

The Journey of Pilgrimage – Packing & Starting out in Hope

Gathering Reflection:

As we gather either in community or individually to encounter the second step of **packing and leaving**, in our shared **Pilgrimage in Hope**, let us be mindful of the millions of Refugees who are Pilgrims without a choice.



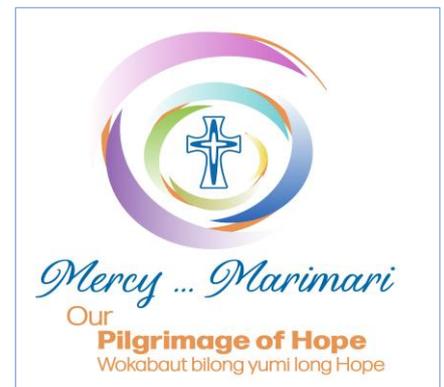
The journey towards freedom represents the challenging path that many refugees take, escaping oppression and uncertainty for safety in a new place. In these new spaces, community is more than just a physical place or a group of people; community is a lifeline. It offers refugees safety, belonging, and the strength to rebuild. Diverse communities bring people together, showing that our differences make us stronger, more united, and capable of facing challenges. Community is where people find the strength to solve problems together, where voices are amplified, and where aspirations find direction and support. It's a space where everyone can feel safe, valued, and empowered to pursue their dreams without fear or judgment.

(Refugee Week 2025)

Scripture Reflection: Luke 9:2-3

'Jesus sent his disciples out to proclaim the kingdom of God and to heal the sick. He said to them, 'Take nothing for your journey: – no staff, nor bag, nor bread, nor money – not even an extra tunic'.

*What am I packing? What am I leaving behind?
Who am I journeying with? How am I feeling?
What are our stories? How open will I be to listening...deeply?*



Prayer

Loving God

Open our hearts to you as you are revealed in the journey through Word, relationships and stillness.

All: God of Hope enkindle our hearts

Give us the courage to be vulnerable with You and each other

All: God of Hope fill us with courage

The message of Jesus is mercy. For me, and I say this with humility, it is the Lord's strongest message
(Pope Francis, *The Name of God is Mercy*. 2016)

All: God of Hope inflame us with Mercy

Monica Brown – Emmaus Song (2002)

<https://youtu.be/lez0EpUGGqA>

Come journey with us, walk with us, Listen to our story
Our hopes, our dreams, our struggles, our joys,
Our story of life, We share with you as we journey, Jesus, our God.

**Refrain: May our hearts be warmed and strengthened by your presence here,
In your holy word and bread of life in the love we share, may we go forth on our journey with you.**

Come journey with us, talk to us. Tell us of your story.
Open our minds to understand the mystery of your life with us Your risen life, Jesus, our God. **Refrain**

Come journey with us, stay with us, make us one with you.
In the blessing of the bread, the breaking of bread may we truly know your life in us
Your love for us, Jesus, our God. **Refrain**

FOOD FOR THE JOURNEY ... CAPTURING MY THOUGHTS ... JOURNALLING



If we wish to **sow seeds of real hope** in our world, I think Catherine McAuley would say: *This is the way we must do it – one person at a time: one answering of the figurative doorbell, one opening of the figurative door, one embrace of the stranger, one welcoming of the other, one sharing of our bread and milk – one person at a time.*
(O’Connell, P. (ed) *Catherine McAuley: Works of Mercy*, 2011. p. 51)

Straight and sincere, they seem what they are: with level heads, firm hand, and solid nerve they speak little, but know what they say and though they walk slowly, they travel far ...

(Nina Costa ‘Rassa Nostrana’. Prologue: Pope Francis: *Hope the Autobiography*. 2025)

Blessing – John O’Donohue

A journey can become a sacred thing:
Make sure, before you go,
To take the time
To bless your going forth,
To free your heart of ballast
So that the compass of your soul
Might direct you toward
The territories of spirit
Where you will discover
More of your hidden life,
And the urgencies
That deserve to claim you.



May you travel in an awakened way,
Gathered wisely into your inner ground;
That you may not waste the invitations
Which wait along the way to transform you.

Excerpt from *For The Traveler* (John O’Donohue *To Bless the Space Between Us*, 2008)

Final Wish – Pope Francis

So long as we continue to find cheer in the gaze of a child and in the infinite possibilities of goodness, so long as we allow Mercy to dwell within us, everything will always be possible. Clinging to the anchor of Hope, we can say with the lines of the poet Nazim Hikmet,

*The most beautiful sea hasn’t been crossed yet.
The most beautiful child hasn’t grown up yet.
Our most beautiful days we haven’t seen yet.
And the most beautiful words I wanted to tell you I haven’t said yet...*

The wind of the Spirit hasn’t stopped blowing. Have a good journey brothers and sisters...

(Pope Francis, *Hope: The Autobiography* 2025, p.284)