

Needham Market – The Town

3.75 Miles

Start outside The Lion Pub

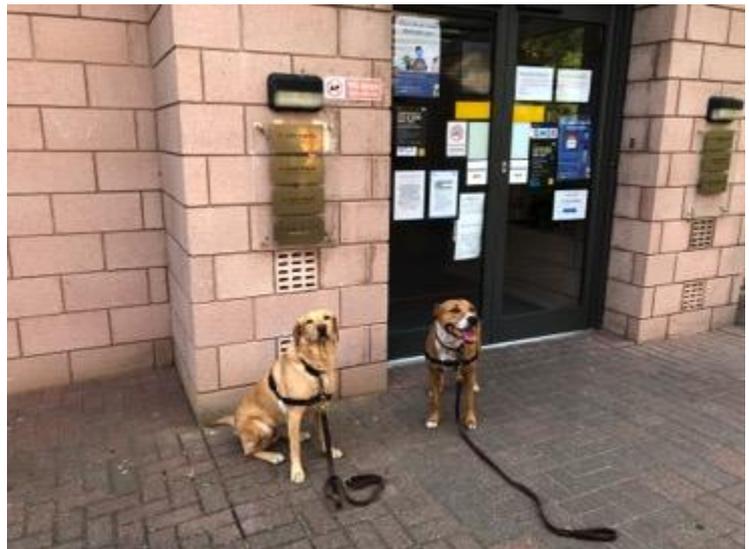
1. The Lion Pub. Use this starting point to thank God for friends, family – relationships of love which criss-cross the world.

When you're ready, walk up Grinstead Hill at the side of the pub, joining Barking Road at the top and continuing up the hill.



2. The Doctors Surgery. Pray here for those who have healing ministries to others. Doctors, nurses, physiotherapists, psychiatrists, pharmacists, chiropodists – the list goes on! Pray for their safety, especially during Coronavirus times, but also for freedom from potential abuse by their patients.

Walk back down the hill and turn left onto Foxglove Road, walking until you turn left again onto Quinton Drive.



3. The Football Club. Here we praise God for the wonder of creation. For our bodies which work so magically, to give us life, pleasure and enable us to work, to love and to live life to it's fullest.

When you are ready, continue along Quinton Road until you reach...

4. The School. We pray for people of all ages, and thank God for how we all interact with each other, sharing the benefits of wisdom and experience, with enthusiasm and energy. We pray especially for those who take responsibility for future generations.

Once you have finished here, continue along the road to the end, where you will turn left up Barretts Lane and walk until you reach your next stop.



5. The Church Yard. You may want to pray at the gates, or to enter and walk around, enjoying the peace and beauty. Here, we give thanks for the gift of life itself. For all those who have gone before us, and for the great cloud of witnesses who surround us, and assure us that we are never alone.

Walk back down Barretts Lane, the way you came from, until you get to Crowley Park.



6. Crowley Park. Another sporting venue within the town. Use this opportunity to enjoy the view, and to ask God for strength and fortitude. That we may continually strive to live a Christ-like life, and journey closer to Him.

Walk diagonally left across the field, and join Hustlea Road. Turn left into Anderson Close and take the footpath on the right. After walking past the back of The Rectory (!) you will find yourself at the....



7. Top of Hill House Lane. This is a great chance to look both ways – up the hill, and back down. We are shaped by our past, and the opportunities of our future. Spend some time with God thinking about what this means for you.

When you are ready, walk down the hill, carefully cross Stowmarket Road, and halt again at...



8. Top of Gypsy Lane. You can just see the railway line here. Travel is a luxury we often take for granted nowadays. We thank God for people who enable us to see the world and visit people we may never have met in past times. Especially at the moment, we thank God for the technology which has enabled us to stay in contact with our loved ones during lockdown.

When you are ready, continue along Stowmarket Road back towards the town centre. Just before the Church, turn left.



9. The Co Op. We thank God for the food we eat; the people who grow it, who manufacture it, deliver it, and sell it. That they have continued to do so throughout testing times, and we pray for their protection in the future.

When you are ready, walk back onto the High Street and find a safe and comfortable place outside...



10. The Church. People have been worshipping God in Needham Market long before this was a parish church. What does this mean to you? What does this church mean to you?

Keep walking along the High Street.



11. The Post Office. Please spend some time here praying for the 'wrong' in the world. For people who are sick, lonely, bereaved, and those who find themselves affected by violence, famine and other adverse conditions.

Continue walking until you get to The Causeway. Turn up this road, then again turn left onto School Street.



12. The Community Centre. Spend some time here praying for the future. Ask God for His blessing and help going forward. Think about how you will live your life as a Christian in the community.

Drop back down via a footpath onto the main road, and walk along Ipswich Road until you reach once again...



13. The Lion Pub. Please pray especially for Needham Market – its homes, families and businesses. This is our home. This is our community. This is God-given. Glory be to God!

Amen.



You will notice that the weather in the photos gets progressively worse as the walk goes on, until we were all totally soaked by the time we reached the pub again! Although sunshine is beautiful, I think it's still important to remember that rain happens. Literally, as well as metaphorically, in our lives. And God is equally present in all 'weathers'. Love abounds.

