

Pilgrim Guide – 2019



*We offer this prayer in support of Mike Pitchford,
the founder of the New Mexico Pilgrimage for Unity.
Because he became a pilgrim, we honor him by our pilgrimage*

Eternal God, you call us to ventures
of which we cannot see the ending,
by paths as yet untrodden,
through perils unknown.
Give us faith to go out with courage,
not knowing where we go,
but only that your hand is leading us
and your love supporting us
through Jesus Christ our Lord. Amen.

From the Lutheran Book of Worship

TABLE OF CONTENTS

Section 1, Pilgrimage Background _____ # 5

The Pilgrim's Credo _____ #5

Traveler, Your Footprints A Machado __ #6

Rise and Walk, Fr. von Balthasar _____ #7

The Spirit of Walking, Pope Francis __ #10

Pilgrimage Prayers, Jenny Child _____ #12

Section 2, Themes & Scriptures _____ #17

Friday: Walking _____ #17

Saturday: Unity _____ #20

Sunday: Peace _____ #23

Section , 3 Prayers throughout the day #25

Morning Prayers _____ #25

Mealtime Prayer _____ #31

Prayers at the end of the day _____ #33

| | |
|---|------------|
| The Lord's Prayer | #37 |
| Casa del Sol | #37 |
| Spanish (Catholic) | #38 |
| Ecumenical | #39 |
| | |
| <i>Section 4, Resources on the Way</i> | #40 |
| Songs | #40 |
| Short Sayings | #41 |
| Prayers on the Way | #44 |
| | |
| <i>Section 5, Enneagram Prayers</i> | #55 |
| Introduction to Inner Work | #55 |
| Prayers by the Numbers | #57 |
| | |
| <i>Section 6, Journal Pages</i> | #66 |
| | |
| <i>Section 7, Community Norms</i> | #76 |

Pilgrimage background

THE PILGRIM'S CREDO

I am not in control.

I am not in a hurry.

I walk in faith and hope.

I greet everyone with peace.

I bring back only what God gives me.

- Fr. Murray Bodo

Traveler, Your Footprints

by Antonio Machado

Traveler, your footprints
are the only road, nothing else.
Traveler, there is no road;
you make your own path as you walk.
As you walk, you make your own road,
and when you look back
you see the path
you will never travel again.
Traveler, there is no road;
Only the ship's wake on the sea.

Rise and Walk: A Reflection,

Father Hans Urs von Balthasar

Christ himself was "in motion": he was not at home anywhere on earth, he was a wandering rabbi without a home, without the den of the foxes or the nest of the bird, without a cushion to rest his head, without ever having the prospect of returning to his own home.

Nor was his food a solid, supratemporal truth-system, but the will of the Father at each instant.

He walked in the light of God's will, just as those who imitate him are to walk after him, that they may not walk in the darkness: they are to *walk in faith* (2 Cor 5:7), *walk in the Spirit* (Rom 8:4), *walk in the day* (Jn 11 :9), *walk in love* (Eph 5:2), *walk in Jesus* (Col 2:6). Thus they *walk in a way worthy of God* (Col 1: 10). There exists no other form of abiding here than that of walking:

Anyone who says that I abide in Christ, must walk in the way that Jesus walked (1 Jn 2:6).

"Walking" is a fundamental category of biblical and Christian existence: apart from walking, there is no certainty, no grasping of the truth, no standing fast.

Christ himself fulfills the Old Testament attitude of walking before God, and he does this with all the mobility and flexibility of life that was expressed in this attitude. And only the one who walks remains related to Christ.

The shepherd walks ahead, those who are *outside* hear his voice and walk after him (Jn 10:4): more hearing than seeing, more groping, feeling, sensing, than immovably assured:

**the one who walks has the strongest
feeling of living.**

The Spirit of Walking

Walking is a discipline; it takes effort. It requires patience and exercise, day after day. We have to forego many other paths in order to choose the one that leads to the goal. We have to keep that goal constantly before us, lest we go astray. Remember the goal.

Walking also demands the humility to be prepared at times, when necessary, to retrace our steps. It also involves being concerned for our travelling companions, since only in company do we make good progress.

Walking, in a word, demands constant conversion. That is why so many people refuse to do it. They prefer to remain in the quiet of their home, where it is easy to manage their affairs without facing the risks of travel. But that is to cling to a momentary security, incapable of bestowing the peace and joy for which our hearts yearn. That joy and peace can only be found by going out from ourselves.

Holy Father Francis, Ecumenical Pilgrimage to Geneva, June 21, 2018, from an address in celebration of the 70th Anniversary of the founding of the World Council of Churches

Pilgrimage Prayers

By Jenny Child, pilgrimswaycanterbury.org

God of our pilgrimage,

you have given us a desire

to take the questing way

and set out on our journey.

Help us to keep our eyes fixed on Jesus,

that whatever we encounter as we travel,

we may seek to glorify you by

the way we live. Amen.

Eternal God,

Give us the courage to set off on pilgrimage.

May we travel unhindered by worldly possessions, simply trusting in you for all that we need.

Sometimes our hearts will be heavy as we plod along and our feet will ache and feel dirty.

Other times we will rejoice as the sun shines on the path stretching before us.

May we ponder the truth, that the pilgrim's journey is never finished until they reach home.

Amen.

You call us, Lord,
to leave familiar things and
to leave our “comfort zone.”

May we open our eyes to new experiences;
may we open our ears to hear you speaking to
us and may we open our hearts to your love.

Grant that this time spent on pilgrimage
may help us to see ourselves as we really are
and may we strive to become the people you
would have us be. Amen.

Lord, you know our beginning and our end.

Help us to realize

we are only pilgrims on this earth

and save us from being too attached

to worldly possessions.

May we experience the freedom to wander,

the freedom to hope,

and the freedom to love

as we journey.

Amen

A Prayer of Augustine of Hippo, 354-430

O God, full of compassion, I commit and
commend myself to you, in whom I am, and
live, and know.

Be the goal of my pilgrimage, and my rest by
the way.

Let my soul take refuge from the crowding
turmoil of worldly thought beneath the

Let my heart, this sea of restless waves,
find peace in you, O God.

Amen.

Themes and Scriptures for Friday - Sunday

Friday Theme: Walking

Psalm of the Day: Ps. 121,

Psalms Anew/In Inclusive Language

I lift my eyes to the mountains.

From where is help coming?

My help comes from God

who made heaven and earth.

God does not let our footsteps slip!

Our guard does not sleep!

The guardian of Israel

does not slumber or sleep.

God guards you, shades you...

with God at your right hand

the sun cannot harm you by day

nor the moon at night.

God guards you from harm,

protects your lives;

God watches over your coming and going,

now and for always.

Psalm Prayer: God our Protector, teach us to hold confidently to your grace, that in times of fear and danger we may know you are near and depend on you, our sure deliverer. Amen.

Thoughts on Friday's theme: walking

How was it to walk today?

What did you discover about yourself, the setting, or the other pilgrims as you walked?

Sometimes we use the expression: *I walked right into...* Did you walk into anything today?

How did the walking inform your prayers/how were your prayers shaped by your walking?

Think of a Biblical story or character who walked a great deal...is there a connection for you there?

Saturday Theme : Unity

Psalm of the day: Ps 133,

Psalms Anew/In Inclusive Language

How good it is, how pleasant,
for God's people to live in unity.

It is like the precious oil
running down from Aaron's head
and beard, down to the collar
of his robes.

It is like the dew on Mount Hermon
falling on the hills of Zion.

For there God has promised a blessing,
life that never ends.

Psalm Prayer:

*We praise you, wonderful God,
that we are your people brought together by
your love shown in Christ,
bound together by the power of your Spirit.*

*Let us live that unity and
witness to your mighty love
for all the world.*

Amen.

Thoughts on Saturday's theme: Unity

Name three experiences of unity from walking, talking, listening and praying today.

How are these similar? How are they alike?

Did the unity you experienced today come from your diligent effort...or did it arrive as a gift, a surprise, a discovery along the journey?

Consider one thing you could do or way you could be that would enhance unity?

Sunday Theme: Peace

Psalm of the day: Ps. 122,

Psalms Anew/In Inclusive Language

I rejoiced when they said to me,

“Let us go to the house of our God!”

And now our feet are standing

within your gates, O Jerusalem.

Jerusalem restored!

The city, united and whole!

Here the peoples come up,

God’s own people;

they come to praise God’s name,

according to the decree given to Israel.

Here are the tribunals of justice

the throne of David.

Pray for peace in Jerusalem:

“Security to your houses!

Peace inside your city walls!

Security to your towers!”

Since all are my neighbors and friends,

I say, “Peace be with you!”

Since God, our God, lives here,

I pray for your good.

Psalm Prayer: Eternal God, may we know the peace of your presence wherever we may be, in our homes, at work, in our churches, or at play, that every place may be sacred and every action as worship in the name of Christ.

Amen.

Prayers to be used at various times

Morning Prayers

Celtic Prayer Upon Rising

I arise today

In the strength of the mighty Creator

In the strength of the rising Savior

In the strength of the life-giving Spirit

In the strength of the mighty Three

Whose love is One.

I arise today

In the strength of the angles and archangels

In the strength of the prophets and apostles

In the strength of the martyrs and saints.

I arise today

In the strength of heaven and earth

In the strength of sun and moon

In the strength of fire and wind

I arise today

In the strength of Christ's birth and baptism

In the strength of Christ's death and rising

In the strength of Christ's judgment

to come. Amen.

From: Prayers for Everyday Life (p. 99)

Uncrowd my heart, O God,
Until silence speaks in your small voice;
Turn me from the hearing of words,
And the making of words,
and the confusion of much speaking,
To Listening,
 Waiting,
 Stillness,
 And Silence.
 Amen.

Morning Prayer by Thomas Merton

May the angels of light

glisten for us this day.

May the sparks of God's beauty

dance in the eyes of those we love.

May the universe

be on fire with Presence for us this day.

May the new sun's rising

grace us with gratitude.

Let earth's greenness shine

and its waters breathe with Spirit.

Let heaven's winds stir the soil of our soul

and fresh awakenings rise within us.

May the mighty angels of light
glisten in all things this day.

May they summon us to reverence,
may they call us to life. Amen.

A Morning Prayer of Gratitude:

O Giver of all gifts, who has so enriched my
life, I have many needs this day.

Grant me the gift of patience so that I may
live in harmony with all.

Grant me the grace of compassion so that I
may not bypass anyone in need.

And give me enthusiasm for the tasks of this
day so that I may invest it with your love.

I pray for the following personal intentions:

I embrace the mystery that I do not pray privately but am one with all the earth and all your children. I place within your heart these needs of the other members of the sacred family to which I belong:

O Giver of all gifts, who has so enriched my life, guide me by your love through this day. Amen.

MEALTIME PRAYER

Think Thrice before Meals

Let us think thrice while we are gathering here for this meal.

First, let us think of the people we are with today, and make the most of the pleasure of sharing food and drink together.

Then, let us think of the people who made the food and drink and brought it to us, who serve us and wait on us, and who clear up and clean up after us.

Finally, let us think of all the people all over the world, members with us in the human family, who will not have a meal today.

Amen.

Prayers at the end of the day

Lord,

It is night.

The night is for stillness.

Let us be still in the presence of God.

It is night after a long day.

What has been done has been done;

What has not been done has not been done;

Let it be.

The night is dark.

Let our fears of the darkness of the world and
of our own lives

Rest in you.

The night is quiet.

Let the quietness of your peace enfold us,

All dear to us,

And all who have no peace.

The night heralds the dawn.

Let us look expectantly to a new day,

New joys

New possibilities.

In your name we pray. **Amen.**

Celtic Prayer at the end of day...

Celtic Prayers from Iona, p. 28

God before me, God behind me

God above me, God beneath me

I on your path, O God

You, O God, on my way.

In the twistings of the road

In the currents of the river

Be with me by day

Be with me by night

Be with me by day and by night.

Amen.

As you have made this day, O God
you also make the night.
Give light for our comfort.
Come upon us with quietness
and still our souls,
that we may listen for the whisper of
your Spirit and be attentive
to your nearness in our dreams.
Empower us to rise again in new life
to proclaim your praise,
and show Christ to the world.

Amen.

Presbyterian Book of Common Worship, Evening Prayers

The Lord's Prayer in 3 versions
Ecumenical/Spanish/Casa del Sol

Ecumenical

Our Father in heaven,

Hallowed be your name,

Your kingdom come, your will be done,

on earth as in heaven.

Give us today our daily bread.

Forgive us our sins as we forgive those who sin
against us.

Save us from the time of trial and deliver us
from evil.

For the kingdom, the power, and the glory are
yours. Now and forever. Amen.

Spanish, Roman Catholic

Padre nuestro,

que estás en el cielo.

Santificado sea tu nombre.

venga a nosotros tu reino.

Hágase tu voluntad en la tierra como en el
cielo.

Danos hoy nuestro pan de cada día.

Perdona nuestras ofensas,

como también nosotros perdonamos a los que
nos ofenden.

No nos dejes caer en tentación y líbranos del
mal. Amén.

The Casa del Sol Prayer of Jesus

Ground of all being, Mother of life,

Father of the universe,

Your name is sacred, beyond speaking.

May we know your presence, may your

longings be our longings in heart and in action.

May there be food for the human family today
and for the whole earth community.

Forgive us the falseness of what we have done
as we forgive those who are untrue to us.

Do not forsake us in our time of conflict but
lead us into new beginnings.

For the light of life, the vitality of life, and the
glory of life are yours now and forever.

Amen.

Songs Along The Way

Weave, weave, weave us together

Weave us together in unity and love

Weave, weave, weave us together

Weave us together, together in love

Juntos como hermanos

Miembros de una iglesia

Vamos caminando

Al encuentro del señor

Prayers for The Way – Words to Walk with

May we walk with beauty before us,
May we walk with beauty behind,
May we walk with beauty beneath us,
May we walk with beauty above.
May we walk with beauty
Everywhere and all around.

(David Poole, based on a Navajo Prayer)

Pilgrim, pilgrim there is no road.
You make the road by walking.

Scripture While Walking in the Morning:

Come, let us go up

to the house of the God of Jacob;

That God may teach us the way

and that we may walk in God's paths.

(Isaiah 2:3)

Scripture While Walking in the Afternoon:

O house of Jacob,

come, let us walk in the light of the Lord!

(Isaiah 2:5)

Scripture While Resting in the Evening:

Those who wait for the Lord shall renew
their strength,
they shall mount up with wings like eagles,
they shall run and not be weary,
they shall walk and not faint.

(Isaiah 40:31)

Prayers of the Journey

Hope and fear, laughter and tears
have been part of our journey.

Joy and pain, longing and doubt
meet on the pathway.

Often we do not believe, O God,
And sometimes we doubt
that your promises can be true.

Grant us and our world,
the freedom to laugh,
the courage to cry,
the heart to be open,
and the faith to believe.

Divine Father,

Holy Mother,

Eternal Source of my existence,

Your heart is my home,

From you I have come

And to you I journey this day.

Amen.

Prayer for The Way – Inward Journey

O Giver of all gifts, who has so enriched my life, I have many needs this day.

Grant me the gift of patience so that I may live in harmony with all.

Grant me the grace of compassion so that I may not bypass anyone in need.

And give me enthusiasm for the tasks of this day so that I may invest it with your love and live. I pray for the following personal intentions:

I embrace the mystery that I do not pray privately, but am one with all the earth and all your children. I place within your heart these needs of the other members of the sacred family to which I belong:

Lord, throughout our day, we pray that You would fill us with your Holy Spirit.

Cover us with you protecting wings and keep us safe from harm both physical and spiritual.

Help us to speak only the words that

 You would have us speak;

do only the things

 You would have us do;

and think only the thoughts that

 You have us think to please You.

Help us to be a reflection of You,

so others will seek you as well.

 In Jesus' name we pray. Amen.

Prayers for The Way – Holy Places

A Prayer based on Psalm 84

It is good to be here in your presence Lord.

Here, in this holy place, we are at home with each other and with you.

Here we discover the joy of life and the strength to live each day with praise in our hearts to you.

You alone are God!

You alone can show us the way to the life that lasts forever.

We love you, Lord, and we lift this prayer in this, your holy place, confident of your presence with us. Amen.

Prayers for The Way – Holy People

Open our hands that all may be fed,
Open our hearts that all may find refuge,
Open our eyes that all may see
The oneness of earth's family.

(David Poole)

One only Holy Spirit of Father and Son in whom
all are baptized;
one giver of many gifts;
one tree of many fruits;
one speaker of every tongue;
renew in our day the wonders of Pentecost.

Grant that people of every race and nation
may understand one another,
and as one, proclaim the praises of God.

Grant that all may be one as you, Spirit,
with the Father and the Son
are one God, one Lord.

Grant unity to the Body of Christ;
grant unity to the human family.
Sole breath of every living thing,
may all be one who, in you,
live and move and have their being.

- Carl K. Moeddel

Prayers for the Way – Holy Community

Send thy peace O Lord, which is perfect and everlasting, that our souls may radiate peace.

Send thy peace O Lord, that we may think, act, and speak harmoniously.

Send thy peace O Lord, that we may be contented and thankful for Thy bountiful gifts.

Send thy peace O Lord, that amidst our worldly strife, we may enjoy Thy bliss.

Send thy peace O Lord, that we may endure all, tolerate all, in the thought of thy grace and mercy.

Send thy peace O Lord, that our lives may become a divine vision, and in thy light, all darkness may vanish.

Send thy peace O Lord, our father and mother, that we thy children on Earth may unite in one family. Amen.

- *Hazrat Inayat Khan*

- Draw your Church together, O God,
Into one great company of disciples;

-

Together following our Lord Jesus Christ
Into every walk of life;

-

Together serving God in mission to the
world and witnessing to his love.

Amen.

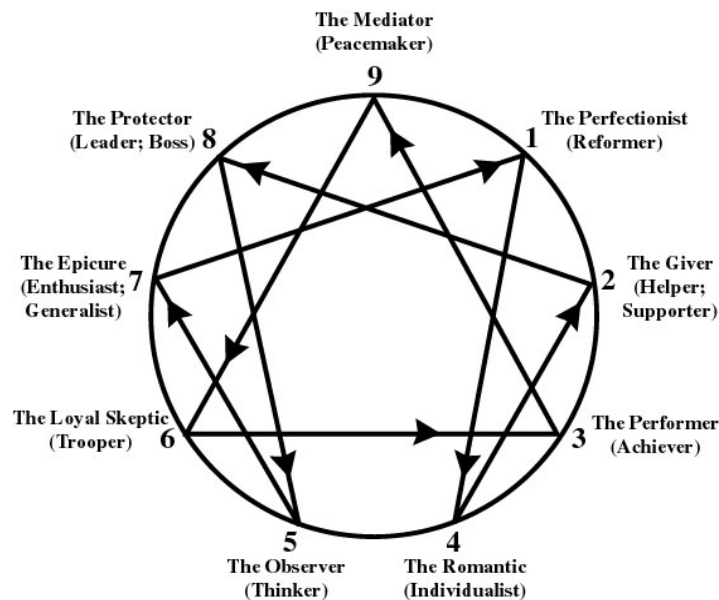
- *For the Mission of the Church, A New Zealand Prayer Book, p. 141*

Inner Work: The Enneagram

The Enneagram is one way of looking at human personality. It suggests that there are nine basic personality types, based on nine differing energies and nine habitual fixations. The most common method of naming the various types is simply to give each a number from one to nine. On the following pages you will find prayers appropriate to each personality type...as you pray through these one or two may seem very “odd” to you, while other “attract” your attention and others are simply “there.” Also note the three categories of need, healing, and virtue in small print; need suggests the deep inner issue/lack of the personality; virtue suggests the inherent capacity for growth/correction; healing is the area where resolution takes place.

The Enneagram is an ancient tool for self-discovery and spiritual growth. Like a pilgrimage, the Enneagram is about traveling light. It is a way of lifting burdens from our shoulders and encouraging us to journey through life unencumbered. The Enneagram helps us name our demons and encourages us to allow space for God to be God in our lives.

The Enneagram The Three Centers of Intelligence



The arrows on this diagram indicate the *stress* and *security* types associated with each Enneagram personality type. The stress type is in the direction of the arrow and the security type is away from the arrow.

- **Enneagram Prayer - Point 1**

- *Need: Patience; Healing: Growth; Virtue: Serenity.*

- Lord God, I thank you for giving me a keen sense of what is right and a diligent desire to do good.

- In my attempts to live up to my ideals, help me to be patient and forgiving.

- Teach me to be tolerant of mistakes rather than always finding fault with things.

Show me how to accept what is good enough and, above all, how to lighten up, enjoy life and gently relax in your love.

Amen.

- **Enneagram Prayer – Point 2**

- *Need: Acceptance of Real Worth; Healing: Gift/Grace ;Virtue: Humility.*

- Lord God, I thank you for giving me the gift of a generous heart.

- Help me to understand that your love for me does not depend on what I do for other people.

- Show me how to minister to the needs of others without losing sight of my own.

Allow me to feel in my own wounds the healing power of your love. Amen.

- **Enneagram Prayer - Point 3**

- *Need: Examine the Image; Healing: Depend on God's Will ; Virtue: Truth.*

- Lord God, I thank you for creating me in your image and for blessing me with the drive and energy to succeed.

- Help me to realize that achievement isn't everything, and that failure can often provide more truth than success.

- Show me how to get beneath the surface images I love to create to the even more beautiful center within. Amen.

- **Enneagram Prayer - Point 4**

- *Need: Sense of present Reality; Healing: Union with God ; Virtue: Harmony.*

- Lord God, I thank you for giving me a keen eye for beauty and a special sensitivity to the human heart.

- Show me how even the most ordinary and everyday realities are filled with the wonder of your presence.

- Help me to live in the present moment and to appreciate that my tears and laughter, joy and pain are part of your loving plan for the world.

- Amen.

-

- **Enneagram Prayer - Point 5**

- *Need: To Get Involved; Healing: Divine Providence ; Virtue: Detachment.*

- Lord God, I thank you for giving me an inquiring mind and the gift of discernment.

Help me to reach out more to people, and to trust the wisdom that comes from the heart.

- Give me the generosity to share my insights with those I meet, and the courage to involve myself in their daily cares and concerns.

- Amen.

- **Enneagram Prayer - Point 6**

- *Need: Faith; Trust in Go ; Virtue: Courage.*

- Lord God, thank you for giving me a great respect for the law and the gift of loyalty to friends.

- Help me to understand more deeply how much you really love me.

- Safe in the knowledge of this love and relying on your tender care, may I have the courage to overcome my fears and become more trusting of myself and others.

- Amen.

- **Enneagram Prayers - Point 7**

- *Need: Balance; Healing: God's Creative Helpers; Virtue: Temperance.*

- Lord God, thank you for giving me a childlike enthusiasm and the ability to enjoy the good things in life.

- Show me how to embrace everything with temperance and moderation.

- Help me to see that running away from pain does not lead to happiness.

- Give me the wisdom to discover that joy is to be found, not in the superficial, but within the depths of my own heart. Amen

- **Enneagram Prayer - Point 8**

- *Need: Tenderness; Healing: Compassion ; Virtue: Innocence.*

- Lord God, I thank you for giving me a tremendous passion for life, a powerful sense of justice and the energy to get things done.

- Help me always to protect the weak and champion the oppressed.

- Give me a heart filled with compassion so that I may experience the strength that comes through gentleness and the respect that comes through love. Amen.

-

-

-

- **Enneagram Prayer - Point 9**

- *Need: Action; Healing: Love ; Virtue: Diligence.*

- Lord God, thank you for giving me the gift of gentleness and a profound tranquility of heart.

- Help me to own my deepest feelings without losing my inner peace, and to appreciate my own importance without ever selling myself short.

- Above all, show me how to cope with life's conflicts and problems with a confident trust in your love.

- Amen.

- *An Enneagram Guide: A Spirituality of Love and Brokenness* by Eilis Bergen

- Journal Pages...

- Journal Pages...

Journal Pages...

- Journal Pages...

- Journal Pages...

Journal Pages...

Journal Pages...

Journal Pages...

Norms for our Pilgrim Community

It is our desire to create a safe space. A place in which each of us can trust and grow beyond our comfort zones to deepen our relationship with ourselves and the Divine.

We agree to commit to confidentiality, to not share what others have said or done without their permission.

We will resist moving into discussion, debate, or problem solving. Instead, we agree to honor the spaces between words, and to value our own and other's authenticity. So often we can rush in wanting to help, when what is really called for is the pain, the tears, the hardship and a quiet companion.

We will speak for ourselves and from our own experiences.

We have the freedom to speak or remain silent, realizing that some times there are no words or words are not ready.

We will respect time and timing, realizing that pilgrimage is fluid and the steering committee is trying to help the group get to where we need to be.

What we bring to the pilgrimage belongs to the pilgrimage, meaning our belongings and ourselves are to be shared, whether it is sunscreen or a listening ear. We share what we can from our abundance.

Please only use your cell phones as cameras. Resist the temptation to communicate with the outside world and instead truly rest in the holy space we are in.

Ephesians 4:1-3

I therefore, the prisoner in the Lord,
beg you to lead a life worthy of the calling
to which you have been called, with all
humility and gentleness, with patience,
bearing with one another in love,
making every effort to maintain
the **unity** of the Spirit
in the bond of **peace**.