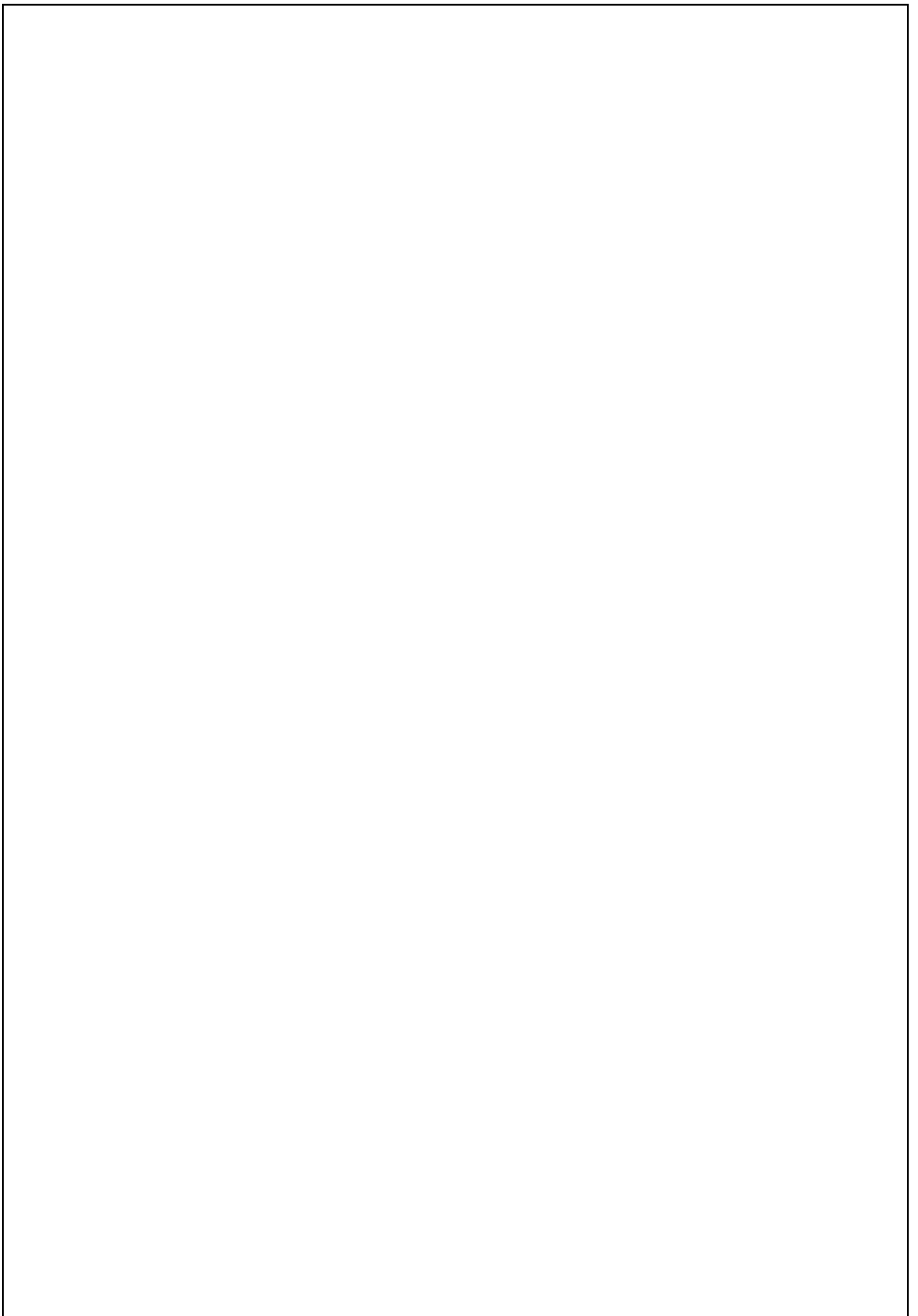


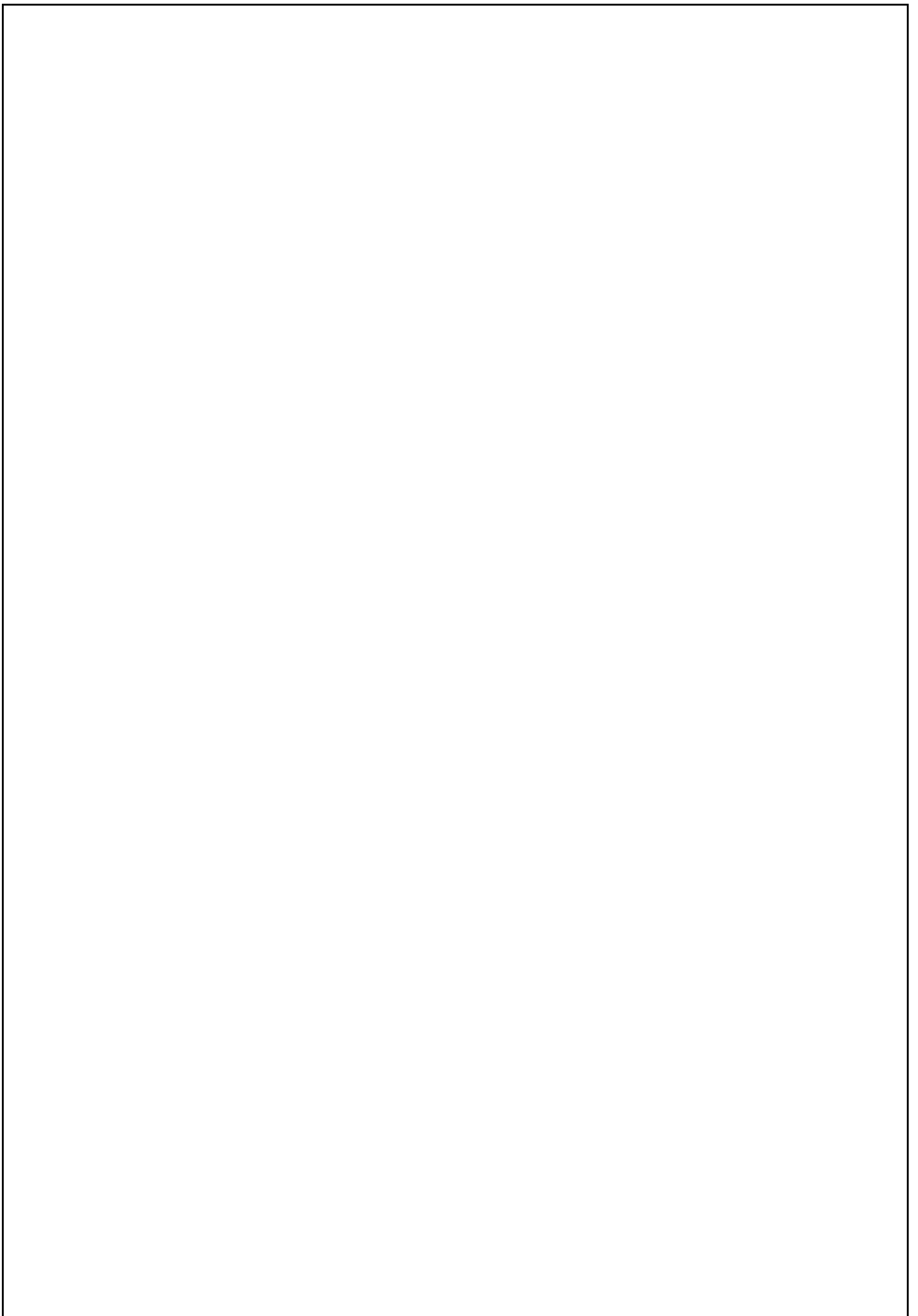
A ONE YEAR PILGRIMAGE

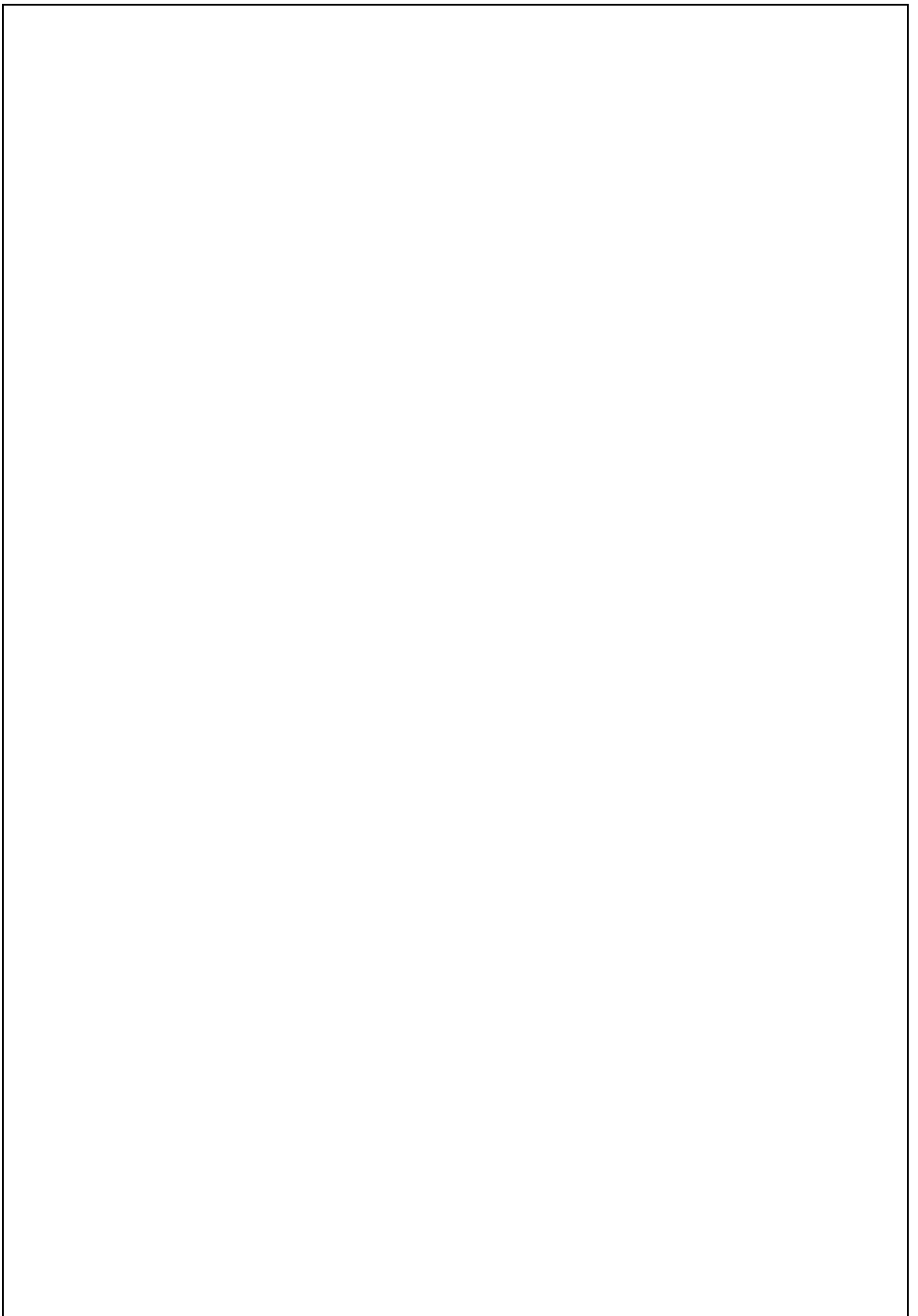
The Pilgrim's Journal

(expanded)









An Ancient Chinese proverb

I hear... and I forget

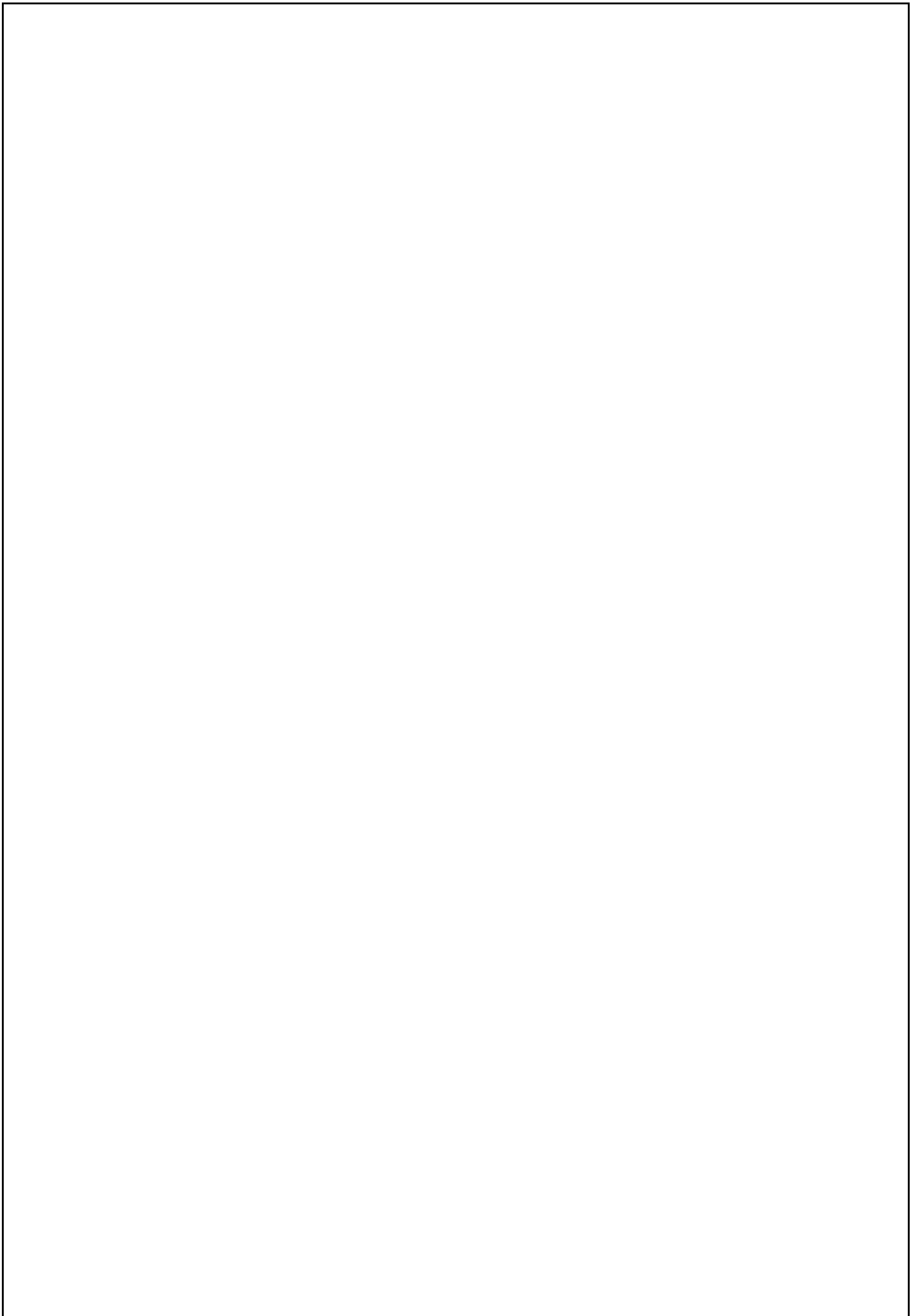
I see... and I remember

I do... and I understand



The Parable of the Sower

Mark 4



A One Year Pilgrimage

Introduction

If we truly reflect on our lives, most of us will agree that our days and years are filled with routine activities such as having meals, going to work, shopping, attending meetings, planning our weeks and holidays etc. Many of us also have habits we keep to: walking or other forms of exercise, reading, membership of organizations, clubs or groups, regular appointments with specific friends or family. Our own spiritual growth and inner journeys either get very little attention or are neglected altogether. If we had the same attitude towards finances or health we will most probably be in a poor condition. “Soul attention” (looking after the soul) is not regarded as a priority. This “inner world” holds the key to our true wellbeing: our world of thought, our mindset and attitude towards ourselves and the world around us. But then we have to admit that we have very little guidance and encouragement to attend deeply to ourselves.

In order to change this situation, you are now invited to embark on A One Year Pilgrimage. This pilgrimage has been put together to guide, encourage and inspire us along the way. As a guide and companion to the Pilgrimage this booklet called “The Pilgrim’s Journal”. Although this journal is a paper-reflection of a personal pilgrimage, the idea is not that the paper is the focus. The awareness and intention of our pilgrimage is the focus. We somehow need something visible to assist us. The book serves as such a tool. Embarking on The One Year Pilgrimage and using The Pilgrim’s Journal could help you on your journey, it could inspire and help spiritual growth, it could lead to health and healing, establish life changing habits, guide you, contribute meaning to your life and it will eventually become a visual map of a year in your life.

The Pilgrimage

We call it a *Pilgrimage* because it is a call to journey and there is an objective behind it. We will prepare, start and travel through the year. At the end there is the opportunity for reflection.

In order to have a meaningful pilgrimage, there are certain actions and goals along the way. These goals or steps is a way of keeping us aware and hopefully motivated on this journey.

Nobody is going to check you. It is YOUR pilgrimage as it is YOUR life. These actions and goals are there to guide and lead you on your own pilgrimage of growth and awareness.

How does this “work”?

The Pilgrimage is divided into twelve months starting **any** month and any day whenever you are ready. It will lead you through the next year. Each month will have certain goals and actions. There is space for reflection and notes, for journaling and comments. At the beginning of each month there is one page with checkboxes to assist you in reaching the goals and checking your progress. Do regard these as meaningful stations on your journey; as opportunities rather than obstacles that need to be overcome.

Stations on the Pilgrimage.

So what are the stations on the Pilgrimage? The following gives you an explanation of each of the stations or visiting points:

The first section contains a few planning or “getting ready” steps. You can make a few lists or even engage creatively with the mindmap page.

Then there is one page marking the day you embark or start your pilgrimage.

The first page of each month is the checklist page. On this page you will find all the stages with a checkbox to tick.

Synopsis of the Month: This page gives you an opportunity to write down one single word, action, happening or thought for

every day in the month. The idea behind this is to grow into the awareness that in order to have a life that counts we need days that count!

Bible Reading – each month will have a suggested Bible reading. The goal is to read this at least once. **Checkbox.** You can reread these passages. This might be quite meaningful as these passages could become part of your frame of mind.

Journey with... This is the “read a book” step. At the end of the document you will find a list of suggested books. This is merely a list of suggested meaningful, helpful and guiding books which could be inspiring reading for our Pilgrimage. This list provides an average of one book per month. It is completely up to you how many of these books you actually read. You could choose your own books as well as these are only suggestions. However, the selection provided includes good quality informative and inspiring stuff. The advantage is that at the end of the year you would be able to reflect on what you have read and you have learned. You could obtain a copy from the library or buy your own (or decide to buy it after reading the available copy.)

Journal. One goal on our Pilgrimage is to Journal at least ONE day of each month. The reason behind this very small action is to create an awareness of what we do with our time and where our days go. You could obviously journal more but one page in our Pilgrim’s Journal will be allocated to one day’s journal.

Letter. Each month will give you the opportunity to write a letter of appreciation to someone who has made a meaningful difference in your life. You could give it in person, post it or decide to have it sent much later...! **Checkbox!** In this letter you could mention the fact that you are on a pilgrimage and that the letter is one of the stages.

Service. Without people serving other people our world will be a dire place and in a sad situation. Every month there is one checkbox for one act of service. Now this hasn’t got anything to do with “patting ourselves” on the back. It is there to encourage us

in our awareness of the need in the world and the need to serve. You might already be involved in some service. Then just record it. If you do not know where or how to start, ask your local minister.

Notes and thoughts on a Sunday Service. Many of us attend Sunday services in church. Quite often the message disappears into thin air. You will have the opportunity to write down some of your own thoughts on any ONE service you have attended or have listened to.

Any of the “Notes space” could be used for writing a short prayer too.

An appointment with... This goal is probably one of the more difficult ones but could be one of the best! Make an appointment with someone you know and with whom you would be willing to share elements of your Pilgrimage. When you make the appointment, do communicate clearly that you would like this person to listen to your honest reflections on your Pilgrimage and what (if anything) you have gained from it. The One Year Pilgrimage could be done by a house group as well. This will provide more than enough material to think about, talk about and to share within the group. One benefit is that it is “open” – the opportunity to ask and to share could be quite creative.

One final suggestion: whenever you write something in your journal, remember to write down the date, time and place (eg 5 May 2015 9.15pm, home).

What is better than having a meaningful, joyful and satisfying life? This is supposed to help, inspire and bring joy!

In case you have any questions or need support, you are welcome to contact me or your local minister.

Forward, Pilgrims!

Planning my Pilgrimage

No one just leaves on a Pilgrimage. There is a time of preparation. The dream starts somewhere. We think of what we want to achieve, where we want to go. Important is the tools and luggage we will take with us. This section of the Journal gives you some opportunity to think about and to plan your Pilgrimage. Once again, it is merely a tool and guide. You can skip this or you could spend some time on it. If you feel you need some guidance and advice for this preparation, speak to someone and share your thoughts; listen and grow.

About goals...

The first few pages give you the opportunity to set some personal goals for the year ahead and to provide an overview of what is to come. Goals could be a daunting idea for many of us. But it could motivate and encourage us as well. Here are a few goal quotes...

“It is good to have an end to journey toward; but it is the journey that matters, in the end.”

Ernest Hemingway

“If you have built castles in the air, your work need not be lost; that is where they should be. Now put the foundations under them.”

Henry David Thoreau, *Walden*

The only difference between a goal and dream is a deadline.

Hal Urban

“If you want to live a happy life, tie it to a goal, not to people or things.”

Albert Einstein

“Happiness is not a goal...it's a by-product of a life well lived.”

Eleanor Roosevelt

Goals for areas of your life:

The following could give you some areas to think of setting goals: what would you like to achieve or achieve in the following aspects of your life:

Health

Income

Relationships

Personal Growth

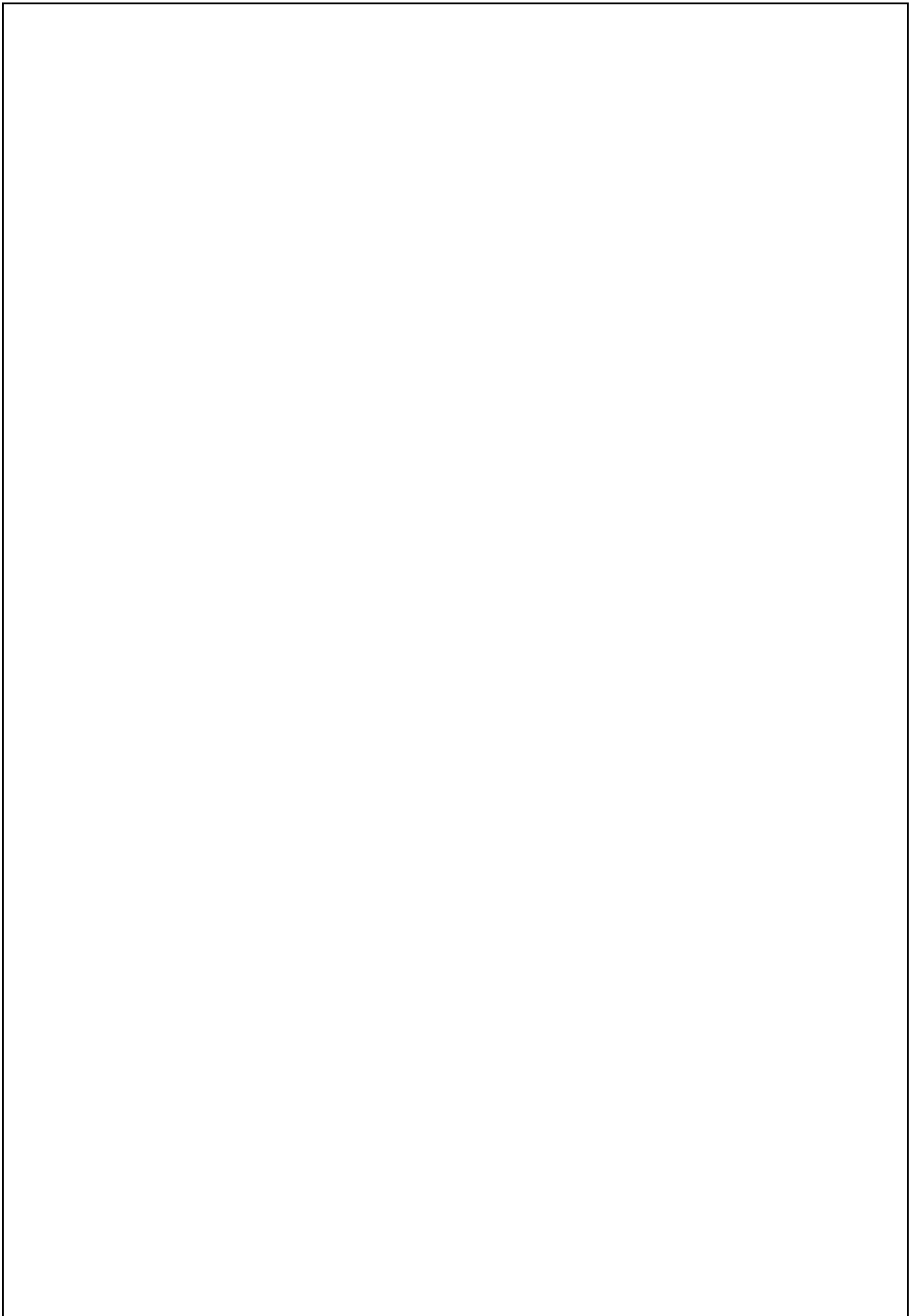
Adventure

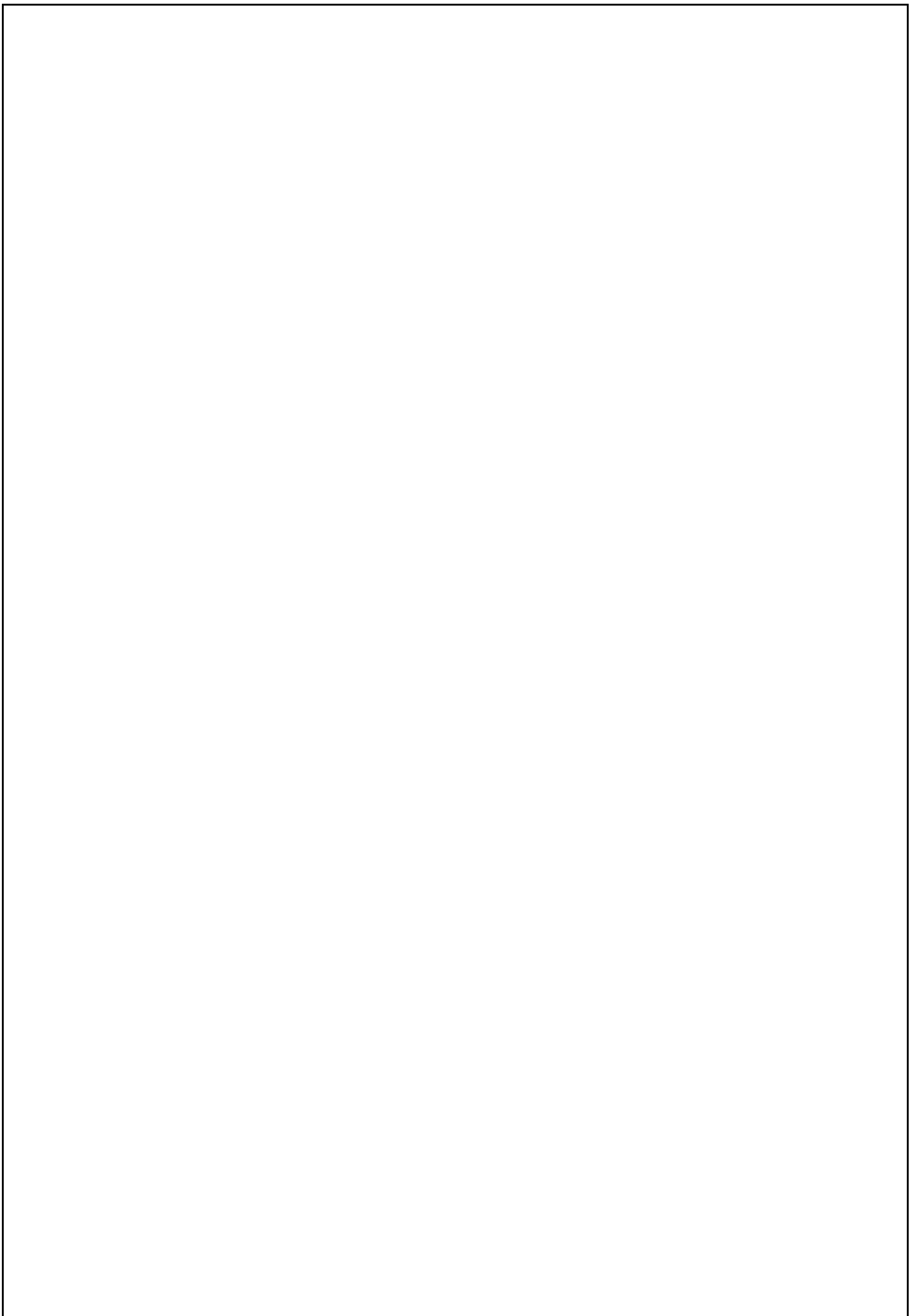
Learn

Own

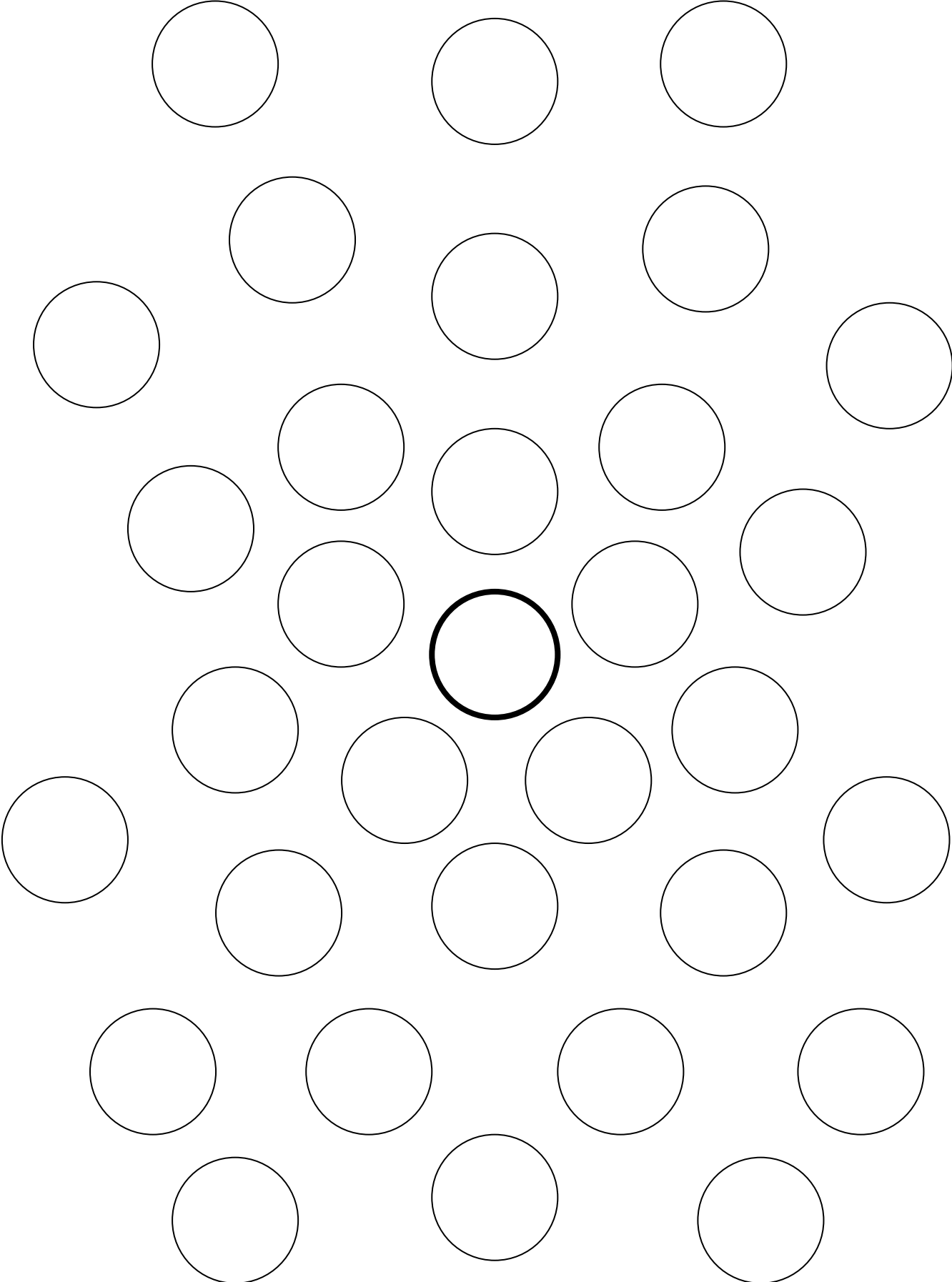
Spiritual growth

Education





A Mindmap Page



Synopsis of this year's Bible Readings

1. The Gospel of Mark
2. Philippians
3. Proverbs 1 - 10
4. Psalm 119
5. Daniël 1 - 6
6. Proverbs 11 - 20
7. Ecclesiastes
8. Proverbs 21 -31
9. Colossians
10. Gospel of John 1 - 10
11. Gospel of John 11 - 21
12. Psalms 23,100, 121, 139 and 150

A Letter List

Make a list of the people you would like to write to:

Name

Date written

1. _____

2. _____

3. _____

4. _____

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11. _____

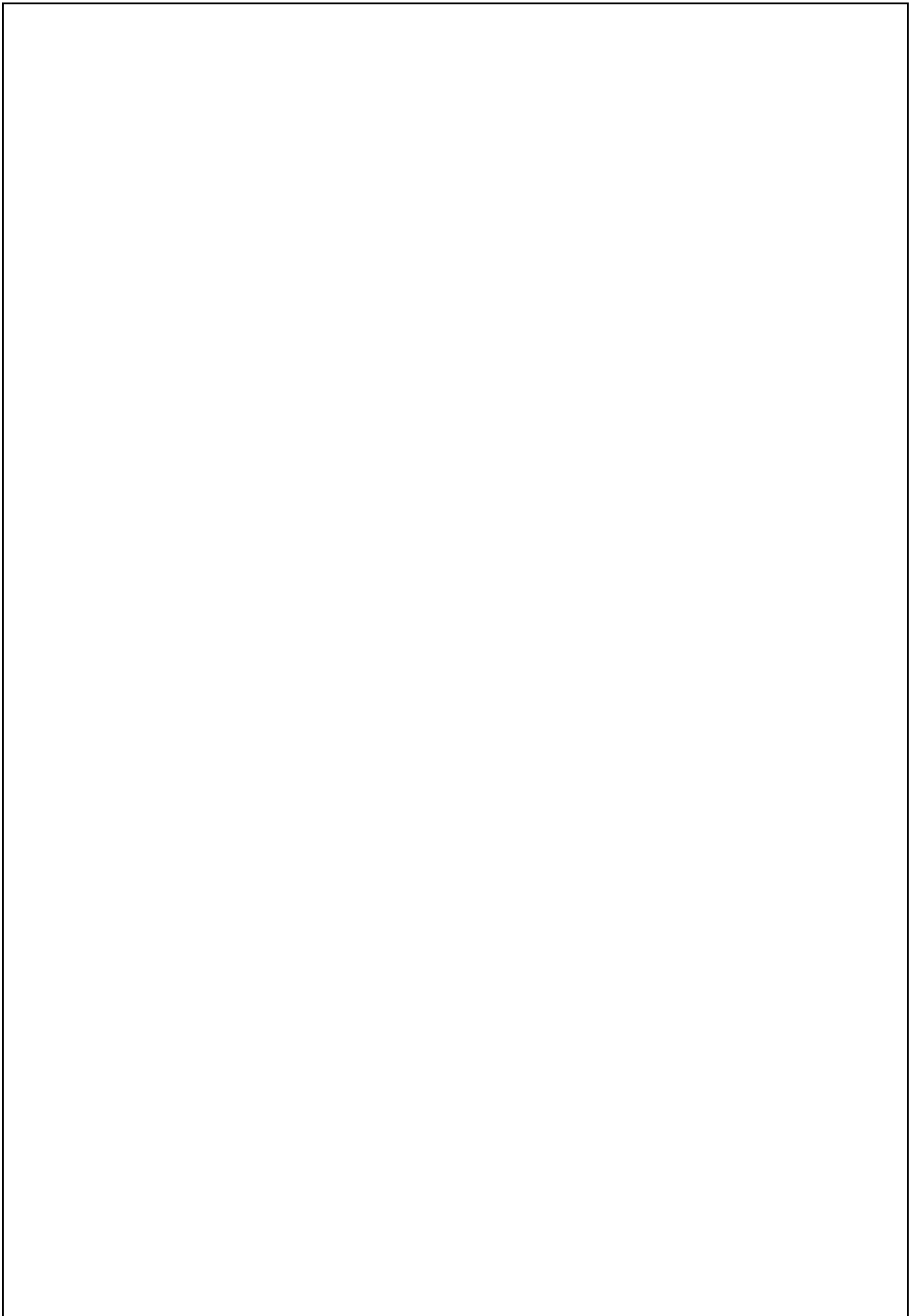
12. _____

A One Year Pilgrimage
The Starting point of my Pilgrimage

On this day

I start my
One Year Pilgrimage
knowing that in a year from now
I would have travelled and discovered,
changed and learned
and
that I will have grown in my being
who I am and what I was created for.

Signature



Month: _____

Checklist page

Synopsis of the Month

Bible Reading

Journey with... (read a book)

Title and author: _____

Journal: A day in my life

Letter

I have written to: _____

Service

Notes and thoughts on a Sunday Service

An appointment with...

I met with _____

Journal : A Synopsis of the Month

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Letter

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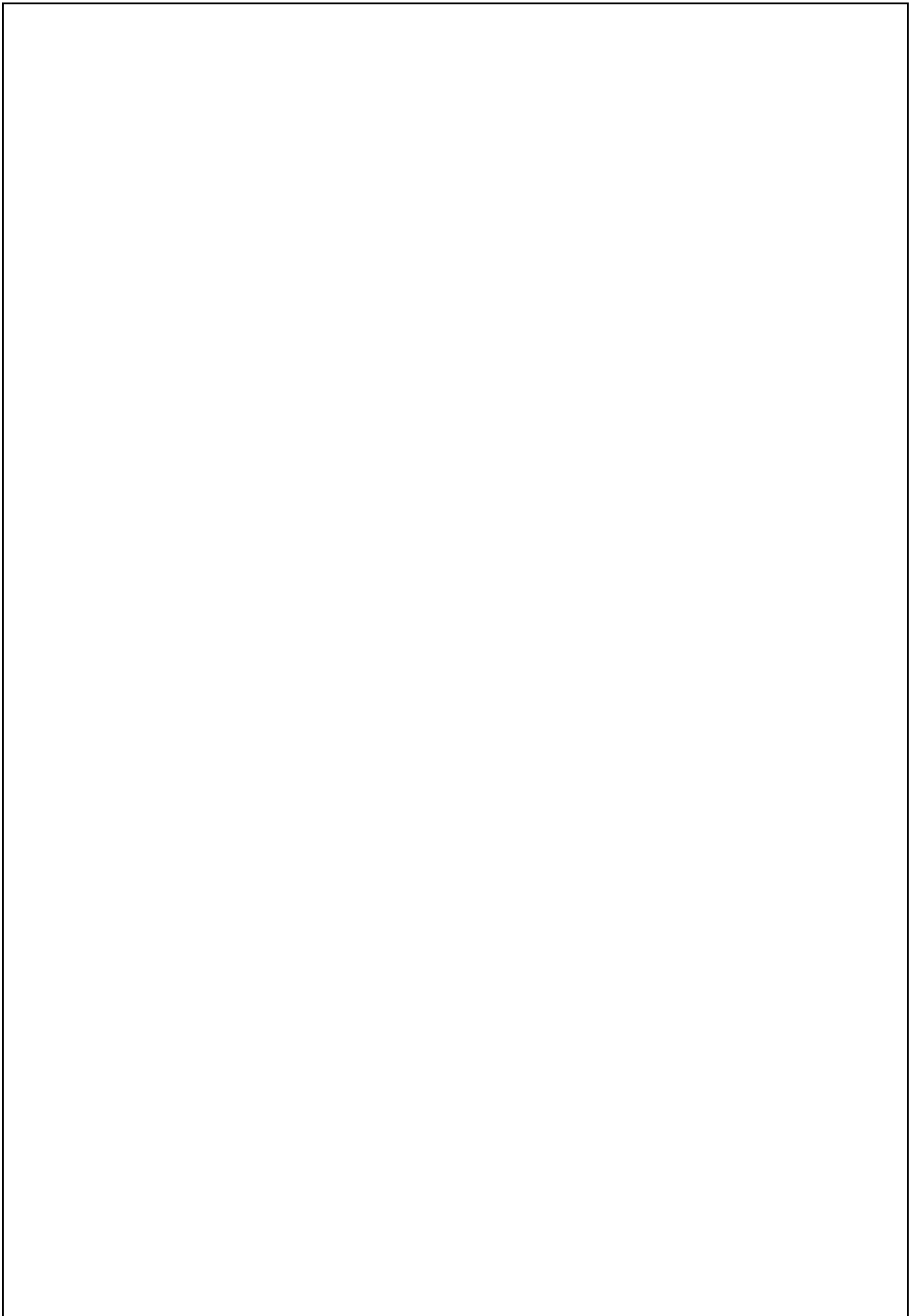
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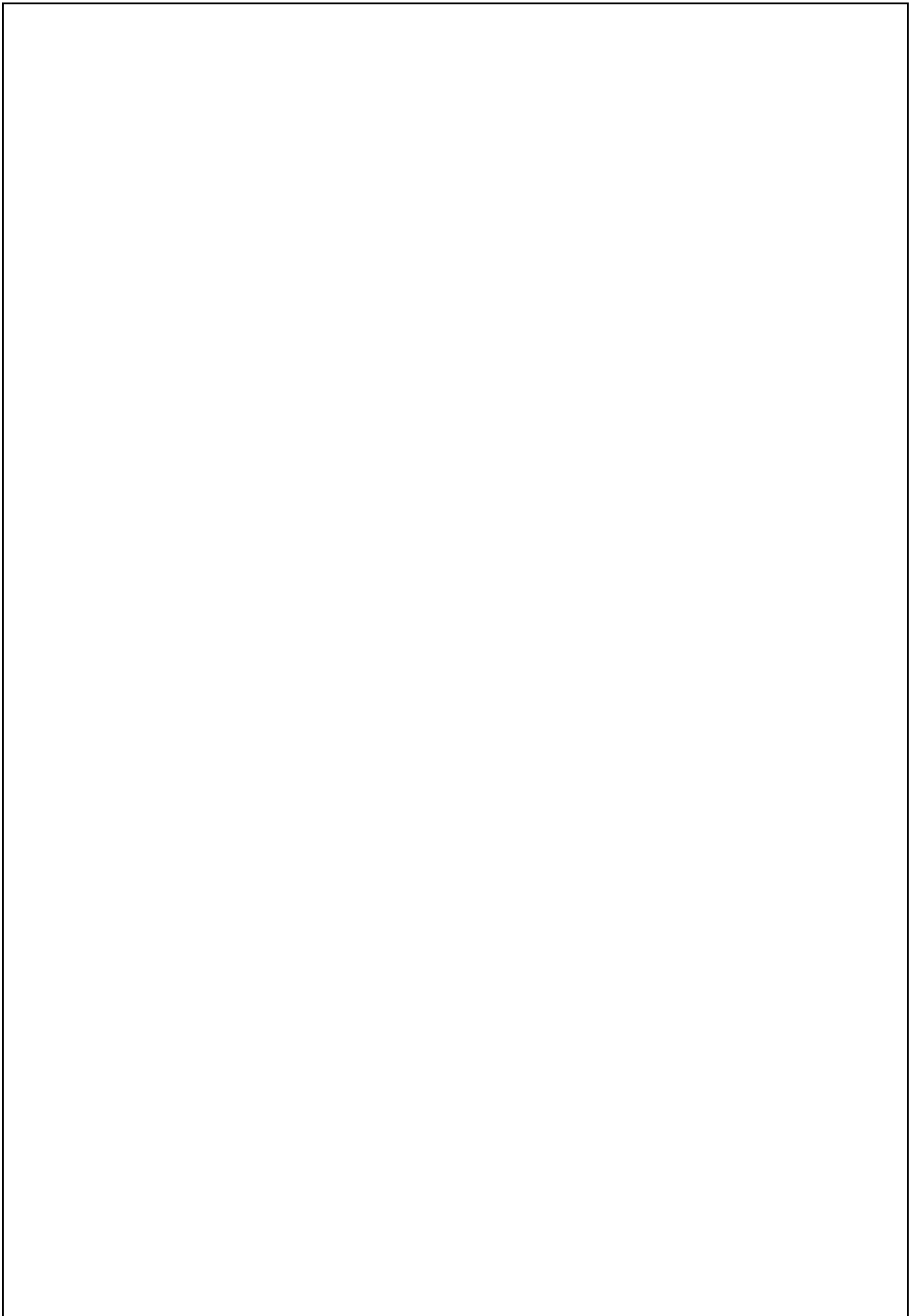
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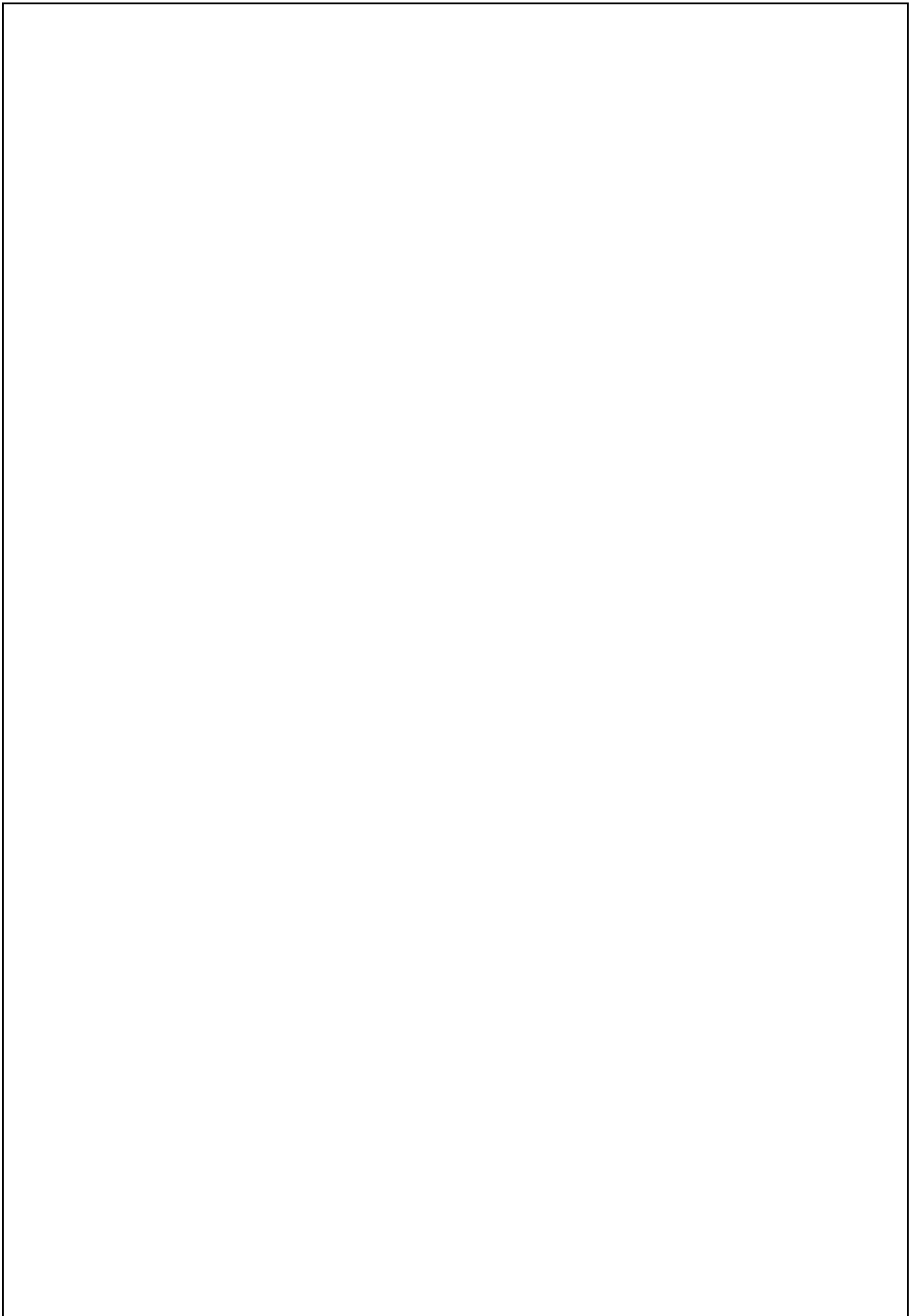
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Journey with... (read a book)

Title:

Author:

Notes:

Letter

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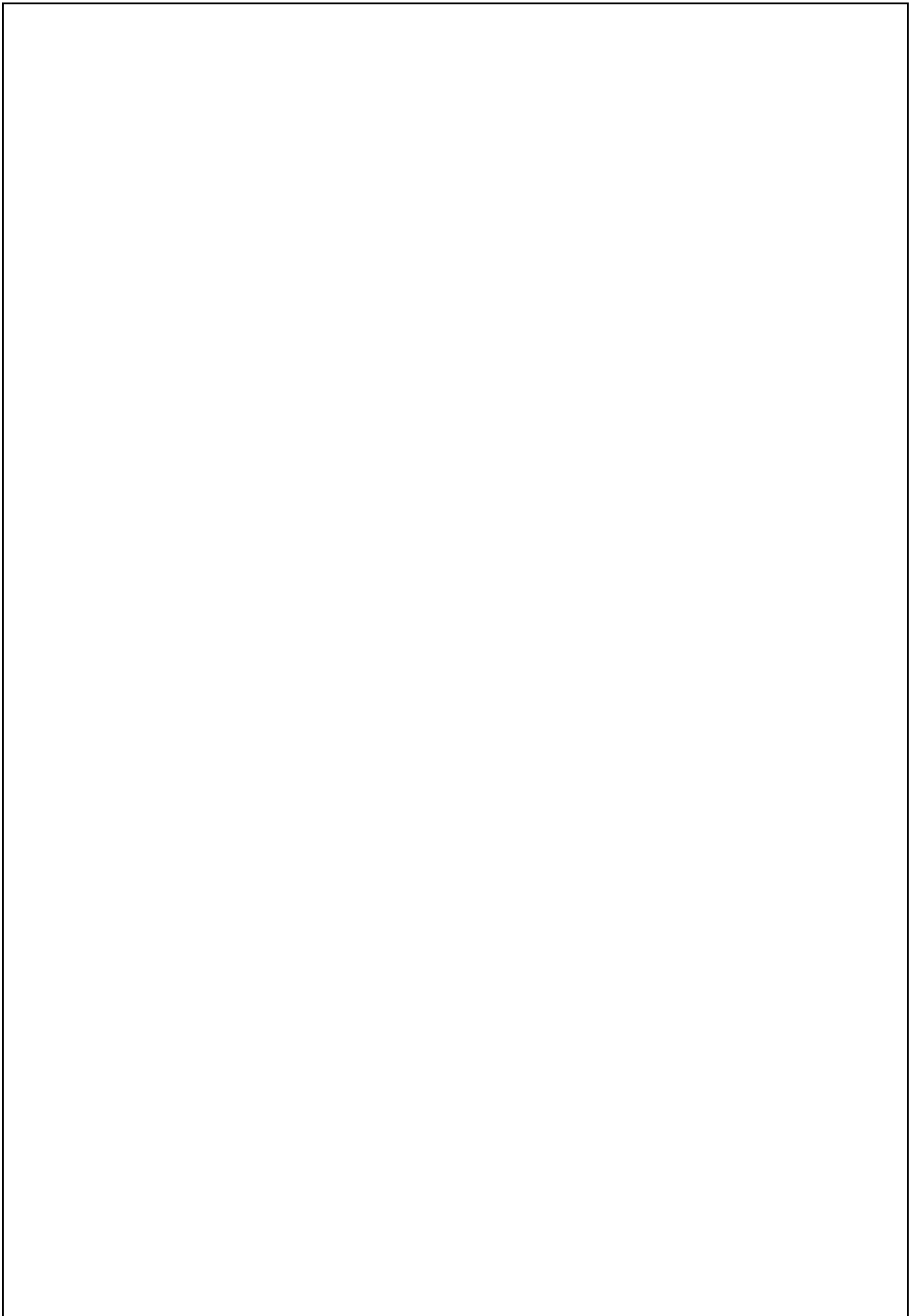
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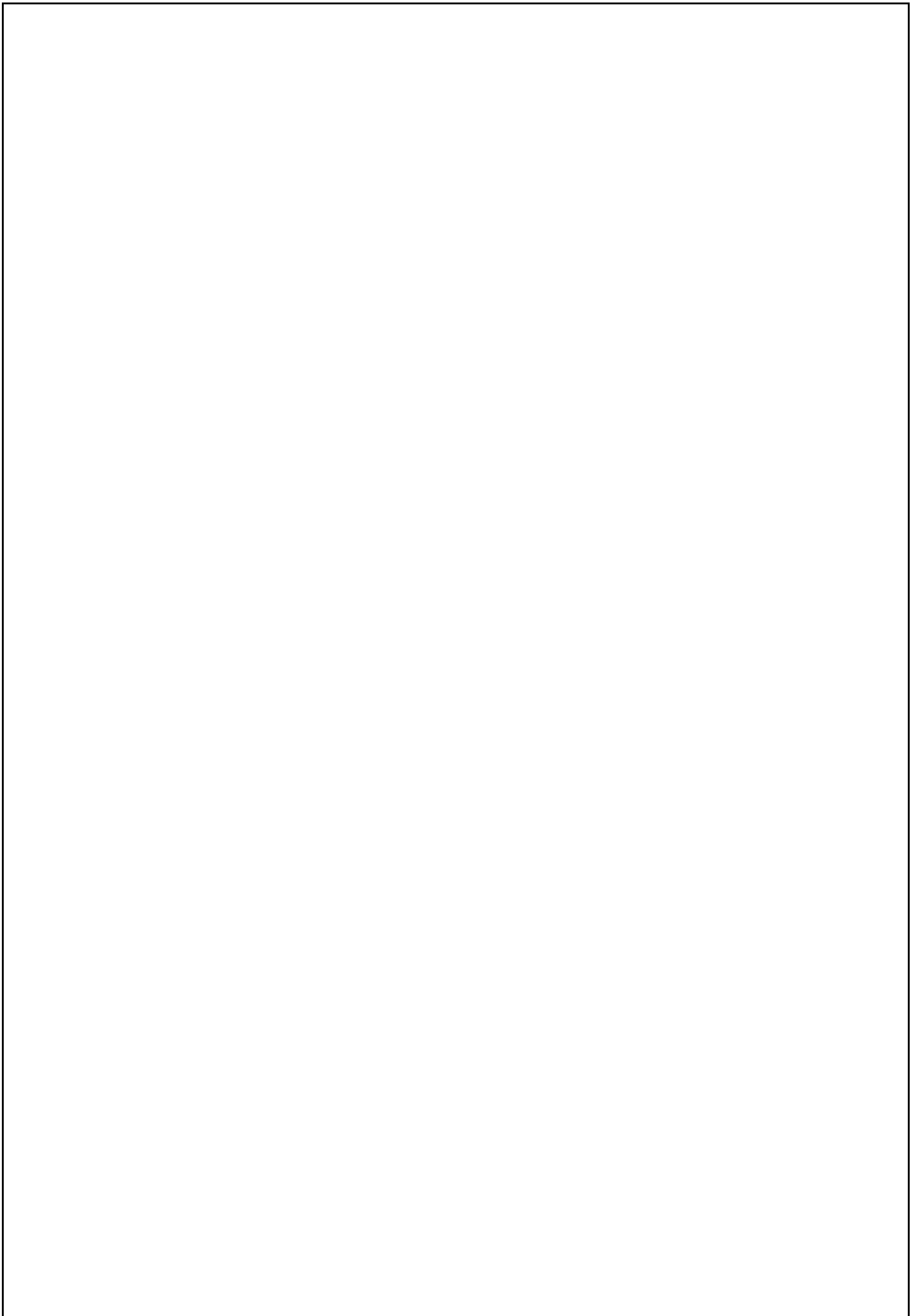
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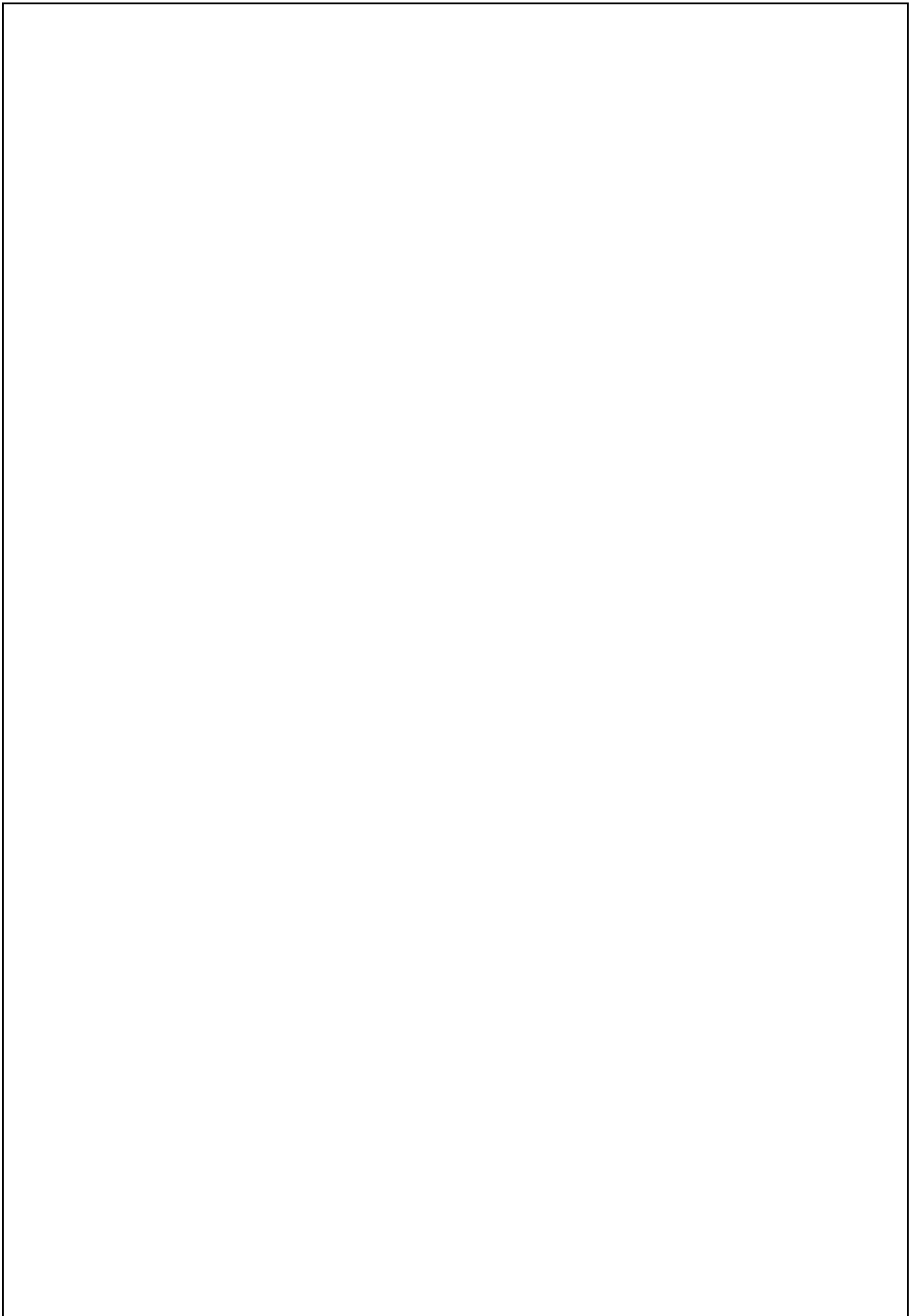
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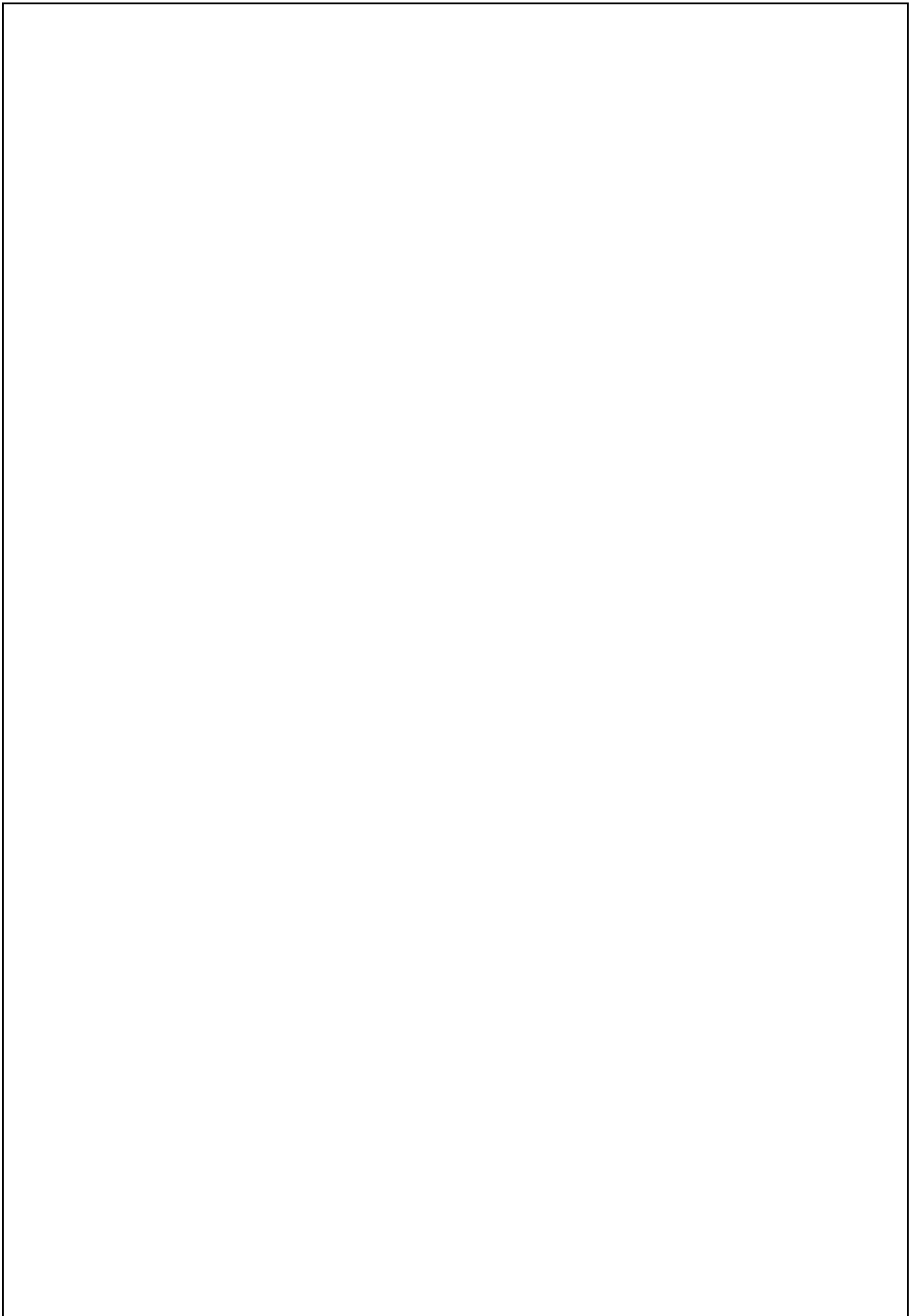
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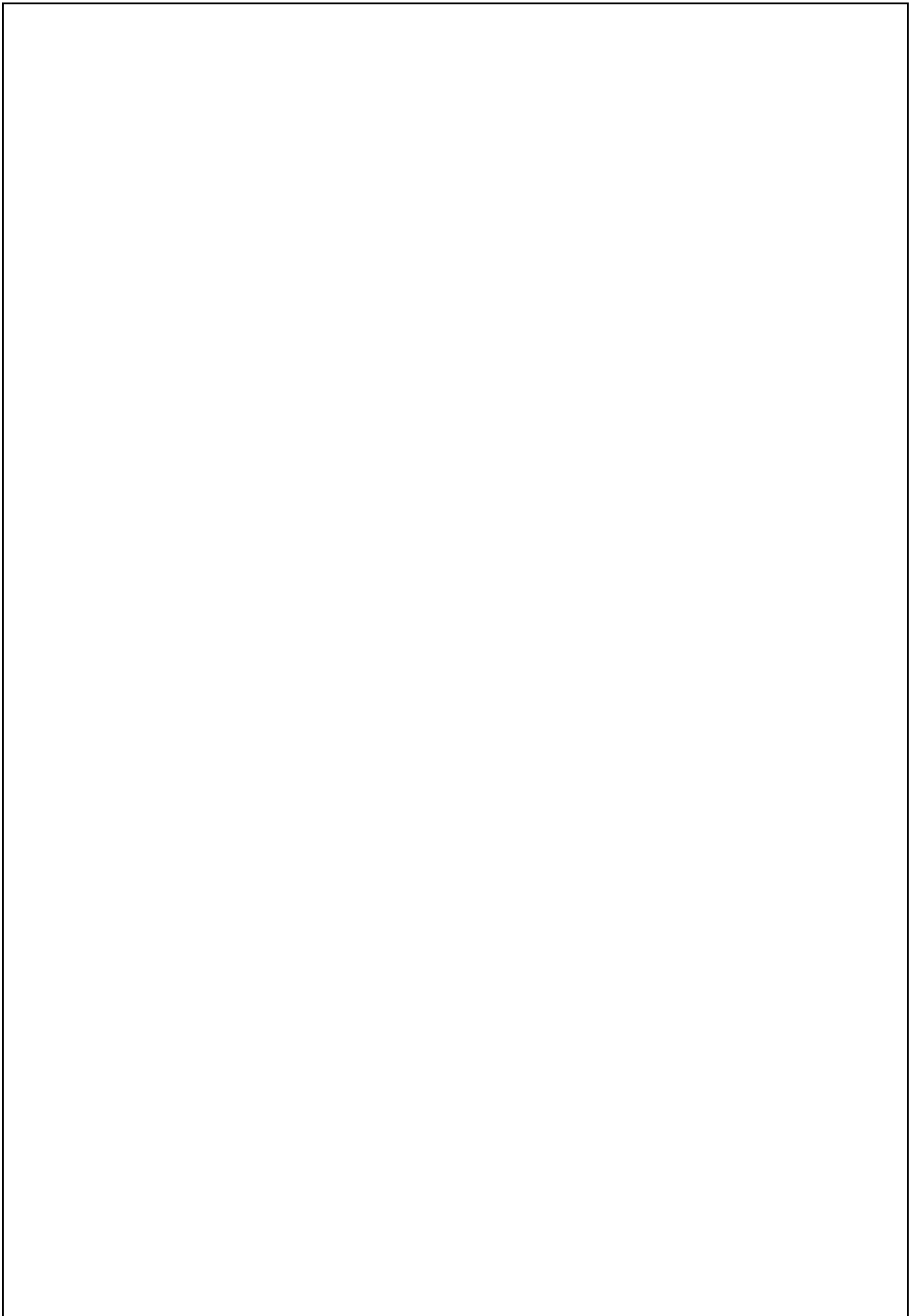
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Bible Reading:

Notes

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Letter

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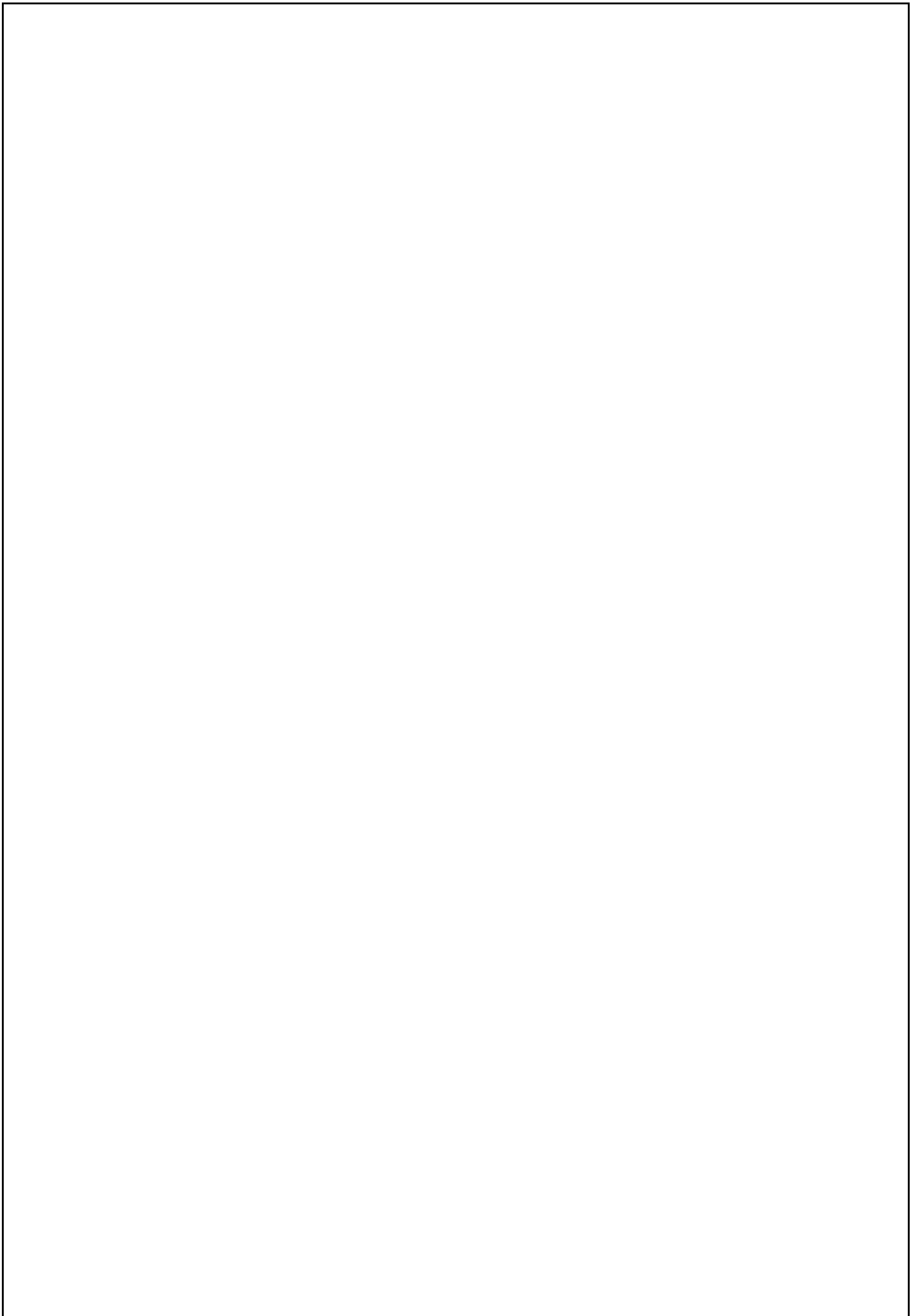
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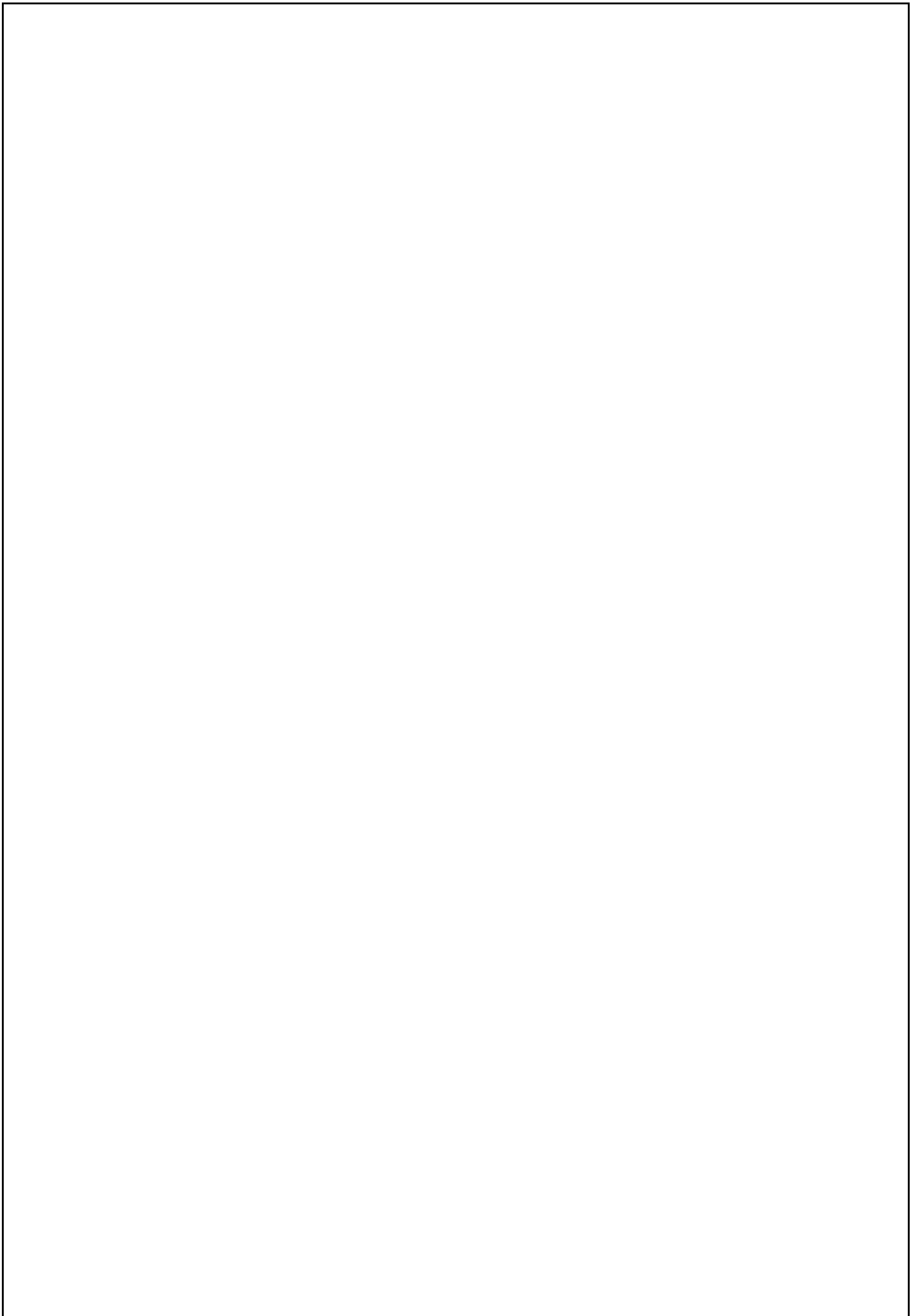
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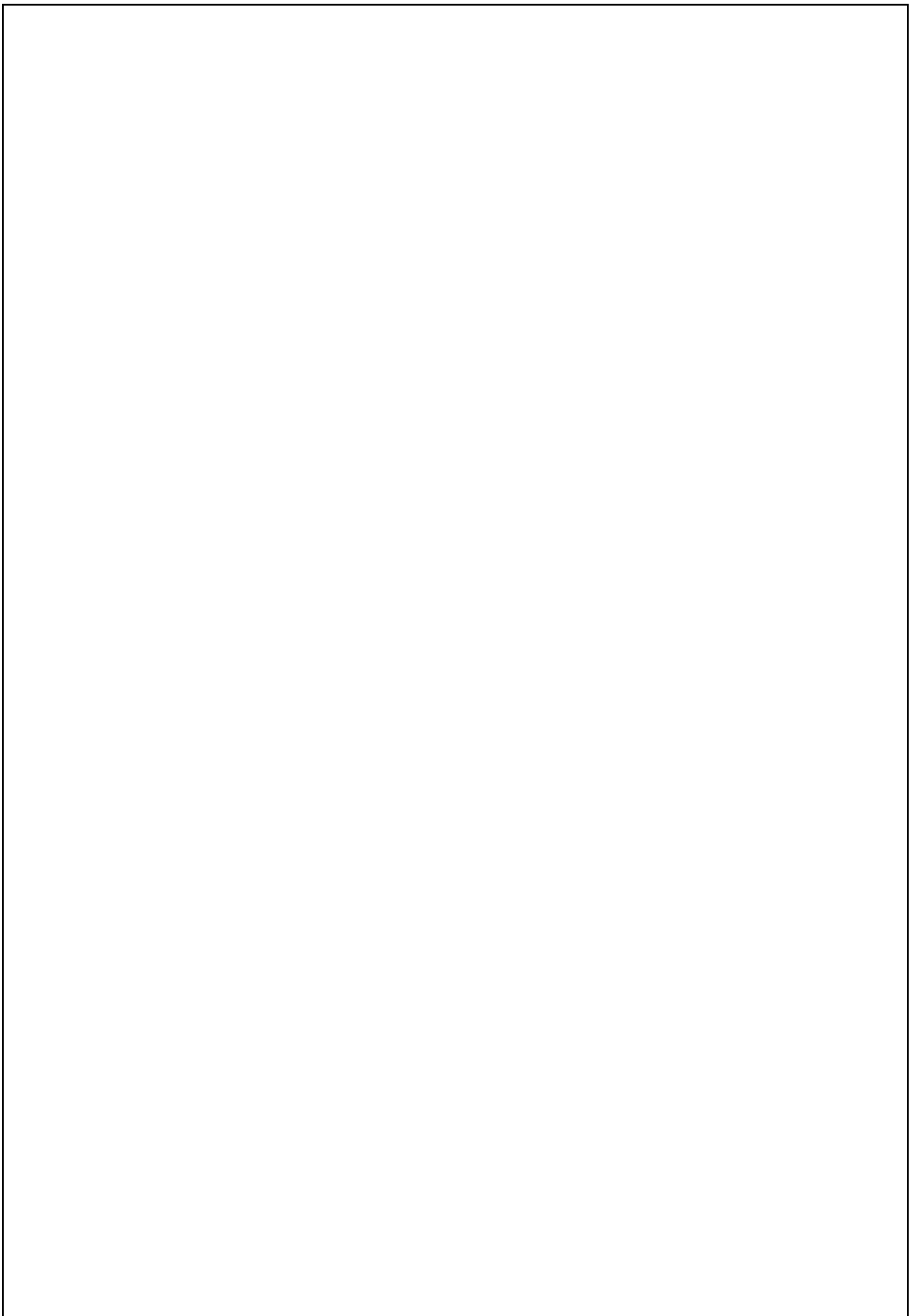
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List of suggested books

- Chasing daylight – Eugene o’Kelly
- Meeting Jesus again for the first time – Marcus Borg
- Reading the Bible again for the first time – Marcus Borg
- Life’s Golden Ticket – Brendon Burchard
- A New Kind of Christian – Brian D McLaren
- The Prophet – Kahlil Gibran
- In the Name of Jesus – Henri Nouwen
- The return of the Prodigal Son – Henri Nouwen
- Living, Loving and Learning – Leo Buscaglia
- Religion for Atheists – Alain de Botton
- The Little Prince – Antoine de Saint Exupery
- Life’s Greatest Lessons: 20 things that matter – Hal Urban

