



***What does it mean to be a people of
Pilgrimage?***



What Does It Mean To Be A People of Pilgrimage?

Most religions recommend pilgrimages as spiritual practices. For instance, in Islam every believer is called to make at least one pilgrimage to Mecca in his or her lifetime. What is the basis for religious endorsements of pilgrimages? It is precisely our universal human longing for growth, for becoming more than we were by going farther than we ever dared.

The motivations for both inner and outer pilgrimages have the momentum of a journey. Perhaps we are tired of our life routine and want a whole new experience and hope to find new perspective. Or are we seeking the answer to a taxing question or conundrum. We are confused and want some clarity. We are trying to discern our true calling. We are wounded interiorly, seeking atonement for something or have an illness and we seek a healing. Or perhaps we have something enormously grateful for and the pilgrimage is a way of showing thanks.

This packet is designed to take you on a journey of both your outer and inner landscape. The outer landscapes are all around you and can be explored through a well-planned or serendipitous trip, a pilgrimage to a sacred site, or a meandering somewhere in your own neighborhood. The pith, though is found in the inner landscape. That is something you take with you wherever you go. It is your inner self, the very soul-housed uniqueness of time and space that you bring into the world and bring into your life's experiences. I encourage you to lean into the physical, emotional or intellectual challenges that the pilgrimage entails and think about how you might grow from the experience.

I wish you well on your journey this month!

In Faith,

Andrea

Our Spiritual Exercises

Option A:

Camino Divina. Journey to a Sacred place with Sacred words.

What is camino divina? Well, since *camino* simply means “road” and *divina* means “divine”, the pair of them together could be thought of as “the path of the Divine” or “the divine way.” It just means taking a meaningful stroll out in nature, on a labyrinth or under the moon, with divine words laced in rhythm along with it. A chance to enrich a wandering practice that you may already have. A chance to slow down. A journey of both outer landscape and inner landscape.

1. Step 1: Sitting Meditation with Wendell Berry – Prophet of the Soil of the Soul.

Find a quiet place to sit and ruminate on the soulful gifts that Wendell Berry’s poem “Boone” (the poem is listed in the resources section below) may provide. Take some time for a few slow and deep breaths. Read the poem through once, take a few moments of quiet and then read it again, pulling from it a word or phrase that spoke to you. You may choose to write it down on a piece of paper or in a journal. Then sit in quiet again, taking into yourself your own hopes for both growth and appreciation for what already lies inside you. (*Feel free to choose a poem of your choice - Boone is just a suggestion*).

2. Step 2: Walking* Meditation. Find a sacred place to you. It could be a sacred site, a park, or a meandering somewhere in your own neighborhood. One suggestion is to walk a labyrinth. There are three right here in St. Paul:

- House of Hope Church Parsonage (entrance on Portland Avenue, across from the playground)
 - Wisdom Ways Center for Spirituality (1890 Randolph Avenue on the grounds of the Sisters of St. Joseph Center - The Garden Labyrinth and the Chartres Labyrinth)
 - Como Park (http://labyrinth.stpaulnagasaki.org/images/directions/labyrinth_directions.pdf).
 - *If you lack mobility, one option is to print out a finger labyrinth instead <https://labyrinthsociety.org/download-a-labyrinth>. There are instructions for using a finger labyrinth on the website.
- As you begin your journey, be sure to take in the smell of the world around you. And look around you – notice the colors and textures of an object around you. Attempt to be open to sights, sounds, feels, or smells that you normally wouldn’t be. Go slowly. Measure your steps. Take each stride as an opportunity to be fully present to what is around you. Also notice what your body feels like when moving – does your breathing change? Do your muscles relax or tense? Are you warm or cool?
 - As you are walking, think about the phrase you chose from Berry’s poem. Repeat it in your mind. If you can, feel the contours of the sound and shape of the word/phrase. Say it again. What does the word or phrase remind you of? What do you associate with this word/phrase? What have I never noticed about it? Where does this word show up in my life over and over? What does it remind you of in the context of *this* place? Where are you now on your walk? Where are you now... inside this word or phrase? Where are you now...as you ponder the interactions between these things?

Does the word or phrase signal an invitation or a call? Now, check your environment again, the place where you are walking, and take that in. Continue your walking. Finally ask yourself: What have I already found as I've walked my years on this earth?

3. **Step: 3 Taking your experience back home. Reflect upon your experience.** Here are some *suggested* questions for reflection. Answer what is relevant to you and come prepared to share your insights with the group.

- Where did you choose to journey? What drew you to that place?
- Is the site that you chose holy in its own right or is it holy by virtue of visiting it in a spirit of pilgrimage?
- Did you have an intention when you began your roaming or your “search” or was it more spontaneous, serendipitous? If you did have an intention what was it? What may have prompted that intention?
- What have you discovered during your journey of sacred movement?
- “The search withholds the joy from what is found” Wendell Berry tells us in his poem “Boone.” *The search*. What has been your search? How does the search withhold? What does it withhold? What passageways into your soul have been opened up? What questions are you still pondering?
- Where were you surprised in ways that opened up new understanding of yourself or others or the world you share? What surprised you in a way that invited your spiritual growth?
- What was difficult physically, emotionally or intellectually about this pilgrimage and how might you grow from leaning into the discomfort of the pilgrimage’s challenges?

(Adapted from the Book Camino Divina: Walking the Divine Way by Gina Mammano)

Option B: Justice Pilgrimage in Saint Paul

Option 1: Take a justice pilgrimage to learn about the civil rights history of St. Paul and of Unity Church.

- Browse the African American Heritage Guide to Saint Paul, by CultureBrokers Foundation, Inc., <http://saintpaulhistorical.com/tours/show/41>. The website provides some background on the history of African Americans in Minnesota and in St. Paul specifically. Spend some time reading about this fascinating history while focusing more specifically on the Rondo neighborhood.
 - In a pre-Civil Rights America, a thriving black community emerged in Saint Paul, Minnesota. Anchored by the Pilgrim Church, Rondo was a vibrant, unique and proud African American community. Lined with black-owned business, schools, and homes; Rondo was a thriving and independent neighborhood. Citizens of Rondo published newspapers, formed social clubs and other institutions that led the fight against persistent racism and oppression they often encountered throughout their daily lives. Despite the social, political and economic odds stacked against this community, Rondo thrived until it was callously destroyed by urban renewal and the construction of Interstate-94. Here are some websites that talk about the history of the Rondo Neighborhood.

<http://rememberingrondo.org>
<http://rememberingrondo.org/tie-life-culture/remembering-rondo/>
<http://saintpaulhistorical.com/items/show/160?tour=41&index=11>

- Read the History of Race and Unity Church (specifically pages 35-39) to learn what Unity Church was doing during this time. “The History of Race at Unity Church for further information.” <http://www.unityunitarian.org/uploads/6/1/0/3/6103699/antiracismaudit2005.pdf>
- Visit the Rondo Neighborhood. Here are some suggested sites.
 - Pilgrim Baptist Church - 732 Central Ave W
<http://saintpaulhistorical.com/items/show/228?tour=39&index=0>
<http://rememberingrondo.org/tie-places-spaces/tie-historic-places/minnesota-oldest-black-church-pilgrim-baptist/>
 - St. Peter Claver Catholic Church located at 1060 W. Central Avenue in St. Paul. <http://saintpaulhistorical.com/items/show/229?tour=39&index=1>
 - The Hallie Q. Brown Community Center (now the MLK rec center and Penumbra theater) 270 N Kent St
<http://rememberingrondo.org/tie-places-spaces/tie-churches/hallie-q-brown-community-center/>
 - Old Rondo Avenue. (Between Hamline and Dale) Walk/Drive along this street to see how the freeway cut the neighborhood in two.
 - Visit the sites of some of the Historic Rondo Neighborhood Businesses (Between Lexington and Marion street and University Avenue and Marshall)
<http://rememberingrondo.org/historic-rondo-businesses/>
- Reflect on your experience by taking some time to write in a journal. Come prepared to discuss your journey. Here are some reflection questions:
 - What sites did you choose to visit and why?
 - Are the sites you visited holy in their own right or are they holy by virtue of visiting them in a spirit of pilgrimage?
 - What did you notice while you were out walking the streets of the Rondo Neighborhood? What struck you? What was the physical landscape like?
 - What emotions stirred up in you as you considered the people who lived or died or experienced the oppression of racism in those places?
 - What does it mean to you to consider how cohesive and strong the Rondo community was before the freeway and the subsequent impact of the freeway and other policies on this neighborhood?
 - What was Unity Church doing during this time? How did you feel as you were reading this history? See “The History of Race at Unity Church for further information.” <http://www.unityunitarian.org/uploads/6/1/0/3/6103699/antiracismaudit2005.pdf>
 - Were you aware of the history of the freeway’s impact on the Rondo neighborhood? If you were not, what feelings and emotions come up for you as you think about learning this history now?
 - What might the grief of this story ask of us today?
 - Where were you surprised in ways that opened up new understanding of yourself or others or the world you share? What surprised you in a way that invited your spiritual growth?

- What was difficult physically, emotionally or intellectually about this pilgrimage and how might you grow from leaning into the discomfort of the pilgrimage's challenges?
- What passageways into your heart have been opened up?
- What questions are you still pondering?

Option 2: Native American History in Minnesota

Step 1: Learn about Native American history in Minnesota – specifically the Dakota War of 1812. <http://www.usdakotawar.org/history/treaties>

Step 2: Visit Dakota Historical Sites

- **Oheyawahi/Pilot Knob Hill** (2044 Pilot Knob Rd, Mendota Heights)
To the Dakota the prominent hill was known as *Oheyawahi*, or "a hill much visited." It was here that the Dakota buried their dead and Dakota villages dotted the river below during the early 1800s. The hill remains a sacred place to the Shakopee Mdewakanton.
<http://www.pilotknobpreservation.org/Pocket%20Guide%20Interactive.htm>
<https://www.nps.gov/miss/planyourvisit/pilotknob.htm>
- **Fort Snelling State Park** (200 Tower Avenue, St. Paul)
The site where 1700 Dakota women, children and elders were held in brutal conditions during the winter of 1862-1863, before their deportation. <http://healingmn.blogspot.com/p/nov-2012-commemorative-march.html>
<https://www.nps.gov/miss/planyourvisit/histfort.htm>

Step 3: Reflect on your experience by taking some time to write in a journal. Come prepared to discuss your journey. Here are some reflection questions:

- Why did you choose this activity?
- Are the sites you visited holy in their own right or are they holy by virtue of visiting them in a spirit of pilgrimage?
- What did you notice while you were visiting these sites? What was the physical landscape like?
- What emotions came up for you as you visited these sites?
- Did you know of this history before this pilgrimage? How has this affected your understanding and learning?
- What might the grief that lies at the center of these stories ask of us today?
- Where were you surprised in ways that opened up new understanding of yourself or others or the world you share? What surprised you in a way that invited your spiritual growth?
- What was difficult physically, emotionally or intellectually about this pilgrimage and how might you grow from leaning into the discomfort of the pilgrimage's challenges?
- What questions are you still pondering?
- What have you learned on your journey?

Option C: Minneapolis Public Art Pilgrimage

Did you know that there are approximately 300 individual pieces of public art (and counting) to visit in Minneapolis? You can now explore the City of Minneapolis' public art collection through **six** interactive map tours. Each of these unique tours is geographically organized for anyone to explore at their leisure. Within each tour you will find detailed information about each artwork AND directions to the works through Google Maps. You can choose to follow the numbered tour order provided, or choose your own order and visit individual artworks that pique your interest. To find out the number of artworks, featured artists, and length of each unique tour, explore the map below.

The “**North**” and “**East**” tours are geographically closest to St. Paul but feel free to choose any of the tours. Simply scroll through the menu bar on the left-hand side of the web page and click on the “Go to Tour” words to access the map. There are times listed for biking driving or walking the tour. Go exploring and have some fun!

Public Art Map http://www.minneapolismn.gov/dca/dca_map

Minnesota Public Radio and the City launch interactive audio tour of public art

Minnesota Public Radio (MPR) and the City of Minneapolis have launched an audio MPR Sound Point™ tour of Minneapolis Public Art. The Sound Point technology allows the public to access a series of stories, in the words of the artists, about new works of public art in Minneapolis and the opportunity to leave their own stories in return. Viewers can listen to these stories by dialing or texting a phone number or scanning a QR code with their smart phone. For more information about the tour and to download a [map/brochure about these artworks \(pdf\)](#).

Come prepared to talk about your experience. Here are some reflection questions:

- What attracted you to choose this pilgrimage exercise?
- Did you have an intention when you began your journey or your “search” or was it more spontaneous, serendipitous? If you did have an intention what was it? What may have prompted that intention?
- Are the sites you visited holy in their own right or are they holy by virtue of visiting them in a spirit of pilgrimage?

- What art sites did you visit and why?
- What pieces stood out to you and why?
- Where were you surprised in ways that opened up new understanding of yourself or others or the world you share? What surprised you in a way that invited your spiritual growth?
- What was difficult physically, emotionally or intellectually about this pilgrimage and how might you grow from leaning into the discomfort of the pilgrimage’s challenges?
- What questions are you still pondering?
- What did you learn from this journey?

Your Question

As always, don't treat these questions like "homework" or a list that needs to be covered in its entirety. Instead, simply pick the one question that speaks to you most and let it lead you where you need to go. The goal is not to analyze what "welcome" means in the abstract, but to figure out what being a part of a people of pilgrimage means for you and your daily living. So, which question is calling to you? Which one contains "your work"?

1. If you had all the resources and time, all barriers removed, where would you go and why?
2. Is there somewhere you need to go, or something you **need** to do?
3. What might you learn from leaning into the physical, emotional or intellectual challenges of pilgrimage?
4. What needs to be transformed in your life by taking a pilgrimage?
5. What sacrifice do you need to make to go on a pilgrimage?
6. Have you experienced what Kabir describes "I felt in need of a great pilgrimage, so I sat still for three days, and God came to me"?
7. Where do you go/have you gone to find your meaning? Do you have to travel to search for your own truth?
8. If we took to heart Peter Mayer's words that "everything is holy now," what holy journey do you need to be on right now?
9. What threshold or liminal space (where we release the old and the new has not yet come into fullness) do you need to enter right now?
10. What would it be like to make going to church every Sunday your pilgrimage?
11. What's your question? Your question may not be listed above. As always, if the above questions don't include what life is asking from you, spend the month listening to your days to hear it.

Recommended Resources

As always, this is not required reading. We will not analyze these pieces in our group. Instead they are here to companion you on your journey this month, get your thinking started, and maybe open you to new ways of thinking about what it means to be part of a people of pilgrimage.

Word Roots

Pilgrim

c. 1200, *pilgrim*, from Old French *pelegrin*, *peregrin* “Pilgrim, crusader; foreigner, stranger.” Latin *peregrinus* “foreigner.”

Pilgrimage

a journey or search of moral or spiritual significance. It could be made to a sacred place as an act of religious devotion or to pay homage or a quest for purpose. It could also be the intentional search for the holy land of our souls.

Wise Words

You cannot travel the path until you have become the path.

–*Gautama Buddha (563-483 B.C.E.)*

“I felt in need of a great pilgrimage, so I sat still for three days, and God came to me”.

–*Kabir, 15th century Indian mystic poet.*

“To the end of his days, Bilbo could never remember how he found himself outside, without a hat, a walking-stick”

–*The Hobbit*

“In my case Pilgrim’s Progress consisted in my having to climb down a thousand ladders until I could reach out my hand to the little clod of earth that I am.

– *Carl Jung*

Perhaps travel cannot prevent bigotry, but by demonstrating that all people’s cry, laugh, eat, worry, and die, it can introduce the idea that if we try and understand each other, we may even become friends.

– *Maya Angelou*

The point of traveling is not to arrive but to return home laden with pollen you shall work up into honey the mind feeds on

– *R.S. Thomas*

Pilgrims are persons in motion – passing through territories not their own – seeking something we might call contemplation, or perhaps the word clarity will do as well, a goal to which only the spirit’s compass points the way.

– *Richard Niebuhr*

This determined human pattern of pilgrimage points, as we have come to believe, to the basic human need to make a **connection** with something outside themselves, some holiness or value which helps ground the pilgrim in a new being, in a new lease on life, in something which gives meaning and direction and which is frequently experienced as healing.

– *Jean Dalby, Wallace Clift in The Archetype of Pilgrimage*

A voice comes to your soul saying, Lift your foot, cross over. Move into emptiness of question and answer and question.

–*Rumi, The Glance*

“Walking on the earth is a miracle! Each mindful step reveals the wondrous Dharmakaya.”

–*The Long Road turns to Joy by Ticht Naht Hanh*

"And the world cannot be discovered by a journey of miles, no matter how long, but only by a spiritual journey, a journey of one inch, very arduous and humbling and joyful,

by which we arrive at eh ground at our own feet, and learn to be at home”

- *The Unforeseen Wilderness: Kentucky's Red River Gorge* by Wendell Berry

Poems

Boone

Wendell Berry

Beyond this final house

I'll make no journeys, that is the nature of this place,

I came here old; the house contains the shade of its walls, a fire in winter; I know from what direction to expect the wind; Still I move in the descent of days from what was dreamed to what remains. In the stillness of this single place where I'm resigned to die. I'm not free of journeys: one eye watches while the other sleeps – every day is a day's remove from what I knew.

We held a country in our minds which, unpossessed, allowed the encroachment of our dreams; our vision descended like doves at morning on valleys still blue in the extremity of hills until we moved in a prodigy of reckonings, sustaining in the toil of a journey the rarity of our desire.

We came there at the end of spring, climbing out of the hill's shadow in the evening, the light leaned quiet on the trees, we'd foreseen no words; after nightfall when the coals of our fire contained all that was left of vision, my journey relinquished me to sleep; kindling in the uneasy darkness where we broached our coming to the place we'd dreamed the dying green of those valleys began to live.

My passage grew into that country like a vine, as if remaining when I'd gone, responsive to the season's change, bonding a continuance of eyes; not the place or the distance made it known to me, but the direction so ardently obeyed, preserving by advance on the edge of virgin light, broken

by my shadow's stride; I wouldn't recognize the way back.

I approach my death, descend toward the last fact; it is not so clear to me now as it once seemed; when I hunted in the new lands alone, I could foresee the skeleton hiding with its wound after the fear and flesh were gone; now it may come as a part of sleep.

In winter the river hides its flowing under the ice –even then it flows, bearing interminably down; the black crow flies into the black night; the bones of the old dead ache for the house fires.

Death is a conjecture of the seed and the seasons bear it out; the wild plum achieves its bloom, perfects the yellow center of each flower, submits to violence—extravagance too grievous for praise; there are no culminations, no requitals.

Freed of distances and dreams, about to die, the mind turns back to its approaches: what else have I known?

The search withholds the joy from what is found, that has been my sorrow; love is no more than what remains of itself.

There are no arrivals. At the coming of winter the birds obey the leviathan flock that moves them south, a rhythm of the blood that survives the cold in pursuit of summer; and the sun, innocent of time as the blossom is innocent of ripeness, faithful to solstice, returns and the flocks return; the season recognizes them.

If it were possible now I'd make myself submissive to the weather as an old tree, without retrospect of winter, blossoming, grateful for summer hatched from thrushes' eggs in the speckled thickets – obedient to darkness, be innocent of my dying.

Dark Night of the Soul

John of the Cross

To get to an unknown land by unknown roads, a traveler cannot allow himself to be guided by his old experience. He has to doubt himself and seek the guidance of others. There is no way he can reach the new territory and know it truly unless he abandons familiar roads.

Detour

Ruth Feldman

I took a long time getting here,
much of it wasted on wrong turns,
back roads riddled by ruts.
I had adventures
I never would have known
if I proceeded as the crow flies.
Super highways are so sure
of where they are going:
they arrive too soon.

A straight line isn't always
the shortest distance
between two people.
Sometimes I act as though
I'm heading somewhere else
while, imperceptibly,
I narrow the gap between you and me.
I'm not sure I'll ever
know the right way, but I don't mind
getting lost now and then.
Maps don't know everything.

Invite Wonder

Christine Paintner

What if you bowed
Before every dandelion you met
And wrote love letters to squirrels and
pigeons who crossed your path?

What if scrubbing the dishes became an act
of single reverence for the gift of being
washed clean, and what if the rhythmic
percussion of chopping carrots became the
drumbeat of your dance?

What if you stepped into the shower each
morning only to be baptized anew and sent

forth to serve the grocery bagger, the bank
teller and the bus driver through acts of
simple kindness?

And what if the things that make your heart
dizzy with delight were no longer stuffed
into the basement of your being and allowed
out to play in the lush and green fields?
There are two ways to live in this world: as
if everything in this world were enchanted
or nothing at all.

There is no in between, although you keep
trying to live this divided life knowing deep
down something is awry.
You have lived long enough with this
tearing apart.

Come out into the wide world.
And discover there, companions and guides
at every turn, and even those who summon
curses from your heart have a divine spark
within them bright enough

To invite wonder.

Walking Meditation

Tich Nhat Hanh in The Long Road Turns to Joy

Take my hand. We will walk. We will
only walk. We will enjoy our walk without
thinking of arriving anywhere. Walk
peacefully. Walk happily. Our walk is a
peace walk. Our walk is a happiness walk.
Then we learn that there is no peace walk;
that peace is the walk; that there is no
happiness walk; that happiness is the walk.
We walk for ourselves. We walk for
everyone always hand in hand. Walk and
touch peace every moment. Walk and touch
happiness every moment. Each step brings a
fresh breeze. Each step makes a flower
bloom under our feet. Kiss the Earth with
your feet. Print on Earth your love and
happiness. Earth will be safe when we feel
in us enough safety.

Thomas Merton's Prayer

<https://onbeing.org/blog/thomas-mertons-prayer-that-anyone-can-pray/>

“My Lord God, I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. Nor do I really know myself, and the fact that I think that I am following your will does not mean that I am actually doing so. But I believe that the desire to please you does in fact please you. And I hope 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.”

Videos

Pilgrimage to Buddha place in India

<https://www.youtube.com/watch?v=BJf4ivzOcS4>

This educational video follows the path of Buddhist pilgrims from around the world as they visit Lumbini, Nepal, the site of the Buddha's birth; Bodh Gaya, India, the site of Buddha's enlightenment; Sarnath, India, the site of Buddha's first sermon; and other major sites.

The Way: Camino de Santiago

Documentary Film

<https://www.youtube.com/watch?v=4dqOI87nSU0>

The great documentary film for anyone interested in learning about the Camino Walk.

A Journey through the mind of an artist

https://www.ted.com/talks/dustin_yellin_a_journey_through_the_mind_of_an_artist

Dustin Yellin makes mesmerizing artwork that tells complex, myth-inspired stories. How did he develop his style? In this disarming talk, he shares the journey of an artist -- starting from age 8 -- and his

idiosyncratic way of thinking and seeing. Follow the path that leads him up to his latest major work.

The Journey of compassion

https://www.ted.com/talks/swami_dayananda_saraswati

Swami Dayananda Saraswati unravels the parallel paths of personal development and attaining true compassion. He walks us through each step of self-realization, from helpless infancy to the fearless act of caring for others.

Articles

A Wilderness Pilgrimage: Where we go When We Die

Parker Palmer

<https://onbeing.org/blog/a-wilderness-pilgrimage-where-we-go-when-we-die/>

Parker Palmer talks about his annual trek to the Boundary Waters Canoe Area Wilderness as a pilgrimage to holy ground, a place of healing.

The True Story of the Colonization of the United States of America (*Context for thinking about the Thanksgiving Holiday*)

<https://www.uua.org/multiculturalism/dod/wat-doctrine-discovery>

Remember the Forced March of the Dakota in 1862 (*The opposite of pilgrimage*)

<http://healingmn.blogspot.com/p/nov-2012-commemorative-march.html>

"On November 7, 1862, a group of about 1,700 Dakota, primarily women, children and elderly, were force-marched in a four-mile long procession from the Lower Sioux Agency to a concentration camp at Fort Snelling. Two days later, after being tried and convicted, over 300 condemned men who were awaiting news of their execution were shackled and placed in wagons then transported to a concentration camp in Mankato, Minnesota.

Living on the Edge

Richard Rohr

<https://cac.org/living-on-the-edge-2016-07-13/>

We often enter liminal space when our former way of being is challenged or changed—perhaps when we lose a job or a loved one, during illness, engagement, or at the birth of a child. During this graced time we are not certain or in control. This openness allows room for something genuinely new to happen. We are empty and receptive—an erased tablet waiting for new words. Liminal space is where we are most teachable.

Music

We are going/Woyaya

Singing the Living Tradition #1020

We are going, heaven knows where we are going, we'll know we will. We will get there, heaven knows how we will get there, we know we will. It may be hard, we know and the road may be muddy and rough, but we'll get there. Heaven knows how we will get there, we know we will.

Everyday is a winding road

Cheryl Crow

<http://www.songfacts.com/detail.php?id=36724>

Closer to Fine

Indigo Girls

<http://www.songfacts.com/detail.php?lyrics=7157>

Pilgrimage

<https://www.youtube.com/watch?v=FvgUD9nnXQk>

REM

I'm Gonna Be (500 miles)

The Proclaimers

<http://www.songfacts.com/detail.php?id=1502>

Soul Companion

Mary Chapin Carpenter and James Taylor

<https://www.youtube.com/watch?v=MbfWbNShGs4>

Stairway to Heaven

Led Zeplin

<http://www.songfacts.com/detail.php?id=328>

Movies

Traces of the Trade

<http://www.pbs.org/pov/tracesofthetrade/film-description/>

When Katrina Browne discovered that her slave-trading ancestors from Rhode Island were not an aberration she invited 200 of her living relatives on a journey with her from Rhode Island to Ghana to Cuba and back to learn about her slave-trading family roots.

The Way

http://www.imdb.com/title/tt1441912/?ref=nv_sr_3

A father heads overseas to recover the body of his estranged son who died while traveling the “El camino de Santiago” and decides to take the pilgrimage himself.

Into the Wild

<http://www.imdb.com/title/tt0758758/>

After graduating from Emory University, top student and athlete Christopher McCandless abandons his possessions, gives his entire \$24,000 savings account to charity and hitchhikes to Alaska to live in the wilderness. Along the way, Christopher encounters a series of characters that shape his life.

Wild

http://www.imdb.com/title/tt2305051/?ref=fn_al_tt_1

A chronicle of one woman's 1,100-mile solo hike undertaken as a way to recover from a recent personal tragedy.

Books

The Unlikely Pilgrimage of Harold Fry: A Novel

Rachel Joyce

https://www.amazon.com/Unlikely-Pilgrimage-Harold-Fry-Novel/dp/0812983459/ref=sr_1_1?ie=UTF8&qid=1507756733&sr=8-1&keywords=unlikely+pilgrimage+of+harold+fry+by+rachel+joyce

Meet Harold Fry, recently retired. He lives in a small English village with his wife, Maureen, who seems irritated by almost everything he does. Little differentiates one day from the next. Then one morning a letter arrives, addressed to Harold in a shaky scrawl, from a woman he hasn't heard from in twenty years. Queenie Hennessy is in hospice and is writing to say goodbye. But before Harold mails off a quick reply, a chance encounter convinces him that he absolutely must deliver his message to Queenie in person.

Wanderlust: A history of walking

https://www.amazon.com/Wanderlust-History-Walking-Rebecca-Solnit/dp/0140286012/ref=sr_1_1?ie=UTF8&qid=1507398257&sr=8-1&keywords=wanderlust+solnit

Rebecca Solnit

Drawing together many histories--of anatomical evolution and city design, of treadmills and labyrinths, of walking clubs and sexual mores--Rebecca Solnit creates a fascinating portrait of the range of possibilities presented by walking. Arguing that the history of walking includes walking for pleasure as well as for political, aesthetic, and social meaning, Solnit focuses on the walkers whose everyday and extreme acts have shaped our culture, from philosophers to poets to mountaineers.

On Pilgrimage

Dorothy Day

https://www.amazon.com/Pilgrimage-Ressourcement-Retrieval-Renewal-Catholic/dp/0802846297/ref=sr_1_sc_1?ie=UTF8&qid=1507398611&sr=8-1-spell&keywords=dorothy+day+pilgrimage

[TF8&qid=1507398611&sr=8-1-spell&keywords=dorothy+day+pilgrimage](https://www.amazon.com/Pilgrimage-Ressourcement-Retrieval-Renewal-Catholic/dp/0802846297/ref=sr_1_sc_1?ie=UTF8&qid=1507398611&sr=8-1-spell&keywords=dorothy+day+pilgrimage)

These diary entries written by Dorothy Day in 1948 provide an intimate look into Day's personal life as well as essential background for understanding the Catholic Worker movement, which she founded. In this book, Day writes about all facets of her life. Yet whether describing her visits to her daughter's farm or the writings of the saints, a common theme emerges, namely, the gifts of God's love and our need to respond to them with personal and social transformation.

Wisdom Walking: Pilgrimage as a Way of Life

Gil Stafford

<https://www.amazon.com/Wisdom-Walking-Pilgrimage-Way-Life/dp/0819233498>

Everyone has taken a pilgrimage, says author Gil Stafford. Some pilgrimages are intentional: I walked across Ireland. Some are unintentional: I walked my mother through the final days of her life. Life is a pilgrimage. But, do we walk intentionally, embracing the transformational process?

The Pilgrimage

Paulo Coelho

https://www.amazon.com/Pilgrimage-Plus-Paulo-Coelho/dp/0061687456/ref=sr_1_3?s=books&ie=UTF8&qid=1507398739&sr=1-3&keywords=pilgrimage

Step inside this captivating account of Paulo Coelho's pilgrimage along the road to Santiago. This fascinating parable explores the need to find one's own path. In the end, we discover that the extraordinary is always found in the ordinary and simple ways of everyday people. Part adventure story, part guide to self-discovery, this compelling tale delivers the perfect combination of enchantment and insight.

The Hobbit

J-R-R Tolkien

https://www.amazon.com/Hobbit-J-R-Tolkien/dp/054792822X/ref=sr_1_2?ie=UTF8&qid=1508024884&sr=8-2&keywords=the+hobbit

Bilbo Baggins is a hobbit who enjoys a comfortable, unambitious life, rarely traveling any farther than his pantry or cellar. But his contentment is disturbed when the wizard Gandalf and a company of dwarves arrive on his doorstep one day to whisk him away on an adventure. They have launched a plot to raid the treasure hoard guarded by Smaug the Magnificent, a large and very dangerous dragon. Bilbo reluctantly joins their quest, unaware that on his journey to the Lonely Mountain he will encounter both a magic ring and a frightening creature known as Gollum.

This packet was created based on the Soul Matters Sharing Circle model of small groups.



<https://www.facebook.com/soulmatterssharingcircle>

