

2020

# NWI CAMINO



## PILGRIM GUIDE

---



[garyoyya.org/nwicamino](http://garyoyya.org/nwicamino)



**YOUNG ADULT  
MINISTRY**  
Diocese of Gary

# NWI CAMINO SCHEDULE



St. Mary Catholic Church, Crown Point to Our Lady of Grace Catholic Church, Highland  
11 miles • 4 – 6 hours, depending on stops

Use this day as an opportunity to pray, walk with fellow pilgrims, and allow yourself to be open to what God is trying to speak to you. This is a long walk and while that means your feet will be tired when you arrive at Our Lady of Grace, you will also have more opportunities for laughter, storytelling, fellowship with friends, quiet time with the Lord, whatever you need it to be. You'll pass by the historic Crown Point Courthouse Square, the southern trailhead of the Erie-Lackawanna Trail, the Lake County Government Complex, walk under U.S. 30, downtown Griffith, Griffith High School, and Highland High School before arriving in downtown Highland and arriving at our host "alburgue," Our Lady of Grace. There are a limited number of portable restrooms along today's route, so pilgrims may need to find local businesses or gas stations to use the bathroom.

**7:30-8:00 AM:** Check-in at St. Mary, Crown Point

**8:00 AM:** Welcoming briefing and commission prayer by Bishop Robert McClory

**8:20 AM:** Begin Pilgrim walk

**Around 3:00** or when all pilgrims arrive at Our Lady of Grace, Highland, we will do a closing prayer. There is no formal dinner planned, but pilgrims are free to socialize safely.

Along the way, there will be pilgrim resting spots with volunteers providing water, prayer, and fellowship. Lunch will be provided thanks to support from St. Mary in Crown Point.



# ABOUT THE CAMINO DE SANTIAGO...

According to tradition, after Pentecost, St. James the Apostle spread the Gospel message to Spain, where he was welcomed and loved. St. James returned to the Middle East after evangelizing in Spain. When he died, his remains were said to have been brought back to Spain and lost at sea. In 813 AD, St. James' remains were discovered by a hermit called Payo or Pelayo. He was drawn to the location of the saint's remains when he saw a great field of stars in the sky (the name "Compostela" comes from the Latin for "Star Field"). According to legend, the casket holding St. James' remains was protected by scallops.

Once word spread that the remains of St. James the Apostle were found, pilgrims started making the journey to venerate them. In the early 12th century, the first Cathedral was built over the site of the tomb. Pilgrim routes began to be formalized and monks from France and Spain began establishing houses of hospitality for pilgrims to stay in on their journey.

Since then, the popularity of the Camino de Santiago has varied over time, but pilgrims continue to be drawn to the Way of St. James. In the past 30 years, there has been a particular growth of interest in the amount of pilgrims traveling on the Camino. St. John Paul II visited Santiago in 1982 and 1989, which drew attention to the ancient pilgrimage route.

While the pilgrims may be living in the 21st century, they are still called to walk in the same way as those pilgrims who walked before them. Pilgrims are required to walk and collect stamps on their "Credencial Del Peregrino," or pilgrim passport, to prove they walked the distance they said they did. They are also encouraged to purchase a scallop shell and have it on their person as an outward sign that they are a true pilgrim. And upon arriving in Santiago, they head to the Pilgrim's Office to receive their Compostela, or document proving that they completed their Camino journey.

This Northwest Indiana Camino is inspired by the Camino de Santiago, and we will try to emulate many of the same traditions. St. James, patron of pilgrims, PRAY FOR US!



### **About the Pilgrim Passport...**

The Pilgrim Passports you will receive in Crown Point have boxes that need to be stamped! Look for special stamp stops along your walk. At these stops, someone will place a stamp in your passport. Upon completion of your walk, you will show your passport at Our Lady of Grace to receive your Compostela.

### **About the Compostela...**

When you arrive at Our Lady of Grace, you will receive a custom-designed certificate of completion that we call a "Compostela," because that's what the pilgrims along the Camino de Santiago in Spain earn. Like they do at the Cathedral of Santiago de Compostela, we will ask to see your pilgrim passport, looking for your stamps that prove you made the journey! Our NWI Camino Compostela was designed by Jason Yurechko, a graphic designer and parishioner of Nativity of Our Savior, Portage.

# ABOUT THE WALK...



Most of the walk takes place along the Erie-Lackawanna Trail, a mostly-flat biking and walking path that follows an old railroad. The trail is tree-lined, well-marked, and scenic. The walk itself should be what it needs to be for you: if you are looking for some alone time with the Lord, that's great! Or connect with some others that are walking about the same pace and share stories. The path is well-marked, so you shouldn't fear getting lost if you fall behind a pack. Take your time and enjoy the journey!

In the event you should need assistance, our hospitality guide never too far away, with our friendly team that includes a first aid-trained assistant. A contact phone number will be provided in Crown Point.

To assist pilgrims along the walk, utilize the custom NWI Camino Google Map. Get it here: <https://bit.ly/NWICaminoMap2020> . It includes restrooms, important turns, stamp stops, etc.



# COVID-19 CONSIDERATIONS

Your safety is our number one priority. We have a few guidelines to help keep you as safe as possible while on the Camino.

- Aside from using bathrooms, **all of the activities will be outside** where it is easier to social distance (be at least 6 feet apart).
- Pilgrims are asked to wear masks while inside parish buildings. Masks are also requested whenever social distance is not possible. **Please bring your own mask.**
- Pilgrims are also asked to self-screen themselves before coming to the NWI Camino.
- **A pilgrim should stay home if:**
  - they have had close contact with an individual infected with Covid-19 within the last 14 days.
  - they have had close contact within the last 14 days with an individual suspected of being infected with Covid-19, including individuals exhibiting Covid-19 symptoms.
  - they themselves are currently experiencing, or have experienced in the past 14 days, fever, cough, or shortness of breath.
  - they traveled to an area that is under a Level 2, 3, or 4 travel advisory by the U.S. State Department.
- **When walking on the trail, pilgrims are asked not to crowd each other and to give each other 6 feet of space.**
- **Pilgrims should wash their hands** frequently or use hand sanitizer especially before eating or after touching a hard surface. We will have hand sanitizer available at all of the stops along the way, but pilgrims should feel free to bring their own.



# OTHER THOUGHTS...

## **About eating...**

Lunch will be provided (we will take sandwich orders) at the third stamp stop and light refreshments will be served at Our Lady of Grace. Pilgrims should plan accordingly. Pilgrims should pack trail mix, nuts, fruit, granola bars, etc. in their backpacks for sustenance. It is essential that pilgrims drink plenty of water. Please consider bringing a refillable water bottle. There are a few water fountains on the trail, and water is provided at OLG. Water will also be provided at each of the stamp stops.

## **About costs along the way...**

The NWI Camino is presented absolutely free for young adults, thanks to the generosity of St. Mary in Crown Point through a grant from the Center for Congregations and thanks to the hospitality of the youth ministry program at Our Lady of Grace. To help defray the costs associated with this event (printing, signage, etc.), pilgrims are asked to prayerfully consider making a freewill offering. Pilgrims should budget for their any additional meals as well (ice cream is always a good treat during the pilgrimage).

## **About transportation...**

The NWI Camino is a one way trip, so all pilgrims will have to make arrangements to get themselves from Crown Point and/or Highland during the weekend. The most ideal and fastest option is to have a friend or loved one drop you off in Crown Point and pick you up in Highland. If this is not an option, OYYA will make freewill rides available back to Crown Point Saturday afternoon. Pilgrims using this service are invited to make a donation that will be used to defray program expenses. Pilgrims should note that because of a very limited number of volunteer drivers, the wait time in Highland may be prolonged. Pilgrims may also choose to utilize smartphone ride-share services Uber and Lyft, both of which operate in NW Indiana.

## **Contact info...**

If you have any questions, contact the Diocese of Gary Office for Youth & Young Adults: Vicky Hathaway, [vhathaway@dcgary.org](mailto:vhathaway@dcgary.org) or 219-613-6846.



# WHAT TO BRING/WEAR

Every pilgrim knows that one thing that cannot be overlooked is their gear. Consider the things you may really need along the trail. What is really important? What will aid you along your way? Here we've organized a suggested gear list. Take what you want, add to it, leave things off. This is your journey.

☐ **Backpack:** Your backpack is your most important piece of gear (aside from your shoes). Make sure the backpack is comfortable. If you already have a backpack that you think you want to use, pack it, and then take a walk. See if it fits well on your back. We suggest bringing a back with hip strips, to help distribute the weight of the bag.

☐ **Shoes to hike with:** Train wearing the same shoes you are going to wear. The NWI Camino is mostly flat and paved. Training in your shoes will help break them in and will lessen your chances of getting blisters. Don't wear a new pair of shoes. You will get blisters.

☐ **Shoes to relax in:** bring a change of shoes to wear when you get to Our Lady of Grace. Sandals will help air your feet and give your shoes a rest, but wear whatever you feel comfortable in.

☐ **Clothing:** Make sure that you are comfortable walking long distance in your choice of clothing.

☐ **Hiking socks:** Love your feet! Wear socks made for long distance hiking. Most sporting goods stores stock hiking socks. Merino wool socks are recommended by experienced hikers. Usually, merino wool socks that are aired out overnight are ready to be worn the next day, but it is recommended that you have a spare pair in case your first pair of shoes gets wet.

☐ **Basic first aid kit/blister bandages:** If you are not used to walking long distances in one day, you might need blister bandages. At the first signs of irritation, stop what you are doing and tend to your feet. Also, you might not end up using them, but your fellow pilgrim may need one.

☐ **Weather-related items:** Bring a hat and/or wear sunglasses. If you see that it might rain, bring a poncho (that's big enough to go over your pack to keep it dry too). Wear sunscreen.

☐ **Water Bottle**

☐ **Extra food** if you would like it.

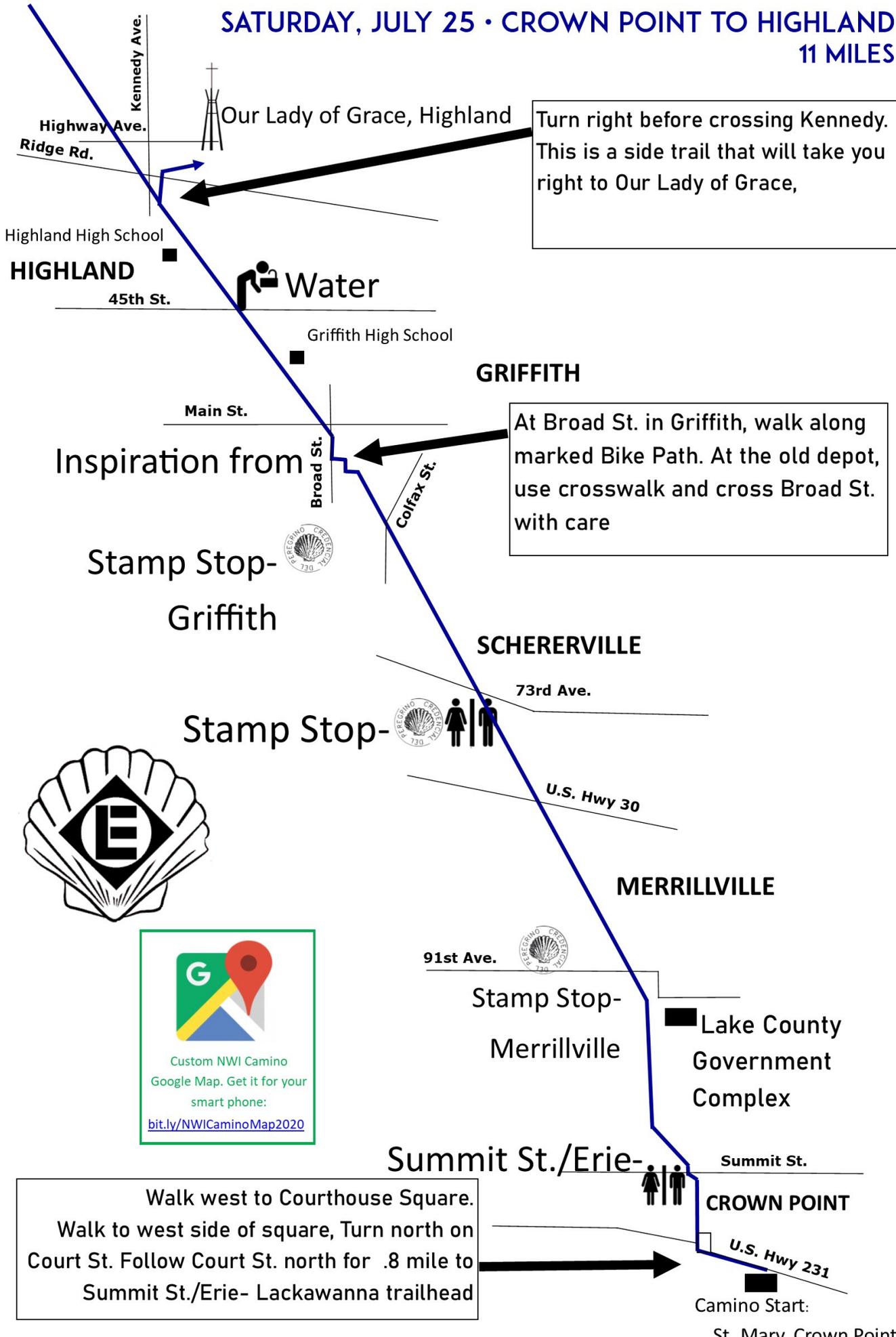
☐ **PPE Mask**

***Learn how to pack efficiently.***

***When you pack, think of your bag as having zones:***

- *Light gear (coats, less frequently accessed supplies) should go on the bottom.*
- *Heavy gear should be packed in the middle of bag, closest to your back.*
- *Lighter gear (light weight clothing) should go in the middle of the bag, farthest from your back.*
- *Medium gear, or things that you might use more frequently, should go on top so you have easy access to it.*

**SATURDAY, JULY 25 · CROWN POINT TO HIGHLAND**  
**11 MILES**



Turn right before crossing Kennedy. This is a side trail that will take you right to Our Lady of Grace,

At Broad St. in Griffith, walk along marked Bike Path. At the old depot, use crosswalk and cross Broad St. with care

Walk west to Courthouse Square. Walk to west side of square, Turn north on Court St. Follow Court St. north for .8 mile to Summit St./Erie- Lackawanna trailhead

Camino Start:  
 St. Mary, Crown Point

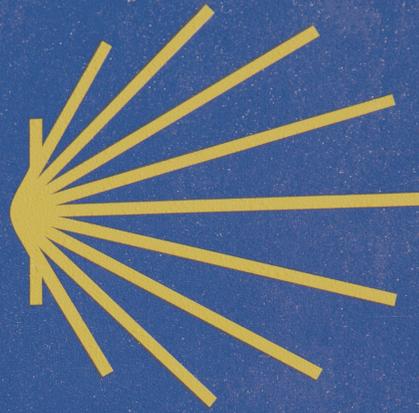


# PRAYERS AND REFLECTIONS

**Prayers, reflection  
questions, and poems to  
help you along your way.**

---

# 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.



# SPIRIT OF THE CAMINO

*from American Pilgrims on the Camino Credencial del Peregrino*

Live in the moment

Welcome each day - its pleasures and its challenges

Make others feel welcome

Share

Feel the Spirit of those who have gone before you

Imagine those who will follow you

Appreciate those who walk with you today



# LITANY OF THE WAY: PRAYER FOR THE JOURNEY

As we set out on the journey, we walk with Christ, who leads all pilgrims towards the Kingdom of God. Christ himself is the Way, the Truth, and the Life, and our lifelong pilgrimage of faith follows his path.

As Jesus sought the quiet of the desert,  
teach us to pray.

As Jesus promised paradise to the thief on the cross,  
teach us to hope.

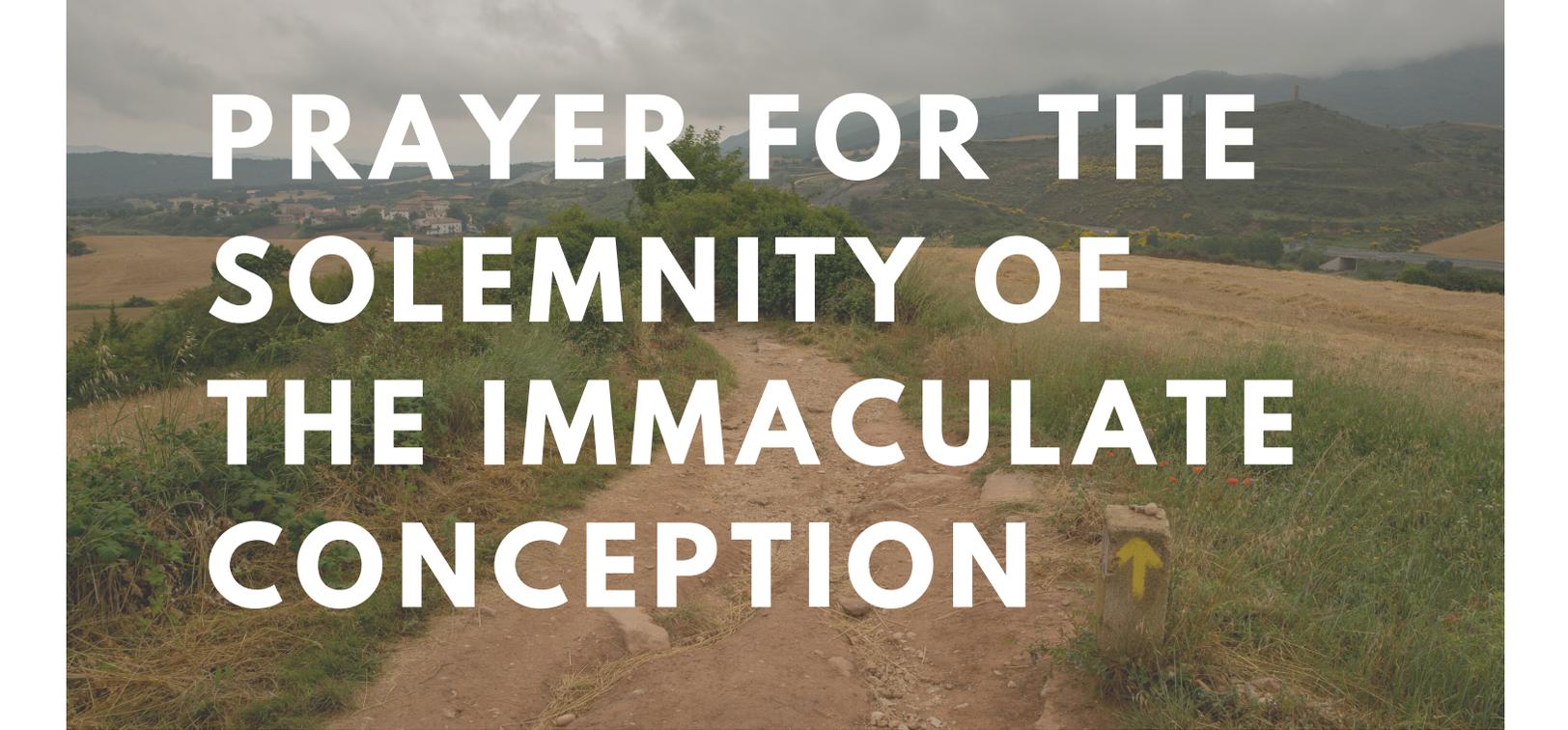
As Jesus called Peter to walk to him across the water,  
teach us to believe.

As the child Jesus sat among the elders in the temple,  
teach us to seek answers.

As Jesus in the garden opened his mind and heart to God's will,  
teach us to listen.

As Jesus reflected on the Law and the prophets,  
teach us to learn.

As Jesus used parables to reveal the mysteries of the Kingdom,  
teach us to teach.



# PRAYER FOR THE SOLEMNITY OF THE IMMACULATE CONCEPTION

*We journey with Mary, the Blessed Mother who always guides us in route to Her Son Jesus. Even though this prayer is intended for the Solemnity of the Immaculate Conception (December 8), it can be said throughout the pilgrim's journey as a reminder of the guidance from Mary under the title of the Immaculate Conception, patroness of the United States.*

O God, who by the Immaculate Conception of the Blessed Virgin prepared a worthy dwelling for your Son,  
grant, we pray,  
that, as you preserved her from every stain  
by virtue of the Death of your Son, which you foresaw,  
so, through her intercession,  
we, too, may be cleansed and admitted to your presence.  
Through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of the Holy Spirit,  
one God, for ever and ever.



# SENSORY 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 entering the pilgrimage site, what things do you initially notice?
- Is your heart drawn to a particular area, icon, or statue?
- Be still in silence and consider four of the five senses as you enter the space:
  - What sights do you see?
  - What sounds do you hear?
  - What do you smell?
  - How does the space feel to the touch?
- Allow the Lord to enter the silence in your heart. What religious experience in your past does this space remind you of?
- What imagery do you notice in this space?
- What Scripture passages are you reminded of in this space?
- What Catholic traditions, sacramentals, or prayers are you reminded of 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*



# OTHER QUESTIONS FOR REFLECTION

Atop the mountain of the Transfiguration, Peter says to Jesus, “Master, it is good that we are here.” (Lk 9:33) It is indeed good to be in this space, taking in the beauty and spiritual meaning that transcends the geographic space in which you now stand. When you have reached the destination of your local pilgrimage, after spending some time in prayer and silence, consider the following questions that you can pray with or think about.

- Why have you made this journey?
- Reflecting on Peter’s words at the Transfiguration, why is it “good that we are here”?
- What are your intentions for this local pilgrimage journey?
- Did you have any hopes motivating you to go on this journey?
- What kinds of sacrifices have you made to be on this pilgrimage?
- Are there habits, idols, or other areas of life that you can offer to the Lord as you make this pilgrimage?
- Who has inspired you in your faith life? Who has been and remains your mentor? Who introduced you to Christ, the Church, and/or your Catholic faith?
- When you think of these spiritual companions, what do you imagine they would say to you at this moment on your pilgrimage journey?
- What motivates you to keep active in your faith life?
- What Scripture passages do you return to often? Why those passages?
- Is there a longing in your heart you wish to bring to the Lord today? Something that seems so far off or impossible that you may doubt that it could come to reality?

*Adapted from WYD USA Pilgrimage Prayer Guide*



# OTHER PRAYERS

## **Prayer to Walk the Path of the Beatitudes**

*Blessed Pier Giorgio Frassati, man of the beatitudes, patron of young adults, and lover of the mountains, is an inspiration for all young people of faith. We pray through his intercession for the strength to live out the path of the beatitudes in daily life and as we look forward to the great things that come next after our mountaintop experiences on pilgrimage.*

Heavenly Father, we have gone up “to the heights” as your servant, Pier Giorgio Frassati, once did in the mountains of Turin. We have experienced transformation and joy, and now we continue on our way into the valleys of life, walking the way of the Beatitudes in all we say and do. Give us the strength, Lord, to follow Pier Giorgio’s example:

To lift up the poor in spirit, to comfort those who mourn;

To be simple and meek, to hunger and thirst for justice;

To be merciful and compassionate, to be pure in heart;

To be a peacemaker, to stand with courage in persecution.

As we make our way down from the mountaintop, may we live as he lived, and transform our world. We ask this through Christ our Lord. Amen.

## **Divine Mercy Chaplet**

*You may wish to pray this chaplet during the Hour of Mercy (3:00 p.m. each day) or whenever you seek the need for God’s mercy. To pray the chaplet, rosary beads are commonly used.*

**Step 1:** After making the sign of the cross, pray one “Our Father,” one “Hail Mary”, and the Apostles’ Creed.

**Step 2:** On the large bead before each decade pray the following: Eternal Father, I offer You the Body and Blood, Soul and Divinity, of Your dearly beloved Son, Our Lord Jesus Christ, in atonement for our sins and those of the whole world.

**Step 3:** On the ten small beads of each decade: For the sake of His sorrowful Passion, have mercy on us and on the whole world.

**Step 4:** After five decades, pray the concluding doxology three times:

Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.

*Adapted from WYD USA Pilgrimage Prayer Guide*



# 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!



# 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?