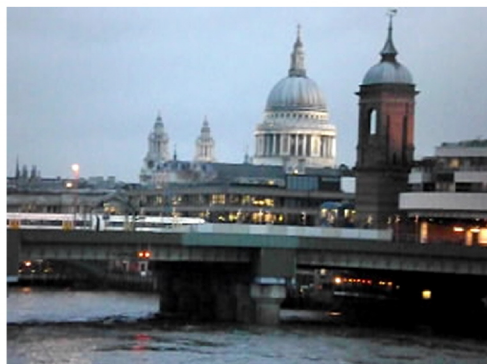




"Walking is a major part of my life, in my job, in my spare time, but most importantly, in my spiritual life. I want to use my walking as a means of highlighting my own faith in God, but also the work of the Church throughout the community, that God can and does use each and everyone of us with different gifts. If we let Him. God Bless". Philip Catherall.

## Postman walks 4,000 miles in his spare time. For Jesus.

I have been a postman for over 20 years, so you might think that I get tired of walking. On the contrary! Since 2015, I have been doing walks in my spare time. It started on my holidays when I walked from Bangor to Caernarvon and back. But after a while I started to walk on my days off. I have done walks in various parts of the country, as well as more local walks. I have walked to Blackpool (5 times), Lancaster, Huddersfield, Glossop and back, Stalybridge and back, Ashton-under-Lyne and back, Southport and back, Liverpool and back (4 times), Chester (twice), Northwich and back (twice), Blackburn and back and Tarleton (Lancashire) and back.



I have done walks around Dundee, Edinburgh and Glasgow, including walking from Edinburgh to Loch Lomond. I have done walks around Newcastle and Northumberland, including walking from Carlisle to Newcastle. I have walked around Suffolk, Dorset, Kent and North Devon. I have also walked around Pembroke, Porthmadog and North Wales, including walking from Atherton to Holyhead.



For you have delivered me from death and my feet from stumbling, that I may walk before God in the light of Life. Psalm c.56 v.13

### Postman walks from Atherton to London.

Between Monday 25th February and Friday 9th March 2019, I embarked on my most adventurous walk. From Atherton to London via Northwich, Stoke-on-Trent, Rugeley, Birmingham, Coventry, Rugby, Northampton, Milton Keynes and Watford. While I was walking through Coventry, I decided to visit the ruins of the old cathedral that had been destroyed during the Blitz. As I stood in front of the Altar and saw the words "Father Forgive", I knew that this walk was worth it, just to see that. I went through a lot of pain on that walk. But the pain of the residents of Coventry during the blitz and the pain that we all go through in our lives, and most importantly, the pain that Jesus went through. To see those words "Father Forgive", echoing what Jesus said on the cross. God helped me through that walk and is helping me and you through the walk of life.



Atherton to London in 9 days (269.44 miles)

By Philip Catherall



Altar:  
Coventry  
Cathedral

The scars are still visible as a constant reminder to the people of Coventry, but it is also a symbol of hope.

Forgiveness is only possible with God's help.



This is me and my animated self outside Bamburgh Castle. See more of my walking journey on Facebook and YouTube.