

A Guide for planning your pilgrimage

Consider these different modes of travel:

1. **Walking**
2. **Cycling**
3. **Public transport**
4. **Private transport**

Reaching out:

Before the pilgrimage, invite a non-Christian friend/family or a Catholic friend who does not go to church very often.

- Ask God to open your heart to see who He might be inviting to come along with you.
- Offer a prayer for the person you will be inviting/have invited.

During the pilgrimage, ask God for opportunities to reach out within and outside the group.

Ask your parish priest if the group could be blessed at a morning Mass prior to the start of the pilgrimage.

Consider yourself as the fourth wise man (a story that adds to the traditional number of wise men) setting out on pilgrimage to pay homage to the Messiah. He was the wise man who could not complete this journey; he was constantly delayed and interrupted on his journey because he was attentive to the cries of people and stopped to tend to their needs. The fourth wise man was mindful of the situations around him. **We invite you to be that fourth wise man during your pilgrimage by being mindful of the presence of God in all things and pray for people passing you by.**

Please visit our resourceone.wix.com/yom16 for resources to help you on your pilgrimage.



For longer pilgrimages, you may want to make stops for more people to join you at various stages of the journey.

Things you can do:

- Pray the rosary or Divine Mercy chaplet – consider a person you wish to reconcile with and pray for that intention.
- Partner up with someone for a short conversation and share about an incident in which you were grateful for God's goodness towards you or share one of the five scriptures you had meditated on as you prayed the rosary. Speak to at least five persons in your group.
- Make 3 stops at bus stops, coffee shops, 7-Eleven stores, or petrol stations. Pray for someone in the silence of your heart with either a prayer of blessing or a prayer to know Jesus. You might want to make mercy-pilgrim gift cards and give out along your journey. (Download cards from resourceone.wix.com/yom16)



Plan a few stops along the way to give yourselves the opportunity to reach out.

- Partner up with someone for a short conversation and share about an incident in which you were grateful for God's goodness towards you.
- Make 1-3 stops at different places. See the options given for those making the pilgrimage on foot or bicycles.



- Pray the rosary or Divine Mercy chaplet – consider a person you wish to reconcile with and pray for that intention.
- Share about an incident in which you were grateful for God's goodness towards you.
- Make a stop at petrol station or coffee shop. See the options given for those making the pilgrimage on foot or bicycles.



Why pilgrimage?

The word “pilgrim,” derived from the Latin peregrinum, conveys the idea of wandering over a distance, but it is not just aimless wandering. It is a type of meaningful movement or journey which takes place in doing, feeling and believing. It is a journey with a purpose, and that purpose is to honor God.

Just like the pilgrims from the early centuries, we modern pilgrims also leave our homes

and comforts in order to journey to sacred places. We can come away inspired and transformed by it in some way. Going on pilgrimage may give a new sense of awareness and wonder or a greater sense of our purpose as Christians or it may be meaningless. It is entirely up to the pilgrim. The physical pilgrimage is a symbol of the spiritual pilgrimage we are on that is the interior pilgrimage towards finding ourselves in loving relationship with

God. Each day we have the opportunity to encounter Jesus through suffering, joys, relationships, and through every aspect of our human experience. May this pilgrimage help you be mercy-minded in your journey of life and rediscover the joy of being received by God our Father.

Preparation for the pilgrimage

Pope Francis says that to be capable of mercy, we must first dispose ourselves to listen to the Word of God.

1. Build some silence into our days.
2. Pay more attention to the Word of God proclaimed in the liturgy.
3. Consider your own need for mercy. Ask God for mercy and open yourself to receive God's mercy, freely given in abundance.
4. Practise the ancient way of praying with the scriptures known as Lectio

5. Participate in the Sacrament of Reconciliation.
6. We prepare ourselves by asking God for deeper understanding of what mercy is in our relationship with Him.
7. Refer to page 4 for guide to planning your pilgrimage.

Mercy in Hebrew is ‘hesed’ and ‘eleos’. The former evokes the idea of goodness with

someone in mind ie in the context of a relationship. Eleos is the outward manifestation of compassion. The word is used of God who is rich in mercy (Eph2:4). Eleos expresses God's will to save those who not only stand in need of his mercy, but are unworthy of it. The mercy of God is a concrete reality of His love, indicating his action towards us. Love by its nature is concrete.

At the Door of Mercy

End the journey with all the pilgrims walking through the Door of Mercy of the respective churches in prayer. As you proceed from the outer gate of the church to the Door of Mercy, recite the prayer of Pope Francis for the Year of Mercy or the Magnificat. The door serves as a symbol of God's everlasting mercy and his constant invitation to return home to him. Jesus is the ‘door’, the way to salvation. Make your return to God the Father recalling “Sacrifice to God is a broken spirit, a broken, contrite heart you never scorn” (Psalm 51:17).

1. As you are passing through the Door of Mercy, pray: “May we enter your presence as humble worshipers. From here, may we go forth as instruments of reconciliation to a troubled world.”*
2. *“Jesus reveals the nature of God as that of a Father who never gives up until he has forgiven the wrong and overcome rejection with compassion and mercy...the Father is always presented as full of joy, especially when he pardons.”***
 - a. In the light of Jesus’ passion, death and resurrection to show us the Father’s love for us, we confess our sins in prayer – sins of commission and omission.
 - b. We ask for mercy by making resolutions
 - i) about our sins and
 - ii) to become bearers of the Father’s mercy.
3. Write down these resolutions and place them at the foot of the altar. Your prayers will be offered up at Mass.

* http://jubileemercy.org/pdf/PartII_YearOfMercyHolyDoor

** Take from Misericordiae Vultus #13