

2023

NWI CAMINO



PILGRIM GUIDE

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YOUNG ADULT
MINISTRY
Diocese of Gary



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 Chesterton 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 and offer you a moment of hospitality along the way. Upon completion of your walk, you will show your passport at St. Mary of the Immaculate Conception to receive your Compostela.

About the Compostela...

When you arrive at your last destination, 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 Calumet Trail, a rugged walking trail just one mile south of the Lake Michigan shoreline. The walk itself should be what it needs to be for you: alone time with the Lord, a time to connect with others, time to be in nature, a chance to try new things. The path is well-marked, so you shouldn't fear getting lost if you fall behind a pack. It is recommended that you walk with a buddy! Take your time and enjoy the journey!

In the event you should need assistance, our hospitality guide never too far away. A contact phone number will be provided in Chesterton.

To assist pilgrims along the walk, utilize our custom NWI Camino Google Map. Get it here or scan the QR code:

<https://bit.ly/NWICamino23>.

It includes restrooms, important turns, stamp stops, etc.





TRANSPORTATION

About transportation...

The NWI Camino is a one way trip, so all pilgrims will have to make arrangements to get themselves—and their gear—from Chesterton, Beverly Shores, and/or Michigan City during the weekend.

The most ideal and fastest option is to have a friend or loved one drop you off in Chesterton and pick you up in Michigan City, as well as bring your cooler, camping supplies, etc. to St. Ann. Another option would be coordinate with a fellow pilgrim to leave one car at Michigan City and then drive to Chesterton. Once you sign up for the Camino, you will be invited to a private GroupMe group where you can network with other pilgrims about rides.

If this is not an option, OYYA will make freewill rides available Sunday 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 Michigan City may be prolonged.

Pilgrims may also choose to utilize smartphone rideshare 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 or 219-613-6846.



NWI CAMINO SCHEDULE: DAY 1

St. Patrick Catholic Church, Chesterton to St. Ann of the Dunes, Beverly Shores

8 miles • 3 – 5 hours, depending on stops

Start your journey at St. Patrick Catholic Church in Chesterton, IN. From the church, turn right onto Woodlawn Ave. Continue along Woodlawn Ave until you reach the intersection with Waverly Road. At the intersection, turn right onto Waverly Road. Follow Waverly Road as it leads you through the picturesque countryside. Enjoy the scenic views along the way. As you approach US 12, exercise caution and carefully cross the road to continue on Waverly Road on the other side. Ensure you watch for traffic. Continue along Waverly Road until you reach the Calumet Trail. Once you find the trail, pick it up and continue heading towards Beverly Shores. The Calumet Trail offers a pleasant walking path surrounded by natural beauty. After walking along the Calumet Trail, you'll eventually reach the end of the trail. At this point, turn right onto Broadway in Beverly Shores. Follow Broadway until you reach our host “alburgue,” St. Ann of the Dunes in Beverly Shores. This beautiful church will mark the end of your journey.

8:30-9:00 AM: Check-in at St. Patrick, Chesterton

9:00 AM: Pilgrim Mass with Bishop McClory and welcome briefing

Around 9:45 AM: Begin Pilgrim walk

Around 1:00 or when all pilgrims arrive at St. Ann of the Dunes, Beverly Shores, rest, have some snacks, set up camp. Walk to Lake Michigan, play some games, enjoy nature.

6:00 PM: Saturday Vigil Mass at St. Ann of the Dunes

7:00 PM: Camp out at St. Ann! Young adults are invited to hang out, play some games, and relax.

Along the way, there will be pilgrim resting spots with volunteers providing water, prayer, and fellowship. Please walk the NWI Camino route at your own pace! These times are approximate. We used Google Maps times to give us an estimate.



NWI CAMINO SCHEDULE: DAY 2

St. Ann of the Dunes, Beverly Shores to St. Mary of the Immaculate Conception,
Michigan City

5.6 miles • 2 – 3 hours, depending on stops

After waking up night and early grab a light breakfast and head back to the Calumet Trail to start your second leg of the journey. Follow the trail as it leads you through the natural beauty of the surrounding area. Continue along the Calumet Trail until you reach the designated exit point. Upon reaching the end of the Calumet Trail, exit the trail and turn right onto Wabash St in Michigan City. Wabash Street will be a road leading into the city. Follow Wabash St until you reach the intersection with W 10th Street. Take a right turn onto W 10th Street. Continue on W 10th Street until you arrive at your destination, St. Mary of the Immaculate Conception in Michigan City, IN.

6:00-8:00 AM: Wake up, pack up camp site, and gather supplies

8:00 AM: Recommended departure time for pilgrim walk.

10:00 AM - Noon: Pilgrims arrive at St. Mary of the Immaculate Conception, Michigan City. A light breakfast will be served in a shady picnic area of Marquette High School. Spend a few moments in prayer giving thanks in the beautiful sanctuary of St. Mary of the Immaculate Conception. Don't forget to receive your Compostela upon completion!

Along the way, there will be one pilgrim stop to receive a stamp. Please walk the NWI Camino route at your own pace! These times are approximate. We used Google Maps times to give us an estimate.



OTHER THOUGHTS...

About eating...

Lunch will be provided on Saturday at St. Ann of the Dunes. If you would like to eat along the way, please plan on bringing your own meal to carry with you. Light refreshments will be served along the way at stamp stops. Pilgrims should plan accordingly. Pilgrims can pack trail mix, nuts, fruit, granola bars, etc. in their backpacks for sustenance.

Dinner will also be provided at St. Ann of the Dunes. It is recommended that pilgrims provide a suggested donation of \$10 to help offset the cost for meals.

It is essential that pilgrims drink plenty of water. Please consider bringing a refillable water bottle. 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 and lunch will be provided on Saturday. On Saturday, there are very few restaurants along the way. On Sunday, there are coffee shops along the way to Michigan City if you would like to stop for food.

To help defray the costs associated with this event (printing, signage, shuttling), pilgrims are asked to prayerfully consider making a freewill offering.

Is this open to anyone?

While anyone is free to walk the NWI Camino—the pathway is free and open to the public always—we ask that the time spent at the St. Ann of the Dunes “campground” be reserved for young adults: post-high school, college-aged, 20’s and 30’s.

The Pilgrim Mass at St. Ann of the Dunes is the parish’s regular 6:00pm Vigil Mass, and is open to all.



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 backpack with hip straps, to help distribute the weight of the bag.

Shoes to hike with: Train for the pilgrimage wearing the same shoes and socks you are going to wear. The NWI Camino is mostly flat and gravel. Training in your shoes and socks 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 that can get wet: One issue that organizers found is that there might be some areas along the way that might be covered in water. To help keep your regular walking shoes dry, it is recommended that pilgrims bring a pair of water shoes, flip flops, or other shoes they are ok getting wet for those portions. Bring a small towel to dry your feet after you have cleared the water and put on your regular walking shoes.

Shoes to relax in: bring a change of shoes to wear when you get to St. Ann. 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. Bring a change of clothes for Saturday evening and Sunday if you are staying overnight.

- **Two Shirts:** The one that you are going to wear on Saturday and one that you can wear at night and Sunday. Please note that Mass is available on Saturday at 6:00 pm. Do not feel obligated to dress up (it will just make your pack heavier). In fact, your simple, modest dress will allow others to see you as a pilgrim.
- **Shorts or pants:** Like with shirts, one pair to hike in and one to relax/sleep in. Make sure that you are comfortable walking long distance in your choice of shorts or pants.
- **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. While not absolutely necessary, it is recommended that you have a spare pair in case your first pair of shoes gets wet.
- **A change of underwear**
- **Beach gear:** We will have time to walk to Lake Michigan. Bring a beach towel, swimsuit, and other gear you might need for the beach.



WHAT TO BRING/WEAR

Packing list continued.

Basic toiletries: Unless you are staying off site, we won't have access to a shower. Toothbrush, toothpaste, face products, deodorant, a little bit of soap to freshen up in the bathroom, and a washcloth. You do you. To pack light, use smaller containers. You can get a lot of product into small containers.

Flashlight/head light: to see at night!

Tent/sleeping bag: Whatever your personal preference. Please note, we will be providing transportation for tents and sleeping bags. Unless you want to carry them, your tent and sleeping bags will be transported to the campsite for you.

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.

Sunscreen: even on cloudy days, you can still get a sun burn.

Phone, charger, external battery.

Walking Sticks: optional. It depends on if you want to use them.

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.*



WALKING IN NATURE

The Calumet Trail winds its way along the southern side of the Indiana Dunes National Lakeshore, a distinctive ecosystem encompassing forests, marshes, dunes, and beaches along the shores of Lake Michigan. This pathway, consisting of dirt and crushed limestone, extends between two fascinating natural attractions: Cowles Bog, a marsh with a history spanning 8,000 years, and the Mount Baldy sand dune. Because of the unique environment, we have some words of wisdom to share.

Be aware of Ticks: Ticks live in nature and might be hanging out around the trail.

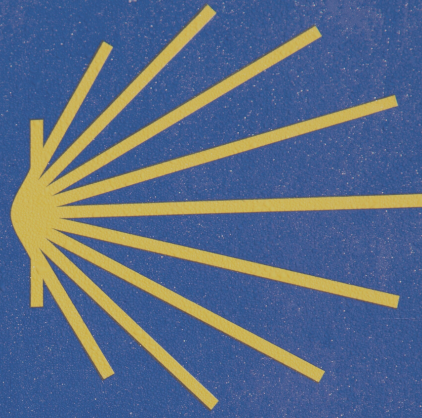
- Ticks sit on vegetation and grab onto passerby, so to avoid them in the first place, try not to brush against tall grass and other plants.
- Wear a hat or bandana to deter ticks from getting into your hair.
- If you wear long pants, tucking them into your socks can help by keeping ticks from climbing up the inside of your pants; on the outside they're exposed and you have a chance to pick them off before they really get anywhere. Keep an eye out for them crawling on you while you're walking.
- After hiking, it's a good idea to go into a bathroom or someplace and check yourself over for them. It may also be advisable to have a buddy check your hair, since that's often where they end up.
- If a tick makes it to the point of actually biting you and latching on, you want to make sure you remove the whole thing—be careful that the mouthparts don't break off and remain embedded in your skin.
 - To remove them, grab them right next the skin with tweezers (or fingers/fingernails if you don't have tweezers) and pull them off.
 - Look for a tiny piece of skin to come off with the tick, still attached to its mouthparts. Again, what you DON'T want is for the mouthparts to tear off the tick and stay behind.
 - After removing the tick, dispose of it. Depending on your situation, you can flush it, kill it with a rock and toss it into the wilderness, etc. They're tough, so if you crush them be sure to do a good job. One usually way to dispose of ticks is to burn them, which kills them and any diseases they might be carrying.
 - Because of the possibility of diseases, wash your hands thoroughly after handling ticks, and try to avoid touching them as much as possible.
- **Tadpoles:** In high water, you might see tadpoles.
 - Be careful not to crush the tadpoles when you're going through the water.
 - If possible walk around them in open water and allow them to see you coming
 - We saw a lot of tadpoles in May, so there might not be as many in July, but it is better to be aware.
- **The Sun and Heat:** There is not a lot of shade along the way, so be prepared!
 - Wear sunscreen. Reapply as needed.
 - Wear sunglasses and a hat.
 - Make sure you carry water with you
 - Keep yourself cool by splashing water on your face or wearing a damp cloth around your neck.



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.

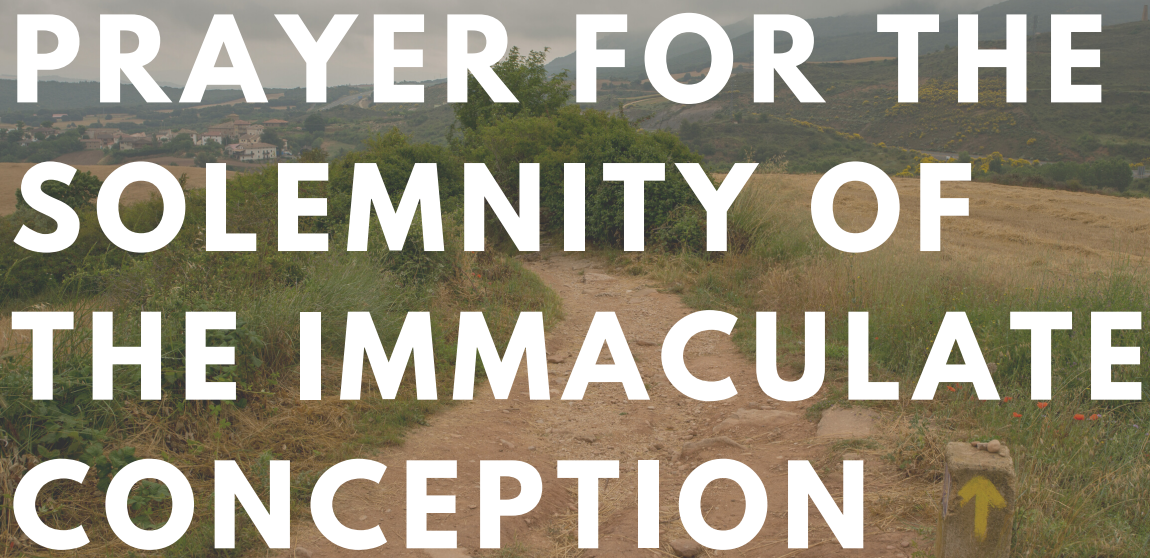
As Jesus called Peter to walk to him across the water,
teach us to believe.

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.

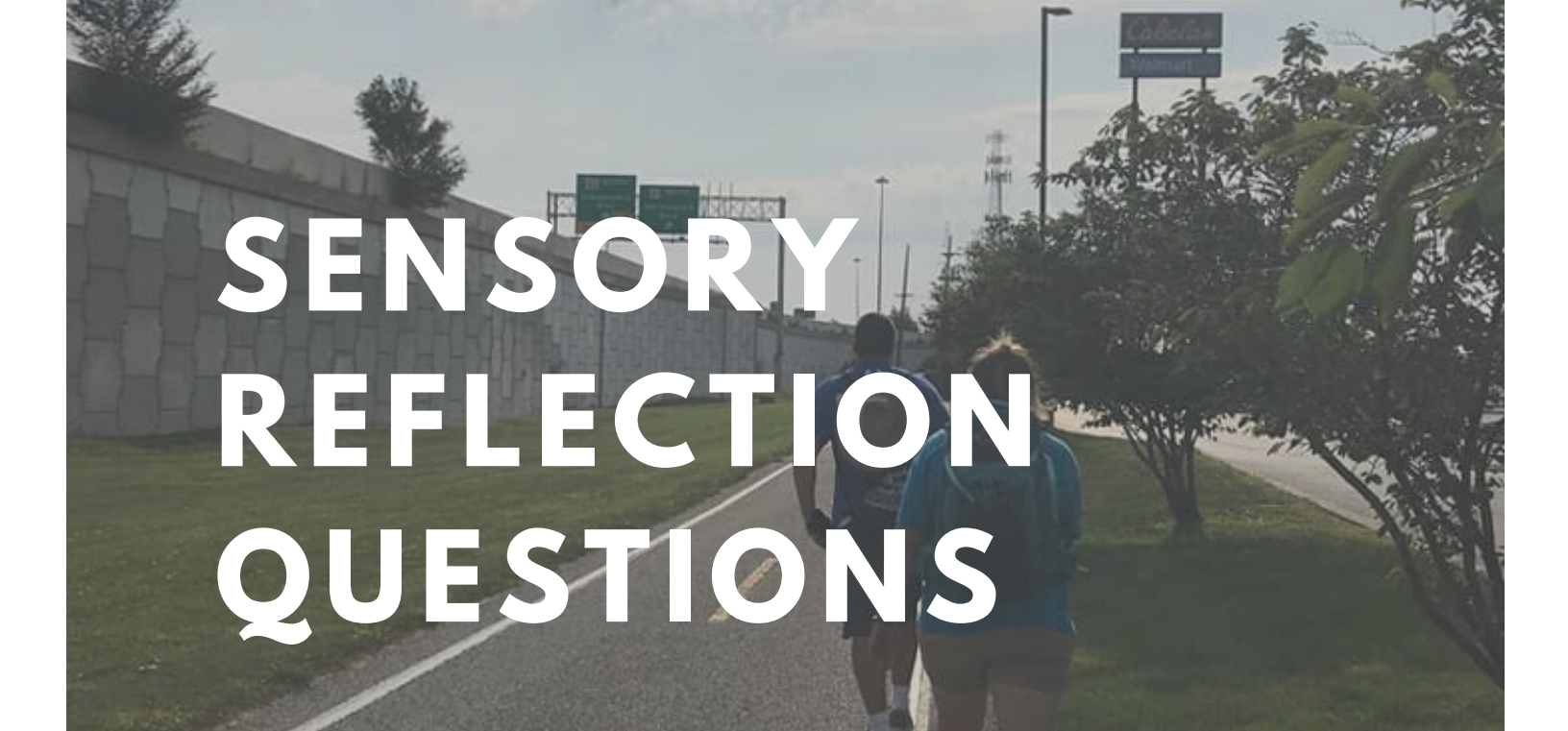
As Jesus used parables to reveal the mysteries of the Kingdom,
teach us to teach.



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?