

17 DAY PILGRIMAGE

Lisbon.Fatima.Porto.Santiago



The Camino Portugués is a magnificent route for pilgrims looking for a less-travelled and more rural experience on the Camino de Santiago.

After the famous Camino Francés, this route is the second most popular among pilgrims.

Two pilgrimages available!
11 - 27 May 2019
29 May - 14 June 2019



\$AUD2,750 Ex - Lisbon

12 Days walking the Camino Portugués



Highlights

- Step out of "the rat race" and see afresh the world and your relationship to God
- Acknowledge personal strengths and welcome places for growth
- Enrich your spirituality: see the face of God in creation/self/others
- Live in "the now" and in communion with others
- Commit to deeper involvement in the world
- A unique, guided, small group experience.

Inclusions

Pilgrimage facilitator: experienced, daily guide - Dr Veronica Rosier.
Maximum 8 participants.

Accommodation (twin share) & meals. 1 night in Lisbon (breakfast & dinner), 1 night in Fatima (all meals), 2 nights in Porto, 1 night in Santiago de Compostela (breakfast & dinner). Single supplement AUD \$200.

Transport: Lisbon-Fatima-Porto-Braga (local transport).

Other: Briefing materials, including practical preparations. Daily reflection time. AIG Travel Guard (24/7 medical emergency assistance).

Not included

Travel insurance. Also, on the Camino, accommodation will be in pilgrim Albergues & Hostels at participants' own expense (average cost €10-15 per night). No meals are included on the walk as style of food & timing of meals are very important elements for participants on the journey. Pilgrim menus average €15 for 3 course meal with beverage.

For over a thousand years pilgrims have walked the many routes to Santiago de Compostela. *Walk the Way of St James in the true spirit of ancient Christian pilgrimage.*

The unique beauty and power of **Catholic Mission's** pilgrimage lies within the graced experience of walking (we will prepare you!), a pilgrimage to the sacred inner regions of the heart.

Our focus is on the way we travel, entering into a comfortable personal, contemplative rhythm of daily walking, appreciating simple hospitality in accommodation and food, with strangers as fellow travellers.



Catholic Mission's pilgrimage balances walking with times for silence, personal reflection and prayer, in the companionship of a small group, led by an experienced, multi-lingual guide. We offer you the support of fellowship with pilgrims as well as independence.

 **catholic mission**
Immersion Experience

Walk the Camino. Live the Camino!

Through openness to the gifts and surprises of walking “the way of St James”, the effects of this pilgrimage continue long after we return home.



Walking the Camino (first 5 minutes of the movie)
<https://www.youtube.com/watch?v=1agxTbmYqRk>

Recommended Guide book

A Pilgrim's Guide to the Camino Portugués by John Brierley
(2019 edition available towards end 2018)
<https://www.findhornpress.com>

Camino de Santiago 'A Journey for the Soul' (clip by Camino Ways)
<https://www.youtube.com/watch?v=9LHABDXoXb0&t=29s>

The Confraternity of St James
<http://www.csj.org.uk/>

A Wholistic Experience

Comments of past participants:

- Opportunity to enjoy periods of walking in my own “space”
- Feel good physically, healthier now
- De-stressed, more centred
- I would never have been able to do this by myself
- Aware of the need to stay in this “centre”
- It is a personal achievement
- Have learned greater trust & patience
- Gospel reflection/prayer – appreciated daily
- A spiritual experience that is still unfolding
- Feeling restful in spirit through this experience
- Immersion on the Camino is like a “re-boot” of one’s system!
- A lot clearer on some personal issues
- It’s made me appreciate my life, despite the challenges; to be more grateful for what I have
- Have learned some personal skills that has led to more balanced living
- Satisfaction of working hard at something quite simple – walking & living simply
- I find myself being more attentive to people and my behaviours, drive to work with greater care and focus, listen more carefully to my inner self & to others

Itinerary Pilgrimage 1 (Trip Code 077)

11 May Lisbon (meeting point)
12 May Fatima
13-14 May Porto
15 May Camino walk (approx. 250 kms)
26-27 May Santiago de Compostela
(pilgrimage concludes)

Itinerary Pilgrimage 2 (Trip Code 105)

29 May Lisbon (meeting point)
30 May Fatima
31 May-1 June Porto
2 June Camino walk (approx. 250 kms)
13-14 June Santiago de Compostela
(pilgrimage concludes)

We Assist You to Prepare

Outer preparation: What shape is my body in? Good physical prep is necessary to enjoy this pilgrimage. Equipment & clothing.

Inner preparation: Why am I doing this? Pilgrimage or long-distance walk?

Our Daily Rhythm on the Camino: e.g. early am start, breakfast, prayer reflection, snack rest stops, lunch, arrive at albergue/hostel, afternoon R & R, evening pilgrimage meal, early to bed. Time for personal space and connecting within and beyond the group.

Beatitudes of Pilgrimage

Blessed are you, pilgrim when you:

Go prepared: Remember Life is a Great Adventure • Live in the Now • Be Attentive to Your Body • Keep a Strong Network of Prayer • Look for Unannounced Angels • Trust in the Divine Companion • Travel lightly • Enter into the Hum of Humanity • Pause to Reflect

Joyce Rupp's Sample Life Lessons

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