



CHRIST CHURCH
CATHEDRAL

Pathways

Education and Pilgrimage



MAKE **YOUR** WAY TO **YOUR** CATHEDRAL

Pilgrimages, Retreats and Vision Days for your parish and your community

Welcome

This is your Cathedral. It is the mother church of our Diocese, the seat of our Bishop and it is for all parishioners and pilgrims across the Diocese and beyond.

Christ Church Cathedral finds its foundations in a young woman called Frideswide who faithfully heard and accepted God's call for her life over 1300 years ago. This history of faith stretches through Norman, Tudor and Victorian eras to meet us today.

These are old and ancient stones built on the foundation of Christ, the living stone. Whether you want to make space for prayer and retreat, a parish vision day, or for pilgrimage, we would love to welcome you and work with you.

For more information please email pathways@chch.ox.ac.uk

Or ring 01865 286334

www.chch.ox.ac.uk/cathedral



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Design: Laura Hart | Photography: Ian Wallman



Pilgrimage

Labyrinth: life's journey

Using the ancient practice of walking a labyrinth to explore the journey of life as a pilgrimage. Guided reflections and creative responses will be provided as part of this experience. This can be booked as a group but is also offered as a bookable session for up to 15 individuals.



Beginners' pilgrimage

If you haven't tried a pilgrimage before, why not bring a group for a short guided walk starting from suggested points around Oxford to conclude at the Shrine of St Frideswide, stopping on the way to notice and pray. This can also be done around the grounds of Christ Church Cathedral.

Pilgrim places

Journey and experience Christ Church Cathedral as a place of pilgrimage, ending at the Shrine and using ways to engage spiritually with the building as you journey. You could consider combining this with coming to a regular act of worship such as Evensong.

St Frideswide's Way

Why not try a whole day's pilgrimage along St Frideswide's Way, walking some of the 53 mile route between Oxford and Reading, guided by a pilgrimage leader using reflections along the way.

Tailor-made parish pilgrimages

Come and visit Christ Church Cathedral as a parish group. Your visit might include a tour, prayers at the Shrine, and a short talk/workshop from a selection of options. We'd work with you to explore a programme of worship, learning, hospitality and pilgrimage.



The Camino Inglés

The Camino Inglés links routes through England towards Southampton where, traditionally, pilgrims would journey on to Spain, to Santiago de Compostela, as part of a route, popularly known as 'The Camino'. Pilgrims who collect stamps along these routes for their credencial or pilgrim passport, can use up to 15.5 miles (25km) in the UK towards the 100km needed for the coveted pilgrim certificate or Compostela given on arrival at St James' Cathedral in Santiago de Compostela. The Shrine of St Frideswide is, therefore, a starting point for making a pilgrimage to Santiago de Compostela and we encourage you to work with us to journey along all or part of the route between Oxford and Reading.

Retreat and Restore

Ignatian spirituality

Explore this form of spiritual formation as a 'Pilgrimage of the soul'. Explore how to deepen your connection with Jesus using principles and practices from the 30-day Ignatian Retreat.

Stillness of stone

A time to spend silently in Christ Church Cathedral, after hours, to explore the beauty of the space and respond spiritually. A great opportunity to see the Cathedral in a different light, without the hustle and bustle of visiting tourists.

Music, poetry and art

Come on a specialist tour of the Cathedral focusing on one of these areas and explore the journey it takes you on, both physically and spiritually. Then, with a creative lead from a practitioner, take part in a workshop to use your own creativity to capture the journey you have made, another physical journey you may have been on, or your experience of pilgrimage more as an inner journey. There are major connections between Christ Church Cathedral and many significant musicians, poets and artists. Come and be inspired by their stories and works.



Space Makers

Come as a group of families, an intergenerational church family or as an adult group to experience the Space Makers resource in longer form as a Retreat Day. Move through the six practices of Stilling, Noticing, Dwelling, Mending, Filling and Blessing, to equip your personal and community prayer life with simple, practical and profound spiritual exercises.

Parish Vision

Road to Emmaus

Using the metaphor of pilgrimage through the Emmaus narrative in Luke Chapter 24 and exploring how individual and corporate story meets with Jesus' story, thus combining to create a shared story which can be shared in mission and outreach in your particular context. A time of workshop and resourcing for individual journeying and journeying as a community.

Becoming a 'Pilgrim Place'

Whether you are already a parish on St Frideswide's Way, or you would like to become a local pilgrimage parish destination, come to a workshop afternoon to think through becoming a 'Pilgrim Place', and explore opportunities and challenges around this as a way of speaking into contemporary interest and openness to pilgrimage.

A monastic parish and people

Looking at Frideswide's story, with a particular focus on the establishing of a religious community on the site where Christ Church Cathedral currently stands. Looking at the structure, values and principles of monasticism and using those to inform structure, values and principles of parish, community or family life, or perhaps create a 'rule of life' for your context.



Planning your visit

All visits must be pre-booked in advance

- Call or email us to ask about availability, costs and to set a date
- Once a date has been set you will be sent a booking form
- You will be sent confirmation and information about where to come on the day, including Risk Assessment advice to help you compile your own risk assessment
- A timetable, content outline and information about your visit will be sent to you

Whilst we will try our hardest to accommodate every request to visit the Cathedral, there are a limited number of opportunities each month when this is possible due to the constraints of the building and its use.



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