



Photo: C Ruxton

St Mary's Church

The church is now the only complete Medieval church in Shrewsbury. It dates from Saxon times and has beautiful additions from the 12th-Century onwards. Inside, the atmosphere is peaceful with the soaring stone arches giving way to the church's great treasure - its stained glass.

Shrewsbury Prayer Trail

A contemplative walk around the town's heritage, with opportunities for reflection.

Where next?

Quantum Leap

**Hallowed hall
or hubris?**

Or what if

**Self-conscious
preen**

**And honest
work, both**

**Could be my
worship**

For today?

There are panels in glorious colour including the world-famous 14th-Century 'Jesse window' filled with figures of Old Testament kings and prophets, and scenes from the life of St Bernard - a Medieval cartoon strip that shows him ridding flies from an abbey, riding a mule and curing the sick.

