



Reflection on Loss

The St Magnus Way from Evie to Birsay may well have been tough, especially if the weather made it more difficult.

The theme for the section was “Loss” and the questions with which we began were:

What have been the most significant losses in my own life?

How have these losses shaped my identity and my expectations of life?

What am I afraid of losing and why?

What new insights on the Way have helped me respond to loss?

How has walking this part of the Way helped to reflect on these questions?

Some pilgrims may find it helpful to say a prayer at the end of the day’s journey.

Prayer:

Lord God, you know the losses that I bear and for which I grieve.

As I walk on today, help me to know your gentle healing so that painful loss melts into calm acceptance and past sorrow is transformed into future hope.

Amen.