

**FIA Pin/Bronze  
Pilgrimage**

**“You will seek me and find me, when you seek me with all your heart.” - Jeremiah 29:13**

TIME		
00	Welcome and Introductions	
05	Icebreaker <i>2 Truths 1 Lie</i> <i>In small groups, each person takes it in turns to say three things, two of them being true and one being a lie. The rest of the group must guess which</i>	
10	Introduction to the Theme <i>What is a pilgrimage?</i> <i>Discuss</i> <i>1: a journey, especially a long one, made to some sacred place as an act of religious devotion</i> <i>2: any long journey, especially one undertaken as a quest or for a votive purpose, as to pay homage</i> Pilgrimage Video	
15	What does the church say about pilgrimage? <i>Church Teaching – CCC 2691</i> <i>“Pilgrimages evoke our earthly journey toward heaven and are traditionally very special occasions for renewal in prayer.”</i> <i>Pope Benedict XVI</i> <i>“To go on pilgrimage is not simply to visit a place to admire its treasures of nature, art or history. To go on pilgrimage really means to step out of ourselves in order to encounter God where he has revealed himself, where his grace has shone with particular splendour and produced rich fruits of conversion and holiness among those who believe.”</i> <i>Discuss and Explain</i> <i>Pilgrimages help to remind us of our connection to God and the wider Christian community. It gives us the opportunity to seek God away from all the distractions of everyday life.</i> <i>“To go on pilgrimage really means to step out of ourselves in order to encounter God”</i>	
20	Introduction to the Camino <i>The quote from Pope Benedict came from an address given during a visit to a place called Santiago de Compostela. Has anyone heard of that place before? It’s the site of a pilgrimage called the ‘Camino de Santiago’. Here is a short video to explain...</i>	
25	Camino de Santiago Video	
30	Discussion Activity <i>In small groups, come up with a list of items you would bring with you if you were walking the Camino and why. Feedback to the rest of the group.</i>	
35	Camino Items <i>Here are some items that pilgrims take with them when walking the Camino...</i>	
40	Discussion <i>Can you think of any examples of people who went on long/hard journeys throughout their lives? Here is a real-life example...</i>	
45	St Bona of Pisa <i>Her life and its relevance</i> <ul style="list-style-type: none"> <li>• <i>Born ~1156 in Pisa, Italy.</i></li> <li>• <i>Died ~1207 in Pisa.</i></li> <li>• <i>Patron saint of travellers, and specifically couriers, guides, pilgrims, flight attendants, and the city of Pisa.</i></li> </ul>	
50	Summary <i>Although the journeys St Bona made throughout her life were extremely long and arduous, we do not have to walk thousands of miles to make a pilgrimage. If you remember what Pope Benedict said: “To go on pilgrimage is not simply to visit a place to admire its treasures of nature, art or history.” A pilgrimage doesn’t have to be a physical journey, it can be a spiritual one too. You are all too young to be walking the Camino, but you can still seek God where you are right now. Our entire lives can be a spiritual pilgrimage. And the FIA Award can help us on our journey. Much like the items the pilgrims carry on the Camino, the FIA award can be an ‘item’ we carry with us to help us seek the Lord throughout our lives.</i>	
55	Reflection <i>Do you think you’ve been on any pilgrimages in your life? How have you sought the Lord? Look</i>	

	<i>back on notes you made earlier. Do you think your time doing the award has been a pilgrimage? Have you sought and found God in the actions that you've done?</i>	
<b>1.00</b>	Go Forth <i>Simply go on a short walk around your home/school/church. Either alone or with friends. As you do, reflect on what it means to go on a pilgrimage, and how God is always with us on our journey through life. Hand out prayer cards to help with focused reflection on walk.</i>	
<b>1.05</b>	FIA Prayer	
<b>1.10</b>	Session ends	

## PRAYER CARD

