen.*

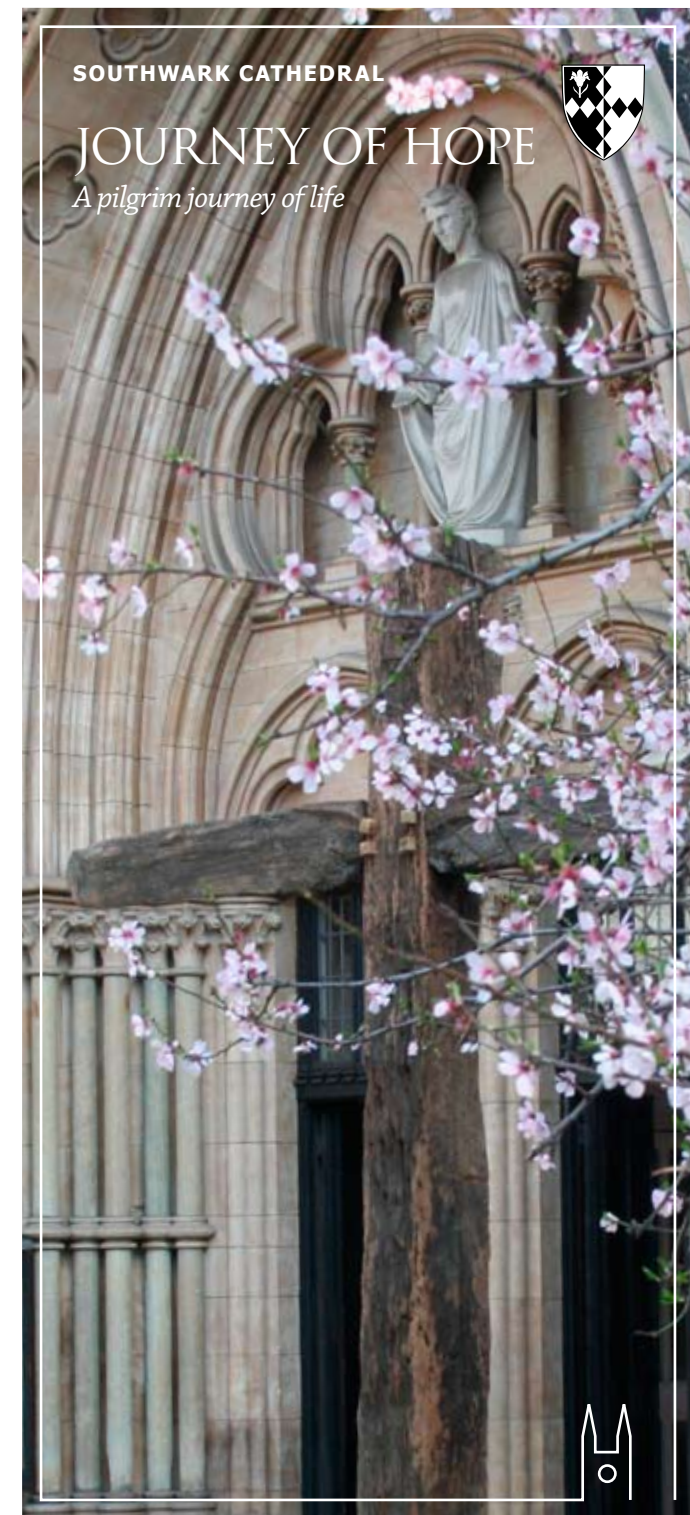
## Finding help at the Cathedral

- Speak to a Day Chaplain
- speak to a clergy person - maybe the parish priest where you live
- come to a service - e.g. Wholeness & Healing, third Sunday each month, 6pm
- come to a musical recital or concert - many are free of charge in the week
- become a volunteer, join a group see website/weekly notices
- Dragon Cafe - every Monday at St George the Martyr Crypt 12noon-8pm - a wide variety of creative, relaxing and therapeutic activities through the afternoon/evening
- St George Community Cafe - every Thursday afternoon
- St Hugh's Weston Street - weekly Film Club, Craft sessions
- Being Alongside - small charity offering support in a spiritual context to those experiencing emotional difficulties [beingalongside.org.uk](http://beingalongside.org.uk)

## Keep in touch

web: [southwarkcathedral.org.uk](http://southwarkcathedral.org.uk)  
enews: <http://cathedral.southwark.anglican.org/signup>  
twitter: @southwarkcathed  
facebook: /southwarkcathedral

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## Journey of Hope

*Jesus said: Come unto me all who are weary and heavy laden and I will give you rest.*

*(Matthew 11. 28)*

Welcome to Southwark Cathedral. This has been a place of peace and healing for many centuries.

We hope you will find a place to lay down your sorrows, experience the touch of the Holy Spirit and lift up your heart in hope as you continue your pilgrim journey of life. You can light a candle to burn during your time here or to accompany your onward journey.

*For you have been my stronghold  
My refuge in my day of trouble.*



*I came to Jesus as I was,  
Weary, and worn, and sad;  
I found in him a resting place,  
And he has made me glad.*

*H Bonar*

## Sculpture of Mary and Child

*Hail Mary, full of grace.*

Mary, our Mother. Help us recognise the child within ourselves. Embrace us, enfold us in your arms, look with compassion on our pain and troubles, that overwhelm us. The child Jesus grew to know desolation and sorrow. Help us to grow in self understanding and to name our struggles. Give us hope as we seek help and bravely share our fears with others.



*Holy Mary, Mother of God, pray for us sinners,  
now and at the hour of our death. Amen.*

## Icon - Christ Pantocrator

*If I take the wings of the morning  
and dwell in the uttermost part of the sea  
Even there your hand shall lead me  
Your right hand hold me fast.*

*(Psalm 139)*



Christ meets us where we are, here and now. He sees into our souls, he knows the workings of our hearts and minds. We are made in his image, we see ourselves as in a mirror. Bring us to the light, that we can see ourselves as we really are, unmasked and unafraid.

*As you see and know us,  
may we learn to know and love you.  
Amen.*

## Harvard Chapel

*Be still and know that I am God*

*(Psalm 46)*

The chapel is a holy place, a place where 'prayer has been valid' (TS Eliot). Here we can find comfort and reassurance. Here the stones show us that the new can be built on the old. The old can be put down, to make room for the new. Christ is present here – placed in the glorious tabernacle and shown by the light - in him is our hope. Around the altar, Christians meet Jesus in the breaking of bread and the sharing of wine. He shares our pains and troubles. We can lay down our burdens to rest in him.

*Lord, open our hearts to your presence,  
hear us and hold us as we bring our burdens to you  
and lay them down. Amen.*

## Baptism Icon

*This is my beloved Son, in whom I am well pleased*

*(Matthew 3.17)*



The icon is placed near the entrance to the cathedral, to welcome us. Jesus is baptised, given identity as the Son of God by the Holy Spirit. It is possible to make a fresh start and become part of the family of the church. Part of the baptism service is being 'clothed with Christ' - we can put him on. With the holy water, we can bless and renew ourselves with the sign of the cross.

*May the water blessed for baptism  
refresh my soul and renew my hope.  
Amen.*