

UNLOCK

Virtual LONDON WALK 2021

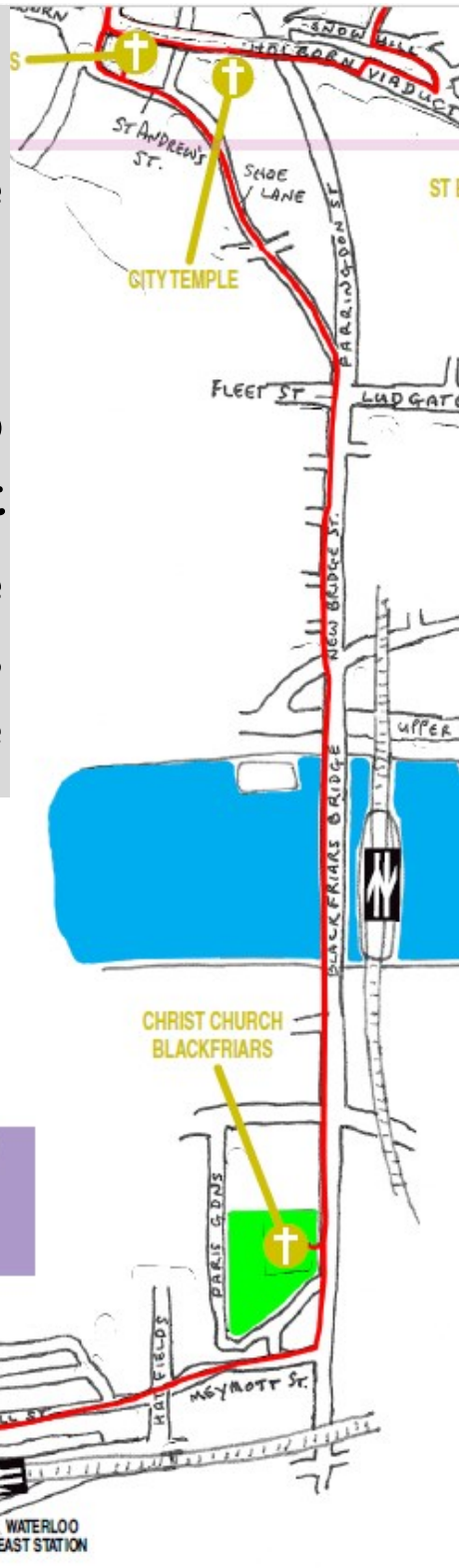
Stage 5 - Gratitude

City Temple to St Patrick's Waterloo

Unlocking Real
life stories of
urban people

Revealing
Good News of
the down to
earth Christ

Releasing life
changing skills
and confidence



The 2021 Unlock London Walk is in the form of 6 online daily episodes starting on Sunday April 18th. We expect to be able to hold a 'real' walk again on April 23rd 2022. We hope you enjoy this 'armchair' version of the walk and then please donate to Unlock just as you would have done if you had been out walking the London Streets for us this year, if not more so! See page 6 for details. When the COVID 19 emergency is over the poorest communities will have been hit the hardest and those are the places where Unlock's work will be needed more than ever! We are relying on you to make that possible. We are already preparing resources to help people to process the difficult emotions that the Pandemic has created for all of us; the materials in these walk episodes are based on them. A taster pack is already on the website and the full resource will be in the same place shortly - or on request from the Unlock Office.

[www.unlock-urban.org.uk/
resources_projects.php#bible stud
y resources](http://www.unlock-urban.org.uk/resources_projects.php#bible_study_resources)



A ST PATRICK'S RC

ST JOHN'S CHURCH,
WATERLOO



WALK THIS WAY



Turn right out of City Temple and walk over Holborn Viaduct (wikipedia.org/wiki/Holborn_Viaduct), crossing over to the left-hand side of the road before turning left at Snow Hill. Take note of the church on the corner to your right. This is the church of St Sepulchre (wikipedia.org/wiki/St_Sepulchre-without-Newgate), also referred to as the Holy Sepulchre. Both actually mean the same thing as the “St” part is a corruption of the word Sancti, which means Holy in Latin. The church dates back (at least) to 1137, when a charter records that Rahere (the founder of St. Bartholomew’s Hospital) appointed ‘Hagno the Clerk’ as priest here (hsl.church/our-history). The great Bible-translator, preacher, martyr, John Rogers (d.1555), was a vicar here, too, and Sir Henry Wood (wikipedia.org/wiki/Henry_Wood - founder of the Proms and whose name also connects us with Trinity Church Square in Stage Two) worshipped here and is buried in the Musicians’ Chapel, here. Captain John Smith ([wikipedia.org/wiki/John_Smith_\(explorer\)](https://wikipedia.org/wiki/John_Smith_(explorer))), one of the founders of Jamestown and of the State of Virginia (and famously saved by Pocahontas (wikipedia.org/wiki/Pocahontas)) returned to England

and worshipped here, too. This is also the church referred to in the nursery rhyme “Oranges and lemons” as the “Bells of Old Bailey (youtube.com/watch?v=kOk4pKRT4E8 and wikipedia.org/wiki/Oranges_and_Lemons). With the church and Snow Hill to your left, look down the road ahead and you will see a crossroad with a large grey stone building with columns along its front on the opposite corner. This is the Old Bailey Central Criminal Courts building.

Turn back and begin to enter Snow Hill, which was one of the main roads between the West End and the City until Holborn Viaduct was built in the 1860s. The steep slope down led to a bridge over the River Fleet, then you had to climb up Charterhouse Street on the other side. Go down Snow Hill noting the interesting design of the Snow Hill Police Station on your right, built on the site of the



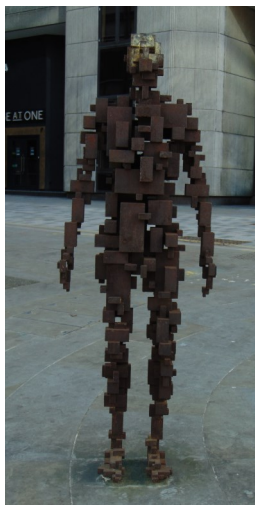
Saracen's Head Coaching Inn (wikipedia.org/wiki/Saracen%27s_Head,_London) often frequented by people such as Samuel Pepys and Jonathan Swift and which was where Nicholas Nickleby (wikipedia.org/wiki/Nicholas_Nickleby) first met Wackford Squeers. The dark grey panels below and above the bow windows are made of lead. We go to the bottom with the Smithfield Market buildings on your right and the London Office of Amazon on the left (its UK HQ is now in Shoreditch). Pass this building and turn left onto Farringdon Street, the original valley of the river Fleet, and continue south under the Holborn Viaduct.



Keep to your left and soon you will be crossing Ludgate Circus with Fleet



Street on your right (once home to news and the printed word), and Ludgate Hill on your left, which leads you back up to St Paul's Cathedral. You are now on New Bridge Road which will bring you onto Blackfriars Bridge. Before the bridge, on your left, you will see "The Blackfriar" pub



with its fine mosaics and ironwork - a building whose neighbours were demolished to make way for the railway line immediately behind it. The name "Blackfriar" refers to the colour of the robes of the Dominican Order of Preachers who established a friary on and around that site in 1276.

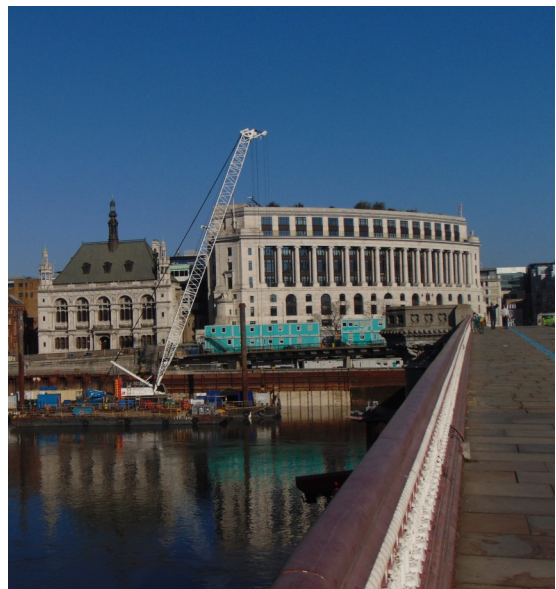


The Crowne Plaza hotel building on your right, across the road, has a sign on it saying it was built on the site of the Henry VIII's Bridewell Palace (wikipedia.org/wiki/Bridewell_Palace) (another palace he purloined from Cardinal Wolsey (wikipedia.org/wiki/Thomas_Wolsey)).

King Edward VI turned it into an orphanage and women's prison and later the whole site became a large prison and, by the eighteenth century the word "Bridewell" had become synonymous with any large prison. The Bridewell Prison (londonlives.org/static/Bridewell.jsp)

extended beyond the site of the hotel and on to the plot on the corner that is now occupied by the world HQ of Unilever – it is the grand pillared and curved building to the left (wikipedia.org/wiki/Unilever) . It was built in 1930 and is still in use by





the company, today.

Cross onto the bridge and continue south onto Blackfriars Road. At the bridge's end you will notice a small garden to your left. This is the Rennie Garden (named after the engineer John Rennie ([wikipedia.org/wiki/John_Rennie_the_Elder](https://en.wikipedia.org/wiki/John_Rennie_the_Elder))), who built the original Waterloo Bridge ([wikipedia.org/wiki/Waterloo_Bridge](https://en.wikipedia.org/wiki/Waterloo_Bridge)) and designed both the original Southwark Bridge and the former London Bridge. In 1790, on the roof of the first steam driven corn mill, built on this site by Rennie, Henry Aston Barker ([wikipedia.org/wiki/Henry_Aston_Barker](https://en.wikipedia.org/wiki/Henry_Aston_Barker)) painted a 360 degree scene called 'London from the Roof of Albion Mills' (artcollection.culture.gov.uk/artwork/1222/), and described it as a panorama – the first panorama, ever recorded

with that name. John Rennie died at his home in Stamford Street (close to this spot) in 1821 and in 1862 the Corporation of London secured the preservation of this garden, through an Act of Parliament, for the use of the public for ever. It is the only garden owned by the City Corporation that is south of the river.

Cross over to the right-hand side of the road and continue until you reach Christ Church, Blackfriars (christchurchsouthwark.org.uk/), on your right. Before entering the church grounds, note the tall building further down Blackfriars Road on your left, looking like two large glass boxes stacked untidily one on the other. This is the HQ of Transport for London. The location is interesting as it is the site of the original Surrey Chapel that relocated to the plot now occupied by Oasis (we will visit this site in Stage 6). It was opened in 1783, funded by dissenting philanthropists



such as the Methodist, Selina, Countess of Huntingdon ([wikipedia.org/wiki/Selina_Hastings,_Countess_of_Huntingdon](https://en.wikipedia.org/wiki/Selina_Hastings,_Countess_of_Huntingdon)). When asked why it was a round building, the Chapel's founder, Rowland Hill, is said to have remarked that it prevented the Devil from hiding in any corners. Hill ([wikipedia.org/wiki/Rowland_Hill_\(preacher\)](https://en.wikipedia.org/wiki/Rowland_Hill_(preacher))), having a strong interest in inoculation, established one of the most effective vaccination boards in London at Surrey Chapel



(something we all still have an interest in!). He was buried, at his own



request below the pulpit, but was later re-buried below the Lincoln Memorial Tower of the successor chapel on Kennington Road. Surrey Chapel, though primarily used as a Nonconformist chapel, was eventually used for various religious and social purposes, including by the Primitive



Methodists ([wikipedia.org/wiki/Primitive Methodism in the United Kingdom](https://www.wikipedia.org/wiki/Primitive_Methodism_in_the_United_Kingdom)) for a time, eventually ending up as a boxing ring and gym.

As you enter the church grounds, pause to study the church which was rebuilt after the war like so many other churches we have encountered. The parish here is a small, multicultural one that reflects the area well. The parish are working hard to find ways to serve the local community better, have used their



offices and other smaller rooms for community groups and local charities and services and are preparing innovative ways to reach out into what is a rapidly changing population.

Go to the left of the church and continue through the gardens until you reach Colombo Street where you turn right, cross over the junction with Paris Gardens and on to Meymott Street. Turn right here, cross Hatfields and eventually enter Roupell Street. As you pass through this area you will note some properties that look like ex-council housing, on the corner with Colombo Street to your right, then down Hatfields to the left and beyond the railway line, where you can see

tower blocks, and the houses on the left as you enter Roupell Street, itself. These were all part of the Octavia Hill Estate ([wikipedia.org/wiki/Octavia Hill](https://www.wikipedia.org/wiki/Octavia_Hill)), owned and managed for the Church Commissioners. In 2005 these properties were all sold off by the Commissioners despite a huge local protest. It was argued that the Commissioners should consider the Church's charitable aims rather than pursue maximum profits from the sale, but they believed that it was their duty to get the most gain, under charity rules. Local residents were assured that their rents and tenure would be secure under the new owners, but no legal rights were won by tenants, and now there are few tenants still paying anything like affordable social rents here. Many have left and many of the properties have been sold and command considerable prices on the open market now.



Continue along Roupell Street, noting the fine Georgian artisan's dwellings (also commanding huge prices now) until you reach Cornwall Road where you turn right and soon reach St Patrick's on the left, which is one of the smallest churches in the Archdiocese of Southwark (which covers all of the south London Boroughs and the whole of Kent). It was built as the chapel of the school but quickly became the local parish church, serving mainly Irish workers and their families as well as providing their children with a good education. It is now looked after by a community of Franciscan Friars whose Chapter House is just across the road, and it is attended by a very mixed, multicultural congregation including many overseas students. It is not a church we would visit on the Unlock Walk in normal times (it's on the first floor and it has no hall) but we can visit it virtually. Of course, we have been assured that, in normal times, the Friars would happily open up their Chapter House to provide walkers with rest and refreshments.



Thinking about Gratitude

One of the things shared by all of the churches we have walked past and visited today is the nature of their congregations. They are all city centre churches located in places where huge populations of mainly office workers pass through and past them from Monday to Friday. At the weekend they are still passed by thousands of tourists. These churches also have a very mixed group of people who live close to them. Traditionally, these city dwellers live mainly in blocks of flats, often living there for relatively short periods of time and are difficult to reach and communicate with. So, the churches serve a different sort of congregation from those found in churches based in the suburbs and smaller towns. Their weekday services are heavily populated by workers who live elsewhere and by tourists. Their resident congregations include permanent residents of the neighbourhood alongside students (many from overseas) short term residents (often, again from abroad), and more tourists.

The presence of the churches and the work they do is really important, bringing a permanence, a strong sense of place and identity, and a home for the Word that would not be found anywhere else. So, the stressed-out office manager can find refuge, peace and support alongside a traveller from the other side of the world and an elderly man whose small flat is now very empty since his wife died. The Chinese student sitting next to the African student became friends through attending services in this church, and the young woman at the front finds her first job in a new city less frightening now that she can attend services here on a regular basis.



On the following pages you will find a factsheet for St Patrick's Church, a reflection, Bible Texts, an Unlock story, a prayer and a selection of activities.

PLEASE DONATE TO SUPPORT UNLOCK'S WORK

- Online via Virgin Giving : http://www.unlock-urban.org.uk/support_donations.php
- By Bank Transfer to Account No: 65031179; sort code: 08-92-50, quoting ref: walk quoting house number and postcode if eligible for Gift Aid
- By cheque to 'Unlock', mailed to: Unlock, 15 Station Road, Rotherham, S60 1HN

Due to COVID 19 the Unlock Office will be running on fairly minimal staffing over the summer of 2021.

Donations via Virgin Giving and Bank Transfer save Unlock money and time, and get the funds into our account much faster. Cheques will take longer to process in the current circumstances.

For this year only, we may not be able to acknowledge individual donations (donations via Virgin Giving will be acknowledged automatically) , as we will have neither the staff nor the necessary details to do so.

**Please be assured that we are more grateful than
we can possibly say for your generous and faithful support.**



ST PATRICK'S CATHOLIC CHURCH

SOHO SQUARE | LONDON



Welcome to St. Patrick's Roman Catholic Church, Waterloo.
We are a fellowship of believers, made in God's image and called as disciples of Christ to share the Good News with everyone through learning, listening, praying and working together actively to reach out to all in our community.

Our core parish members live in and around the Waterloo area and reflect the diverse population here. With the Universities and much student accommodation close by, we have a very active group of young adult worshippers, including a number of overseas students, and, in normal times, our numbers would also include many commuters passing through Waterloo station, next door.

So, our church may be one of the smallest in the diocese, but it serves a varied and richly diverse community. The church does not have a hall, but (again, in normal times) the 11 am Mass on

(where we all bring food to share). In addition to serving the community through the church, two of our Friars here are also Hospital Chaplains at nearby St Thomas' Hospital.

WE ARE A PLACE TO BELIEVE, BELONG, AND BECOME!

The Conventual Franciscans were invited to take over care of the parish of St. Patrick's in 1964 and the Presbytery on Whittlesey Street (opposite) has become the main Curia House for the Order in Great Britain & Ireland. The Order of Friars Minor Conventual was founded by St. Francis of Assisi on 16th April 1209 and their rule was approved by Pope Honorius on 29th November 1223. The word "Conventual" refers to the fact that the friars live together in a "convent" or house, and they are committed to a life of poverty, prayer, teaching and worship while serving the needs of the communities around each of their houses.

St. Patrick's was originally built as a school-chapel, but it soon

became clear that the area needed a Catholic parish church and this little church was the ideal solution.

The Church was designed by the notable Scottish architect F.A. Walters. The main frontage of the church, which is hidden away on Cornwall Road, is in a simplified Neo-Romanesque style and has some nice detail. The church forms part of a school building built in 1897. Original plans for the church drawn up by Walters show that the chapel was proposed to be located on the ground floor, and it is not quite clear why the chapel was subsequently placed on the upper floor. The drawings also show a more ambitious scheme than that realised.

Although the interior of the church could never be described as beautiful, or even typically attractive, it does harken back to an earlier time when Christians would gather in upper rooms and hidden places to avoid persecution. There is something warm and inviting about St. Patrick's - something distinctively Catholic. There is something special about worshipping together in a space that so small and intimate.



Sundays is followed by tea and coffee in the large vestry attached to the church and, with the Friar's House across the road, it is possible to have regular gatherings such as parish meals

St Patrick's (Roman Catholic)
Priest: Fr Rory Doyle OFM Conv.
21a Soho Square, W1D 4NR

Tel: 020 7437 2010
Email: sohosquare@rcdow.org.uk

stpatricksoho.org

Gratitude Reflection

While taking a picture of the Police Station on Snow Hill, a young Australian couple stopped and asked me why I was taking photographs of the building. I was quite surprised to be asked. In London people are always taking photos and I didn't expect this young couple to approach me. But they had, so I told them about the famous coaching inn that had once stood on the site and they stood for a minute, thinking about it, then asked why a coaching inn had been here, down what they regarded as a minor road or even alley. I then had to explain about it once being a major road before they built the Viaduct.

Questions just seemed to multiply with every reply and the simple enquiry blossomed into a bigger discussion that included the church on the corner, the river Fleet and Fleet Street, Smithfield and the Old Bailey. In the end, they thanked me many times and, finally, after offering their gratitude they both agreed that I was very lucky to be living in such a wonderful place that was so steeped in history.

I was left gathering my thoughts and as I prepared to continue my own journey the idea of feeling lucky because of where I lived struck me.

Why was I so lucky living here? Being lucky enough to be able to live in an historical location is good, but I am also lucky to be living in a relatively safe and prosperous place where there is still work and all sorts of benefits, and lucky to have friends and family close by. I am lucky we are not living through a war here, or living in a police state or under an extremist regime, lucky to freely live and worship as a Christian, and so on.

I walked along, listing more and more reasons to feel grateful until I had to stop and walk back to take note of a building I should have been photographing. It felt that being lucky for having

any of those things should have been enough for me to find time to say thank you to God for my good fortune. But it took a couple of curious travellers, questioning me about history to discover how lucky I really was.

Gratitude Prayer

Father creator
we daydream through your creation
and tread lightly around the mess we have made
of it
hoping that the troubles caused by others
do not touch our lives or intrude on our comfort.

I pray that as we open our eyes
to the inequalities around us
and seek to change those negligent actions
that have threatened your world
and help to protect the innocent and vulnerable
I ask you to help us see
all the good around us too,
and help us celebrate and give thanks
for the good fortune we enjoy
taking time to recognise and examine
all the reasons why we are blessed
by your eternal loving gaze
and your generous gifts of love and happiness.

Amen

Ian Smith—Unlock London Walk Team



Unlock Stories:

Good to Know . .

A participant - 'Its good, you know; you come here and wrapped up in your own problems and its good to stop and think about other things. Kind of takes you out of yourself.'

Perfect!

Rev Peter Little, from Nechells, Birmingham, 'I had been talking to people and saying we needed something that used people's stories and then I saw Unlock in the Birmingham Ecumenical News it was like perfect!'



Before the Bench (Birmingham):-

A participant - 'Thank you for what you said about God helping us whatever we are doing today. I'm appearing in court this afternoon!'



From Major Paul McNally,
The Salvation Army, Halifax.

'I've been using your "Experience The Bible" series with a small group of people who attend our free 'community meal' for people on low income.

Today has been the 4th week, and I just wanted to let you know how helpful I find the format and the introductory questions.

It really is an excellent resource, and I'm very grateful to you for compiling it, and making it available free through the internet.

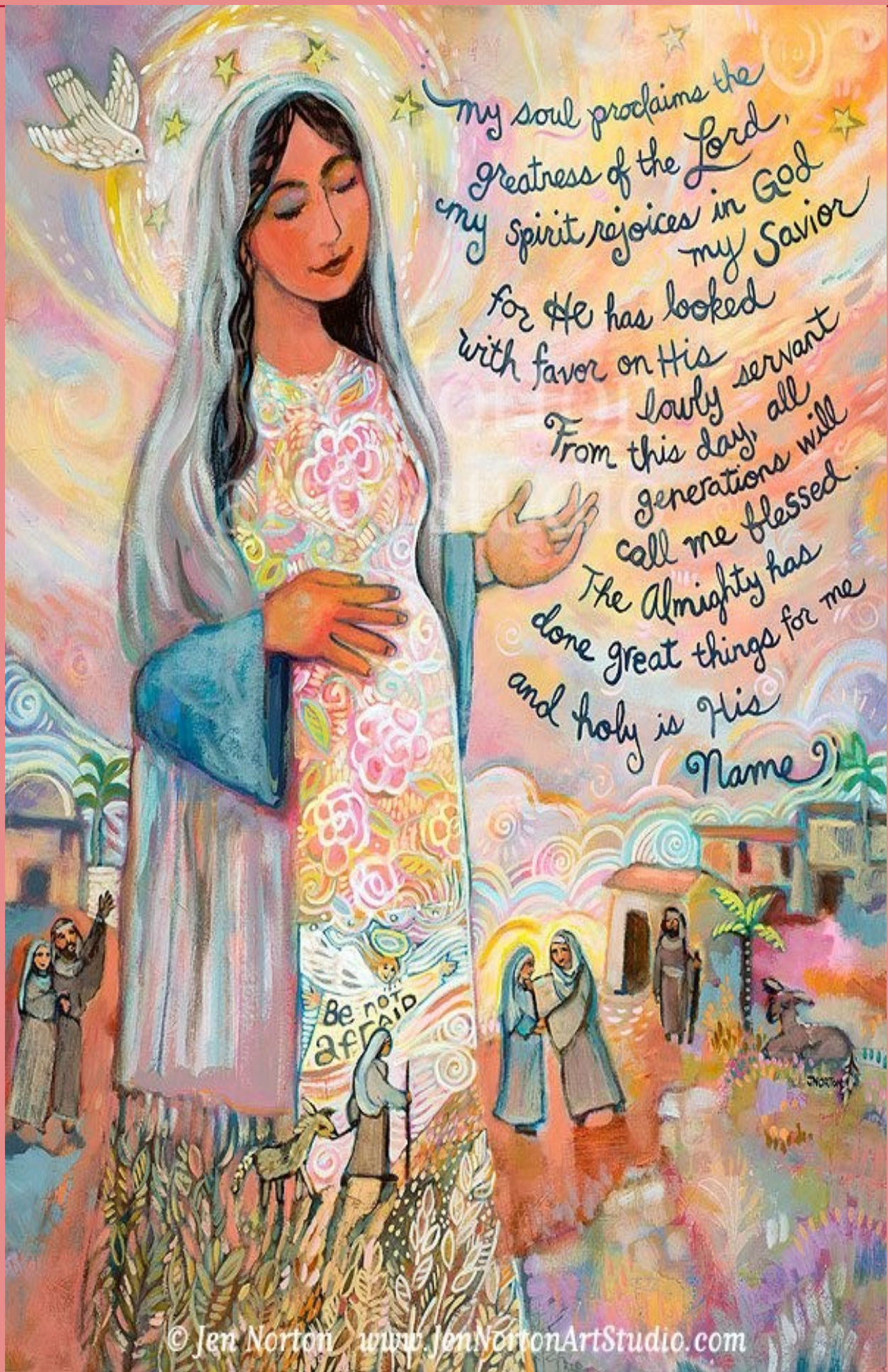
The people who attend do not have a church background, so I spent some time looking for just the right material to use in this new group;

"Experience The Bible" has proved very quickly to be exactly the right material!

Praise God and thank you!



Bible texts on Gratitude



Bible texts on Gratitude

Be joyful always, pray at all times, be thankful in all circumstances. This is what God wants from you in your life in union with Christ Jesus.

1 Thessalonians 5:16-18



Colossians 3:15-17

The peace that Christ gives is to guide you in the decisions you make; for it is to this peace that God has called you together in the one body. And be thankful. ¹⁶ Christ's message in all its richness must live in your hearts. Teach and instruct one another with all wisdom. Sing psalms, hymns, and sacred songs; sing to God with thanksgiving in your hearts. ¹⁷ Everything you do or say, then, should be done in the name of the Lord Jesus, as you give thanks through him to God the Father.

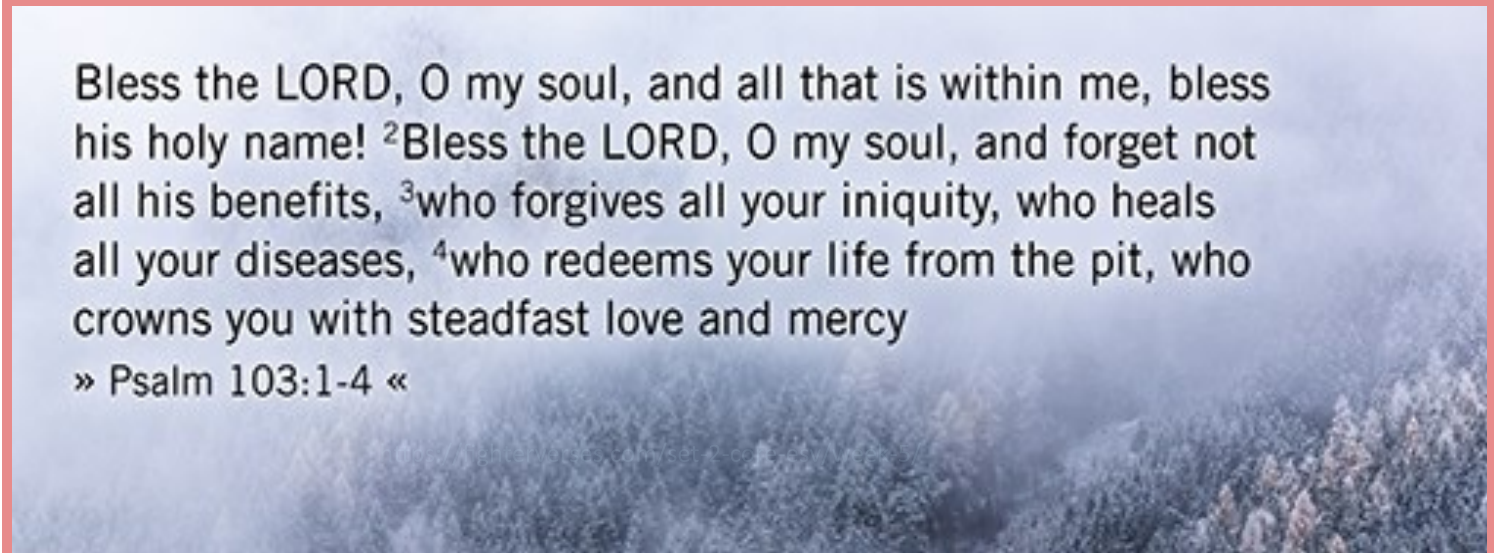
**Give thanks to the LORD,
for He is good. His love
endures forever.**

-Psalm 136:1



Bless the LORD, O my soul, and all that is within me, bless his holy name! ²Bless the LORD, O my soul, and forget not all his benefits, ³who forgives all your iniquity, who heals all your diseases, ⁴who redeems your life from the pit, who crowns you with steadfast love and mercy

» Psalm 103:1-4 «



ACTIVITIES - introduction -- Thoughts along the River

Choose whichever focus appeals to you and start there.

You can visit the others later if you would like to.

Together they provide a helpful way to process the last twelve months and help us look forward.

Welcome!

Take a moment to fetch yourself a cuppa, then come and sit on a virtual bench. This is an opportunity to take a breather.



The River Thames is never far away on this year's Virtual Unlock Walk. It has played a part in the development of many of the areas of London you have and will explore as you follow the route of the Walk. You crossed the Thames on London Bridge, walked along the Northbank and under Southwark Bridge. On the way back to Lambeth you crossed the Thames again on Blackfriars Bridge.



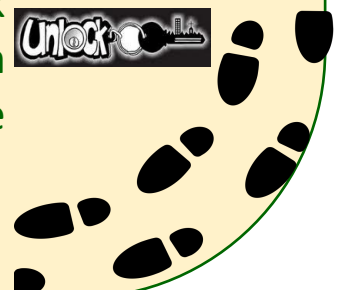
As you enjoy your drink, take your time, breathe in and out slowly. Close your eyes and imagine your bench is on the edge of the river.

What do you notice as you tune into the sounds, smells and sights of the flowing river? How do you feel?

Think about the water flowing past your feet. This river has been flowing since the last Ice Age, over 10 000 years ago.

Turn your head to look down the river to the east. Think about where that fresh water is going – out into the salty North Sea.

Turn your head to look up the river to the west. Think about where that water is coming from – all the way from the Cotswold Hills, through farmland and towns like Reading and Windsor.



ACTIVITY

Imagine you are on your bench. You are still facing down the river. Sit quietly, thinking about the water that has flowed past.

As you acknowledge the difficulties of the past year, lift your gaze. Allow yourself to think about what you are grateful for in the past year.

Look at the following images – which ones remind you of those things? See P17.

One way we were able to express gratitude together with others during the first lockdown was in the weekly 'clap for carers'.

This weekly 'clap for carers' initiative was a small way many people were able to express thanks to key workers. The first time we did this was 8pm on Thursday 26th March 2020.

People up and down the country leant out of their windows or stood by their front doors, thanking NHS workers for their hard work through

the coronavirus outbreak. Thousands of people joined in throughout the UK.

([Moving story behind NHS 'Clap for Our Carers' - and the woman who started it - Mirror Online](#))

Annemarie Plas, 36, from Brixton, London, came up with the idea after seeing something similar in her home country The Netherlands.

She told Mirror Online: "What I've seen in my home country made me look a little deeper into it and I saw the boost that it gave to the frontline and the togetherness it brought to the people that were stuck in their homes.

"The front line is doing their best they can, being exposed to the virus. We are 'safe' at home and of course finding that challenging, but it is in no way as hard as what they are doing.

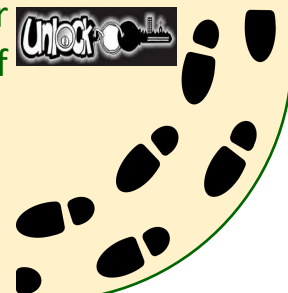
I want them to know that we are behind them and feel so grateful of them doing that for us."¹

Listen to **this song** by Jonathan and Melissa Helser - Find Me

(youtube.com/watch?app=desktop&v=YVpBKjHmJ8U)

As you listen, draw around your hands.

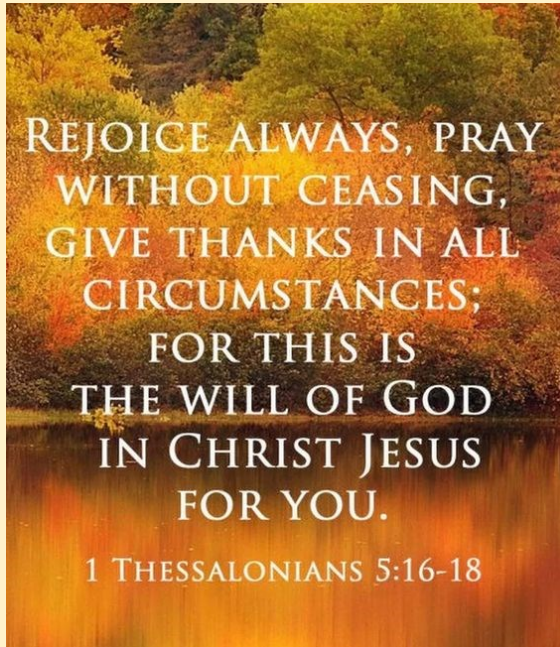
On each finger or thumb write what or who you are grateful for (if you run out of fingers, draw around your hands again!).



ACTIVITY

As you followed the route for this year's Unlock Walk, what did you notice that made you smile, encouraged you or prompted a "Thank you!" to Father God?

Add these things to your 'Hands of Gratitude' – you will almost certainly need to draw round your hands again now!!



As followers of Jesus, we are repeatedly called by Scripture to be thankful. Here are just a couple of examples:

Be joyful always, pray at all times, be thankful in all circumstances. This is what God wants from you in your life in union with Christ Jesus.

1 Thessalonians 5:16-18

Since you have accepted Christ Jesus as Lord, live in union with him. Keep your roots deep in him, build your lives on him, and become stronger in your faith, as you were taught. And be filled with thanksgiving.

Colossians 2:6-7

ACTIVITY

Take your 'Hands of Gratitude'.

Slowly read everything you have written on them.

What would you like to add?

Cut around your 'Hands of Gratitude'.

Hold them high above your head and as you wave them declare the last four lines of Psalm 103:

*Praise the LORD, you strong and mighty angels,
who obey his commands, who listen to what he
says.*

Praise the LORD, all you heavenly powers, you servants of his, who do his will!

Praise the LORD, all his creatures in all the places he rules.

Praise the LORD, my soul!

Finally, create a poster by gluing your 'Hands of Gratitude' onto coloured card or paper.



ACTIVITY

Let's express our thankfulness and praise to Father God by declaring Psalm 103 aloud. You may want to stand up from your virtual bench to do this:

Praise the LORD, my soul!

All my being, praise his holy name!

Praise the LORD, my soul, and do not forget how kind he is.

He forgives all my sins and heals all my diseases.

He keeps me from the grave and blesses me with love and mercy.

He fills my life with good things, so that I stay young and strong like an eagle.

The LORD judges in favour of the oppressed and gives them their rights.

He revealed his plans to Moses and let the people of Israel see his mighty deeds.

The LORD is merciful and loving, slow to become angry and full of constant love.

He does not keep on rebuking; he is not angry forever.

He does not punish us as we deserve or repay us according to our sins and wrongs.

As high as the sky is above the earth, so great is his love for those who honour him.

As far as the east is from the west, so far does he remove our sins from us.

As a father is kind to his children, so the LORD is kind to those who honour him.

He knows what we are made of; he remembers that we are dust.

As for us, our life is like grass.

We grow and flourish like a wild flower; then the wind blows on it, and it is gone - no one sees it again.

But for those who honour the LORD, his love lasts forever, and his goodness endures for all generations of those who are true to his covenant and who faithfully obey his commands.

The LORD placed his throne in heaven; he is king over all.

Praise the LORD, you strong and mighty angels, who obey his commands, who listen to what he says.

Praise the LORD, all you heavenly powers, you servants of his, who do his will!

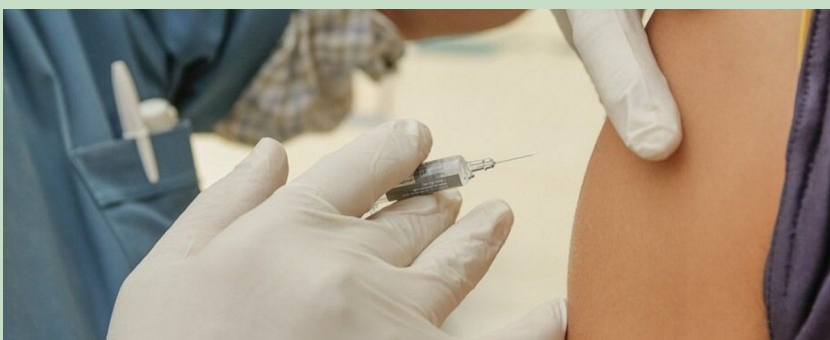
Praise the LORD, all his creatures in all the places he rules.

Praise the LORD, my soul!



Wow! Does that feel good?





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12	Psalms 136 1	source unclear
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