

2020

NWI CAMINO

MINI WALK GUIDE



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YOUNG ADULT
MINISTRY
Diocese of Gary

MINI WALKS



Hello Dear Pilgrims,

If we have learned anything from Covid-19, is that we are called to be flexible. We had originally planned for a two day pilgrimage, staying overnight, and having more time to get to know our fellow pilgrims. We couldn't do that this year. But, because of that change, we were able to create something new. Mini Walks are designed to help you prepare for the longer, NWI Camino on Saturday as well as possibly offer a chance to meet your fellow pilgrims.

This guide has content for three Mini Walks. You decide what a Mini Walk looks like for you. It might be around your block, someplace through town, at a local park, or anywhere else. You also decide how long you want to walk. You can walk alone, or connect with a pilgrim to walk with you.

We will provide you with some prayers and reflection questions that you can contemplate during your Mini Walk. Feel free to use these as you see fit. Use this as a way to physically and spiritually prepare for the NWI Camino.

Peace and all goodness,
Vicky Hathaway
Ministry Consultant for Youth and Young Adult Ministry



The first step of any pilgrimage is listening to a call to the journey.

Often, there is a yearning to experience something more, something deeper, something new. The pilgrim may not know what lies on the road or what they may experience. They just know they have received a call to find new meaning in daily life and to leave something behind. How are you being called?



PEREGRINO, ¿QUIÉN TE LLAMA? PILGRIM, WHO IS CALLING YOU? BY EUGENIO GARIBAY BAÑOS

I
Polvo, barro sol y lluvia
es Camino de Santiago
Millares de peregrines
y mas de un millar de años

Peregrino, quien te llama?
Que fuerza oculta te atrae?
Ni el Campo de las Estrellas
ni las grandes catedrales

No es la bravura Navarra,
ni el vino de los riojanos
ni los mariscos gallegosni
los campos castellanos

II
Peregrino, Quien te llama?
Que fuerza oculta te atrae?
Ni las gentes del Camino
Ni las costrumbes rurales

No es la historia y la cultura
ni el gallo de La Calzada
ni el palacio de Gaudi,
ni el Castillo Ponferrada

III
Codo lo veo al pasar,
y es un gozo verlo todo,
mas la voz que a mi me llama
la siento mucho mas hondo.

La fuerza que a mi me empuja
la fuerza que a mi me atrae,
no se explicarla ni yo
Solo el de Arriba lo sabe!

I
Dust, mud, sun and rain
are the Camino de Santiago.
Thousands of pilgrims
and more than a thousand years.

Pilgrim, Who calls you?
What mysterious force draws you here?
Not the Field of Stars
nor the great cathedrals.

Not the beauty of Navarra,
nor the wine of Rioja
not the seafood of Galicia,
nor the fields of Castilia.

II
Pilgrim, Who calls you?
What mysterioius force draws you here?
Not the people of the Camino
nor their rural customs.

It is not the history and the culture,
nor the rooster of Calzada
not the palace of Gaudi,
nor the Castle of Ponferrada.

III
All these things I see in passing,
and they are all a great joy,
but the voice that calls me
fills me with an even greater feeling.

The force that compels me,
the force that draws me here
I cannot explain:
Only the One above knows!

SCRIPTURE



The Call of the First Disciples.

Matthew 4:18-22

As he was walking by the Sea of Galilee, he saw two brothers, Simon who is called Peter, and his brother Andrew, casting a net into the sea; they were fishermen. He said to them, "Come after me, and I will make you fishers of men."

At once they left their nets and followed him. He walked along from there and saw two other brothers, James, the son of Zebedee, and his brother John. They were in a boat, with their father Zebedee, mending their nets. He called them, and immediately they left their boat and their father and followed him.

Unity in the Body

Ephesians 4:1-6

I, then, a prisoner for the Lord, urge you to live in a manner worthy of the call you have received, with all humility and gentleness, with patience, bearing with one another through love, striving to preserve the unity of the spirit through the bond of peace: one body and one Spirit, as you were also called to the one hope of your call; one Lord, one faith, one baptism; one God and Father of all, who is over all and through all and in all.



REFLECTION QUESTIONS

In the poems by Eugenio Garibay Baños, he asks "Pilgrim, who calls you?" Pilgrim, who is calling you to this journey?

How are they inviting you?

What are they saying?

How are you answering the call?

PRAYER



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 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 I have that desire in all that I am doing.
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.

Thomas Merton



MINI WALK: EXPERIENCE

During our pilgrimage, it is important to fully be present to the experience. The journey demands our attention to focus on so many things: how we physically feel, how much water we have left, which road to take, what the scenery looks like, how God is speaking to us. Pilgrimages are not races, marathons, or sprints. It is not a competition. Rather, pilgrimages call us out of our normal lives and gives us this time to reflect, listen, and just be.



THE SUMMER DAY BY MARY OLIVER

Who made the world?

Who made the swan, and the black bear?

Who made the grasshopper?

This grasshopper, I mean-

the one who has flung herself out of the grass,

the one who is eating sugar out of my hand,

who is moving her jaws back and forth instead of up and down

who is gazing around with her enormous and complicated eyes.

Now she lifts her pale forearms and thoroughly washes her face.

Now she snaps her wings open, and floats away.

I don't know exactly what a prayer is.

I do know how to pay attention, how to fall down

into the grass, how to kneel down in the grass,

how to be idle and blessed, how to stroll through the fields,

which is what I have been doing all day.

Tell me, what else should I have done?

Doesn't everything die at last, and too soon?

Tell me, what is it you plan to do

with your one wild and precious life?



SCRIPTURE

The Appearance on the Road to Emmaus

Luke 24:13-35

Now that very day two of them were going to a village seven miles from Jerusalem called Emmaus, and they were conversing about all the things that had occurred. And it happened that while they were conversing and debating, Jesus himself drew near and walked with them, but their eyes were prevented from recognizing him. He asked them, "What are you discussing as you walk along?" They stopped, looking downcast. One of them, named Cleopas, said to him in reply, "Are you the only visitor to Jerusalem who does not know of the things that have taken place there in these days?" And he replied to them, "What sort of things?" They said to him, "The things that happened to Jesus the Nazarene, who was a prophet mighty in deed and word before God and all the people, how our chief priests and rulers both handed him over to a sentence of death and crucified him. But we were hoping that he would be the one to redeem Israel; and besides all this, it is now the third day since this took place. Some women from our group, however, have astounded us: they were at the tomb early in the morning and did not find his body; they came back and reported that they had indeed seen a vision of angels who announced that he was alive. Then some of those with us went to the tomb and found things just as the women had described, but him they did not see."

And he said to them, "Oh, how foolish you are! How slow of heart to believe all that the prophets spoke! Was it not necessary that the Messiah should suffer these things and enter into his glory?" Then beginning with Moses and all the prophets, he interpreted to them what referred to him in all the scriptures. As they approached the village to which they were going, he gave the impression that he was going on farther. But they urged him, "Stay with us, for it is nearly evening and the day is almost over."

So he went in to stay with them. And it happened that, while he was with them at table, he took bread, said the blessing, broke it, and gave it to them. With that their eyes were opened and they recognized him, but he vanished from their sight. Then they said to each other, "Were not our hearts burning [within us] while he spoke to us on the way and opened the scriptures to us?" So they set out at once and returned to Jerusalem where they found gathered together the eleven and those with them who were saying, "The Lord has truly been raised and has appeared to Simon!" Then the two recounted what had taken place on the way and how he was made known to them in the breaking of the bread.



REFLECTION QUESTIONS

Along your journey, consider the following questions and take a moment to look at and notice these things. We can quickly pass by them, but on pilgrimage, we are challenged to stop and appreciate the little moments on the journey. With each of these, take time to pray to God and express gratitude. Also consider what emotions or thoughts you experience when you notice these things:

- How do you feel as you journey from your home or starting point to the destination?
- Are you excited, tired, uncertain, prayerful, indifferent, or anxious?
- Upon starting on your journey, what things do you initially notice?
- Take a moment to be still in silence and consider four of the five senses:
 - What sights do you see?
 - What sounds do you hear?
 - What do you smell?
 - How does the space feel to the touch?
- What imagery do you notice in this space?
- How will you remember this space? Is there a particular image, prayer, message, or person that you will use to commemorate this experience?

Adapted from WYD USA Pilgrimage Prayer Guide



PRAYER

Canticle of the Sun, St. Francis of Assisi

Most High, all-powerful, all-good Lord, All praise is Yours, all glory, all honour and all blessings.

To you alone, Most High, do they belong, and no mortal lips are worthy to pronounce Your Name.

Praised be You my Lord with all Your creatures,
especially Sir Brother Sun,
Who is the day through whom You give us light.
And he is beautiful and radiant with great splendour,
Of You Most High, he bears the likeness.

Praised be You, my Lord, through Sister Moon and the stars,
In the heavens you have made them bright, precious and fair.

Praised be You, my Lord, through Brothers Wind and Air,
And fair and stormy, all weather's moods,
by which You cherish all that You have made.

Praised be You my Lord through Sister Water,
So useful, humble, precious and pure.

Praised be You my Lord through Brother Fire,
through whom You light the night and he is beautiful and playful and robust and strong.

Praised be You my Lord through our Sister,
Mother Earth
who sustains and governs us,
producing varied fruits with colored flowers and herbs.
Praise be You my Lord through those who grant pardon for love of You and bear sickness and trial.

Blessed are those who endure in peace, By You Most High, they will be crowned.

Praised be You, my Lord through Sister Death,
from whom no-one living can escape. Woe to those who die in mortal sin! Blessed are they She finds
doing Your Will.

No second death can do them harm. Praise and bless my Lord and give Him thanks,
And serve Him with great humility.

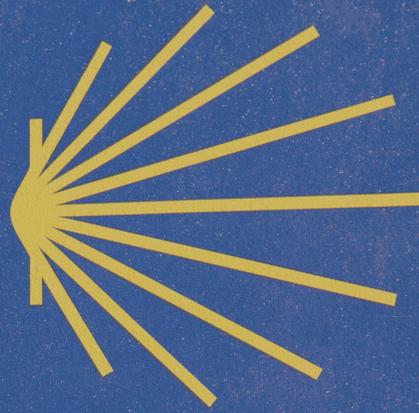


MINI WALK: PRAYING WITH FEET

It's often said that going on a pilgrimage is "praying with your feet."

It is a way to use all of your senses and experiences to physically engage with God through prayer. It's inviting God into every part of the journey. From waking up, to putting on shoes, and from taking that first step, it's all prayer on a pilgrimage. Each step we take is one more in the direction God is calling us. The hills and valleys, sunny days and monsoons, smooth pavement and large potholes are all part of that journey. Where will your feet take you?

PILGRIM'S PRAYER



From the Codex Calixtinus--12th Century

God, You called your servant Abraham from Ur in Chaldea,
watching over him in all his wanderings,
and guided the Hebrew people as they crossed the desert.

Guard these your children who, for the love of your Name, make a pilgrimage
to Compostela.

Be their companion on the way,
their guide at the crossroads,
their strength in weariness,
their defense in dangers,
their shelter on the path,
their shade in the heat,
their light in the darkness,
their comfort in discouragement,
and the firmness of their intentions;
that through your guidance, they may arrive safely at the end of their journey
and, enriched with grace and virtue,
may return to their homes filled with salutary and lasting joy.

SCRIPTURE



The Lord's Prayer

Luke 11: 1-4

He was praying in a certain place, and when he had finished, one of his disciples said to him, "Lord, teach us to pray just as John taught his disciples."

He said to them, "When you pray, say:

Father, hallowed be your name,
your kingdom come.

Give us each day our daily bread
and forgive us our sins

for we ourselves forgive everyone in debt to us,
and do not subject us to the final test."



REFLECTION QUESTIONS

what is your favorite way to pray?

What might make it difficult to pray or hear God in your life?

What is your first memory of prayer?

What do you need to tell God right now?

PRAYER



The Magnificat

My soul proclaims the greatness of the Lord,
my spirit rejoices in God my Savior
for he has looked with favor on his lowly servant.
From this day all generations will call me blessed:
the Almighty has done great things for me,
and holy is his Name.

He has mercy on those who fear him
in every generation.
He has shown the strength of his arm,
he has scattered the proud in their conceit.

He has cast down the mighty from their thrones,
and has lifted up the lowly.
He has filled the hungry with good things,
and the rich he has sent away empty.

He has come to the help of his servant Israel
for he remembered his promise of mercy,
the promise he made to our fathers,
to Abraham and his children forever.