

## Spiritual Preparation for Holy Land Pilgrimage – Update (20 August 2023)

7:00 p.m. in Theisen Hall or the Family Room at Saint Michael's

### Tentative gatherings for prayer and learning:

- **Monday, December 5, 2022:**
  - Holy Land Franciscans: A Virtual Tour of the Holy Land:  
<https://www.youtube.com/watch?v=4IIZJ4YUjSY>
  - Discussion of resources for our Spiritual Preparation
  - Adventus: A Spiritual Pilgrimage: <https://watch.formed.org/videos/adventus>
  
- **Monday, January 2, 2023:** *A Faithful Traveler in the Holy Land* – Episode 1: Mount Carmel, the Dead Sea, Qumran, the Church of St Anne, and Nazareth
  - Day 4 – The Dead Sea
  - Day 7 – Nazareth
  - Day 7 – Mount Carmel
  - Day 10 – The Church of Saint Anne
  - Day 11 – Qumran
  - And optional series to consider: *Jesus and the Dead Sea Scrolls* –  
(<https://watch.formed.org/jesus-and-the-dead-sea-scrolls>)
  
- **Monday, February 6, 2023:** Presentation by Ryan Hall on his previous pilgrimage to the Holy Land (with some “show and tell”)
  
- **Monday, March 6, 2023:** *A Faithful Traveler in the Holy Land* – Episode 2: Ein Karem, Bethlehem, and Jerusalem's Temple and Walls
  - Day 8 – Ein Karem
  - Day 8 – Bethlehem
  - Day 10 – Jerusalem's Temple and Walls  
(<https://watch.formed.org/the-faithful-traveler-in-the-holy-land>)
  
- **Monday, April 3, 2023**
  - Holy Week – Father Hazuka not available, but people are still welcome to gather (or pray and learn on their own)
  - Triduum: A Spiritual Pilgrimage: <https://watch.formed.org/videos/triduum>
  
- **Monday, May 1, 2023:** *A Faithful Traveler in the Holy Land* – Episode 3: The River Jordan, Jericho, Capernaum, and Cana
  - Day 5 – Cana
  - Day 6 – Capernaum
  - Day 11 – The Jordan River
  - Day 11 – Jericho
  
- **Monday, July 10 (not June 5), 2023:** *The Footprints of God – Jesus: The Word Became Flesh*
  - Optional on your own: (The remaining installments of *The Footprints of God*:  
<https://watch.formed.org/footprints-of-god-with-stephen-ray>)
  
- **For the remainder of the summer**
  - Start getting your steps in!

- If you missed a month, get caught up with the videos, or consider watching some extra episodes of *The Footprints of God* series, or the PBS special on Petra (see below).
- Check out some of the extra suggested resources.
- **Monday, August 7, 2023: *A Faithful Traveler in the Holy Land*** – Episode 4: Galilee and Mount Tabor
  - Day 5 – Mount Tabor
  - Day 6 – Galilee
- **No September gathering** (Labor Day)
  - Continue to get your steps in, etc.!
- **Monday, October 2, 2023: *A Faithful Traveler in the Holy Land*** – Episode 5: Bethesda, Mount of Olives, the Churches of Jesus’ Passion, and Caesarea Maritima
  - Maybe Day 7 – Caesarea Maritima (one hour north of Jaffa – we may pass by as part of the trip from Nazareth to Jaffa/Tel Aviv-Yafo).
  - Day 9 – Mount of Olives
  - Day 9 – The Churches of Jesus’ Passion
  - Day 10 – Bethesda (near the Church of Saint Anne)
- **Sunday, October 29, 2023**
  - “Launch Meeting” sponsored by Holy Land Travel Center
  - 12:30 pm in Theisen Hall at St. Michael Catholic Church in Hastings
- **Monday, November 6, 2023**: Quick videos of Day 3 – Petra & Day 4 – Mount Nebo
  - BBC: <https://duckduckgo.com/?q=petra+jordan+video&t=ffab&atb=v280-1&iax=videos&iar=videos&ia=videos&iai=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DSZ5JjLdzQ1o>
  - Were the magi from Petra? <https://dwrightlongenecker.com/ten-reasons-why-the-magi-were-arabians-not-persians/#>
  - *The Footprints of God – Moses: Signs, Sacraments, & Salvation* (Chapter 4)
  - Optional on your own: PBS Nova – Petra, Lost City of Stone: <https://youtu.be/Q00qCcZ5Pww>
- **Monday, December 4, 2023: *A Faithful Traveler in the Holy Land*** – Episode 6: The Via Dolorosa and Churches of the Holy Sepulchre, Pater Noster, and Dormition Abbey
  - Day 9 – Pater Noster
  - Day 10 – The Via Dolorosa and Churches of the Holy Sepulchre
  - Day 10 – Dormition Abbey
  - Interesting video about how the Church of the Holy Sepulchre is shared by many Christians: <https://flixhouse.com/video/3888/the-church-there-is-no-other-place>

**Most gatherings will include:**

- A little time getting to know the other pilgrims (if necessary)
- Prayer using a guided meditation on a passage of Scripture related to our pilgrimage
- A video or presentation on the Holy Land
- A short discussion
- Announcements (such as resources to share or an “assignment” for the next gathering)
- A concluding Psalm or Canticle from Scripture

## **Resources to consider purchasing:**

- ***Magnificat Holy Land Companion:***
  - <https://bookstore.magnificat.net/holy-land-companion.html>
  - The resource provided during the pilgrimage for prayer and daily Mass
  - Don't buy for yourself yet – I hope to get several copies by bulk purchase.
- ***Holy Land Pilgrimage*** by Stephen J. Binz:
  - A new (2020) pilgrimage guide that may be the best of the different pilgrims' guides!
  - Many important endorsements, including Jeff Cavins, Dr. Edward Sri, and Dr. John Bergsma.
- ***A Pilgrim's Spiritual Handbook to the Holy Land*** by Father David Wathen, OFM:
  - Written by a Franciscan Friar (whose community has custody of many of the important in the Holy Land) with over 25 years of experience in leading pilgrimages in the Holy Land.
  - This may be the best "guidebook" to take along on the pilgrimage.
  - I really like the sections about "Fellow Pilgrims"
- ***Waiting for the Presence*** by Father Robert Wild
  - Still have yet to read much from this pilgrims guide, but how Father Wild expounds upon a quote from Saint Gregory of Nyssa that Father Wild expounds upon caught my eyes and makes this title appear to be a worthwhile read as we prepare for pilgrimage.
- ***The Journey: A Guide for the Modern Pilgrim*** by Michael and Maria Scaperlanda
  - While not specifically about the Holy Land, it may offer some insights about how to approach a pilgrimage as something more than a vacation.
- ***The Holy Land: An Encounter with Jesus Christ*** from Midwest Theological Forum:
  - <https://holy-land.org/>
  - Includes a pilgrim handbook (that would make a great journal too), videos (which are free online), and a missalette that's like the Magnificat Holy Land Companion.
- ***Life of Jesus*** by Francisco Fernández-Carvajal (also available at MTF) – Suggested chapters to read for each month from this resource:
  - For January: I-IV
  - For February: V-VIII
  - For March: IX-XII
  - For April: XIII-XV
  - For May: XVI-XVIII
  - For June: XIX-XXI
  - For July: XXII-XXIV
  - For August: XXV-XXVII
  - For September: XXVIII-XXX
  - For October: XXXI-XXXIII
  - For November: XXXIV-XXXV
  - For December: XXXVI-XXXIX
- And if the above ***Life of Jesus*** is too much for you, maybe consider getting just a copy of:
  - **The Action Bible**, published by David C Cook (which you can get at Hobby Lobby), and read some of the suggested passages for each site.
- And a fourth century woman named Egeria has left a detailed diary of her pilgrimage to the Holy Land. Many pages are lost, but it offers some
  - I have this edition: ***Egeria: Diary of a Pilgrimage*** (From the Ancient Christian Writers – Newman Press / Paulist Press)
  - Here is a link to a free online version:  
<https://archive.org/details/pilgrimageofethe00mccliala/page/16/mode/2up>
- A link to a remarkable website sponsored by the "Custodia Terrae Sanctae" with descriptions and videos of the different sanctuaries guarded by the Franciscans serving the Holy Land:
  - <https://www.custodia.org/en/sanctuaries>
- An important short video to check out is this brief biography of Antonio Barluzzi, "the Architect of the Holy Land":
  - <https://www.youtube.com/watch?v=iM6HsYIufMQ>

- And for you geeks like Father Hazuka, you can look into this:
  - *The Holy Land: An Oxford Archaeological Guide* by Father Jerome Murphy-O'Connor, OP  
– More information than I know what do with!

### ***How to Prepare for a Pilgrimage: Prepare Your Soul***

**Clarify your purpose.** People go on pilgrimage for a variety of reasons: to mark a significant birthday or milestone, to enjoy exercise in nature, in the Middle Ages pilgrims even walked as penance for their sins. But at its best, a pilgrimage is a walk with God to a special place. How will you get the most out of your pilgrimage spiritually? In addition to having your own goals for your trip, what goals might God have for it?

**Pray your preparation.** Take the time during your preparation walks (referenced above) to pray in solitude out in God's world. This can be a great time to seek Him for what the focus of your pilgrimage should be. Is there some aspect of your life God wants to address? Some question on your heart you want an answer to? The needs of others you're wanting to lift to Him along the way? You could consider a one-day prayer retreat before your journey to seek God's agenda for your pilgrimage.

**Start your journal now.** Often times it's not until you review journals months later that you can see the progress you've made. Start your journal before you leave. Write down what you are looking forward to and what you are anxious about. What do you want to learn or think you'll learn? Be dedicated to your journal throughout your pilgrimage. Just like pictures help you remember details, your journal will be a way to remember your thoughts and observations.

**Consider a daily focus.** A pilgrimage can be a great way to explore a new spiritual practice or some new (or forgotten) aspect of your relationship with God. Here are some ideas for making each day count:

- Explore a classic spiritual discipline like prayer, fasting (partial, if energy is a concern), silence, confession etc.
- Meditate on a Psalm each day
- Read through a book of the Bible (the Gospel of Mark is easily covered in 8 days)
- Focus on a different fruit of the Spirit, or gift of the Spirit
- Reflect on Jesus' Sermon on the Mount, or the Lord's Prayer
- Contemplate Jesus' final 8 days on earth
- Reflect on Jesus' personal mission statement and let it shape your own
- Take a photograph representing 8 qualities of God you need to remember right now  
(From the Franciscan Monastery of the Holy Land in America)

### ***The five pillars of the pilgrimage to the Holy Land are:***

- Praying in the Holy Places in union with, and for the intentions of our brothers and sisters in need;
- Renewal and increase of our faith in Christ with the help of the catechesis heard in the very places where the sacred events occurred;
- Visiting and supporting the local Christian communities through implementing humanitarian and development projects;
- After the return to our countries, giving testimony to the Risen Christ of a renewed life;
- Finally, encouraging our friends and relatives to repeat the same experience.

(From the Latin Patriarchate of Jerusalem – Henrique Abreu, November 08, 2021)