

## Route through CAFOD Advent Prayer Pilgrimage

Check your theme for the week:

Week 1: **Follow me**

Week 2: **Trust me**

Week 3: **Know me**

Week 4: **Ask me**



Remind yourself of the verse/s in the hymn we are reflecting on:

Week 1: **verses 1 and 2**

Week 2: **verse 3**

Week 3: **verse 4**

Week 4: **verse 5**



Read over the suggested reflection:

- The reflections are organised into one overall idea for the week and then individual ideas for each day based on scripture
- Choose the daily reflection or just think about the overall idea



Choose the prayer you prefer:

- There will be a choice of two each week
- You can use one throughout the week or alternate
- You can simply use your own special prayer
- You can recite a Hail Mary

Go to your Christmas Star Map:

- Choose a starting point (your choice)
- Decide what you are going to fill your chosen star with (you can just put down the date if you like)
- Colour it in or fill it with a pattern **OR**
- Write down an item from the food bank list **OR**
- Write down the word/idea that came to you during prayer/reflection



Fill in as many days as you can/choose to:

- Remember that the point of the Advent Prayer Pilgrimage is to do what you can
- The point is not – EVER – to feel bad or guilty
- Days are busy, life is full of responsibilities: big and small
- On 26<sup>th</sup> December have a look at your Christmas Star Map and **think:**  
**a)** how far did I get? & **b)** what did I actually deliver to the food bank collection point at the supermarket?

