

IGNATIAN PILGRIMAGE - EXERCISE

Inspired by Ignatius' pilgrimage and experience in Montserrat, take the time to go for a short pilgrimage with a partner or alone (it can be a one day activity). It is interesting to read from Saint Ignatius autobiography his experience before the Black Madonna [17-18]

Before you start your journey:

- What will your destination be? What is a good place that you would think of to engage in this pilgrimage? What aspects of this place attracted you most? How is this a site of relevance for you?
- Pope Francis said "Each [pilgrim] brings a special wish in their hearts, a prayer". As you walk to your destination, reflect on the leadership journey you are on:
 - What are you carrying with you?
 - Think about the luggage you came with for the journey, your deepest desires, your fears, your past, your strengths and limitations, your aspirations and dreams, your personal prayers...

When you reach your destination:

- What do you want to leave at the "altar"? Leave something symbolic there.
- What new values and goals are you hoping to receive?

When you return:

- What did this journey stir within you? How did it energize you and console you?
- How did you come to appreciate the meaning of pilgrimage in a new way following your short walk?

ADDITIONAL EXERCISES

There are currently no additional exercises for this section