

DIGITAL
Camino

FALL CONFERENCE 2020

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Orientation

QUESTIONS UPON ARRIVAL

How is your soul as you set out on pilgrimage?

What do you need to let go of in order to be fully present to what God has in store this weekend? List items here as a way of leaving them in God's capable hands.

What are you hoping for this weekend?

HOW TO DEBRIEF IN SMALL GROUPS

With any significant experience, it's important to process in an external way and with others.

After each walk, take time to reflect and share in a small group using some of the questions below, plus a question or two from each walk's theme (found with each walk throughout this journal and on each walk's page in the web app).

Encourage everyone in your group to speak. Notice if you haven't heard from someone or if one person is dominating the conversation, and if so, gently invite equal participation.

RECOGNIZE

- Where did you go?
- What do you see on your walk? (Feel free to screen share pictures.)
- What did you think about while walking?

REFLECT

- What stuck out to you from the audio guide?
- A walk-specific question from those in this journal or in the web app.

RESPOND

- What have you been learning about a particular walk's theme that you want to remember?
- Is there a next step you feel led to take in light of that walk's theme?

Orientation

A PRAYER FROM SAINT ANTHONY'S MESSENGER

Blessed are you, pilgrim, if you find that the Camino opens your eyes to the unseen.

Blessed are you, pilgrim, if what concerns you most is not arriving, but arriving with the others.

Blessed are you, pilgrim, when you contemplate the sights of the Camino and find them full of names and of new dawns.

Blessed are you, pilgrim, because you have discovered that the true Camino begins at its end.

Blessed are you, pilgrim, if your backpack empties of things as your heart doesn't know where to fit so many emotions.

Blessed are you, pilgrim, if you discover that a step backwards to help another is more valuable than one hundred forward without awareness of those at your sides.

Blessed are you, pilgrim, when you have no words to give thanks for all the wonders in every nook of the Camino.

Blessed are you, pilgrim, if you search the truth and make of your Camino a life and of your life a Camino, after Him who is the Way, the Life, and the Truth.

Blessed are you, pilgrim, if in the Camino you meet yourself and make yourself a gift of time without hurry so that you may not neglect the image of your heart.

Blessed are you, pilgrim, if you find that the Camino is rich with silence, and the silence is rich with prayers, and the prayers are encounters with the Father that awaits you.

Amen.

Walk One - Simplicity

PSALM 23

1 The Lord is my shepherd, I lack nothing.

2 He makes me lie down in green pastures,
he leads me beside quiet waters,

3 he refreshes my soul.

He guides me along the right paths
for his name's sake.

4 Even though I walk
through the darkest valley,

I will fear no evil,
for you are with me; your rod and your staff,
they comfort me.

5 You prepare a table before me
in the presence of my enemies.

You anoint my head with oil;
my cup overflows.

6 Surely your goodness and love will follow me
all the days of my life,

and I will dwell in the house of the Lord
forever.

RECOGNIZE. REFLECT. RESPOND.

How was breath prayer for you? What did you like? What was difficult? What might you like to revisit?

PEREGRINO, ¿QUIÉN TE LLAMA?

DE EUGENIO GARIBAY BAÑOS

I
Polvo, barro sol y lluvia
es Camino de Santiago
Millares de peregrines
y mas de un millar de años

Peregrino, quien te llama?
Que fuerza oculta te atrae?
Ni el Campo de las Estrellas
ni las grandes catedrales

No es la bravura Navarra,
ni el vino de los riojanos
ni los mariscos gallegosni
los campos castellanos

II
Peregrino, Quien te llama?
Que fuerza oculta te atrae?
Ni las gentes del Camino
Ni las costrumbes rurales

No es la historia y la cultura
ni el gallo de La Calzada
ni el palacio de Gaudi,
ni el Castillo Ponferrada

III
Codo lo veo al pasar,
y es un gozo verlo todo,
mas la voz que a mi me llama
la siento mucho mas hondo.

La fuerza que a mi me empuja
la fuerza que a mi me atrae,
no se explicarla ni yo
Solo el de Arriba lo sabe!

PILGRIM, WHO IS CALLING YOU?

BY EUGENIO GARIBAY BAÑOS

I
Dust, mud, sun and rain
are the Camino de Santiago.
Thousands of pilgrims
and more than a thousand years.

Pilgrim, Who calls you?
What mysterious force draws you here?
Not the Field of Stars
nor the great cathedrals.

Not the beauty of Navarra,
nor the wine of Rioja
not the seafood of Galicia,
nor the fields of Castilia.

II
Pilgrim, Who calls you?
What mysterioius force draws you here?
Not the people of the Camino
nor their rural customs.

It is not the history and the culture,
nor the rooster of Calzada
not the palace of Gaudi,
nor the Castle of Ponferrada.

III
All these things I see in passing,
and they are all a great joy,
but the voice that calls me
fills me with an even greater feeling.

The force that compels me,
the force that draws me here
I cannot explain:
Only the One above knows!

MATTHEW 10:5-14

5 "Do not go among the Gentiles or enter any town of the Samaritans. 6 Go rather to the lost sheep of Israel. 7 As you go, proclaim this message: 'The kingdom of heaven has come near.' 8 Heal the sick, raise the dead, cleanse those who have leprosy, drive out demons. Freely you have received; freely give.

9 "Do not get any gold or silver or copper to take with you in your belts— 10 no bag for the journey or extra shirt or sandals or a staff, for the worker is worth his keep. 11 Whatever town or village you enter, search there for some worthy person and stay at their house until you leave. 12 As you enter the home, give it your greeting. 13 If the home is deserving, let your peace rest on it; if it is not, let your peace return to you. 14 If anyone will not welcome you or listen to your words, leave that home or town and shake the dust off your feet.

RECOGNIZE. REFLECT. RESPOND.

What are extra things that make you feel more secure in your life journey? What would it be like to release those today? Ask God if there is something specific he is inviting you to leave behind this weekend.

Think about the people and places in your life you are called to love or serve. Perhaps at work, at school, or in your community that you are "sent to." How can you share hope and healing in these places this semester?

Jesus invites his disciples into a mission of hope and healing, a mission that is too big for them. But instead of having them gather extra supplies or acquire advanced training and credentials for the task, Jesus tells them to take less than what they think they need. Jesus invites them to simply and profoundly trust the One who calls them. How can you trust Jesus and step into his mission?

A PILGRIM'S PRAYER FROM THE 12TH CENTURY

O Lord, you who called your servant Abraham out of Ur in Chaldea and who watched over him in all his wanderings; you who guided the Jewish people through the desert; we ask that you watch over us, your servants, who for love of your name, make a pilgrimage to Santiago de Compostela.

Be for us
our companion on the path
our guide at the crossroads
our strength in weariness
our defense in dangerous shelter on the way
our shade against the heat
our light in the darkness
our comforter in discouragement
and the strength in our intentions

So that with your guidance we may arrive safely at the end of our Journey, and strengthened with grace and truth, filled with joy, we may return safely home, through Jesus Christ, Our Lord, who lives and reigns with you, in the unity of the Holy Spirit, one God, now and forever.

Amen.

RECOGNIZE. REFLECT. RESPOND.

What have you been learning about simplicity today that you want to remember?

Is there a next step you feel led to take in light of this walk's theme?

Walk Two - Presence

PSALM 84

1 How lovely is your dwelling place,
Lord Almighty!
2 My soul yearns, even faints,
for the courts of the Lord;
my heart and my flesh cry out
for the living God.
3 Even the sparrow has found a home,
and the swallow a nest for herself,
where she may have her young—
a place near your altar,
Lord Almighty, my King and my God.
4 Blessed are those who dwell in your house;
they are ever praising you.

5 Blessed are those whose strength is in you,
whose hearts are set on pilgrimage.
6 As they pass through the Valley of Baka,
they make it a place of springs;
the autumn rains also cover it with pools.

7 They go from strength to strength,
till each appears before God in Zion.
8 Hear my prayer, Lord God Almighty;
listen to me, God of Jacob.
9 Look on our shield, O God;
look with favor on your anointed one.

10 Better is one day in your courts
than a thousand elsewhere;
I would rather be a doorkeeper
in the house of my God
than dwell in the tents of the wicked.
11 For the Lord God is a sun and shield;
the Lord bestows favor and honor;
no good thing does he withhold
from those whose walk is blameless.

12 Lord Almighty,
blessed is the one who trusts in you.

RECOGNIZE. REFLECT. RESPOND.

How was the 54321 warmup for you? What did you like? What was difficult? What might you like to revisit?

THE SUMMER DAY

BY MARY OLIVER

Who made the world?
Who made the swan, and the black bear?
Who made the grasshopper?
This grasshopper, I mean-
the one who has flung herself out of the grass,
the one who is eating sugar out of my hand,
who is moving her jaws back and forth instead of up and down-
who is gazing around with her enormous and complicated eyes.
Now she lifts her pale forearms and thoroughly washes her face.
Now she snaps her wings open, and floats away.
I don't know exactly what a prayer is.
I do know how to pay attention, how to fall down
into the grass, how to kneel down in the grass,
how to be idle and blessed, how to stroll through the fields,
which is what I have been doing all day.
Tell me, what else should I have done?
Doesn't everything die at last, and too soon?
Tell me, what is it you plan to do
with your one wild and precious life?

MATTHEW 6:25-34

25 "Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? 26 Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? 27 Can any one of you by worrying add a single hour to your life?

28 "And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. 29 Yet I tell you that not even Solomon in all his splendor was dressed like one of these. 30 If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? 31 So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' 32 For the pagans run after all these things, and your heavenly Father knows that you need them. 33 But seek first his kingdom and his righteousness, and all these things will be given to you as well. 34 Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

JOB 12:7-12 (THE MESSAGE)

"But ask the animals what they think—let them teach you;
let the birds tell you what's going on.
Put your ear to the earth—learn the basics.
Listen—the fish in the ocean will tell you their stories.
Isn't it clear that they all know and agree
that God is sovereign, that he holds all things in his hand—
Every living soul, yes,
every breathing creature?
Isn't this all just common sense,
as common as the sense of taste?
Do you think the elderly have a corner on wisdom,
that you have to grow old before you understand life?

RECOGNIZE. REFLECT. RESPOND.

What is God speaking to you through creation?

Walk Two - Presence

A PRAYER TO GOD WHO TRAVELS WITH US

BY JOHN PRITCHARD, BISHOP OF OXFORD

Pilgrim God,
you are our origin and our destination.

Travel with us, we pray,
in every pilgrimage of faith,
and every journey of the heart.

Give us the courage to set off,
the nourishment we need to travel well,
and the welcome we long for at our journey's end.

So may we grow in grace and love of you
and in the service of others,
through Jesus Christ our Lord.

Amen.

RECOGNIZE. REFLECT. RESPOND.

What have you been learning about presence today that you want to remember?

Is there a next step you feel led to take in light of this walk's theme?

Walk Three - Hospitality & Gratitude

PSALM 104:10-18, 24-30

10 He makes springs pour water into the ravines;
it flows between the mountains.

11 They give water to all the beasts of the field;
the wild donkeys quench their thirst.

12 The birds of the sky nest by the waters;
they sing among the branches.

13 He waters the mountains from his
upper chambers;
the land is satisfied by the fruit of his work.

14 He makes grass grow for the cattle,
and plants for people to cultivate—
bringing forth food from the earth:

15 wine that gladdens human hearts,
oil to make their faces shine,
and bread that sustains their hearts.

16 The trees of the Lord are well watered,
the cedars of Lebanon that he planted.

17 There the birds make their nests;
the stork has its home in the junipers.

18 The high mountains belong to the wild goats;
the crags are a refuge for the hyrax.

24 How many are your works, Lord!
In wisdom you made them all;

the earth is full of your creatures.

25 There is the sea, vast and spacious,
teeming with creatures beyond number—
living things both large and small.

26 There the ships go to and fro,
and Leviathan, which you formed
to frolic there.

27 All creatures look to you
to give them their food at the proper time.

28 When you give it to them,
they gather it up; when you open your hand,
they are satisfied with good things.

29 When you hide your face,
they are terrified; when you take
away their breath,

they die and return to the dust.

30 When you send your Spirit,
they are created,
and you renew the face of the ground.

RECOGNIZE. REFLECT. RESPOND.

I am grateful for three things I see...

I am grateful for three things I hear...

I am grateful for three things I can smell...

I am grateful for three things I can touch or feel...

I am grateful for these three people...

Walk Three - Hospitality & Gratitude

UPHILL

BY CHRISTINA ROSETTI

Does the road wind up-hill all the way?
Yes, to the very end.
Will the day's journey take the whole long day?
From morn to night, my friend.
But is there for the night a resting-place?
A roof for when the slow dark hours begin.
May not the darkness hide it from my face?
You cannot miss that inn.
Shall I meet other wayfarers at night?
Those who have gone before.
Then must I knock, or call when just in sight?
They will not keep you standing at that door.
Shall I find comfort, travel-sore and weak?
Of labour you shall find the sum.
Will there be beds for me and all who seek?
Yea, beds for all who come.

Walk Three - Hospitality & Gratitude

JOHN 12:1-8

1 Six days before the Passover, Jesus came to Bethany, where Lazarus lived, whom Jesus had raised from the dead. 2 Here a dinner was given in Jesus' honor. Martha served, while Lazarus was among those reclining at the table with him. 3 Then Mary took about a pint of pure nard, and expensive perfume; she poured it on Jesus' feet and wiped his feet with her hair. And the house was filled with the fragrance of the perfume.

4 But one of his disciples, Judas Iscariot, who was later to betray him, objected, 5 "Why wasn't this perfume sold and the money given to the poor? It was worth a year's wages." 6 He did not say this because he cared about the poor but because he was a thief; as keeper of the money bag, he used to help himself to what was put into it.

7 "Leave her alone," Jesus replied. "It was intended that she should save this perfume for the day of my burial. 8 You will always have the poor among you, but you will not always have me."

RECOGNIZE. REFLECT. RESPOND.

What is one experience you've had where someone has shown you profound hospitality and for which you're still grateful? How did that feel? Was it a little uncomfortable?

How could you create a space of welcome for others? Is there an act of hospitality for a specific person that you can put into action in the next few days?

In this broken and inhospitable world, what is one way God is inviting you to practice the kind of radical, unconventional hospitality of Mary and Jesus?

Walk Three - Hospitality & Gratitude

SOMOS UN PUEBLO QUE CAMINA

WE ARE A WALKING PEOPLE

Somos pueblo que camina
Por las sensa del dolor.
Acudamos jubilosos a la cena del Señor.

Los humildes y los pobres
Invitados son de Dios.
Acudamos jubilosos a la cena del Señor.

Este pan que Dios nos brinda
Alimenta nuestra unión.
Acudamos jubilosos a la cena del Señor.

Cristo aquí se hace presente
Al reunimos en su amor.
Acudamos jubilosos a la cena del Señor.

Los sediento justicia
Buscan su liberación.
Acudamos jubilosos a la cena del Señor.

Amen

PILGRIM, WHO IS CALLING YOU?

BY EUGENIO GARIBAY BAÑOS

We are people on a journey
pain is with us all the way.
Let us go rejoicing to the holy communion.

God has sent the invitation
to the humble and the poor.
Let us go rejoicing to the holy communion.

This is bread that God provides us
nourishing our unity.
Let us go rejoicing to the holy communion.

Christ is ever present with us
to unite us all in love.
Let us go rejoicing to the holy communion.

All who truly thirst for justice
seek their liberation here.
Let us go rejoicing to the holy communion.

Amen.

RECOGNIZE. REFLECT. RESPOND.

What have you been learning about hospitality & gratitude today that you want to remember?

Is there a next step you feel led to take in light of this walk's theme?

Walk Four - Perseverance

PSALM 63

A psalm of David. When he was in the Desert of Judah.

1 You, God, are my God,
earnestly I seek you; I thirst for you,
my whole being longs for you, in a dry and parched land
where there is no water.

2 I have seen you in the sanctuary
and beheld your power and your glory.

3 Because your love is better than life,
my lips will glorify you.

4 I will praise you as long as I live,
and in your name I will lift up my hands.

5 I will be fully satisfied as with the richest of foods;
with singing lips my mouth will praise you.

6 On my bed I remember you;
I think of you through the watches of the night.

7 Because you are my help,
I sing in the shadow of your wings.

8 I cling to you;
your right hand upholds me.

RECOGNIZE. REFLECT. RESPOND.

Now that we've done a few different sensory warm-up exercises, how do you find them helping you connect with your body? How are they helping you with the rest of your walk?

LIFT EVERY VOICE AND SING

BY JAMES WELDON JOHNSON

Lift every voice and sing,
Till earth and heaven ring,
Ring with the harmonies of Liberty;
Let our rejoicing rise
High as the list'ning skies,
Let it resound loud as the rolling sea.
Sing a song full of the faith that the dark past has taught us,
Sing a song full of the hope that the present has brought us;
Facing the rising sun of our new day begun,
Let us march on till victory is won.

Stony the road we trod,
Bitter the chast'ning rod,
Felt in the days when hope unborn had died;
Yet with a steady beat,
Have not our weary feet
Come to the place for which our fathers sighed?
We have come over a way that with tears has been watered.
We have come, treading our path through the blood of the slaughtered,
Out from the gloomy past,
Till now we stand at last
Where the white gleam of our bright star is cast.

God of our weary years,
God of our silent tears,
Thou who hast brought us thus far on the way;
Thou who hast by Thy might,
Led us into the light,
Keep us forever in the path, we pray.
Lest our feet stray from the places, our God, where we met Thee,
Lest our hearts, drunk with the wine of the world, we forget Thee;
Shadowed beneath Thy hand,
May we forever stand,
True to our God,
True to our native land.

Walk Four - Perseverance

MATTHEW 11:28-30

28 "Come to me, all you who are weary and burdened, and I will give you rest. 29 Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. 30 For my yoke is easy and my burden is light."

RECOGNIZE. REFLECT. RESPOND.

As you walked, where did you sense physical weariness in your body?

Consider the current circumstances: Your life. Your work. Your relationships. The events that are shaping our world right now. In what ways are you weary? What burdens are you carrying?

How does Jesus want to share the burdens that you're carrying this day?

Walk Four - Perseverance

A PRAYER FOR THOSE ON PATHS OF STRUGGLE

Jesus, you call us to follow you,
as James and his brother John followed you.

Walking this way, well-traveled,
we think of those who face a constant struggle,
who live on the path of poverty and hunger,
and must journey a long way for justice.

Remembering them,
help us to make light of our travels,
to rejoice in the companionship we find en route,
and to step out in solidarity
with our brothers and sisters around the world.

Jesus, in your mercy,
ease our burdens,
comfort us when we are tired or in pain
and inspire us to see each step
as a step closer
to a world where all can flourish.

Amen.

RECOGNIZE. REFLECT. RESPOND.

What have you been learning about perseverance today that you want to remember?

Is there a next step you feel led to take in light of this walk's theme?

Walk Five – A Way of Life

PSALM 16:5-11

5 Lord, you alone are my portion and my cup;
you make my lot secure.

6 The boundary lines have fallen for me in pleasant places;
surely I have a delightful inheritance.

7 I will praise the Lord, who counsels me;
even at night my heart instructs me.

8 I keep my eyes always on the Lord.
With him at my right hand, I will not be shaken.

9 Therefore my heart is glad and my tongue rejoices;
my body also will rest secure,

10 because you will not abandon me to the realm of the dead,
nor will you let your faithful one see decay.

11 You make known to me the path of life;
you will fill me with joy in your presence,
with eternal pleasures at your right hand.

RECOGNIZE. REFLECT. RESPOND.

How was the presence-as-prayer warmup for you? What did you like? What was difficult? What might you like to revisit?

Walk Five - A Way of Life

CAMPOS DE CASTILLA

DE ANTONIO MACHADO

Caminante, son tus huellas el camino, y nada más; caminante, no hay camino, se hace camino al andar. Al andar se hace camino, y al volver la vista atrás se ve la senda que nunca se ha de volver a pisar. Caminante, no hay camino, sino estelas en la mar.

THE WAY IS MADE BY WALKING

BY ANTONIO MACHADO

Wanderer, your footsteps are the road, and nothing more; wanderer, there is no road, the road is made by walking. By walking one makes the road, and upon glancing behind one sees the path that never will be trod again. Wanderer, there is no road — Only wakes upon the sea.

MATTHEW 6:25-34

25 "Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? 26 Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? 27 Can any one of you by worrying add a single hour to your life?

28 "And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. 29 Yet I tell you that not even Solomon in all his splendor was dressed like one of these. 30 If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? 31 So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' 32 For the pagans run after all these things, and your heavenly Father knows that you need them. 33 But seek first his kingdom and his righteousness, and all these things will be given to you as well. 34 Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

RECOGNIZE. REFLECT. RESPOND.

What are some of the ordinary or mundane things that are God's will for you today? In the coming week, how might you pay attention to these things each day?

What are some practices, perhaps even some that you've practiced this weekend, that could help you cultivate the posture of seeking God's Kingdom in the present, as a way of life?

What might it look like for you to say "yes" to God's invitation to wholly trust him for both your present and your tomorrow?

Walk Five - A Way of Life

A PRAYER FOR REFLECTION AND INNER CHANGE

ADAPTED FROM A FRANCISCAN BLESSING

As you follow the Way, may God bless you with discomfort at your own easy answers, half-truths, superficial relationships, so that you will learn to live deep within your heart.

As you walk, may God bless you with anger at injustice, oppression, and exploitation of people so that you will fill your heart with the desire for justice, equality, and peace.

As you carry your load, may God bless you with tears to shed for those who suffer from pain, rejection, starvation and war, so that you will reach out your hand to comfort them and change their pain into joy.

As you enter the Cathedral at Santiago, may God bless you with the foolishness to think that you can make a difference in the world, so that when you return home, you will do the things which others tell you cannot be done.

Amen.

RECOGNIZE. REFLECT. RESPOND.

What have you been learning about presence today that you want to remember?

Is there a next step you feel led to take in light of this walk's theme?

Celebration & Next Steps

QUESTIONS UPON DEPARTURE

How can any of the things that you've learned walking this Camino equip you to walk with God through whatever circumstances you encounter this year?

How is Jesus inviting you to be loved and known by him?

Is God inviting you into any new ways of knowing and trusting him? What are they?

How did it feel to put down the stone that you've been carrying and release whatever you have been carrying to God?

What will the new stone that you picked up—signifying something that God has done in you or taught you on this Camino—represent for you?

ADDITIONAL WALK IDEAS

If you would like to do more than our Camino's five walks, here are components to consider:

SENSORY WARM-UP

Choose one of the exercises we've done in Walks 1 through 5 to repeat, or some other exercise you're aware of that helps you connect with your physical body.

BREATH PRAYER

Find a psalm to read, and select a phrase that inspires your prayer. It could be a name of God as you inhale, and a declaration of who he is or a request you have for him as you exhale.

POETRY

If you enjoyed listening to the poems on our walks, search for other inspirational poetry that aligns with the intention of your walk, if possible. Perhaps it could align with one of our existing Camino themes, or it could be related to the scripture you choose.

SCRIPTURE REFLECTION

Use the audio function of a Bible app like YouVersion to listen to a short passage of scripture. Then, invite God to help you reflect on that passage.

CLOSING PRAYER

Use one of the prayers from an earlier walk, find another written by someone from the Christian tradition, or simply end your walk with your own prayer.

This is not the only way to structure a contemplative walk, so get creative!