

" Maybe at the heart of all our traveling is the dream of someday, somehow, getting Home." -Frederick Buechner

What emotions



as I consider

leaving?

" Pilgrimages are circular. Lake sacred processions-whether around the Ka'aba in Mecca or with the Torah scrolls in the synagogue or around German country-churches at Christmasthey are progressions in a circle-one comes in order to return, not in order to stay; one fills oneself with the sacredness transpiring from the relic and one departs home."

William Melczer. The Pilgrim's Guide to Santiago De Compostela. (New York: Italica Press, 1993) 6. Answer the question, "What do I want and/or need to do before leaving?"

"The time for returning home usually comes before the pilgrim feels ready! The thought of incorporating all that has been experienced and learned into the life one has left can seem overwhelming and impossible. A fear of losing a sense of spiritual connection is often reported.

The need to make this transition invites the pilgrim to begin shifting her or his attention outward. Now is the time to consider how to let the experiences of the pilgrimage continue to teach, shape and direct. Now is the time to begin sharing the wisdom that has been gleaned."

JKHG. Praying the Chartres Labyrinth: A Pilgrim's Guide. (Cincinatti: Pilgrim Press, 2008) 134.

what words, images, feelings, smells, tastes, and/or sounds express the core of the pilgrimage experience I am having?

How and when

would I like to say

"Goodbye"

to?

You may want to consider ...

· Circumambulating, inside and outside

Going back" one last time"
to places that have special meaning.

· Acknowledging the places you would have liked to have been able to spend more time.

· Giving thanks to God for the gifts you have received.

 Lighting a candle as a symbol of gratitude, or a vow you would like to make to God before you leave.

Writing a thank you letter to God.

Walk on, pilgrims. Walk on. Towards not only the destination, but beyond it-to the embodiment of your hopes.

Walk on, pilgrims. Keep on seeking that which you cannot imagine, yet anticipate.

Walk on, pilgrims. Stay on the path that unfolds at your feet. The fear that approaches will pass by. Walk on, pilgrims. Sing on. The songs that have nourished you will offer encouragement and peace.

> Walk on, pilgrims. Be on the way. Be with The Way.

> Walk on, pilgrims. Walk on. And on. And on. Ever on.

A poem-prayer for pilgrims by Jill K H Geoffrion.

What is it that you have identified as your next steps in your own spiritual pilgrimage when you get home?



## Where will you look for that help?