

Muintearas Íosa sa Bhaile

Wednesday 18 June 2020

KEEP THE HOME FIRES BURNING 🔥🔥🔥

Pilgrimage Edition



Hello everyone, I can't help but think about the fact that under normal circumstances we would be travelling to Lourdes today. It's been such a hugely positive part of our experience of Youth Ministry in the Diocese and has proved to us time and again that young people are full of generosity, kindness, fun and faith. This week I will focus on the theme of Pilgrimage and hope that I inspire you to do something to mark what should have been our pilgrimage week. Email: aoife.walsh@limerickdiocese.org Mobile: 0852527465. Stay Safe everyone x

WHAT IS A PILGRIMAGE?



- A journey with a spiritual purpose to a place of religious significance
- A spiritual journey within which is achieved by a physical journey outward
- A time of surrender – we leave behind the world we know and enter a different space, trusting that we will find meaning along the way
- A chance to be a participant; a pilgrim not a passenger – a pilgrimage is intentional, we decide to participate, it doesn't happen by accident
- A time of encounter with God, with ourselves and with others - we don't choose our companions, the right people are placed on our path and we experience community and connection through our shared experience

WHY DO PEOPLE GO ON PILGRIMAGE?

Dear God, please help me to pass my exams. Amen

TO REQUEST A FAVOUR 🙏

TO LEARN MORE ABOUT MYSELF

TO OFFER THANKS

THANK YOU! 🙌

Dear God, Thanks for keeping my Nana healthy and well. Amen

TO FULFIL A VOW OR PROMISE

Promise me you'll go to Lourdes one day!!

TO LEARN MORE ABOUT MY FAITH and CONNECT WITH GOD

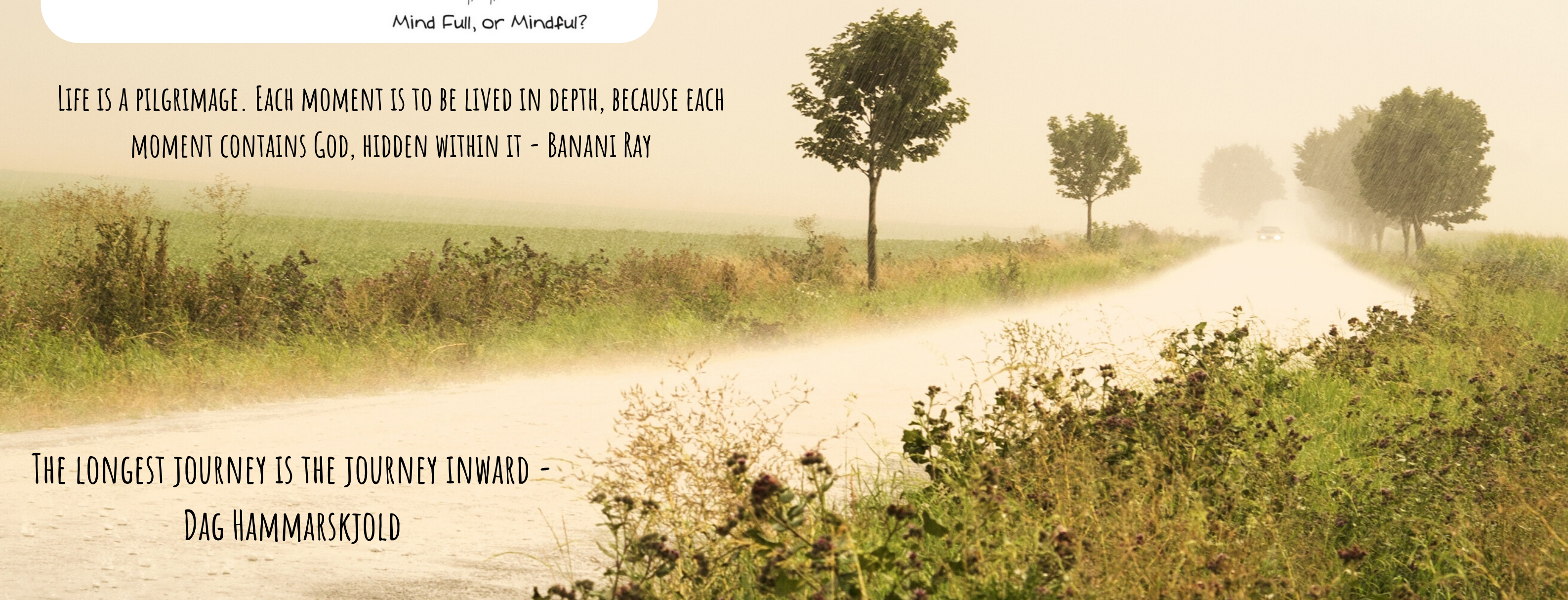
TO TAKE TIME OUT FROM BUSY LIVES

Mind Full, or Mindful?

For most people a pilgrimage offers a chance for spiritual growth, to deepen our understanding of ourselves, to discover meaning and purpose and to explore and strengthen our relationship with God.

LIFE IS A PILGRIMAGE. EACH MOMENT IS TO BE LIVED IN DEPTH, BECAUSE EACH MOMENT CONTAINS GOD, HIDDEN WITHIN IT - BANANI RAY

THE LONGEST JOURNEY IS THE JOURNEY INWARD -
DAG HAMMARSKJOLD



HOW TO PLAN YOUR OWN PILGRIMAGE WALK!

Step 1 Choose a destination - We are blessed to have so many places of religious significance in Limerick City and County. A few options to choose from could include, St Patrick's Well in Limerick City, The Monastic Site in Mungret, the Grotto in Cratloe Parish, Our Lady of Limerick in St. Saviours Parish, the Franciscan Friary in Askeaton, the Holy Cross at Knockfierna or maybe you could walk the Green Way to Rathkeale or Abbeyfeale. Every parish in this Diocese has a Holy Well or a Shrine, Monastic Site, Graveyard, Church or Grotto so if you would like to see what holy sites are in your area check out www.limerickdioceseheritage.org.

Step 2 Pick a day and time and think about maybe inviting some friends or family to join you (remember to adhere to social distancing guidelines)

Step 3 Make sure you have plenty of water, sunscreen/rain coat, maybe some snacks and essentially some good walking shoes!! If you're walking in the country side check to make sure that you're using public right of way paths and not on private land. Be sure to close gates if there are animals and do not leave rubbish behind you!!



Step 4 Before you set out take a moment of silence to think about why you want to take this journey. Who are you doing it for? Is there someone you would like to pray for in particular, some special intention you have or some reason you want to give thanks to God. Look around you and pick up a stone / pebble from the ground. Hold it in your hand and read one of the Pilgrimage Prayers. Carry the stone with you on your journey.

Step 5 Whenever you stop for water or a break, hold the stone in your hand. The stone symbolises the weight we all carry and it will remind you of why you are walking. It will also help you to feel connected to God and his final journey as he carried his cross to Calvary. Pray one of the prayers on the sheet and as you begin to walk again try to be mindful of each step, notice the things around you; the hills, trees and hedges. Listen to the birds, feel the heat of the sun (hopefully) warming you. Stop and smell the flowers, try to be mindful and fully present in the moment, living fully and savouring each step and each breath.

Step 6 When you reach your destination, take a moment to sit and be still. Take your stone and hold it in your hand. Pray for your intention and finish your journey by laying the stone on the ground and praying a final prayer from the sheet. You have laid your burden at God's feet, you don't have to carry it anymore. You should leave your pilgrimage walk feeling lighter, trusting that God has heard your prayer.

SOME THINGS TO BE AWARE OF!!!

A pilgrimage is very different to a package holiday! On a package holiday you can choose your companions and have cocktails by the pool every night. Here are some of the other differences between the two;

Package Holiday



Pilgrimage



A PILGRIM NEVER COMPLAINS! WHEN FACED WITH CHALLENGES THEY SIMPLY SAY "THANKS BE TO GOD!"

FR. FRANK FAHY (BALLINTUBBER ABBEY)



PILGRIMAGE PRAYER SHEET



DATE

DESTINATION:

TODAY I PRAY FOR:

TODAY I WALK WITH:

The Pilgrim's Prayer - Janice Freeman

*I am a pilgrim upon the way, a thousand longings whisper through my day
I seek that peace beyond a prayer.....Hold me quiet till I am there.
Into your stillness...oh let me rise, On wings of healing far into Your eyes
Where my deepest wounds are bound with care. Hold me quiet till I am there.
Oh I will run and not be weary I will walk without fear
There is a place that waits within me And in the quiet I will find God there. Amen*

The Celtic Heart

We're all on a journey through life, for some this is a spiritual journey, we're not tourists but pilgrims in search of the Holy, we journey to be together, we journey to escape, we journey to grow up, we journey to experience, we journey to change things, we journey to find ourselves, we journey to come home. But until we find our home in You our journey is incomplete. We are people of the way searching for landmarks for our heart's journey. Listening to the voice of the Spirit. Listening to the voice of the soul. Give us the courage to continue to journey inwards. To journey we must travel, to find you we must lose ourselves. Be a light for our path and help us to step out in courage, step out in faith, step out in love and help us always to walk in your footsteps. Amen

Prayer of Thomas Merton

My Lord, God, I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. Nor do I really know myself, and the fact that I think that I am following your will does not mean that I am actually doing so. But I believe that the desire to please you does in fact please you. and I hope that I will never do anything apart from that desire. And I know that if I do this you will lead me by the right road though I may know nothing about it. Therefore will I trust you always though I may seem to be lost and in the shadow of death. I will not fear, for you are ever with me, and you will never leave me to face my perils alone.

The Prayer of the Pilgrim (Ballintubber Abbey)

Lord make us the prophets of our times, pilgrims not wayfarers. May each day begin with prayerful preparation, opening our hearts to a spirit of loving repentance. Make us aware, that although individuals we travel with others. Help us to keep vigil with you in that holy place within the heart. May each event and meeting of the day be Eucharist leaving behind something of ourselves in sacrifice so that we can celebrate and exult with joy, determined to allow Christ be reflected in us more and more thus heralding a new age of hope and joy and freedom. Amen

Birth is a Beginning - Rabbi Alvin I. Fine

Birth is a beginning, And death a destination.
And life is a journey: From childhood to maturity
And youth to age; From innocence to awareness
And ignorance to knowing; From foolishness to discretion
And then, perhaps, to wisdom; From weakness to strength
Or strength to weakness - And, often, back again;
From health to sickness And back, we pray, to health again;
From offence to forgiveness, From loneliness to love,
From joy to gratitude, From pain to compassion,
And grief to understanding - From fear to faith;
From defeat to defeat to defeat - Until, looking backward or ahead,
We see that victory lies Not at some high place along the way,
But in having made the journey, stage by stage, A sacred pilgrimage.
Birth is a beginning And death a destination.
And life is a journey, A sacred pilgrimage - To life everlasting.

BE THOU A SMOOTH WAY BEFORE ME, BE THOU A GUIDING STAR ABOVE ME,
BE THOU A KEEN EYE BEHIND ME, THIS DAY, THIS NIGHT, FOR EVER. AMEN

Prayer of John Henry Newman

May God support us all the day long 'Til the shades lengthen and the evening comes and the busy world is hushed, when the fever of life is over and our work is done, then in his mercy may he give us a safe lodging a holy rest and peace at last. Amen

