

# St Philip Howard Pilgrimage Day



**Saturday 27th September**

**9am to 4pm**

Join the Friends of Arundel Cathedral for a pilgrimage day in honour of St Philip Howard to pray and reflect on his life and witness, and on our own journey through life.

St Philip Howard spent 11 years incarcerated in the Tower of London because of his Catholic faith until his death in 1595. He was canonised as one of the 40 Martyrs of England and Wales in 1970 and his body was moved from the Fitzalan Chapel in Arundel Castle to the newly created Shrine in Arundel Cathedral.

The day will start with Mass at St Catherine's Church, Beach Road, Littlehampton, followed by a Pilgrim Blessing. The walk will start at 9.45 and we will walk along the footpath on the west bank of the River Arun from Littlehampton, where St Philip Howard was arrested, to his Shrine in Arundel Cathedral. Distance 6.5 miles. Level walk, no stiles. Lunch stop and Prayer at 12.15 at St Andrew's, Ford. Please bring a packed lunch and wear suitable clothes. Sorry no dogs. You can join for all or any part of the Pilgrimage Day – Mass at St Catherine's at 9am, Prayer at St Andrew's Ford, at 12.15, Benediction in the Cathedral at 3pm or join the walk at Ford. The day concludes with tea and cake in the Cathedral Centre. Lifts back to Littlehampton can be arranged.

All welcome – individuals and families

**For more details please contact Lindsey Stratford on 01903 884567**

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THE FRIENDS OF  
ARUNDEL CATHEDRAL

Honorary Presidents HG The Duke of Norfolk & The Bishop of Arundel & Brighton