

Welcome to the 2022

Hey White People, We Have Work to Do

PILGRIMAGE

A Contemplative Walk from
the MN State Capital to George Floyd Square
May 21, 2022

***Gather at 8:00 AM – Tour of GFS at 12:30 PM
led by Protectors & Caretakers of the Square***

***From the Art of Pilgrimage:
The Seekers Guide to Making Travel Sacred***
By Phil Cousineau

*“The point of a pilgrimage is to improve yourself by
enduring and overcoming difficulties.*

*In other words, if the journey you have chosen is indeed
a pilgrimage, a soulful journey, it will be rigorous.”*

*“Pilgrimage is a powerful metaphor for any journey
with the purpose of finding something that matters
deeply to the traveler. With deepening of focus, keen
preparation, attention to the path below our feet and
respect for the destination at hand, it is possible to
transform even the most ordinary trip
into a sacred journey, a pilgrimage.”*

Seven Stages of Pilgrimage

This outline of the Seven Stages of Pilgrimage comes from the Alliance of Religions and Conservation (ARC) which drew on its long experience of working with the major faiths. As ARC says, these are ideas, not rules, to help explore how any journey can become a pilgrimage.

1. Mindfulness

The first stage involves thinking about being a pilgrim rather than just travelling from A to B. *Pilgrim: a person who journey's, especially a long distance, to some sacred place as an act of religious (spiritual) devotion.*

2. Journey / Voyage

The second is about recognizing that journeys are entities in themselves and can, if you allow them, take on a life of their own. They are not just a means to an end.

3. Companionship / Friendship / Consideration / Awareness

The third is becoming aware of the people with whom you are travelling and why you are together, discovering what each of you brings as well as being honest about some of the tensions.

4. Illumination / Seek / Epiphany / Exploration / Understanding

The fourth is about understanding the story that has brought you there: your story.

5. Absorption / Zen / Immersion

In the fifth stage you lose your role as an observer and become part of the landscape and part of someone else's story.

6. Observation / Appreciation / Appraising / Praising

The sixth stage is to look at the landscape you are passing through.

7. Metamorphosis / Transformation / Transfiguration / Ascendance / Transcendence

The seventh and final stage is to recognize that at the end of the journey you should be a different person from the person who set out.

An Important Message from Clover and Danette:

There is no one way to engage in this walk. Some folks will cover the whole nine miles and others will join or leave along the route. Please make responsible choices for your health, safety, and emotional well-being.

This is the first formal Hey White People Pilgrimage. We are grateful you have chosen to participate in this event and look forward to hearing about your experience. Please email us at hwp2021@gmail.com to share your reflections and ideas. If you would like to be involved in planning for next year's event, let us know that as well.

TIPS & SUGGESTIONS

1. Get a Metro Bus pass in advance. It's the simplest way to pay for bus fare; you can use cash.
2. Put a Lyft or Uber app on your phone. It's the easiest way to use those services.
3. If you need to be picked up while on the route and shuttled to George Floyd Square, we have an awesome volunteer can help.

Emotional/Spiritual Preparation:

- Review and consider the seven stages of pilgrimage
- Come with an open mind & heart, a collaborative spirit
- Expect challenges, be flexible
- Keep in mind that this is not a march or protest; it is a contemplative walk to invite reflection and connection
- Know that there will be people who walk at different paces
- Prepare yourself to move together as a group, with patience and understanding

Logistical Information/What to Bring

- Meet at 8:00 a.m. in front of the MN. State Capitol at the intersection of Rev Dr Martin Luther King Jr Blvd and John Ireland Blvd
- While there is ample parking, be sure to allow enough time in case you need to walk a bit to get to the gathering point
- Bring a water bottle; there are places to refill along the route
- Bring salty snacks
- Wear comfortable and supportive shoes
- Put on sunscreen; wear a hat
- You may want to bring a journal and pen for writing
- Bring weather appropriate clothing (poncho, umbrella, windbreaker, etc.)