

Session1 – Pilgrimage : Inside out

Aim: Awareness that a pilgrimage is an inside journey that begins now

Scripture: *“I am the handmaid of the Lord. Let it be done to me according to your word.”* Luke 1:38

Introduction:Short Video - “A pilgrim’s journey”

Quotes taken from Melb CCC WYD memo, with photos of Melb youth and community post Sydney, audio background music will be Receive the Power.

Purpose: To remind the participants that the journey continued after WYD08 in their youth group, in the community – i.e. pilgrimage is not a destination, or destinations, but an ongoing journey towards God

Big Group Activity: Pilgrimage through the eyes of the community

Sharing from members of Melb CCC community who have undertaken pilgrimages, on their perspective on a pilgrimage and their experience of an interior journey. (through live sharing, audio and visual recordings). A raw guitar will be used to lead a short song (I Will Follow Him) in between each sharing.

Tools of the Journey: Journaling

Introduce and encourage use of journals. Journals will be provided and to be brought back to each WYD formation session.

Small Group Activity:

1. Warm up activity - 1 Minute Stardom

Each person in the group is given a minute to talk, other members must keep quiet and cannot interrupt. The person may share about anything happening in their life or any random thoughts for 1 minute.

2. Proposed sharing questions:

- How do we prepare for a holiday? (Maybe make a checklist). How prepare for a pilgrimage?
- What does a pilgrimage being ‘sweet and sour cross’ mean for you?
- Are only ‘lucky people’ able to go to pilgrimages / World Youth Day?
- ‘Our entire life is one big pilgrimage.’ Sharing

Session1 – Pilgrimage : Inside out

Aim: Awareness that a pilgrimage is an inside journey that begins now

Song: I will Follow Him

Sister Act

I will follow Him
Follow Him wherever He may go,
And near Him, I always will be
For nothing can keep me away,
He is my destiny.

I will follow Him,
Ever since He touched my heart I
knew,
There isn't an ocean too deep,
A mountain so high it can keep,
Keep me away, away from His
love.

I love Him, I love Him, I love Him,
And where He goes,
I'll follow, I'll follow, I'll follow.
he'll always be my true love, my
true love, my true love
from now until forever, and ever,
and ever

There isn't an ocean too deep,
A mountain so high it can keep,
Keep me away, away from His love

Prayer: A Pilgrim's Prayer

If any delays should occur or changes take place prior to my departure, and I become anxious Lord,
may I remember-I am a pilgrim not a tourist!

If I do not get the seat of my choice on the plane or bus Lord,
may I remember - I am a pilgrim not a tourist!

If some things do not happen on schedule, as per the itinerary Lord,
may I remember – I am a pilgrim not a tourist!

If I should get tired and inclined to become short tempered Lord,
may I remember – I am a pilgrim not a tourist!

If my meal may not be to my particular liking Lord,
may I remember – I am a pilgrim not a tourist!

If another pilgrim is talking loudly, so that I cannot hear the guide Lord,
may I remember – I am a pilgrim not a tourist!

If someone takes a better seat on the bus, or more choice place in the restaurant Lord,
may I remember – I am a pilgrim not a tourist!

If I find myself last in line or waiting to be served Lord,
may I remember – I am a pilgrim not a tourist!

If a person in front of me buys the last item I really wanted Lord,
may I remember- I am a pilgrim not a tourist!

If I should get a chance to help another person Lord, who always seems to be annoying me Lord,
may I remember- I am a pilgrim not a tourist!

If someone else is always last on the bus and I am always on time Lord,
may I remember-I am a pilgrim not a tourist!

But Lord, especially let me remember that what I find objectionable in another... is really what you often find objectionable in me. So let me never forget this, and forgive others as you are continually forgiving me.

Amen.

SESSION 1:
PILGRIMAGE,
INSIDE - OUT



TOPIC: PILGRIMAGE

There are in total six topics in this WYD formation course, titled “The Sweet n Sour Prep Course.” Aside from the first topic (on pilgrimage), each of these topics are designed to be run over **two** sessions. Melbourne have spaced them fortnightly apart.

Each session starts and ends with a song as appropriate. The core of each session will be divided into two halves; first half of the session will mainly be a big group activity as a stimulus for thought, followed by a short break. The second half divides the participants into small groups for an in-depth sharing and discussion based on the stimulus in the first half.

For each session we will also introduce a relevant ‘*Tools for the Journey*,’ to familiarize the participants with ‘pilgrimage tools’ such as church traditions, sacraments or prayer techniques which will be useful preparation for the pilgrimage journey.

The first topic- Pilgrimage will be divided into 3 sessions,

1. First session focuses on the ‘inside journey’ aspect of a pilgrimage,
2. Second focuses on the significance of companions on all of life’s pilgrimages.
3. Third is a chance to explore one’s current self, recognising one’s current motives, fears, expectations for going to a World Youth Day.

The *Tools for the Journey* for Pilgrimage will be **Journaling**, and there is time allocated in each session to encourage journaling.

The following is only a suggested rundown of each session, it is not essential to run every session if resources are limited. Parts from each session can be extracted to tailor to the individual need of each community.

Any media which is suggested to be played for any session will be provided on the website, or a link be provided here.

Session 1: "Pilgrimage: Inside out"

Key aim: Awareness that a pilgrimage is an inside journey that begins now.

Introduction:

1. **Short Video** - "A pilgrim's journey." To remind the participants that the journey continued after WYD08 in their youth group, in the community – i.e. pilgrimage is not a destination, or destinations, but an ongoing journey towards God

Quotes taken from Melb CCC WYD memo, with photos of Melb youth and community post Sydney. Audio background music will be Receive the Power.

2. **Introduction (to course, and today's theme) and welcome.** Recognise and greet new faces

Tools of the Journey:

Journaling

Introduce and encourage use of journals. Journals will be provided and to be brought back to each WYD formation session

Big Group activity:

Pilgrimage through the eyes of the community

Sharing from members of Melb CCC community who have undertaken pilgrimages, on their perspective on a pilgrimage and their experience of an interior journey. (through live sharing, audio and visual recordings). A raw guitar will be used to lead a short song (I Will Follow Him - Chorus) in between each sharing

----- Break -----

Small Group Discussion:

Suggested discussion questions:

1. What do you need to prepare for holiday? What to prepare for pilgrimage?
2. Does pilgrimage differ from holidays?
3. Discuss on the 'sweet and sour cross' concept (the physically 'sour' and spiritually 'sweet' journey)
4. Why are only 'lucky people' able to go to World Youth Day?

Conclude

1. **Song** – I Will Follow Him
2. **Prayer** –*A Pilgrim's Prayer* (From Pilgrim Journal of WYD08, refer to attachment1)
3. **Video** - Madrid WYD11 promotional video (in Spanish)
<http://www.youtube.com/watch?v=8SBG5uLj0bo&feature=related>