

SESSION 5**PILGRIMAGE – A SIMPLE GUIDE****LEADER'S NOTES*****Before the session***

1. Familiarise yourself with PILGRIMAGE – A SIMPLE GUIDE.
2. Plan how you will lead the opening and closing prayer
3. Plan how you will lead your group at sections 6 and 7. Think of the process and timings.
4. Make copies of any Bible reading or reference material for the group.
5. Model generous hospitality

Note on timings

These are a rough guide only. No specific time has been given for refreshments.

At the session**1. Welcome and introductions****5 minutes**

Remember: *Confidentiality ground rules *Introductions *Programme and timings

2. Opening prayer**5 minutes****3. Outline the aims of Gathering □ Growing □ Going****3 minutes**

(Please refer to the Leader's Resources for additional information).

In essence, this course offers us an opportunity to re-acquaint ourselves with the basic truths, values and practices of Christianity. Its purpose is that we can become sure of what we know and grow more confident in our ability to live and share our faith.

4. A brief description of the week's topic**2 minutes**

People have always gone on journeys to enrich their spiritual lives; they nurture and sustain our inner life. The word pilgrimage may suggest a long – and maybe difficult - journey but can actually be much nearer to home than we might think.

5. Contextual Bible Study – The Emmaus Road**30 minutes**

For details, see Leader's Resources, page 8.

6. Hand out the leaflet, 'PILGRIMAGE – A SIMPLE GUIDE'**10 minutes**

Allow the group time to read the leaflet.

Guide the group to discuss the content in either twos, small groups or plenary.

7. Look at one aspect of the leaflet in detail**10 minutes**

Chose one of the two options below to work with a pilgrimage-related resource.

- Invite members of the group to follow a finger labyrinth. For details see.: <http://labyrinthociety.org/download-a-labyrinth>
- Plan a short pilgrimage in your own community: think about a route, a time of year, how you might pray at significant places, how to mark the completion of the journey.

8. What next?**5 minutes**

How might this leaflet be used as a resource for your church or Ministry Area.

How will you achieve this?

9. Closing Prayer**5 minutes**