

here
in this
place



a celtic
pilgrimage manual
& spiritual notebook

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SOUTH CARDIFF
MINISTRY AREA

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ST CATWG

HERE IN THIS PLACE

AN INTRODUCTION

Flat Holm sits alongside its sister island, Steep Holm, in the Bristol Channel. It lies within the ancient parish of Cardiff St Mary the Virgin and is the southernmost point of Wales. It is rich in wildlife, steeped in history and religious significance.

Years before the small town of Cardiff became a city, the island was visited by Celtic Saints as an Island retreat, and was a favoured place of seclusion for St Cadoc (*b.* 497) whilst Steep Holm was a home to his friend and disciple, St Gildas.

This book and its associated CELTIC ISLAND RETREAT PILGRIMAGES rejoice in the fellowship of the saints who have gone before us—those who have prayed where we have prayed, witnessed where we live, and created communities of love, proclaiming the Kingdom of God and handing on a rich heritage to each generation, including our own.

As well as being a resource for daily prayer especially for those who wish to explore and embrace the Celtic spiritual heritage of our land, this is also a spiritual notebook. Many of the pages have lots of space for you to write your own notes and prayers. So please feel free to scribble away as you pray!

OFFSHORE PILGRIMAGE

If you are taking part in an island pilgrimage, the time we are able to spend on Flat Holm is determined by the times of the tide and so the timetable for each pilgrimage will be different, as will the venue for each part. However, a typical timetable may be:

- Pilgrimage Mass followed by Prayers and Blessing for the Pilgrimage journey
- Shoreline Prayers
- Liturgy of Arrival
- Prayers for Healing
- Prayers for the Homeward Journey

Carved into the timetable will be moments to spend alone, if you wish, and there are prayers and resources in this manual to assist with this. Each pilgrimage offered may also have a particular theme which will lend itself to the chosen structure and content of the day.

ONSHORE PILGRIMAGE

Sometimes, weather conditions may make it impossible for us to reach the island and so the pilgrimage will be offered onshore at St Mary's and other venues. We will also regularly offer onshore pilgrimages for those who cannot access the island.

ST CADOC

Whilst we know much about St Cadoc, many of the stories of his life were written five hundred years after his death, and so it is impossible to separate legend from historical fact.

Amongst many things, we know that he was born at the end of the 5th century, established a community of great learning at Llancarfan in the Vale of Glamorgan, was a teacher of St Illtud, and spent time on the Island of Flat Holm as a place of retreat and solitude. Indeed, the story goes that his two companions, St Baruc and St Gwalches, died whilst returning to the island to fetch a prayer book that had been left behind. Baruc's body was washed up and buried in the place now known as Barry Island, whilst Gwalches was buried on Flat Holm.

Like the saints before us, we too are able to take an Island retreat as we make pilgrimage to Flat Holm. We walk where Cadoc walked, pray where he prayed and, perhaps, gain a fresh perspective on our life with God, as we seek to have our faith strengthened and renewed.

May Saints Cadoc, Baruc, Gwalches and Gildas and all the saints of Wales pray for us and strengthen us for our journey with Christ.



PILGRIMAGE MASS

The Propers provided here are of St Cadoc. However, alternative prayers and intentions may be used.

SIGN OF THE CROSS

In the name of the Father +
and of the Son
and of the Holy Spirit. **Amen.**

GREETING

May the deep love of God,
the overflowing grace of Christ,
and the gentleness of the Holy Spirit,
be with you all.
And also with you.

CONFESSION

Lord Jesus, friend of the friendless,
and lover of those who are lost.
Lord, have mercy. **Lord, have mercy.**

Lord Jesus, friend of the faithful,
and finder of those who have gone astray
Christ, have mercy. **Christ, have mercy.**

Lord Jesus, friend of the fearful,
and Saviour of all immersed in sin.
Lord, have mercy. **Lord, have mercy.**

May almighty God have mercy on us,
forgive us our sins
and bring us to everlasting life. **Amen.**

PRAYER

Lord God, you shelter us under the shadow
of your wings, and lead us through the dusk
and darkness of the world,
to a place aglow with your love.
May Christ who called St Cadoc to a holy life
be our constant companion along the way,
so we may always know your loving embrace
and the comfort of your Spirit.
Through Jesus Christ our Lord. **Amen.**

LITURGY OF THE WORD OF GOD

After each reading:

This is the world of the Lord
Thanks be to God.

A psalm may be said or sung.

Before the gospel:

Listen to the gospel of Christ
according to Saint *N*
Glory to you, O Lord.

After the gospel:

This is the gospel of the Lord.
Praise to you, O Christ.

A homily may be preached and prayers offered.

LITURGY OF THE EUCHARIST

We present our gifts of bread and wine, and respond to each prayer over the gifts with: **Blessed be God for ever.**

The Eucharistic Prayer then follows:

The Lord be with you
And also with you.

Lift up your hearts
We lift them to the Lord

Let us give thanks to the Lord our God
It is right to give our thanks and praise.

The celebrant continues, until:

**Holy, holy, Holy Lord,
God of power and might
Heaven and earth are full of your glory
Hosanna in the Highest
Blessed is he who comes
in the name of the Lord
Hosanna in the highest.**

The priest continues until:

Let us proclaim the mystery of faith:
**Christ has died,
Christ is risen,
Christ will come in glory**

The priest continues until: **Amen.**

THE LORD'S PRAYER

THE SHARING OF PEACE

The peace of the Lord be with you always.
And also with you.

THE BREAKING OF BREAD

**Lord Jesus, Lamb of God,
have mercy on us.**

**Lord Jesus, bearer of our sins,
have mercy on us.**

**Lord Jesus, Redeemer of the world,
grant us peace.**

*The priest invites to the people to communion, to
which all respond:*

**Lord, I am not worthy to receive you
but only say the word
and I shall be healed.**

*The priest and people receive communion. Silence is
maintained and/or hymns sung.*

PRAYER AFTER COMMUNION

God our Creator,
your holiness is shared at this table
in simple gifts of bread and wine.
Each crumb and drop is alive with Christ,
who has fed us with his very self
as strength for the journey to come.
Through Jesus Christ our Lord. **Amen.**

BLESSING OF PILGRIMS

May God, who swooped across
the deep waters of chaos,
shaping the earth and the shoreline
raising mountains
and moulding the deep valleys
and the unseen bed of the sea,
be with you along your journey,
a constant companion on the way,

May the road and ride be easy,
may the sun gently warm you,
and the wind be in your favour.

And may almighty God bless you,
the Father + and the Son,
and the Holy Spirit. **Amen.**

Go in peace to love and serve the Lord
In the name of Christ. Amen.



LOOKING UPWARDS

A LITURGY OF ARRIVAL

OPENING RESPONSES

Upon this island, windswept and alone,
Cadoc lived and breathed,
filling the air with the voice of his prayer.

**Lord, open our lips
to sing your praise.**

Upon this island, washed by the sea,
Cadoc served the Lord,
immersed in the beauty of Creation.

**Lord, open our ears
to hear your word.**

Upon this island, alive with the wild,
Cadoc lived in obedience to God,
serving him in solitude and love.

**Lord, open our hearts
to receive your love.**

Glory be to the Father,
and to the Son
and to the Holy Spirit
**as it was in the beginning
is now and ever shall be,
world without end. Amen.**

BIBLE READING

WORDS OF REFLECTION

PRAYERS OF INTERCESSION AND/OR THANKSGIVING

PRAYER

It is a steep climb
from the water's edge
to the flat land above,
like Jacob's dreamlike ladder.

We look for angels,
and a gateway to heaven.

Looking upward we see only the sky
but always hope for more.

God, raise our hearts to heaven.
Open to us the treasures of your love,
the riches of Christ's grace,
and the power of your Spirit. **Amen.**

BLESSING

May God bless us and keep us.
The Lord make his face to shine on us
and be gracious to us.
May God give us his peace. **Amen.**

GOD'S PEACE UPON US

PRAYER FOR HEALING

These prayers provide for a short time of Healing with the Laying on of Hands and Anointing with Oil. Provision is also made to celebrate the Sacrament of Reconciliation.

GATHERING

May God's peace be upon us:
a peace the world fails to give.

May God's love dwell in our hearts
**a love which is stronger
than all other things.**

May God's Spirit comfort and sustain us.
**the Spirit who gives strength
when we are weak.**

God of the broken-hearted,
Lord of those who long for liberation
from pain and confusion,
open our hearts to your message of eternal life,
that our fractured lives and fragile hearts
will be healed by your saving love.
Through Jesus Christ our Lord. **Amen.**

SCRIPTURE READING & REFLECTION

PRAYERS OF INTERCESSION

Lord Jesus, friend of sinners:

**May we hear
your loving words.**

Lord Jesus, healer of the sick:

**May we feel
your loving touch.**

Lord Jesus, comfort of the afflicted:

**May we receive
your loving embrace**

Lord Jesus, wounded for our sake:

**May we know
your gentle care.**

Lord Jesus,
you gave sight to those who could not see,
raised up those who could not walk,
and breathed life upon the dead.

Upon the cross,
your outstretched arms
embraced the world.

Be with us now,
as we lay our hands upon
our brothers and sisters,
who come in need of you.

THE LAYING ON OF HANDS

The laying on of hands takes place in silence

PRAYER OVER THE OIL

If the sacrament of Anointing is to take place, then a prayer of thanksgiving is said over the oil or new oil is blessed.

Praise to you, God, the world's Creator.
You sent your Son to dwell with us.
He has come to save us.

Blessed be God who heals us in Christ.

Praise to you, God, the Beloved Son.
You have blessed us by sharing in our humanity.
You have come to heal us.

Blessed be God who heals us in Christ.

Praise to you, God, the Holy Spirit, the Consoler.
Your power has been poured on us
to give us strength.
Your breath stirs us to life.

Blessed be God who heals us in Christ.

Loving God,
be gentle with the wounds
and soothe the scars
of those whom the Church anoints
with this holy oil.
May their suffering be softened,
and their weakness draw them
closer to your power.
Through Christ our Lord. **Amen.**

ANOINTING

First the priest anoints the forehead, saying:

God is full of love and compassion.

May his anointing grace
help you and heal you. **Amen.**

Then he anoints the hands, saying:

May the Lord who liberates you from sin,
save you and raise you up.

Amen.

CONCLUDING PRAYER

Father in Heaven,
through this holy anointing
give your people patient hope
and courage to bear the burdens of life.

May they receive the strength
and support of your holy Church,
and faithfully follow Jesus
who was wounded for our sake.
Through the same Christ our Lord. **Amen.**

SACRAMENT OF RECONCILIATION

Penitent:

Bless me, for I have sinned.

Priest:

The Lord be above you and around you,
beneath you and within you,
in your heart and upon your lips,
to help you confess your sins
in honesty and sincerity
in the Name of the Father,
and of the + Son,
and of the Holy Spirit. **Amen.**

Penitent:

**I confess to Almighty God,
to Blessed Mary Ever-Virgin,
to all the Saints and to you,
that I have sinned in thought,
word, deed, and omission,
through my own fault.
I remember especially the following sins**

Confess your sins, and then say:

**For these and all my other sins
which I cannot now remember,
I am truly sorry, resolve not to sin again,
and humbly ask pardon of God,
and of you, counsel and absolution
in his name.**

The Priest may now give counsel and give a penance.



Our Lord Jesus Christ
has left power to his Church
to absolve all sinners who truly repent
and believe in him.

By his authority committed to me,
I absolve you from all your sins:

In the Name of the Father,
and of the + Son,
and of the Holy Spirit. **Amen.**

May the Passion of our Lord Jesus Christ,
and the merits of the Blessed Virgin Mary
and of all the Saints
make whatsoever good you have done,
or evil you have endured,
be unto you for the forgiveness of sins,
the increase of grace,
and the reward of eternal life:

And the blessing of Almighty God,
the Father, and the + Son,
and the Holy Spirit,
be upon you
and remain with you always. **Amen.**

PRAYERS TO MARK THE WAY

PILGRIMAGE CAIRNS

The following features a Potpourri of prayers, reflections and litanies for individual or corporate use. They can be used for different parts of the pilgrimage to Flat Holm, and adapted for use in our daily lives.

As with all the other prayers within this book, they are provided as a means of encouraging you to pray in your own way, along the way.

At the Shoreline: a prayer of encounter

The Crossing: a prayer of God's Presence

A Soft Space: a prayer for stillness

Moments Carved Out: prayers of Intercession

Here in this Place: prayer in the silence

Across the Water: seeking the Heavenly City

As Seabirds Swoop: a prayer for protection

If we are Silent: a prayer for Creation

Homeward Bound: prayer for the return

AT THE SHORELINE

A PRAYER OF ENCOUNTER

As the moon pulls the tides,
bringing the sea to our feet,
creating a crossing to another place
so may we be a place of encounter,
drawn to meet God in others
and who, through the play of the Spirit,
can encounter Christ in us.

May God cover us with his shadow,
embrace us and surround us,
breathe his Spirit upon us,
that Christ may dwell in us.

May the prayers of St Cadoc and all the saints
direct the yearnings of our heart.
May God bless us on our pilgrimage.
May each movement and moment
draw us closer to him,
and each word be filled with his patient love.

And may we come at last
to that place of endless light and life
the Heaven for which we are made.



A SOFT SPACE

A PRAYER FOR STILLNESS

The Celtic saints often journeyed alone, sometimes simply wandering, waiting for a sign to stop and root themselves in a place set aside for them by God. There they found a place of seclusion and isolation and to live the hermitic life. However, from their isolation was created community, as people visited them, sought them out, or joined them. ‘My little hut ...shall never be closed to anyone,’ wrote one, “lest I should close it to Christ himself. I shall never refuse to share my food, lest the Son of Mary should go hungry.” This prayer may be used on the Island or adapted and used at any time in our daily lives, to create a small space in the day to be alone with God.

Here, across the surface of this island
above the pebbled beach,
beyond the peopled shore,
with the breath of the wind,
the rubble and landmarks,
the rabbit holes and reminders of war,
I stand in the beauty of God’s Creation,
and seek a soft place
upon the earth.

I carve a sometime home
for just a moment of my day,
rooted in time, still and safe,
seeking eternity,
and where the only breath
is God’s whisper,
‘I love you.’

MOMENTS CARVED OUT

PRAYERS OF INTERCESSION

*These prayers may be used as part of liturgical gatherings during the pilgrimage, or as a stand alone time of prayer. Each petition may include a response such as: Lord, in your mercy, **hear our prayer***

We carve out
some moments of prayer for others,
praying with St Cadoc and all the saints
who surround us, unseen,
that we may see the gate of heaven
opened in this place.

May we be courageous companions
of all the saints of Wales
whose 'hiraeth' for the heavenly homeland
filled their hearts and homes.

May the churches of Wales be joyful
and keep the faith, as St David did before us
and who led us to delight in the small things
we are called to do.

May our nation once again
become a land of song
with 'Alleluia!' echoing
through the valleys and villages,
calling from coast to coast
and resounding through the towns and cities.

May God's blessings blossom in our lives
as we reach out to friend and stranger
with the hope of Heaven,
and the happiness of life with Christ.

May the sick and the sinner,
the poor and the poorly treated
and all for whom we pray
know that Christ
has come to dwell with them.

May refugees and asylum seekers
and all who arrive in our country
seeking sanctuary and safety
receive a genuine 'Croeso'
and know our compassion and care.

May the Lord raise up all who have died
to glorify the Lord for ever
with the Blessed Virgin Mary,
St David, St Cadoc and all the Saints.

Lord God, gentle and loving,
hear the prayers we offer in this place.
Through Jesus Christ our Lord. **Amen.**

HERE IN THIS PLACE PRAYER IN OUR SILENCE

The following may be used for a time of prayer alone or with others, where prayers are named and shared within the silence.

FOR THE SICK

Here, in this place,
a refuge for St Cadoc,
we name the prayers carried in our hearts,
those situations which stir us
and the people for whom
we have special concern,
that God may be their refuge and strength.

FOR OUR CHURCHES & COMMUNITIES

Here, in this place,
a home set apart for St Cadoc
we name the prayers carried in our hearts:
the challenges faced by our churches,
the concerns of our communities,
that Christ may be seen and known.

FOR THE DEPARTED

Here, in this place,
a solitary retreat for St Cadoc
we name the prayers carried in our hearts:
our beloved dead who have gone before us,
that they may be gathered with all the saints
into the glory of Heaven

IN THANKSGIVING

Here, in this place,
which gave strength to St Cadoc,
we name the prayers carried in our hearts:
our cause for rejoicing,
our reason for gratitude and hope,
that God may be praised.

CONCLUDING PRAYER

Christ be with me, Christ within me,
Christ behind me, Christ before me,
Christ beside me, Christ to win me,
Christ to comfort and restore me,
Christ beneath me, Christ above me,
Christ in quiet, Christ in danger,
Christ in hearts of all that love me,
Christ in mouth of friend and stranger.

(Concluding Prayer attributed to St Patrick)



ACROSS THE WATER SEEKING THE HEAVENLY CITY

Across the water there is distance
between us and the edge of the city.

Here, we see another side,
and are provided with a new perspective.

Distance gives a different view.

Here, we look for Heaven's City
void of steel and glass
and rising blocks of bricks and concrete hearts.

For, descending to the earth,
in a divine breath
is the design of Love,
the Heavenly City.

God now dwells with us.

AS SEABIRDS SWOOP

A PRAYER FOR PROTECTION

As seabirds swoop to guard their young
so may your Spirit, Lord,
swoop down and scatter the enemy
and protect us from evil.
Come, Holy Spirit, guard us and keep us.

IF WE ARE SILENT

A PRAYER OF CREATION

Even if we are silent...

Creation's song will proclaim the glory of God.
The wind will declare his power,
the birds will praise his name,
the waves will hail his coming,
the rainfall upon the soft earth
will tell of his love...

If we are silent.

HOMEWARD BOUND

PRAYER FOR THE JOURNEY HOME

Deep waves of God's Peace:
carry me to safety.

Light rain of God's Kindness:
shower me with your blessings.

Sweeping tide of God's Grace:
**move me to serve you
in the poor and the lonely.**

Swirling wind of God's Spirit:
enliven me to speak words of hope.

Gentle warmth of God's Love:
**help us and heal us,
for our hope is in you.**

Lord Jesus,
you sent your disciples out
to share the good news of your Kingdom.

Send us now,
revived and renewed,
into the fabric of our daily lives.
Wrapped in your love,
and carrying our wounds,
redeemed by the shedding
of your blood on the cross
may our homes be aglow with your Spirit,
our lives be alight with your love.

AS THE CROW FLIES

A PRAYER OF INVOCATION

Come to us, Lord,
as the crow flies.

Pay no attention to bends and diversions.
Ignore the signposts and beauty spots.
Fly across the meandering paths and obstacles,
across the trees and ravines,
the quarries and rubble of our lives.

Across the rooftops and industrial units,
the slime and mess of the river
that runs through the place where we live.
Do not look for bridges we have burned
or be delayed by the trenches we have dug.

Swoop over our mountains made from mole-hills
and the babel tower blocks of steel and glass.
Ignore the congested canal of cars
and two-way traffic
and the masts that search the sky
for something more.

Swoop into our presence, Lord.
Come straightaway.

Come to us, Lord,
as the crow flies.

PRAISE GOD

A LITANY OF GOD'S POWER

In the face of fear and when troubled by war,
when sad for the way we have stripped the earth
of its dignity as God's great work and gift to us,
we cling close to the power of God
whose creation reveals his glory,
and where Christ was born
and lived and breathed,
and died and rose again to save us.

Praise God from the heavens.
Praise God from the heights.

We seek God's power in all he has made.

The freshness of rain
and the warmth of the sun,
the strength of the storm
and the thrash of thunder
the brightness of lightning
and the whiteness of snow,
the lightness of dew
and the force of flame and fire,
the gleam of the moon
and the depth of the sea,
the hardness of rock
and the power of Heaven.

Praise God from the heavens.
Praise God from the heights.

We hide ourselves in the wounds of Christ
who has come to heal and save us.

We shelter beneath
the outstretched arms of Christ
through whom the world was made.

We embrace his Resurrection,
his last word to death
which he swallows up for ever.

**Praise God from the heavens.
Praise God from the heights.**

We cling to, are covered by,
the strong name of the Trinity,
Father, Son and Holy Spirit!

JESUS

Jesus, my Friend,
Jesus, my Brother,
Jesus, my King,
Jesus, my Lover.
Jesus, my Master,
Jesus, my Lord,
Jesus, my Saviour,
Jesus, my God,
Jesus, my Hope,
my Strength, my all.

YOU LEFT THE FOOD

A PRAYER FOR SERVICE

The following reflection can be used on its own or as appropriate Post-communion reflection or sending out

Lord Jesus,
at Supper with your friends
you tabled a motion of love
and, with towelled waist,
left the food
to fall at their feet,
your presence played out
in sacrament and sign.

May your love motivate our hearts,
and stir our stubborn lives
to serve you day by day.

Attending to the crumbs beneath your table,

every tiny morsel
is a feast of your love,

every need and action
is a sign of your promise
to be with us always.

A NEW CREATION

A PRAYER OF THE INCARNATION

God loves material things,
the matter of creation.
Every atom glows with glory,
each fibre is a festival of his power to create.
The hidden roots beneath the soil,
the microscopic creatures
unseen by the human eye -
each, in its own minute world,
and, in its own tiny way
playing its part in the pulse
and the breath of the planet.

Into this world,
among Creation's matter,
leapt God's almighty Word,
first spoken in the beginning,
now made flesh and blood
in Mary's own.
Their hearts
beat in time,
a synchronised symphony of love,
a beating drum,
the breath and play of the planet
brought to silence
as it awaits the first indecipherable cry
of the Newborn
who has come to announce
a new creation,
redeemed by love.

WORK AND PLAY

PRAYER THROUGH THE DAY

For the ancient Christian Celts of our land, there was no division between work and worship, prayer and play. For them, there was a unity of spirit and matter, and they poured a spirit of prayer into both work and pleasure.

The prayers on the following few pages are inspired by this Incarnational spirituality, and takes some everyday experiences and the beauty of God's Creation, and allows them to become moments of prayer.

A MORNING PRAYER

ON RISING

As the rising sun
gently warms the earth
stirring it to life,
so, in rising,
may I bring God's
warmth and gentleness
to the day which has begun.
May Christ, the Morning Star,
guide me through
the ebb and flow of life,
lead me to safety,
and give me rest when all is done.



FROM MY BED

A MORNING PRAYER

Before I move from my bed,
and rise to meet the day,
I place myself into your hands, my God.
I do not know what will greet me this day,
what joys and challenges will come my way,
or how I will respond.

I do not know who will need me,
or what needs I will present to others.
But I lie with all this ahead of me,
and I thank you that you have brought me
to this moment.

Through all that awaits,
and all that will happen,
may I know your loving presence,
and in some way, as small as I am,
make your presence known, Lord Jesus,
you who have lived among us,
and continue to be present still.

Lord God, you are the King of heaven and earth,
but will I let you rule my heart this day?

Let it be so, Lord.
Guide all I think, and say, and do
according to your law of love,
that I may live a liberated life,
free to serve you,
and experience the salvation you won for us.
Through Jesus Christ our Lord.

NUDGE ME, LORD

A PRAYER ON RISING OR RESTING

Lord, could it be that you are
the beginning and end
of all that I do and say?

Will I let you nudge my life,
my deeds, my words
with your grace?

And will I allow you to complete them
with your all-powerful help?

Yes, Lord, let it be so.
Through Jesus Christ our Lord.

CLINGING TO THIS CUP

A COFFEE BREAK PRAYER

I sit for a moment,
taking time out for myself,
a break from the busyness,
the stress and the strain and, in doing so,
I share this time with you, my God.
turned away now as I am from the demands and
distractions of this day, and clinging to this cup,
I am rooted in this moment.

I sit with you, my Lord,
who sat with so many people,
those who said so little
but listened to you speaking.
Speak now.

Or like the Beloved Disciple who,
at that love-filled Supper, leaned upon you,
listening to the beat of your heart,
let me know your love for me now,
and for all the people with whom I spend my day
and all those from whom I am apart.

Turned away now as I am
from the demands and distractions of this day,
and clinging to this cup,
I am rooted in this moment,
I am rooted in you,
My Love, my Joy, my Saviour.

BEYOND THIS DOOR

A PRAYER ON LEAVING THE HOUSE

Before I leave this house and home,
I ask that you will be with me
in all I do and say, Lord God.
I pray for the community
beyond this door,
and all I will meet,
and for all the opportunities
I will have to serve you,
and all the needs presented to me.

(I especially pray for...)

I pray for my community of Faith,
and place my prayers alongside
those offered at the altar this day
within the house of the church.

May the treasures of your love, Lord Jesus,
be opened to me and all for whom I pray,
as I leave this house and home.

BEFORE I EAT

A PRAYER AT MEAL TIMES

Before I eat, I turn to you, my God,
you who provide for us,
and who bless us with gifts in abundance.

I am mindful of those who
do not have good things to eat,
those who are hungry, this day, this night,
the undernourished and those who do not
or cannot eat well, or at all.

May the earth which has produced this food,
be treated with care and gentleness,
and may all who have enabled this food
to be here, in my house,
on my table, upon my plate,
be sustained and respected in their work.

O loving Jesus, who sat with so many people,
eating and drinking,
may the Holy Spirit's power
reveal your presence now,
unseen but known,
and the loving care of the Father,
who created the world through you.

TRAVELLING TIME

PRAYER ON THE MOVE

My day is filled with travelling time,
and although at times it may feel as if life is
standing still,
I am always on the move.

O God of those who journey,
a well-travelled God,
you are here with me now,
in this place, surrounded by others
who also are moving on, going places.

I cannot see into their lives,
or know what they are thinking,
here they are going, or where they have been.
I have little idea of what has brought them here
what burdens they are carrying,
what dreams they have,
what worries them most,
or fills their heart with happiness.
There may be some who
make my journey difficult,
and others who cause me to smile.

But, for this moment, we are together,
sharing in some way in each other's journey
as we move through life.

THE BREATH OF ANGELS

A PRAYER FOR SLEEP

Come, Lord, dwell with us this night,
and cast away all that causes us to fear,
or seeks to harm us in any way.
Let us feel the breath and play
of your holy angels
guarding us in peace,
and, as darkness has descended,
may your blessings cover us this night and always.
Through Christ our Lord.

THE DAY IS FAR BEHIND ME

A NIGHT TIME PRAYER

The day is far behind me, so settle me now
into the dark hours of this night, my God.

I thank you for all the blessings I have received,
even those I did not see and cannot name,
and regret any time throughout this past day
when I have failed to think or say or do
as you desired.

I pray for those who work this night,
for those who cannot sleep,
and all who watch or wait
For those who have no place to call home,
and all who feel unsafe, unsettled, unloved.

I pray for those across the globe
for whom this moment is a waking hour,
as they greet the sun which has now rested here.

Still my heart.
Still my mind.

Protect me through the night,
that I may rise to sing your praise,
and greet the gift of a new day,
refreshed and revived in your love,
and under your watchful care.

HYMNS

Celtic Christians expressed their faith through song and story, poetry and art. The first four of the following hymns are written especially for this publication whilst the last two are well known and have been in the public domain for some time, but all use some of the prayers and poetry of certain Celtic saints so that they may be sung as sacred song.

ST BRENDAN'S PRAYER ON THE MOUNTAIN

St Brendan (484-577) set out in faith from Ireland seeking the 'Island of Promise.' There he met someone who prophesied that he would soon set off on his final journey. Brendan returned to his homeland where he prepared for his own death. This hymn is an adaptation of his final 'Prayer on the Mountain.' (Metre 8.8.8.8 / Suggested: Waly Waly)

O shall I, King of Mysteries,
abandon all for sake of thee?
Give up the land which nurtured me
and set my face towards the sea?

Shall I give up my need of fame,
protection, pow'r and wide acclaim?
No food or drink to bring delight,
no bed to lay my head at night.

O shall I say farewell to all,
my land, my home, all that enthrals?
Pour out my heart, confess my sins,
in streaming tears for love of him?

O shall I kneel upon this shore
my knee prints marking out my prayer?
Abandon all and take the wounds
believing now that I'll be found?

Shall I push out across the wide
expanse of sea and ocean deep?
Shall I let go upon the waves
and trust alone in him who saves?

Across the sparkling seas and storms,
O, King of Heav'n, O Christ my Lord,
you bid me come to Heaven's shore.
I choose you now, for evermore.

A MORNING HYMN OF ST BRIGID OF KILDARE

Today I rise through strength and might:
the power of God to guide my sight,
his eyes to watch, his ears to hear,
his host of angels to secure.

God's word to give my heart a voice.
his hand to guide, his path laid out.
Today I dwell within his love
beneath his shelter from above.

Hymn Metre: 8.8.8.8

ST PATRICK'S EVENING HYMN

This Evening Hymn is an adaptation of a prayer traditionally ascribed to St Patrick

O Jesus Christ, the Son of God,
may holy angels shade our beds,
watch over as we sleep in peace
and hover round our sleeping heads.

May angel voices fill our hearts
planting a vision of your part,
O Great, High Prince of all that is,
O Great and glorious Priest thou art.

May no bad dreams disturb our sleep,
no nightmares bring dark to our keep,
no fears to worry or delay
our need to swiftly go to sleep.

May our day's work give you delight,
make holy all our prayers this night.
Grant us a sleep that's soft and deep
so, rising, we can serve you right.

Hymn Metre: 8.8.8.8

I RISE WITH YOU

I rise with you this day, my Lord,
as you, Lord, rise with me.
The oil of gladness poured on you,
drops gently down on me.

The breath of life which fills your frame
upon us send afresh,
so we may live fore'er in Heaven
beyond the pains of death.

The Word of God falls from your lips,
your name upon me traced.
Reach out to bless us with your love,
to feel your warm embrace.

I rise with you this day, my Lord,
as you, Lord, rise with me.
Praise God the Father, God the Son
and God the Paraclete!

Hymn Metre 6.6.8.6)

(The original text for St Brendan's Prayer on the Mountain, St Patrick's Evening Prayer and I Rise With You is from a number of prayers featured in 'Celtic Fire' by Robert Van de Weyer, 1990 (DLT) but reworked and versified by Dean Atkins)

ALONE WITH NONE BUT THEE

The following hymn is from a prayer attributed to St Columba and, for the most part, this particular translation for this hymn setting is unknown.

Alone with none but thee, my God,
I journey on my way:
what need I fear when thou art near,
O King of night and day?
more safe am I within thy hand
than if a host should round me stand.

My destined time is known to thee,
and death will keep his hour;
did warriors strong around me throng,
they could not stay his power:
No walls of stone can man defend
when thou thy messenger dost send.

My life I yield to thy decree,
and bow to thy control
in peaceful calm, for from thine arm
no power can wrest my soul:
could earthly omens e'er appal
a man that heeds the heavenly call?

The child of God can fear no ill,
his chosen, dread no foe;
we leave our fate with thee, and wait
thy bidding when to go:
'tis not from chance our comfort springs,
thou art our trust, O King of kings.

BE THOU MY VISION

Be thou my vision, O Lord of my heart;
naught be all else to me, save that thou art.
Thou my best thought, by day or by night,
waking or sleeping, thy presence my light.

Be thou my wisdom, be thou my true word;
I ever with thee, and thou with me, Lord.
Born of thy love, thy child may I be,
thou in me dwelling and I one with thee.

Be thou my buckler, my sword for the fight.
Be thou my dignity, thou my delight,
thou my soul's shelter, thou my high tow'r.
Raise thou me heav'nward, O Pow'r of my pow'r.

Riches I heed not, nor vain empty praise;
thou mine inheritance, now and always.
Thou and thou only, first in my heart,
Ruler of heaven, my treasure thou art.

True Light of heaven, when vict'ry is won
may I reach heaven's joys, O bright heav'n's Sun!
Heart of my heart, whatever befall,
still be my vision, O Ruler of all

(Translator: Mary E. Burne; versifier: Eleanor H. Hull)
(Original text attributed to St Dallán, 6th century)

A LITANY OF WELSH SAINTS

In each generation,
the Lord has raised up people of holiness.
They have walked the same earth
and given voice to the Spirit's power,
proclaiming the good news of Jesus
to the people of Wales,
singing his praises through village and valley,
their voices resounding from coast to coast,
their lives speaking powerfully,
their hearts filled with love.

With these and all the saints,
we proclaim the greatness of the Lord
and stand with them to bless God
and to pray for his guidance and protection.

Lord, have mercy:	Lord, have mercy.
Christ, have mercy:	Christ, have mercy.
Lord, have mercy:	Lord, have mercy.
Holy Mary,	
Mother of God:	pray for us.
Holy Angels	
of God:	pray for us.
St David:	pray for us...
St Winfred:	pray for us...
St Cadog:	pray for us...
St Dyfan:	
St Seiriol:	
St Teilo:	

St Non:
St Woolos:
St Brynach:
St Padarn:
St Beuno:
St Asaph:
St Melangell:
St Euddogwy:
St Peblig:
St Samson:
St Tydfil:
St Deiniol:
St Cynog:
St Cybi:
St Illtud:
St Tysilio:
St Dyfrig:
St Cynidr:
St Tathan: **pray for us...**

The names of other Saints may be inserted here

all the Saints of Wales:
all God's People: **pray for us.**
Lord Jesus Christ,
Son of the living God:
 have mercy on us.

Lord Jesus,
hear our prayer:
 Lord Jesus,
 hear our prayer.

CONCLUDING PRAYER

Loving Father,
may our nation once again
become a land of song,
with the prayer and witness of the saints
echoing across our land
and filling the hearts of all people
with the good news of your Kingdom.

As we sing your praises
and stand with all the Saints of our land,
may the 'Croeso' stir in our hearts
as we welcome your Son into our lives,
until we come to our heavenly country
where all who love you
will worship you forever.
We ask this through Christ our Lord. **Amen.**

PRAYERS AT PLACES OF PILGRIMAGE IN WALES

The landscape of Wales is full of reminders of the presence of saints in every generation. Many place names and street names, churches, villages, towns, wells, buildings, institutions and other local features carry the names of people who have lived lives of holiness and proclaimed the good news of Jesus Christ. These prayers have been provided for those who make pilgrimage to a place made significant by the Saints of our land.

SETTING OUT

In the name of the Father
and of the Son
and of the Holy Spirit. **Amen.**

May God who is our strength and salvation
be with you all.
And also with you.

INTRODUCTION

As we set out, we are mindful that many others have travelled before us and so we tread in their footsteps,

But this journey is also unique to each of us as we seek God's strength and guidance.

May our travels bring us a renewed faith to live the gospel of Christ with joy and love.

We pray, too, for our travelling companions, and all those we meet along the way.

May we share our gifts of faith and hope and love so that both they and we will be enriched and strengthened.

BIBLE READING

Let us listen to words from St Paul

'We are away from the Lord' (2 Corinthians 5:6-9)

So we are always confident; even though we know that while we are at home in the body we are away from the Lord— for we walk by faith, not by sight. Yes, we do have confidence, and we would rather be away from the body and at home with the Lord. So whether we are at home or away, we make it our aim to please him. (NRSV)

Other suggested readings:

Isaiah 2:2-5: *Let us walk in the light of the Lord*

Luke 2:41–5: *They went up to Jerusalem*

Luke 24:13-35: *Jesus began to walk along with them*

Hebrews 10:19-25: *Let us draw near in confidence*

1 Peter 2:4-12: *As strangers and in exile*

PSALM *(A version of Psalm 24)*

This whole earth belongs to God.

He built it on the seas.

He raised it from the river beds.

Who will ascend to the heights of God?

Who will stand in the place he has
made his home?

Those whose hands and hearts are clean.

Those whose lips do not spread lies.

Those whose lives do not mislead

God's favour and forgiveness falls upon them,

for he is the God who saves us.

Such are those who stream to him,

those who seek the God

in whom our ancestors trusted.

Open the gates of your hearts!

Open the doors to your lives!

Let the King of Glory enter.

Who is this King of glory?

The Mighty One, the Powerful One,

The One who is not overcome

by conflict or chaos

Open the gates of your hearts!

Open the doors to your lives!

Let the God of Glory enter.

Who is this King of glory?

The Lord of heaven and earth,

he is the King of glory.

PRAYER

God our Father,
your love is certain, your ways are sure.
Guide our footsteps in your way of peace,
and enlighten our hearts and minds
so that (*arriving at ...*)
we may find renewal of our faith
and confidence in your Son
who has called the saints before us
and bids us welcome
your Spirit of holiness and love
so that your kingdom may come
in all its fullness
and our land receive afresh
the good news of your love.

We ask this through Christ our Lord. **Amen.**

Other prayers may be added, concluding with the Lord's Prayer

May God be our guide along the way,
lighten the path before us
and give us peace. **Amen.**

AT A MARTYR'S PLACE

Father,
we stand on holy ground,
a place immersed in prayer
made holy by the shedding
of your Martyr's blood.



Inspired by Saint N.,
may we be renewed in faith
and revived by your Spirit
so that by our witness
others may come to believe in your Son,
and our nation once again
rejoice in your saving love.
Through Jesus Christ our Lord. **Amen.**

AT A CHURCH OR SHRINE

God our Loving Father,
your grace has triumphed
in the lives of all your saints,
whose faith and witness
echoes throughout our land.
They are glowing lights of love and peace
in a world where darkness lingers.
Gathered in this holy place
we seek your grace and glory
and the joy of faith renewed.
If we should keep our silence
these stones would shout aloud
to proclaim your holy name.
Make us living stones in the household of faith
so that with St N. and all the Saints of Wales
we may boldly build your church
through your Spirit's power.
We make our prayer through Jesus Christ the
cornerstone, who is alive and reigns with you
and the Holy Spirit,
God forever and ever. **Amen.**

AT A HOLY WELL

'Blessed are those whose strength is in you, in whose heart are the highways to Zion; who going through the barren valley find there a spring and the early rains will clothe it with blessing.' (Psalm 84)

Your pour out your love, O Lord,
upon the people you have called your own.
Gathered at this holy well
may we know your overflowing love
and be refreshed by your Spirit
who has been poured into our hearts;
through Jesus Christ our Lord. **Amen.**

PRAYER FOR FORGIVENESS

As we reflect on God's overflowing love,
we know that we have failed
to follow his ways,
and so seek his forgiveness and strength.

(Silence)

Lord Jesus, friend of sinners,
you bring hope when we despair.

Lord, have mercy.
Lord, have mercy.

Lord Jesus, healer of the sick,
you give us strength in our weakness.

Christ, have mercy.
Christ, have mercy.

Lord Jesus, light of the world,
you dispel the darkness of death.

Lord, have mercy.
Lord, have mercy.

May almighty God have mercy on us
forgive us our sins
and bring us to eternal life. **Amen.**

*Pilgrims may wish to receive the waters of the well,
praying:*

**As the deer pants for the running water
so my soul longs for you, my Lord.**

TRADITIONAL PRAYERS

These traditional and well known prayers may also be used during the pilgrimage. The Angelus is prayed at morning, noon and evening outside of Easter when it is replaced by the Regina Caeli,

THE LORD'S PRAYER

Our Father who art in heaven,
hallowed be thy name.
Thy kingdom come.
Thy will be done on earth,
as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass against us,
and lead us not into temptation,
but deliver us from evil.

GLORY BE

Glory be to the Father
and to the Son
and to the Holy Spirit,
as it was in the beginning
is now, and ever shall be
world without end. Amen.

THE JESUS PRAYER

Lord Jesus Christ, Son of the living God,
have mercy on me, a sinner.

THE ANGELUS

MEMORIAL OF THE INCARNATION

The angel of the Lord brought tidings to Mary.

And she conceived by the Holy Spirit.

Hail Mary, full of grace, the Lord is with thee.

Blessed art thou among women

and blessed is the fruit of thy womb, Jesus.

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

Behold, the handmaid of the Lord.

Be it unto to me according to your word.

Hail Mary...

And the Word was made flesh.

And dwelt among us.

Hail Mary...

Pray for us, O holy Mother of God.

**That we may be made worthy
of the promises of Christ.**

We beseech you, O Lord, pour your grace

into our hearts that, as we have known
the Incarnation of your Son, Jesus Christ,

by the message of an angel,

so by his Cross and Passion + we may be
brought to the glory of his Resurrection.

Through the same Jesus Christ our Lord. **Amen.**

REGINA CAELI

MEMORIAL OF THE RESURRECTION

**Queen of heaven, rejoice,
alleluia!**

**for he whom you were worthy to bear,
alleluia!**

**has risen as he said,
alleluia!**

**Pray for us to God,
alleluia!**

Let us pray;

O God, who through the resurrection
of your Son, our Lord Jesus Christ,
gave joy to the world;
grant, we beseech you,
That through the prayers of his Mother,
the Virgin Mary,
we may obtain the joys of everlasting life.
Through the same Christ our Lord. **Amen.**

SAINTS AND BEASTS

Stories of the Celtic Saints often feature animals, expressing the close bond between them and all that God has created. Whilst the legendary tales may be difficult to accept with our modern minds, the stories can captivate us and, if we dig deeper, reveal something of the character of the saint and the intricate relationship of everything that exists.

When St Piran arrived in Cornwall he established his monastery not at first with monks but with a boar, a fox, a badger, a wolf and a doe. St Kevin of Glendalough nurtured a blackbird and her young in the palm of his hand as with outstretched arms he prayed. St Mungo, wandering with his wild hound companion, finally discovered the spot of his new monastery because of the welcome he received from a robin who flew from a tree and perched on his shoulder, kissing his neck.

St Colman of Dromore, in his solitude and poverty, learned much from three strange companions. A cockerel woke him for prayer through the night. A mouse nibbled at his clothes to wake him each morning, and a fly walked down the page to mark the lines of Scripture Colman was reading.

When they eventually died, he shared his sorrow with St Columba at Iona, who replied in jest and wisdom, “To you, the cockerel, the mouse and the fly were as precious as the richest jewels, so rejoice that God has taken these jewels to himself.”

The life of St Cadoc is no different and features animals as big as boars and tiny as mice. It was a boar which marked the place for Cadoc to build his oratory at Llancarfan, a mouse which led him to a hidden room full of grain during a famine, and stags which were tamed to pull timber for building so that his followers weren't deterred from their study of Scripture.

Emerging from these stories is an ancient secret waiting to be discovered in the way we relate to the natural world. They are, perhaps, a call to pause and look at the beautiful miracle of God's Creation, to see the details we miss so easily in our busy and distracted lives, to marvel in all that God has made, and to show it respect as the richest of jewels which belong to God, and over which we have been set as stewards not masters.

On Flat Holm, distanced for a short time from our daily lives, we can immerse ourselves in the natural world, praising God and discovering our own place in the world, and from which, perhaps, our own stories can emerge.

THE BLESSING OF ANIMALS

King of Heaven, Lord of Life,
across the chasm and the chaos,
your Spirit hovered.

With one Word, you spoke,
bringing all things into being,
and placing us upon this earth
to care for all you have made.

Christ taught us that you
care even for each of the birds
which fall from the sky,
so how much more do you care for us?

Sharing this earth with the animals,
you enabled us to tame and to train them
to help us in our work and all we are called to do
to care for your world and each other.

We have found in the animals too,
a source of so much comfort and companionship.

Yes, we delight in all you have made,
and rejoice in every living creature,
for they reveal the power of your hand.
Through the wonders of your Creation
we are drawn closer to your love,
and deeper into your life.
May the animals with whom we share this earth
receive our respect,
and the care and dignity they deserve
as an intricate part of all you have made.

THE FABRIC OF PRAYER

There is much on the Island to stir us to prayer. Here are some things to think about which may become fabric for prayer. Perhaps you can create your own pilgrimage at various sites around the island. The last few pages are left blank for you to fill with your own prayers, and reflections.

THE CHANGING SEASONS

The changing seasons change this place. Birds come and go, the terrain is transformed, the temperature rises and falls, the light brightens and fades. Yes, the changing seasons give us much material for prayer, and each pilgrimage here will offer a different experience.

THE FARMHOUSE

Monks from St Augustine's Abbey in Bristol (now Bristol Cathedral) established a dairy farm and grange on the island after Flat Holm was granted to them by Robert, Earl of Gloucester in 1150. How can we pray from here?

FORTIFICATIONS & OLD BARRACKS

There are remains of defences from both the Victorian era and the Second World War during which over 350 soldiers were stationed here. What prayers emerge from these war time remnants?

ISOLATION HOSPITAL

Here there are remains of the only Victorian Isolation hospital on a British offshore island. Whilst this is a place of seclusion befriended by St Cadoc, it has also been a place set aside for those who are sick and contagious. What prayers can emerge from this place?

LIGHTHOUSE & FOGHORN BUILDING

A place of past shipwrecks, Flat Holm's Lighthouse and Foghorn Building guide ships away from danger. What prayers can flow from these places?

FOR THOSE UPON THE SEAS

The Mission to Seafarers was founded on Flat Holm as the Bristol Channel Mission, and so we pray for all who work upon the seas.

May those who sail and work upon the seas,
traversing waves in ships and boats,
transporting food and goods across the globe,
be safe from harm
beneath your protecting arm,
O Lord, and be brought home rejoicing.
Through Christ our Lord,
who calmed the storm
and walked upon the surface of the sea.
Amen.

PRAYER FOR A WORLD TO CHANGE

The Beatitudes are some of the most beautiful and well-known words in the Bible. Based on these words, we offer a simple prayer and meditation, an imagined extension and application to the current environmental crisis, as we commit to both prayer and action for a world to change.

*When Jesus saw the crowds,
he went up the mountain
and after he sat down, his disciples came to him.
Then he began to speak. (Matthew 5:1-12)*

Blessed are the poor in spirit,
those who feel demoralised by disaster,
the down and the destitute
who live with little hope.
The fearful and frightened,
their lives fractured by the
thought of a future now undone.
For theirs is the kingdom of heaven.

Blessed are those who mourn,
with loved ones lost to a warming globe.
The fire-struck and flooded,
the drought and disaster stricken
left to sift through hot dust,
waiting for a harvest,
for they will be comforted.

Blessed are the meek,
those who feel they have no power
to bring change,
but who call from the streets
and the side-lines,
halting traffic, hailing banners.
Placard waving protesters
sticking themselves to tarmac,
brushing off the belting sound of car horns,
and the bellowed anger of drivers,
for they will inherit the earth.

Blessed are those who hunger
and thirst for righteousness,
for the unpredictable prophets
and the unexpected crowds
who follow the voice of a child.
The scientists and conservationists,
the environmentalists and advocates,
the researchers and inventors
whose lifetimes' labour
brings a world of change.

Those whose soapy hands at oil slicks
pull apart the feathers and the plumes,
clearing the dark mess of human living,
trawling through the rubbish tip of our seas,
picking out plastic,
or planting trees across the
landscape of our lives,
or trudging across the dry ground of Africa,
pushing back poachers, empty-handed.

Blessed are the merciful,
for those who rebuild communities destroyed,
who walk with the sanctuary seekers,
their backs turned to their sometime home,
their lives lit only by gunfire
and wrapped in the smoke of war.
The displaced and the disconnected,
the refugees who drag
 what they own behind them,
holding onto a future that is not yet their own
for they will receive mercy.

Blessed are the pure in heart,
for the young and the old
standing head to shoulder
and stare into the future
with open eyes, with speechless mouths,
who wonder what the future holds,
for they will see God.

Blessed are the peacemakers,
those who stand between
 the disagreeers and deniers
and the call-for-changers and the eco-warriors.
For politicians playing their part
on the stage of the world,
for those whose words undermine injustice,
and all who speak to the gallows of gunfire,
beneath a sky of exploding shells,
they will be called children of God.

Blessed are those who are persecuted
for righteousness' sake,
for scientists whose voice had gone unheard
in the midst of denial and derision.
The truth-tellers, the challengers and changers
who stand tall against the giants of our world
with their gold-lined pockets,
for theirs is the kingdom of heaven.

Blessed are you when people
revile you and persecute you
and utter all kinds of evil
against you falsely on my account,
those labelled as loony or misled,
the impractical and unimportant,
whose unpopular words move us,
drive us,
tell us,
that things must change.

Rejoice and be glad,
for your reward is great in heaven,
for in the same way
they persecuted the prophets
who were before you.

PRAYER

Lord God of the mountains and hills,
the oceans and forests,
the peaks and the plains,
the sky and the deep caverns of the earth,
your hand can be seen in all you have made.

We grieve for all that humanity
has done to harm the world you have created.

We pray for all the people of the world,
for all its leaders and governments,
and all who are called to action
to make bold change,
to save the world.

May we too, in our call to them,
commit ourselves to change the way we live,
to cherish the world you called us to care for.

Through Jesus Christ our Lord. **Amen.**



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here
in this
place

SOUTH CARDIFF MINISTRY AREA