



# HOW TO BE A PILGRIM

By preparing spiritually and reflecting at each stage, you can deepen your faith and move closer to the heart of Christ through your pilgrimage.

## Before the Pilgrimage

### Pray and Reflect:

- **Clarify Your Intention:** Reflect on why you are making the pilgrimage – whether to grow closer to God, seek healing, or for a specific intention.
- **Pray for Guidance:** Ask God for strength and openness, using prayers like the Prayer for Jubilee 2025.
- **Reflect on the Scriptures:** Choose a Scripture that resonates with your journey.
- **Journal:** Keep a journal to note aspects of your journey, your reflections and what you sense the Holy Spirit might be calling you to in your life. (The Holy Spirit who calls you to a path or an action or a change in your life or to keep going in a difficult situation, will also provide you with the means to do that – it's free; that's why it's called Grace.)

### Learn About the Sacred Site:

**What is the Story behind the site?** Understand the significance of the site – its name, custodians, and the history of early Catholic settlers.

**Ask for Prayer:** Request prayer from others for a fruitful and safe journey.



## During the Pilgrimage

**Start with Prayer:** Offer a Pilgrim's Prayer for safe travels and openness to God's presence.

**Meditate and Reflect:** Spend time contemplating the significance of the site and how your faith has grown. Reflect on your intention and the changes you've experienced. Have a 'heart to heart' with the One who loves you most.

**Participate in the Sacraments:** If possible, attend Mass or the Sacrament of Reconciliation at your destination or on your journey.

## After the Pilgrimage

**Return with Gratitude:** Offer a prayer of thanksgiving for the journey, such as, "Thank You, Lord, for the graces received during my pilgrimage."

**Journal and Reflect:** Record your reflections and how your intention was fulfilled, noting any new insights or moments of grace. Reflect on the theme 'Pilgrims of Hope' – what does it mean to you?

**Share Your Experience:** Inspire others to embark on their own pilgrimage by sharing your journey\*.

**Continue Your Spiritual Practice:** Maintain daily prayer and continue acts of charity or service as an extension of your pilgrimage.

\*If you would like to share your pilgrimage story more widely, feel free to use #sandhurstpilgrim, or email [editor@sandhurst.catholic.org.au](mailto:editor@sandhurst.catholic.org.au)