



Saturday May 6, 2023

Preparing the Heart

A pilgrimage is not a ritual or a rite. There is no prescribed right way or wrong way. It is an experience of very personal contemplation, reflection and prayer, so each pilgrim approaches it with his or her own unique relationship with God.

We come as we are. Some come dancing with joy. Others come with tears of sorrow. You might prefer to walk alone with your eyes to the skies. You might prefer to walk intimately with a spouse or close friend. You might prefer to sing or chant or pray rosaries with others along the way. You should feel free to walk your journey in whatever way best opens your heart to the whispers of the Holy Spirit. We only ask that you respect the sacred spirituality of the other pilgrims, understanding that, while all walk the same path, God has given each his or her own journey.

In preparation, you might find it helpful to do an examination of conscience, asking yourself what is holding you back from fully and freely being the person God created you to be. What is it you fear? Who do you need to forgive? Some might find Eucharistic Adoration meaningful in preparing for the pilgrimage. Others might find the Sacrament of Reconciliation helpful as a way to bring peace to their hearts. The biggest thing is that you prepare your heart for openness. Make room for the Holy Spirit!

Preparing the Body

Prior to the pilgrimage, consider adding shorter, then longer walks to your weekly routine. This would be a great family activity!

What To Bring

- A backpack
- Layered clothing and a hat – the walk will take place rain or shine
- Whatever food and water you will require - we will have only bottled water and packaged snacks
- Rosary
- Comfortable walking shoes that have been broken in
- Sun screen

Logistics

There is no need to sign up.
There is no fee to walk.

Our route for 2023 will be the same as last year, beginning and ending at the Cathedral of St. Thomas Aquinas in downtown Reno. The full route is along the Truckee River to Ivan Sack park which is about a 4.6 mile loop. A shorter route is to turn around at Idlewild park which is about a 2 mile loop.

This year we will begin with Mass at 10:00 am

There should be plenty of free parking either at the Cathedral or across the street.

If you would like to participate, but are unable to walk the route, you can pray from wherever you are in union with the Walk.

More details can be found at:

walktomary.com Click on the "Pilgrimage" tab, then "Walk to Mary-Across America"
relevantradio.com

Shrine of Our Lady of Good Help information:

championshrine.org