

NAME:





With thanks to CREDO, Sydney Archdiocesan Office of
Evangelisation and Renewal

Photography by Steve Turner and Giovanni Portelli.
Design and layout by Richard De Stoop.

You are getting ready to go on an exciting adventure called a **pilgrimage**.

A pilgrimage is a special journey. We take this journey to experience God's love and to grow in faith.

We're pilgrims on a journey!



Follow Lucy & Dan on their pilgrimage adventure!

A pilgrimage is not a holiday. It usually has challenges along the way that help us to learn new things. Every place we visit during a pilgrimage has an important meaning. **This pilgrimage will go to St Mary's Cathedral in Sydney.**

You are going on a pilgrimage of MERCY.

This is because Pope Francis has made this year a Jubilee Year of Mercy. It is a special year for everyone in the Church and the world.



Mercy is when we show forgiveness to people who have hurt or annoyed us. Mercy is also when we love and help people who are suffering or in need. It is not always easy for us to be merciful.



God is merciful all the time. He is patient and forgiving. God understands that we aren't perfect. He wants to be close to us and show us his love and care. So he sent his Son, Jesus, to save us and heal us by his life, death and Resurrection. That is the **BEST** example of mercy the world has!



By going on this journey
you become a pilgrim.
This book is your pilgrim
passport.



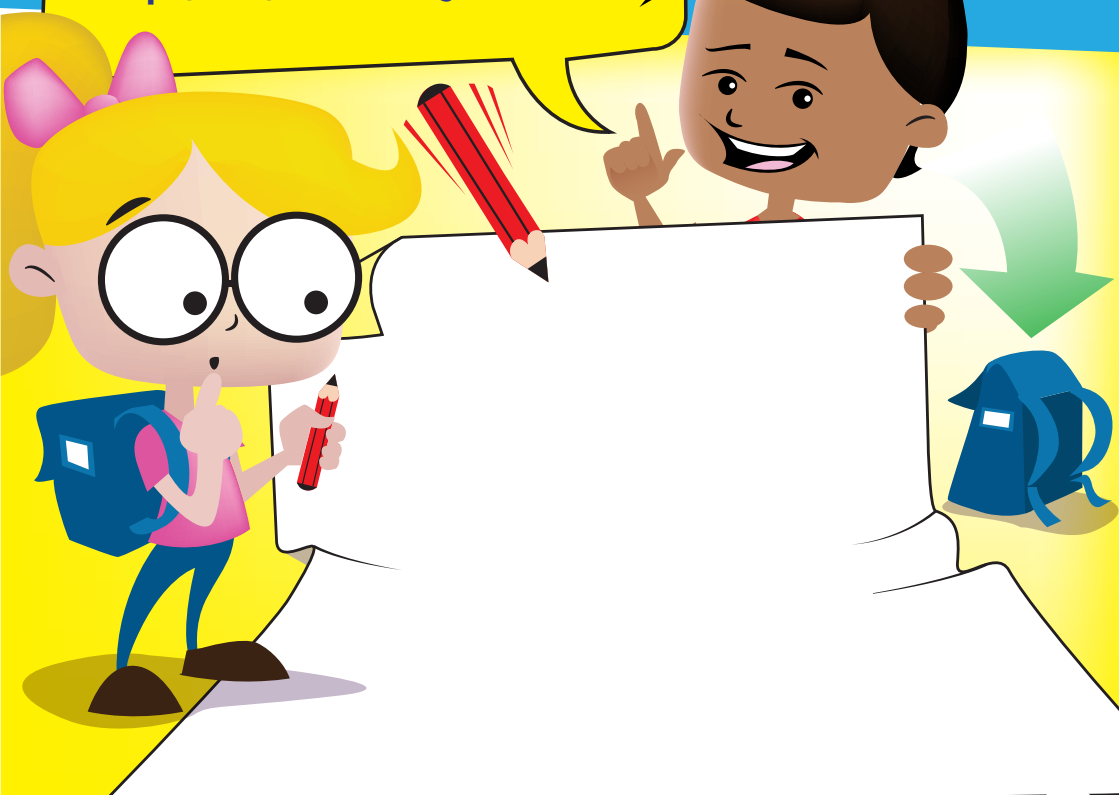
It will help you to prepare and record what you learn.
On the final page there is space for a special stamp.
**You will receive this stamp when you
have completed the pilgrimage!**

DONK!



Getting Ready

What do you think are the most important
things we will need to pack in our bag for
our pilgrimage to St Mary's Cathedral:





When people go on long pilgrimages overseas, they need the right clothes.

When you go on your pilgrimage to St Mary's Cathedral you and your teachers or parents will have to think about what you wear to make sure that you are safe and comfortable.

We need to prepare our body for this pilgrimage but we ALSO need to prepare our heart and mind.



? What do you think your heart and mind need to be ready for on this pilgrimage?



Our Pilgrim Prayer

Merciful and loving Father,
Help us to prepare our bodies,
minds and hearts for our
pilgrimage of mercy.

We want to know you and love you
more through this journey.

Please guide and protect us
and all pilgrims.

We ask this through Jesus your Son.

Amen





The Corporal works of Mercy

Feed the hungry

Some ways we can feed the hungry:

- Give up a treat and donate the money to a charity for feeding the poor
- Share your meals with others
- Avoid wasting food
- Help to plan and enjoy healthy meals with your family



LEMON-AID

THIRSTY?
Every pour goes straight to the poor!



Give drink to the thirsty

Some ways we can give drink to the thirsty are:

- Remind your friend, who looks hot and sweaty while playing, to have a drink of water and have one with them
- Hold a lemonade or drink stall and give the money to charities who help people to have clean drinking water

Clothe the naked

We can clothe the naked by:

- Giving our extra clothes, and clothes that don't fit us anymore, to charity
- Knitting a scarf or crocheting a blanket for people who don't have enough clothes to keep themselves warm



Welcome the stranger

We can welcome the stranger who has nowhere to stay by:

- Praying for those who have had to leave their home because of war or poverty
- Raising money for charities that build shelter for homeless people
- Welcoming new Australians into our local community
- Welcome others to join your games when they have no-one to play with



Visit the sick

We can help to visit the sick by:

- Praying for those who are sick
- Being kind and helpful to our family members when they are sick
- Visiting a sick relative or sending them a card
- Making cards for people who are sick in our local hospital/nursing home and asking an adult to send them there



Visit the imprisoned

We can help to visit the imprisoned by:

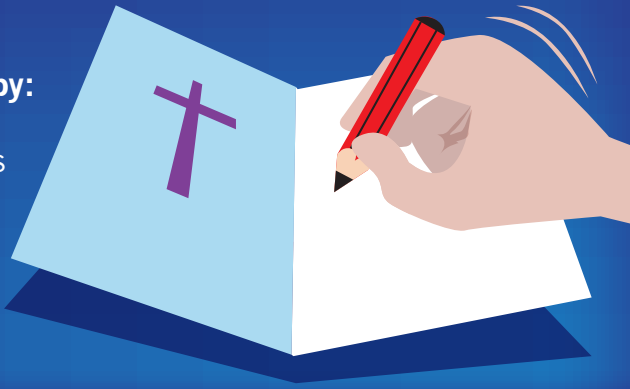
- Since it is not really possible or safe for children to visit the imprisoned, we can help by praying for those who are imprisoned
- Praying for families of those who are imprisoned
- Supporting charities that prepare gifts for prisoners and their families at special occasions



Bury the dead

We can help to bury the dead by:

- Praying for those who have died and their loved ones
- Sending a card to someone who has recently lost a loved one



The Spiritual works of Mercy



Counsel the doubtful

This means giving wise advice to help someone who is struggling to make an important decision. We help them make a good decision that will bring them closer to God.

Instruct the ignorant

Someone who is ignorant is someone who doesn't know something yet. This spiritual work means to teach them more about God and the Church. We cannot all be priests or teachers but we can teach those around us about our faith by talking about it and living it out. If we listen carefully when we learn about our faith we will be able to help those who don't know about it.



Admonish the sinner

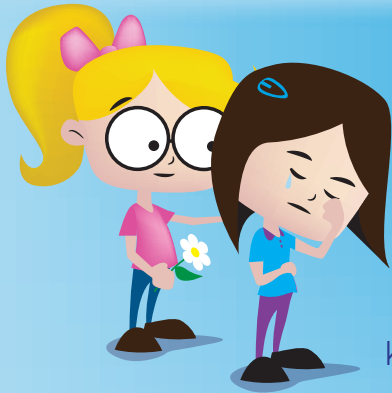
It is a very loving thing to help someone make a good choice and prevent them from making a bad choice. When we do this we are trying to help people stay close to God. This doesn't mean telling someone off in an angry way.

It is better to help someone avoid sin by helping them get out of a bad situation that could lead to a bad choice. We can also lead by our example of making good choices in bad situations.



Comfort the afflicted

To be afflicted is to feel upset, sad or hopeless. There can be many reasons why a person may feel sorrowful or sad. Perhaps someone is ill or has died. Maybe they are having family problems. We can comfort them by reaching out with a hug or kind words. Our actions and words can let people know that Jesus is with them in their difficult times.



Bear wrongs patiently

This means being patient with people who are annoying or hurtful without meaning to. It can be difficult to stop ourselves from complaining or saying something nasty to them. It helps to remember that we can also be annoying and hurtful without meaning to, but God continues to love us and look after us no matter what. We can share the love of God through our patience.



Forgive offenses willingly

This means forgiving someone who has deliberately hurt us. It is very difficult to forgive someone when this happens. Even though it is hard, Jesus tells us to forgive because he knows it is good for us. When we don't forgive it means that anger and hate stay in our heart. This destroys our happiness and love.

When it is hard to forgive, we can ask Jesus to help us. Before he died, he even forgave the people who hung him on the Cross!



Pray for the living and the dead

The most powerful way that we can help someone is by praying for them. When we pray for others it helps us too. We remember that God is with us and we start to think more like him by caring for others more than ourselves.

To prepare our hearts and minds for our pilgrimage of mercy, we need to learn about mercy by **EXPERIENCING IT.**

Next are **FOUR** activities to complete before the pilgrimage:



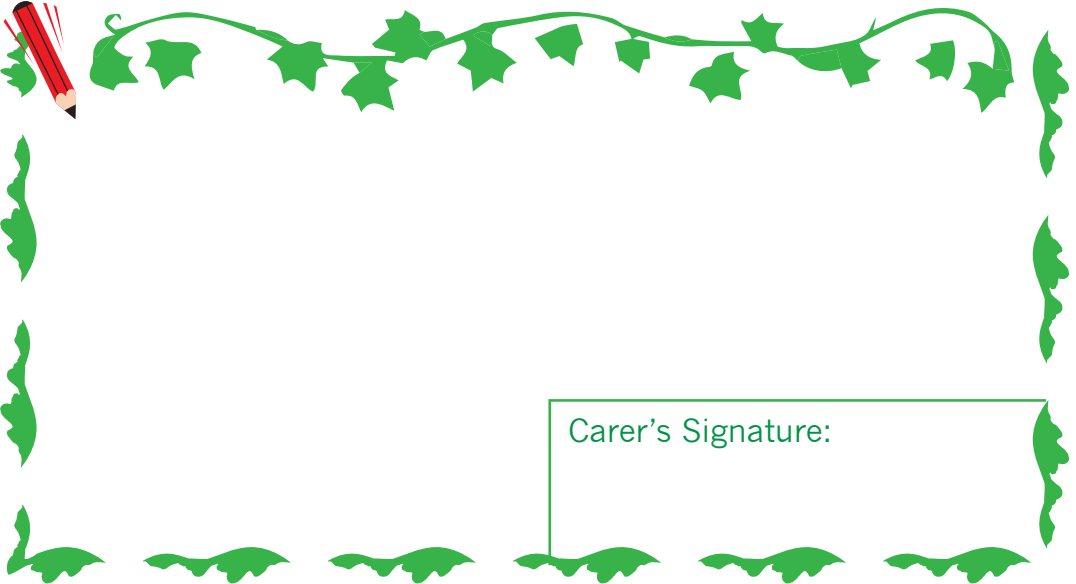
1. Someone was merciful to me when:

Draw a picture or describe how someone was merciful to you.
Make sure your picture or words show how you felt:



2. I was merciful at school:

Draw a picture or describe how you were merciful at home .
Ask your teacher to witness that you did this by signing below.




Carer's Signature:

3. I was merciful at home:

Draw a picture or describe how you were merciful at home.

Ask an adult from home to witness that you did this by signing below.



Teacher/Catechist's Signature:

4. I will especially pray for:

Draw a picture of someone you are going to pray for or write a

prayer for them. Sign the box below yourself to commit to doing it.



Pilgrim name/Signature:

The STATIONS of MERCY

There will be six different stations for you to visit during your pilgrimage to St Mary's Cathedral

The following pages will help you to reflect and pray at each of the stations



Station 1: The Door of Mercy



This door is a very special door that is open to everyone. When you walk through this door, God and the Church embraces you with a welcome hug.

You can come here for healing, forgiveness and peace.

When was the last time you welcomed someone at the door of your house?



How did you make them feel welcome?



Think of a time when you were made welcome at someone's door.
How did you feel?

In this restful and silent place, take your time to visit each pilgrim station and let God show you his love and mercy.

Station 2: The Baptistery



At this Baptistery the priest baptises people by pouring water over their head and saying
“I baptise you in the name of the Father, the Son and the Holy Spirit.”

Imagine your face is dirty and hot on a sticky summer's day.
Now imagine the feeling of fresh, cool water on your face as you wash it.



What does it feel like?

Through the water of our Baptism God renews us and we become a child of God; a member of God's family. We are given the gift of the Holy Spirit so that we can become more like Jesus during our life.
Why don't you stop for a moment and say thank you to God for this special gift?

Station 3: The Confessionals



This is the place where people come when they have done something they know is wrong. They have committed a sin. They feel sorry and want to tell God and ask Him for forgiveness.

When was the last time that you said ‘sorry’ and really meant it?

Why did you feel so sorry?

How do you feel when you are forgiven, even though you do not think that you deserve it?



That is an experience of mercy. God is always waiting to welcome us and forgive us. He wants us to ask for mercy, so that he can give it generously to us. Let's stop and ask God for more mercy in ourselves and our world.



Station 4: The Blessed Sacrament of the Eucharist (Part 1)



At the Last Supper, just before he died, Jesus blessed (consecrated) bread and wine so that they became his body and blood. Jesus knew that we needed his help to follow him. In his mercy he gave us this food to help us grow closer to him. It gives us strength to bring love and hope to all we meet.

What is your favourite healthy food and drink?



Why is it important for our bodies to have healthy food and drink?



Station 4: The Blessed Sacrament of the Eucharist (Part 2)



The Eucharist is healthy food for our heart, mind and soul. I wonder what might happen if we didn't give our heart, mind and soul healthy food?



What is your heart, mind and soul hungry for?
Tell God what you need.



Station 5: The Altar of St Peter



On the altar you can see Jesus giving St Peter the keys of the kingdom. This is when Jesus made St Peter the first pope; the spiritual leader of the entire Church. Did you know that Jesus called St Peter ‘the rock’?

When St Peter died someone else was made pope. There have been many popes since then. Can you think of another pope’s name?

Pope Francis is our pope now. Catholics sometimes call the pope “Holy Father”. What are the most important things a father does for his children?

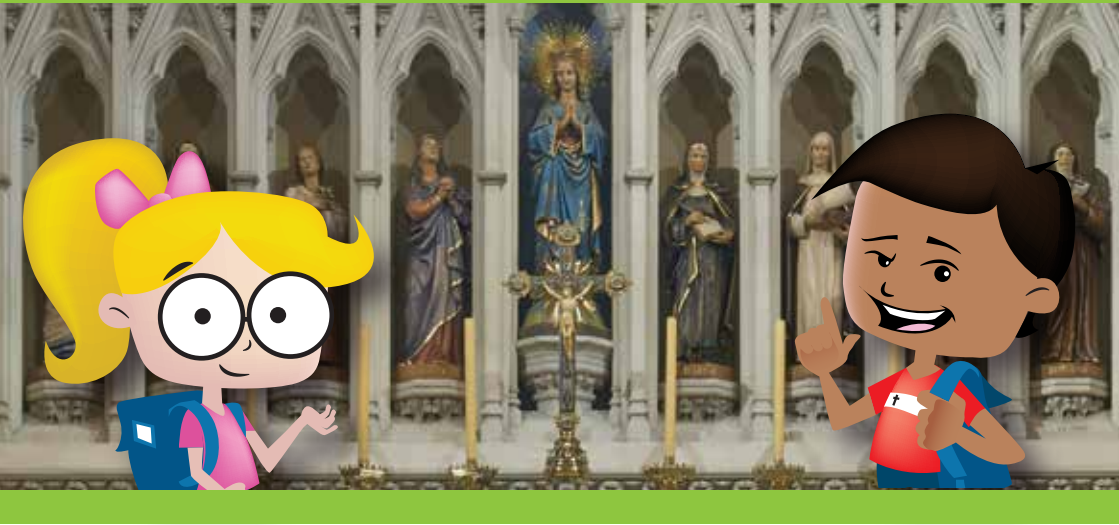


How is Pope Francis a father to us?



Pope Francis must need a lot of help from God to do his job. Would you say a prayer for Pope Francis?

Station 6: Our Lady's Chapel



Before Jesus was born, the angel Gabriel told Mary that God had chosen her for a special job. He wanted her to be the mother of Jesus. Mary said “Yes”.

On the altar you can see some of the adventures that Mary had. You can see when Mary, Joseph and Jesus were refugees in Egypt and when Mary and Joseph found Jesus in the temple after he had been missing for three days.

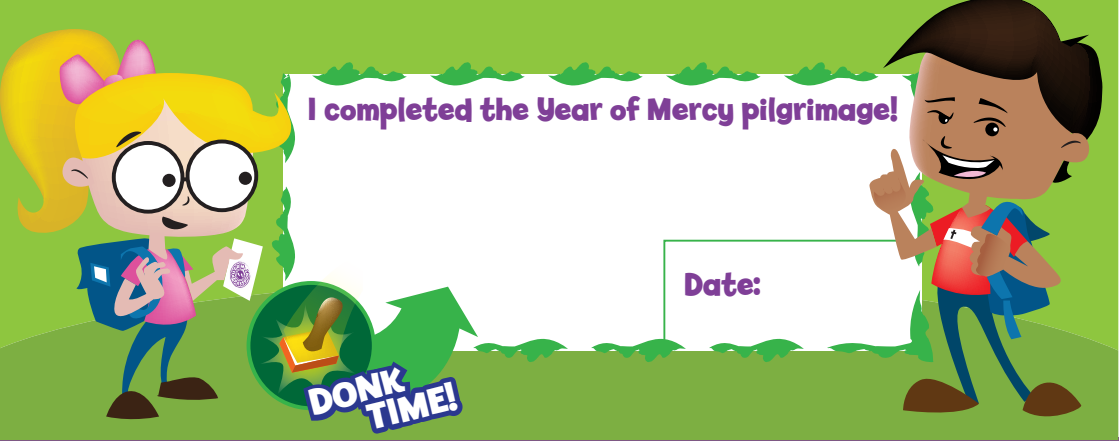
Mary always trusted in God and loved Jesus.

Before Jesus died he gave Mary a new job.
He asked her to be everyone’s spiritual mother.

What are some of the important things that mothers do for their children?



What would you like to ask Mary to help you with?



Keep going...

Now that you have completed your pilgrimage, reflect on what you have learnt and experienced.

What is the thing you experienced that you hope you will always remember?



Pilgrimages usually change people for the better as they learn about themselves and God. What change for the better would you like to receive from your Year of Mercy pilgrimage?



My Journal notes



*“Remain steadfast in the journey of faith,
with firm hope in the Lord.
This is the secret of our journey! ...
With him we can do great things;
he will give us the joy of being his disciples, his witnesses.
Commit yourselves to great ideals,
to the most important things.
We Christians were not chosen by the Lord for little things;
push onwards toward the highest principles.
Stake your lives on noble ideals”*

(Pope Francis, Message for the Jubilee of Mercy for Young Boys and Girls, 6 January 2016,
Feast of the Solemnity of the Epiphany)