

## Local Pilgrimage

## Prayer Guide

**Congratulations on beginning your domestic pilgrimage!** *Saint John Paul II explained, "Pilgrimages, a sign of the condition of the disciples of Christ in this world, have always held an important place in the life of Christians. In the course of history, Christians have always walked to celebrate their faith in places that indicate a memory of the Lord or in sites representing important moments in the history of the Church. They have come to shrines honoring the Mother of God and to those that keep the example of the saints alive. Their pilgrimage was a process of conversion, a yearning for intimacy with God and a trusting plea for their material needs. For the Church, pilgrimages, in all their multiple aspects, have always been a gift of grace" (Pilgrimage in the Great Jubilee, 2).* Included here are some prayers that can be used while you are journeying to the various sites in the U.S., when you arrive to a site, and on your return trip.. Keep in mind that they can be prayed in the silence of your heart, with a fellow pilgrim, or in a larger group.

*It is recommended to begin your journey to any of the U.S. pilgrimage sites by celebrating the Mass, or if that is not an option, by reciting the Liturgy of the Hours or another liturgical rite.*

### **Pilgrim's Prayer through Mary**

*We begin our prayer experience with Mary, the Blessed Mother who guides us always in route to Her Son Jesus. This ancient pilgrim prayer (origin unknown) has been used by pilgrims for decades to invite Mary, our Mother, with us in pilgrimage.*

**O Virgin Mary, Help of Christians, we dedicate ourselves to your service.  
We concentrate our minds, hearts, and bodies and promise to work always  
for the glory of God and the salvation of man.**

**Protect the young and help the aged, save sinners and console the dying.  
You are our hope, Mary, Mother of Mercy and Gate of Heaven.**

**Pray to your Son for us so that we may be filled with selfless charity and deep faith.  
Ask Jesus for those things which we cannot obtain through our own actions  
and help us in this our present necessity.**

**May we always see the Will of the Father of our lives.  
We ask you this, sweet Spouse of the Spirit,  
so that we may come to your Son in grace. Amen**

## **Pilgrim's Prayer of St. James, Patron of Pilgrim Travelers**

*St. James the Apostle is known as the patron of pilgrim travelers because, during medieval times, his sanctuary in Santiago de Compostela in northwestern Spain was one of the most traveled pilgrim routes in Christendom (known through the centuries as the Camino de Compostela). Whether on a journey to a distant shrine or to a local place of veneration and importance, it is good to pray with St. James for his protection during the journey and for our own conversion of heart before, during, and after the encounter. St. James was also one of the three disciples chosen by Christ to journey with him up Mount Tabor for the Transfiguration; with this in mind, we pray with St. James that we, too, might have a transformative experience on pilgrimage.*

*This ancient prayer (origin unknown) comes at the end of pilgrim Masses said along the Camino de Santiago:*

**O God, who brought your servant Abraham  
out of the land of the Chaldeans,  
protecting him in his wandering across the desert,  
we ask that you watch over us, your servants,  
as we walk in the love of your name to *insert your destination here.***

**Be for us our companion on the walk,  
Our guide at the crossroads,  
Our breath in our weariness,  
Our protection in danger,  
Our home (*albergue*) on the Camino,  
Our shade in the heat,  
Our light in the darkness,  
Our consolation in our discouragements,  
And our strength in our intentions.**

**So that with your guidance we may arrive safe and sound  
at the end of the road and enriched with grace and virtue  
we return safely to our homes filled with joy.**

**In the name of Jesus Christ our Lord, Amen.**

**Apostle Santiago, pray for us.  
Santa Maria, pray for us.**

## **World Youth Day Pilgrim Prayers**

*Journeying to these local pilgrim sites is a way to prepare ourselves for the larger pilgrimage to World Youth Day, whether that is celebrated locally or internationally. Because of this, it is important to keep in prayer that special journey. Take time to pray for World Youth Day with the official prayers developed by the WYD 2016 international organizing committee and the United States Conference of Catholic Bishops:*

### World Youth Day – Krakow 2016 Official International Prayer

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**God, merciful Father, in your Son, Jesus Christ,  
you have revealed your love  
and poured it out upon us  
in the Holy Spirit, the Comforter.**

**We entrust to you today  
the destiny of the world  
and of every man and woman.**

**We entrust to you, in a special way  
young people of every language, people and nation:**

**Guide and protect them as they walk  
the complex paths of the world today  
and give them the grace to reap abundant fruits  
from their experience of the Krakow World Youth Day.**

**Heavenly Father, grant that we  
may bear witness to your mercy.  
Teach us how to convey the faith to those in doubt,  
hope to those who are discouraged,  
love to those who feel indifferent,  
forgiveness to those who have done wrong  
and joy to those who are unhappy.**

**Allow the spark of merciful love  
that you have enkindled within us  
become a fire that can transform hearts  
and renew the face of the earth. Amen.**

**Mary, Mother of Mercy, *pray for us.*  
St. John Paul II, *pray for us.***

World Youth Day USA: Official Prayer for American Pilgrims

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**God our Father,  
Be with us on our pilgrim journey of faith.  
Give us the grace and courage  
to step forward in faith and hope on the road ahead.**

**Lord Jesus,  
Open our eyes to see your face in all those we encounter.  
Open our ears to hear your voice in those who are often ignored.  
Open our hearts that we might be faithful disciples of mercy and truth.**

**Holy Spirit, Transform us.  
Empower us to give of ourselves to the poor;  
to welcome the lost; to forgive those who hurt us;  
to comfort those who suffer and are marginalized.**

**Bless those who travel on mission  
from the United States of America  
to Kraków in Poland, Land of Divine Mercy,  
to join the universal Church for World Youth Day.  
Bless, too, those who celebrate stateside, united in faith and joy.**

**Like the disciples who journeyed up the mountain  
to witness the Transfiguration,  
may this experience be an encounter  
that strengthens us for our work in the world.**

**Through the intercession of Mary, the Immaculate Conception, patroness of our nation,  
may we be worthy witnesses of our faith, humble representatives of our country,  
and inspired missionaries bringing peace, hope, and mercy into our communities. Amen.**

**St. James the Apostle, patron of pilgrim travelers, *pray for us.*  
St. Kateri Tekakwitha, young faithful witness from our native land, *pray for us.*  
St. Thérèse of Lisieux, patroness of missionaries and advocate for youth, *pray for us.*  
Blessed Pier Giorgio Frassati, man of the beatitudes and patron of young adults, *pray for us.*  
St. John Paul II, son of Poland and patron of World Youth Day, *pray for us.***

*The saints listed in the two WYD prayers (St. John Paul II, St. Faustina Kowalska, St. James the Apostle, St. Kateri Tekakwitha, St. Thérèse of Lisieux, and Blessed Pier Giorgio Frassati) are special patrons to the World Youth Day experience. It is important to call upon them as companions on the journey to the local pilgrimage sites. In a special way, for those who are visiting sites special to the United States and its Catholic history, it is also good to call upon other saints from our country such as St. Katherine Drexel, St. Elizabeth Ann Seton, St. Frances Xavier Cabrini, Blessed Junipero Serra, among others.*

*For those visiting sites related to Polish culture, calling upon St. Maximilian Kolbe, St. Stanislaus, St. Hedwig of Poland, and St. Casimir can connect you to the holy men and women of Krakow and Poland. In route to and at all these pilgrimage sites, it is very good to journey with the Blessed Virgin Mary under her titles as the Immaculate Conception (patroness of the United States), Our Lady of Guadalupe (patroness of the Americas), and Our Lady of Czestochowa (patroness of Poland).*

*Throughout your journey, with these holy people in mind, consider praying the Angelus (the prayer of Mary), the Rosary, the Divine Mercy Chaplet, the Cantic of Mary, the Litany of the Blessed Virgin Mary, the Way of the Cross, Via Lucis, listening to or singing the World Youth Day 2016 song, and receiving the Sacrament of Penance. See the last section of this guide for full length prayers.*

## Questions for Reflection

*When you reach the destination of your local pilgrimage, consider the following questions that you can pray with or think about.*

- What is important or special to you about this particular pilgrimage site?
- Why have you made this journey?
- What are your intentions for this pilgrimage?
- Do you have any hopes motivating you to go on this journey?
- What kinds of sacrifices have you made to be on pilgrimage?
- Are there habits, idols, or other areas of your life that you can offer to the Lord as you make this pilgrimage?
- Who inspired you in your faith life? Who was your mentor? Who introduced you to Christ, the Church, and/or your Catholic faith? Think of these people as your spiritual companion on the journey today. 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?

## What to look for, what to notice...

*As you journey, consider the following 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?

## **Closing Prayers**

*In the story of the Transfiguration on Mount Tabor, the disciples wish to remain with Christ in his glory a little bit longer (Peter says, "Lord, it is good that we are here. If you wish, I will make three tents here...", Mt. 17:4). Instead, Jesus leads them back down the mountain. The same applies to your pilgrimage. While it may be nice to remain in the space, the time eventually comes to leave. Here are some prayers for the journey down the mountain of your local pilgrimage experience.*

### **Prayer to Walk the Path of the Beatitudes**

*Cardinal Giovanni Saldarini, Archbishop of Turin*

**O Father, you gave to the young Pier Giorgio Frassati the joy of meeting Christ and of living his faith in the service of the poor and the sick; through his intercession may we, too, walk the path of the beatitudes and follow the example of his generosity, spreading the spirit of the Gospel in society. Through Christ our Lord, Amen.**

### **Prayer for Young People**

*Rev. Austin H. Fleming*

**Where can I go when the night is dark and I stumble along the way?  
I will go up to the house of the Lord, my God, whose light turns the night into day.**

**Where can I go when my heart is low and my spirit wounded with pain?  
I will go up to the house of the Lord, my God, to the God who gives joy to my youth!**

**Where can I go when my heart is full, overflowing with thanks and praise?  
I will go up to the house of the Lord, my God, whose peace is the joy of my days.**

**Where can I go when my heart is healed and mended with comfort and love?  
I will go up to the house of the Lord, my God, whose grace gives me strength from above.**

**Where can I go when my heart is at peace and filled with the spirit of truth?  
I will go up to the house of the Lord, my God, to the God who gives joy to my youth!**

**Where can I go to give of myself in return for all I've received?  
I will go up to the house of the Lord, my God, who calls me to serve those in need.**

**Where can I go to pour out myself as God's love is poured out for all?  
I will go up to the house of the Lord, my God, whose love bids me answer the call.**

**Where can I go for life worth the living, for love strong in word, deed, and truth?  
I will go up to the house of the Lord, my God, to the God who gives joy to my youth!**

*As you leave the space, consider the journey that is just beginning. Perhaps The Lord has revealed the next stage of your life or given you great clarification, or perhaps He is asking you to continue to listen and pray. Whatever this pilgrimage leads you toward, continue to ask for The Lord's guidance and protection, and be open to your next pilgrimage destination, in the world or in your heart. Pray an Our Father, Hail Mary, and Glory Be, and a petition to Peter, James, and John to give us strength on the way down the mountain.*

### **Angelus (Prayer of Mary)**

*From the St. Joseph Pocket Prayer Book*

**V: The Angel of the Lord declared unto Mary.**

**R. And she conceived of the Holy Spirit.**

**Hail Mary, etc.**

**V. Behold the handmaid of the Lord.**

**R. Be it done unto me according to you word.**

**Hail Mary, etc.**

**V. And the Word was made flesh.**

**R. And dwelt among us.**

**Hail Mary, etc.**

**V. Pray for us, O holy Mother of God.**

**R. That we may be made worthy of the promises of Christ.**

**Let us pray. Pour forth, we beseech You, O Lord, Your grace into our hearts, that we to whom the Incarnation of Christ, Your Son, was made known by the message of an Angel, may by His Passion and Cross be brought to the glory of His Resurrection, through the same Christ our Lord. Amen.**

### **Magnificat (Canticle of Mary)**

*From the Liturgy of the Hours*

**My soul magnifies the Lord,**

**And my spirit rejoices in God my Savior.**

**For He has regarded the low estate of His handmaiden,**

**For behold, henceforth all generations shall call me blessed.**

**For He who is mighty has done great things for me, and holy is His name. And His mercy is on those who fear Him from generation to generation.**

**He has shown strength with His arm:**

**He has scattered the proud in the imagination of their hearts.**

**He has put down the mighty from their thrones,  
and exalted those of low degree.**

**He has filled the hungry with good things;  
and the rich He has sent empty away.**

**He has helped His servant Israel, in remembrance of His mercy;**

**As He spoke to our fathers, to Abraham and to His posterity forever.**

**Glory be to the Father and to the Son and to the Holy Spirit.**

**As it was in the beginning, is now and ever shall be, world without end. Amen**



## **Divine Mercy Chaplet**

### ***Optional Opening Prayers:***

**You expired, Jesus, but the source of life gushed forth for souls,  
and the ocean of mercy opened up for the whole world.**

**O Fount of Life, unfathomable Divine Mercy,  
envelop the whole world and empty Yourself out upon us.**

***(Repeat 3 times)* O Blood and Water, which gushed forth  
from the Heart of Jesus as a fountain of Mercy for us, I trust in You!  
*Our Father, Hail Mary and the Apostle's Creed***

***For each of the five decades (On each "Our Father" bead of the rosary, pray)*  
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.**

***(On each of the 10 "Hail Mary" beads, pray)*  
For the sake of His sorrowful Passion, have mercy on us and on the whole world.**

***Concluding prayer (Repeat 3 times)*  
Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.**

### ***Optional Closing Prayer***

**Eternal God, in whom mercy is endless and the treasury of compassion inexhaustible, look kindly upon us  
and increase Your mercy in us, that in difficult moments we might not despair nor become despondent, but  
with great confidence submit ourselves to Your holy will, which is Love and Mercy itself.**

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## **Litany of the Blessed Virgin Mary**

**Lord, have mercy.  
Christ, have mercy.  
Lord, have mercy.**

Lord, have mercy.  
Christ, have mercy.  
Lord, have mercy.

**God our Father in heaven  
God the Son, Redeemer of the world  
God the Holy Spirit  
Holy Trinity, one God**

Have mercy on us.  
Have mercy on us.  
Have mercy on us.  
Have mercy on us.

**Holy Mary  
Holy Mother of God  
Most honored of Virgins**

Pray for us.  
Pray for us.  
Pray for us.

<b>Mother of Christ</b>	Pray for us.
<b>Mother of the Church</b>	Pray for us.
<b>Mother of divine grace</b>	Pray for us.
<b>Mother most pure</b>	Pray for us.
<b>Mother of chaste love</b>	Pray for us.
<b>Mother and virgin</b>	Pray for us.
<b>Sinless Mother</b>	Pray for us.
<b>Dearest of mothers</b>	Pray for us.
<b>Model of motherhood</b>	Pray for us.
<b>Mother of good counsel</b>	Pray for us.
<b>Mother of our Creator</b>	Pray for us.
<b>Mother of our Savior</b>	Pray for us.
<b>Virgin most wise</b>	Pray for us.
<b>Virgin rightly praised</b>	Pray for us.
<b>Virgin rightly renowned</b>	Pray for us.
<b>Virgin most powerful</b>	Pray for us.
<b>Virgin gentle in mercy</b>	Pray for us.
<b>Faithful Virgin</b>	Pray for us.
<b>Mirror of Justice</b>	Pray for us.
<b>Throne of Wisdom</b>	Pray for us.
<b>Cause of our Joy</b>	Pray for us.
<b>Shrine of the Spirit</b>	Pray for us.
<b>Glory of Israel</b>	Pray for us.
<b>Vessel of selfless devotion</b>	Pray for us.
<b>Mystical Rose</b>	Pray for us.
<b>Tower of David</b>	Pray for us.
<b>Tower of Ivory</b>	Pray for us.
<b>House of Gold</b>	Pray for us.
<b>Ark of the Covenant</b>	Pray for us.
<b>Gate of Heaven</b>	Pray for us.
<b>Morning Star</b>	Pray for us.
<b>Health of the sick</b>	Pray for us.
<b>Refuge of sinners</b>	Pray for us.
<b>Comfort of the troubled</b>	Pray for us.
<b>Help of Christians</b>	Pray for us.
<b>Queen of angels</b>	Pray for us.
<b>Queen of patriarchs and prophets</b>	Pray for us.
<b>Queen of apostles and martyrs</b>	Pray for us.
<b>Queen of confessors and virgins</b>	Pray for us.
<b>Queen of all saints</b>	Pray for us.
<b>Queen conceived without original sin</b>	Pray for us.
<b>Queen assumed into heaven</b>	Pray for us.
<b>Queen of the rosary</b>	Pray for us.
<b>Queen of families</b>	Pray for us.
<b>Queen of peace</b>	Pray for us.

**Lamb of God, you take away the sins of the world,  
Lamb of God, you take away the sins of the world,  
Lamb of God, you take away the sins of the world,**

Have mercy on us.  
Have mercy on us.  
Have mercy on us.

**Pray for us, holy Mother of God**

That we may be worthy of the promises of Christ.

*The leader invites the assembly to pray:*

**Loving God, you are our creator and the benevolent giver of life,  
give to your people health in mind and body.  
Through the intercession of the Virgin Mary  
free us from the sorrows of this life  
and lead us to happiness in the life to come.<sup>2</sup>  
Grant this through our Lord, Jesus Christ,  
who lives and reigns with you, one God, for ever and ever. *Amen.***

<sup>1</sup> The *Litany of the Blessed Virgin Mary* and the *Sub tuum praesidium*, in *Celebrating the Marian Year: Devotional Celebrations in Honor of Mary, Mother of God*. Washington, D.C.: United States Catholic Conference, 1987, pp. 9-12.

<sup>2</sup> *Ibid.*, 72.

*In whatever way you embark on a local pilgrimage in anticipation of World Youth Day and using whatever prayers (whether from this guide or your own) which are most appropriate and that fit the space, the key in all of this is to make the journey itself an experience of prayer. From the beginnings of Christianity, people have made pilgrimage to holy sites in their local area or traversed the globe towards particular sites (including Rome, the Holy Land, Santiago de Compostela, to name a few). The United States is relatively young in the history of the world, but it contains many holy places and sites of great Catholic Christian heritage. Go and visit these wonderful locations, asking God's help to make you a worthy pilgrim from your native land. Ask the Lord's guidance, through the intercession of the Blessed Mother, Saint James, and all the World Youth Day patron saints, that these places may inspire you to be a person of great mercy and love, for "Blessed are the merciful, for they shall receive mercy." (Mt. 5:7). And ask the Holy Spirit to be with you on your forthcoming journey towards World Youth Day, that it may be a holy time for you, inspiring you for years to come.*