



Pilgrimage Guide

Introduction

Welcome to our pilgrimage



A pilgrimage allows us to share time together as we walk, grow and learn more about each other and God. As we get to know each other on this journey, we also have time to reflect and respond to questions about faith.

What is a pilgrimage?

Very simply, a pilgrimage is a spiritual journey. It will sometimes be to a place of significance or importance, but it can also be in a local area. Reaching a final destination will be part of that goal, but what we experience or encounter on the way will probably be of greatest importance.

This is a Christian-based pilgrimage, so we come from a point of faith, but if you are of different faith or no faith at all you are equally welcome.

Start by considering: how do you feel as the journey begins?

Are we prepared for challenge, change or inspiration on the way?

Let's start this journey together – who knows what we might discover!

Although the guide has four sections that have been designed to work together for a full day's walk, it is also adaptable. You can choose sections that are most appropriate for your group and focus on these. Some groups will prefer more silence when they are walking, whilst others will want to spend more time getting to know each other. The length of each section, the breaks and the location of the walk can be considered beforehand to make sure everybody can be included.

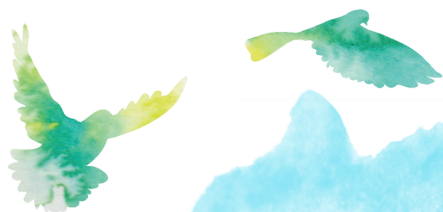
There are a selection of prayers and Bible verses below that may be helpful to take with you on your pilgrimage.

The Lord's prayer

Our Father in Heaven, hallowed be your name, your Kingdom come, your will be done, on earth as it is in Heaven. Give us today our daily bread. And forgive us our sins, as we also have forgiven those who sin against us. And lead us not into temptation, but deliver us from the evil one. For yours is the Kingdom and the power and the glory for ever. Amen.

A section of St. Patrick's Breastplate, A Prayer for Protection

I arise today,
through God's strength to pilot me,
God's might to uphold me,
God's ear to hear me.
Lord, the sea is wide
And my boat is small.
Be with me.



Genesis 28:16 –

‘Surely the Lord is in this place, and I was not aware of it.’

Job 29:2,3 –

‘How I long for the months gone by, for the days when God watched over me, when his lamp shone on my head and by his light I walked through darkness.’

Psalms 23:4 –

‘Even though I walk through the darkest valley, I will fear no evil for you are with me; your rod and your staff, they comfort me.’

Hebrews 11:1 –

‘Now faith is confidence in what we hope for and assurance about what we do not see.’

Psalms 65:8 –

‘The whole earth is filled with awe at your wonders; where morning dawns, where evening fades, you call forth songs of joy.’



Section 1



What is section 1 about?

As we walk and journey together, you will learn more about yourself and your fellow pilgrims. This section offers an opportunity to share who you are and also ask questions about your travelling companions.

Creative

Take a selfie with someone you are journeying with or a team photo of the whole group.

Be sure to ask for permission before taking any photos of others.

Look up

Spend time individually or collectively acknowledging the beauty of the space around you.

What five things can you see?

What four things can you hear?

What three things can you feel?

What two things can you thank God for in creation?

What one emotion are you feeling?

Stop and give thanks to God for giving you this time to go on a pilgrimage and for the beauty of his creation. Remember we are all made by him, you are his creation and he loves each of us.

Chat

Find somebody who ...

has won a race	has met somebody famous	has ridden a horse	has a tattoo
likes to sing	plays a sport	has needed stitches	has a nickname
has been to church recently	likes to cook	plays a musical instrument	is left-handed
enjoys reading	was born in December	has had a pet	loves the snow

Questions that you might want to ask your fellow pilgrims at the beginning of your journey:

- If you were to sum yourself up in three words, what would those words be?
- Who would you like to meet from history?
- Who has had a significant impact on your life?
- What is one of your proudest moments in life so far?

Is there anything else you would like to share about yourself with your fellow pilgrims?

Write or draw any thoughts in the space below.

A large, empty rectangular box with a green border, intended for writing or drawing thoughts.

Section 2

What is Section 2 about?

In this section we have the opportunity to share some of our spiritual journey with our fellow pilgrims. Whether we are strong Christians or still not sure about what our faith journey looks like, it's good to share and learn from each other to discover and grow.

Chat

Suggested discussion questions you might want to ask fellow pilgrims to help explore and understand their spiritual journey.

- When you hear the word 'God', what do you think of?
- Would you call yourself a person of faith?
- Have you ever prayed? If so, why, and how did that feel?
- Who do you think that Jesus might have been?

Creative

Think about some words, maybe a song, poem or quote, that has helped you in a spiritual sense. You may want to read or play this to the group as you walk.

Exploring the bag

You will find items in a prepared bag that might promote some thoughts or ideas that you could share with other people as you walk along.

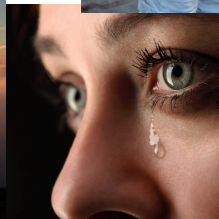
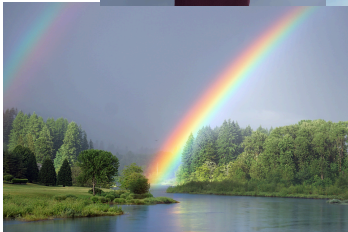
Hopefully some items will set you thinking on a deeper spiritual level, and help you to think about your understanding of God.

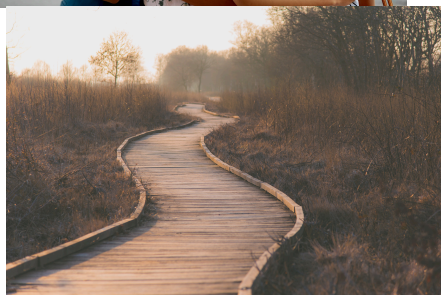
Images

On the middle pages you will find a section of images.

- Which would you choose as the one that represents most closely your current stage on your journey of faith?
- Which have your fellow pilgrims chosen, and why?

☐ LOST
☒ FOUND





Section 3

What is Section 3 about?

This is the part of the pilgrimage where we travel on our own. It is a time to take a break from conversation and words. As we walk for the next part of our journey, it is an opportunity for each of us to be open for God to speak to us through nature,. As we make a conscious effort to be at peace, to reflect and to be quiet, we allow God to speak to us through our surroundings.

Reflect

Questions you might want to ask yourself and reflect on whilst completing this section.

- Do I struggle with silence, or is it something I look forward to?
- Imagine Jesus is walking beside you now. What questions would I ask him?
- What do I expect to notice as I walk?
- What have I heard today so far that needs further reflection and thinking?



Creative

Take some photographs on your phone of things that relate to the topics below:

- What symbolises hope to you?
- What inspires you?
- Find something that reflects the beauty of God's creation to you.

Pause and listen to God

Father God, as I spend time with you and listen with my heart, I am ready to listen and feel deeply, whatever you are saying to me.

As I breathe and walk and feel and think, I thank you that you are with me – in my mind and body, and in my steps towards knowing you more. Amen.

What is God telling me that I can take away from this time?



Section 4

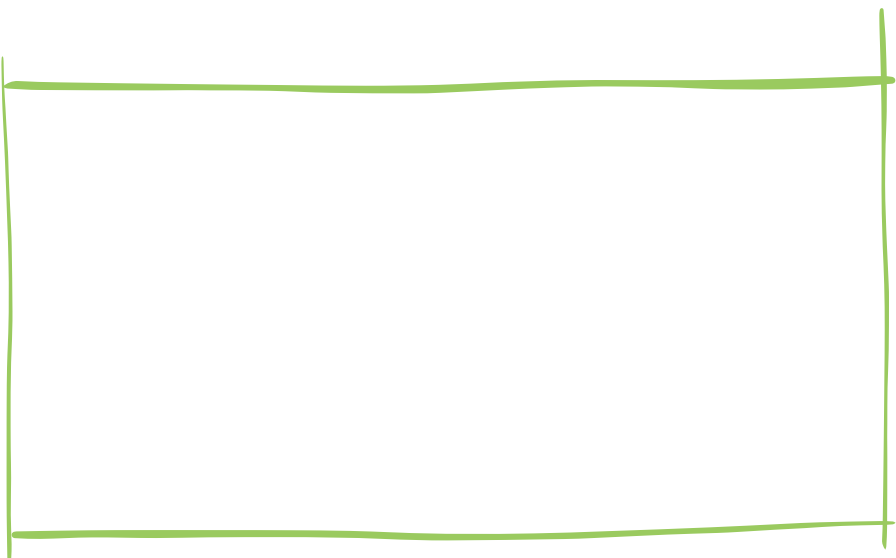
What is Section 4 about?

This part of the walk is where we think about people in recovery, including ourselves. We celebrate victories, consider what we can do to improve our recovery and how we support others through life's struggles. Finally, we also find time to remember those people who have held a special place in our lives, but who are no longer with us.

Part 1 - Celebrate!

Take some time to think about and celebrate the victories in your life and the lives of others around you.

You may want to write some of these victories in the space below and to keep it and remember the small as well as the bigger wins.

A large, empty rectangular box with a green border, intended for writing about victories.

Part 2 Work In Progress

What am I working on myself? What three things do I need to work on in my life to improve my ongoing journey?

- 1.
- 2.
- 3.



Creative

Place a stone with others to build a cairn – leave it as a permanent marker of a significant place in your journey, or as a place of remembrance as you symbolise laying down a burden, remembering a significant person or something else special to you.

Part 3 Supporting Others

Think about some people you are supporting, praying for or are journeying with who are struggling in some way at the moment.

Part 4 Remembering

Take some time to think about those who you have journeyed with in the past who are no longer with us.

Use the opportunity to hang an environmentally friendly marker in a significant place to remember those you are praying for, supporting or have lost. You may want to write their name on a stone, plant a few seeds or hang a few biodegradable memory tags.



Ideas to continue journeying after the pilgrimage

This journey of pilgrimage could be the start of something new for you on your faith journey. Here are some helpful activities you could use every day to keep you in a relationship with God.

Things you might want to do in your daily life relating to the four sections from the pilgrimage

- If possible, choose one or more friends who will meet with you regularly to keep you accountable regarding your faith journey.
- Read one prayer each day from the prayer booklet or any other resource you can find.
- Take a quiet, contemplative walk once a week.
- Think of one thing you can do that will help you in your recovery today.

Creative ideas

You may like to try and start a journal that you can use creatively to express your thoughts and explore your ongoing journey.

Find some time in the day to spend in quiet contemplation, prayer or reading.

Try to make this a regular feature of your day.

Dear God,

We thank you that you walk with us daily.

We thank you that on our pilgrimage with you that you will never leave us or forsake us. In the mountain top experiences you are there, and in the valleys we find you too. When we can't feel your presence, when you seem silent, when we feel lost or confused, you are still there.

Lord please speak to us, please refresh us, please fill us with your love as we walk your way. Amen.

May the road rise to meet you.

May the wind be always at your back.

May the sun shine warm upon your face.

May the rain fall softly on your fields.

Until we meet again, may God hold you in the hollow of his hand.

Gaelic Blessing



Notes

Notes

Stamps for pilgrimage stops
