

1. PILGRIMAGE page 6-8

Session Outcome: Pilgrims understand that pilgrimage is about becoming ever more aware of God in our lives. When we consciously go 'on pilgrimage' we make a deliberate choice to become more aware of the presence of God.

SONG: Servant Song

Richard Gillard

Brother, Sister let me serve you
Let me be as Christ to you
Pray that I may have the grace
To let you be my servant, too

We are pilgrims on a journey
We are travellers on the road
We are here to help each other
Walk the mile and bear the load

I will hold the Christ light for you
In the night-time of your fear
I will hold my hand out to you
Speak the peace you long to hear

I will weep when you are weeping
When you laugh I'll laugh with you
I will share your joy and sorrow
Till we've seen this journey through

SCRIPTURE: Luke 24:13-35

The Road to Emmaus: When we journey as pilgrims, we see things more clearly and can feel the movement of God in our lives.

PRAYER: The Pilgrim's Vision

Harold W. Button

The Living see beyond themselves and their own desires.
The Living see the basic needs and hopes of others as the same as their own.
The Living know that even 'dead people walking' can turn away from Death
toward Life.

The Living recognise and practise a community of Life.
The Living know good and evil tendencies are in every human being.

The Living practice repentance and forgiveness.

The Living are peacemakers.

The Living seek justice for all.

The Living are informed by history.

The Living see beyond their generation into the future.

The Living seek the same opportunity for others that they seek for themselves

The Living respect, conserve and share the resources of the Earth.

The Living serve the spirit of love.

The Living would rather build than destroy.

The Living seek truth instead of lies and illusions.

The Living choose trust over suspicion.

The Living celebrate life:

In the smile of a child,

in the touch of hands,

in the sharing of food and drink,

in the healing of the sick,

in the unique quality of each individual person,

in shared laughter,

in shared work,

in the beauty and sternness of nature,

in song, dance and story.

GROUP ACTIVITY: Experiencing Pilgrimage

INPUT FOR DISCUSSION: Each of us is on a journey, seeking and searching in our life. Pilgrims seek to be aware of God in the day to day of life. The journey of a pilgrim is an 'inside/outside' journey. We physically travel and move seeking an understanding and insight into the inward path. Pilgrims journey with 'open' senses – they are especially aware and especially conscious of the presence of God. The journey is not only about the destination, but the preparation, the process and the return. Labyrinths are an ancient design used for prayer and meditation. Pilgrims have always travelled to holy sites to encounter the sacred and to renew their faith. When the Crusades and the plague made pilgrimage to the Holy Land almost impossible, Labyrinths came into use as a pilgrimage-in-place. Pilgrims could engage in the same kind of prayer journey without leaving their native land. With the challenges and concerns of our busy lives, the Labyrinth offers a way to journey in faith, to find stillness and rest.

ACTIVITY: Either visit a Labyrinth nearby or create one using string/stones in the design shown. Take some time to clear your mind, to relax before you walk. Weather permitting, you may wish to remove your shoes. Move at your own pace. Be open to inner promptings to pause, to slow down and to pass others. Do what feels natural. Maintain silence throughout your walk, for your benefit and for the sake of others. You might like to contemplate a phrase, song or piece of scripture as you walk (a nice scripture for this activity is Psalm 84:5 *Blessed are they who find their strength in You, whose hearts are set on pilgrimage*).

As you enter the Labyrinth, you begin the first of three stages of your walk. This is a time for releasing, letting go of the cares and concerns that keep you distracted and stressed. As you reach the centre, you are open to a deeper awareness. Stay in the Centre as long as you like, do what feels natural. You might like to sit or stand, meditate or sing. This is a place for clarity and insight. Receive what is there for you. As you prepare to leave the Labyrinth, take time for gratitude and for integrating this experience into your life. This part of the walk is the path of joining God, bringing back to the world a renewed vision, a refreshed spirit.

REFLECTION: Spend some time writing and reflecting on this activity experience. Use the following questions to help guide your reflection:

1. What were you most aware of on the 'outside' as you walked?
2. What were you most aware of on the 'inside' as you walked?
3. What awareness did you have that you would like to take with you?



TOOL FOR THE JOURNEY: Journals

Journaling is a process and skill that helps us reflect and pray. It can be really helpful to take time to reflect and pray after being surrounded by 1000's of people and being so busy. If it seems difficult, just put pen to paper without thinking too much – and see what comes! There are no rules, so you can draw and write in any way, language or style you feel comfortable with at the time. Journaling is all about expressing yourself. It helps us reflect on how the external experiences are connected to our inner journey and honours all the moments we recognise as precious.

Each pilgrim receives or makes a book to use as a journal on WYD11. Pilgrims can decorate the outside of their journal and write their favourite thought provoking quotes, reflection questions, prayers or Bible verses to guide reflection on WYD11. They can also create specific reflection pages to help them integrate WYD11 in their lives at home (use symbols/pictures/photos of family, work, parish etc on different pages leaving space for thoughts/feelings/experiences during WYD11 that they would like to 'bring home').

You can use questions to initiate your reflection. When asking a reflection question, be as simple as possible. After you have given your initial answer, it is often helpful to ask yourself the question a second and third time to encourage deeper reflection. Remember it is a tool for reflection; the purpose is not finding an answer to the question, but entering the reflection process.

Example Reflection Questions:

1. This week (at WYD11), when have you felt confident and in touch with your strengths?
2. What holds you back from being present on this journey?
3. What feeling was hard to feel today? Why?
4. What have you learned about yourself today? How?
5. Where have you experienced God today?
6. Where have you physically travelled today?