



Local Pilgrimage

Prayer Guide

Now is the time to embark on a domestic pilgrimage.

This short prayer guide can be used before, during, and following a trip to one of the local pilgrimage destinations and sites of Catholic heritage in the United States found online at <http://www.usccb.org/about/world-youth-day/sites-of-catholic-heritage-in-the-usa.cfm>.

As St. John Paul II explained, “Pilgrimages, a sign of the condition of the disciples of Christ in this world, have always held an important place in the life of Christians. In the course of history, Christians have always walked to celebrate their faith in places that indicate a memory of the Lord or in sites representing important moments in the history of the Church. They have come to shrines honoring the Mother of God and to those that keep the example of the saints alive. Their pilgrimage was a process of conversion, a yearning for intimacy with God and a trusting plea for their material needs. For the Church, pilgrimages, in all their multiple aspects, have always been a gift of grace” (*The Pilgrimage in the Great Jubilee* from the Pontifical Council for Migrants and Itinerants, April 25 1998, 2).

Included here are some prayers and reflection guidelines that can be used while you are journeying to the various sites in the U.S., when you arrive to a site, and on your return trip. It is divided into three sections, “On the Way”, “Upon Arrival”, and “The Way Back.” Most of the prayers are taken from *Catholic Household Blessings and Prayers* (Revised Edition © 2007, USCCB) and their page number is listed, when applicable. Keep in mind that these prayers can be prayed in the silence of your heart, with a fellow pilgrim, or in a larger group.

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Begin the journey to the local pilgrimage site by praying the prayers in the “On the Way” section. When you arrive, consider one or more of the prayers contained in the “Upon Arrival” section. As you prepare to leave and on the journey back home, use the prayers contained in “The Way Back” section.

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On the Way

This collection of prayers can help prepare the pilgrim on the journey toward a local pilgrimage destination. The pilgrimage begins the moment the pilgrim leaves their home, so these prayers can be helpful on the first steps out the door or on the road heading to the pilgrimage site. It is recommended to begin your journey to any of the U.S. local pilgrimage sites by celebrating Mass or by reciting the appropriate hour from the Liturgy of the Hours.

Litany of the Way: Prayer for the Journey

As we set out on the journey, we walk with Christ, who leads all pilgrims towards the Kingdom of God. Christ himself is the Way, the Truth, and the Life, and our lifelong pilgrimage of faith follows his path.

As Jesus sought the quiet of the desert,
teach us to pray.

As Jesus promised paradise to the thief on the cross,
teach us to hope.

As Jesus called Peter to walk to him across the water,
teach us to believe.

As the child Jesus sat among the elders in the temple,
teach us to seek answers.

As Jesus in the garden opened his mind and heart to God's will,
teach us to listen.

As Jesus reflected on the Law and the prophets,
teach us to learn.

As Jesus used parables to reveal the mysteries of the Kingdom,
teach us to teach.

Prayer for the Solemnity of the Immaculate Conception

We journey with Mary, the Blessed Mother who always guides us in route to Her Son Jesus. Even though this prayer is intended for the Solemnity of the Immaculate Conception (December 8), it can be said throughout the pilgrim's journey as a reminder of the guidance from Mary under the title of the Immaculate Conception, patroness of the United States.

O God, who by the Immaculate Conception of the Blessed Virgin
prepared a worthy dwelling for your Son,
grant, we pray,
that, as you preserved her from every stain
by virtue of the Death of your Son, which you foresaw,
so, through her intercession,
we, too, may be cleansed and admitted to your presence.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
one God, for ever and ever.

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Pilgrim's Prayer of St. James, Patron of Pilgrim Travelers

St. James the Apostle is known as the patron of pilgrim travelers because, during medieval times, his sanctuary in Santiago de Compostela in northwestern Spain was one of the most traveled pilgrim routes in Christendom (known through the centuries as the Camino de Compostela). Whether on a journey to a distant shrine or to a local place of veneration and importance, it is good to pray with St. James for his protection during the journey. St. James was also one of the three disciples chosen by Christ to journey with him up Mount Tabor for the Transfiguration; with this in mind, we pray with him that we, too, might have a transformative experience on pilgrimage. This medieval prayer (origin unknown) has been said many times through the centuries by travelers along the Camino pilgrimage route.

O God, who brought your servant Abraham
out of the land of the Chaldeans,
protecting him in his wandering across the desert,
we ask that you watch over us, your servants,
as we walk in the love of your name to *(insert your destination here)*.

Be for us our companion on the walk,
Our guide at the crossroads,
Our breath in our weariness,
Our protection in danger,
Our home on the Camino,
Our shade in the heat,
Our light in the darkness,
Our consolation in our discouragements,
And our strength in our intentions.

So that with your guidance we may arrive safe and sound
at the end of the road and enriched with grace and virtue
we return safely to our homes filled with joy.
In the name of Jesus Christ our Lord, Amen.
Saint James the Apostle, pray for us.
Mary, Mother of God, pray for us.

The Angelus

Traditionally recited at 6:00 a.m., noon, and 6:00 p.m., the Angelus can be incorporated into your pilgrimage journey if you are traveling near those hours. This prayer can be used at other times to invoke the protection of the Blessed Mother.

V/. The Angel of the Lord declared unto Mary,
R/. And she conceived of the Holy Spirit.
Hail Mary...

V/. Behold the handmaid of the Lord,
R/. Be it done unto me according to your Word.
Hail Mary...

V/. And the Word was made flesh,
R/. And dwelt among us.

Hail Mary...

V/. Pray for us, O Holy Mother of God,
R/. That we may be made worthy of the promises of Christ.

Let us pray.
Pour forth, we beseech you, O Lord, your grace into our hearts:
that we, to whom the Incarnation of Christ your Son
was made known by the message of an Angel,
may by his Passion and Cross be brought to the glory of his Resurrection.
Through the same Christ our Lord. Amen.

World Youth Day – Kraków 2016 Official International Prayer

Journeying to these local pilgrim sites is a way to prepare ourselves for the larger pilgrimage to World Youth Day, whether that is celebrated locally or internationally. Because of this, it is important to keep in prayer that special journey. Take time to pray for World Youth Day with the official prayer developed by the international organizing committee for the 2016 World Youth Day celebration in Kraków, Poland.

God, merciful Father, in your Son, Jesus Christ,
you have revealed your love and poured it out upon us
in the Holy Spirit, the Comforter.

We entrust to you today the destiny of the world
and of every man and woman.
We entrust to you, in a special way
young people of every language, people and nation:

Guide and protect them as they walk
the complex paths of the world today
and give them the grace to reap abundant fruits
from their experience of the Kraków World Youth Day.

Heavenly Father, grant that we may bear witness to your mercy.
Teach us how to convey the faith to those in doubt,
hope to those who are discouraged, love to those who feel indifferent,
forgiveness to those who have done wrong, and joy to those who are unhappy.

Allow the spark of merciful love that you have enkindled within us
become a fire that can transform hearts and renew the face of the earth. Amen.

Mary, Mother of Mercy, *pray for us.*
St. John Paul II, *pray for us.*

World Youth Day Official Prayer: WYD Krakow 2016 © 2015 Local Organizing Committee WYD Krakow 2016

World Youth Day USA: Official Prayer for American Pilgrims

The United States Conference of Catholic Bishops has provided a special prayer for World Youth Day pilgrims from the United States of America, including those traveling internationally and those celebrating stateside. This is a wonderful way to pray in solidarity with the many youth and young adults across the country who are preparing for their journeys.

God our Father,
Be with us on our pilgrim journey of faith.
Give us the grace and courage
to step forward in faith and hope on the road ahead.

Lord Jesus,
Open our eyes to see your face in all those we encounter.
Open our ears to hear your voice in those who are often ignored.
Open our hearts that we might be faithful disciples of mercy and truth.

Holy Spirit,
Transform us.
Empower us to give of ourselves to the poor;
to welcome the lost; to forgive those who hurt us;
to comfort those who suffer and are marginalized.

Bless those who travel on mission
from the United States of America
to Kraków in Poland, Land of Divine Mercy,
to join the universal Church for World Youth Day.
Bless, too, those who celebrate stateside, united in faith and joy.

Like the disciples who journeyed up the mountain
to witness the Transfiguration,
may this experience be an encounter
that strengthens us for our work in the world.

Through the intercession of Mary, the Immaculate Conception, patroness of our nation,
may we be worthy witnesses of our faith, humble representatives of our country,
and inspired missionaries bringing peace, hope, and mercy into our communities. Amen.

St. James the Apostle, patron of pilgrim travelers, *pray for us.*
St. Kateri Tekakwitha, young faithful witness from our native land, *pray for us.*
St. Thérèse of Lisieux, patroness of missionaries and advocate for youth, *pray for us.*
Blessed Pier Giorgio Frassati, man of the beatitudes and patron of young adults, *pray for us.*
St. John Paul II, son of Poland and patron of World Youth Day, *pray for us.*

Litany of the World Youth Day Saints

The saints listed in the international and WYDUSA prayers (St. John Paul II, St. Faustina Kowalska, St. James the Apostle, St. Kateri Tekakwitha, St. Thérèse of Lisieux, and Blessed Pier Giorgio Frassati) are special patrons to the 2016 experience. It is important to call upon them as companions on the journey to the local pilgrimage sites. In a special way, for those who are visiting sites special to the United States and its Catholic history, it is also good to call upon saints from our own country such as St. Katherine Drexel, St. Elizabeth Ann Seton, St. Frances Xavier Cabrini, and St. Junipero Serra, among others. It is also good to pray in communion with the patrons and guides of all the World Youth Day gatherings since 1984. Below is a litany those WYD patrons through the years. The proper response after each name is “pray for us”.

Blessed Virgin Mary, Mother of Jesus (Denver, 1993)	St. James the Apostle (Santiago, 1989)
Mary, Mother of God (Rome, 1985, 2000)	St. John the Evangelist (Rome, 2000)
Mary, Mother of the Church (Manila, 1995; Rome, 2000; Toronto, 2002)	St. John of Avila (Madrid, 2011)
Mary, Mother of Wisdom (Cologne, 2005)	St. John of the Cross (Madrid, 2011)
Mary, Queen of the Apostles (Santiago, 1989)	St. John Paul II (various, 2005-2016)
Mary, Young Virgin of Nazareth (Buenos Aires, 1987)	Bl. Jose de Anchieta (Rio, 2013)
Notre Dame, Virgin and Mother (Paris, 1997)	St. Josephine Bakhita (Toronto, 2002)
Our Lady of Aparecida (Rio, 2013)	St. Kateri Tekakwitha (Toronto, 2002)
Our Lady of Czestochowa (Czestochowa, 1991)	Bl. Laura Vicuña (Rio, 2013)
Our Lady of the Southern Cross (Sydney, 2008)	Bl. Marcel Callo (Toronto, 2002)
St. Adilio Daronch (Rio, 2013)	Bl. Maria de la Cabeza (Madrid, 2011)
Bl. Adolph Kolping (Cologne, 2005)	St. Maria Goretti (Sydney, 2008)
St. Agnes of Rome (Toronto, 2002)	St. Martin of Tours (Paris, 1997)
St. Albert the Great (Cologne, 2005)	St. Mary MacKillop (Sydney, 2008)
Bl. Albertina Berkenbrock (Rio, 2013)	Sts. Melchior, Caspar, and Balthazar (Cologne, 2005)
St. Andrew Kim and His Companions (Rio, 2013)	Sts. Peter and Paul (Rome, 1984, 1985, 2000)
Bl. Andrew of Phú Yên (Toronto, 2002)	St. Peter Calungsod (Manila, 1995; Toronto, 2002)
St. Antonio Galvao de Santana (Rio, 2013)	St. Peter Chanel (Sydney, 2008)
St. Boniface (Cologne, 2005)	Bl. Peter To Rot (Sydney, 2008)
Bl. Chiara Banano (Rio, 2013)	Bl. Pier Giorgio Frassati (various, 1990-2016)
Bl. Sister Dulce (Rio, 2013)	St. Rafael Arnáiz Barón (Madrid, 2011)
St. Faustina Kowalska (Sydney, 2008; Krakow, 2016)	St. Raymond Nonnatus (Rio, 2013)
St. Francis Xavier (Sydney, 2008; Madrid, 2011)	St. Rose of Lima (Mardi, 2011; Rio, 2013)
Bl. Francisco Castello Aleu (Toronto, 2002)	St. Sebastian (Rio, 2013)
Bl. Frédéric Ozanam (Rio, 2013)	St. Stephen of Mar Saba (Cologne, 2005)
St. Genevieve (Paris, 1997)	St. Teresa of the Andes (Rio, 2013)
St. George (Rio, 2013)	St. Teresa of Avila (Madrid, 2011)
St. Ignatius of Loyola (Madrid, 2011)	Bl. Teresa of Calcutta (Sydney, 2008)
St. Isidore the Farmer (Madrid, 2011)	St. Teresa Benedicta of the Cross (Cologne, 2005)
St. Isidore Bakanja (Rio, 2013)	St. Thérèse of Lisieux (various, 1997-2016)
	St. Ursula (Cologne, 2005)

For those visiting sites related to Polish culture, calling upon St. Maximilian Kolbe, St. Stanislaus, St. Hedwig of Poland, and St. Casimir, among others, can connect you to the holy men and women of Krakow and Poland. In route to and at all these pilgrimage sites throughout the coming year, it is also very good to journey with the Blessed Virgin Mary under her titles as the Immaculate Conception (patroness of the United States), Our Lady of Guadalupe (patroness of the Americas), and Our Lady of Czestochowa (patroness of Poland).

Upon Arrival

Having arrived at the pilgrimage site, especially if it has taken awhile to arrive, it can be tempting to rush to the site's major points. However, it is important to begin your time there slowly and prayerfully, taking in the environment and paying attention to your senses (sight, smell, touch, sound) as you enter the holy space. Below are several prayers to give yourself an opportunity to truly appreciate whatever God has in store for you at this local pilgrimage site.

Prayer in Times of Seeking God's Will

Pilgrimage is about contemplating important decisions in life. As you begin your time there, the following psalm (Psalm 27:7-9, 13-14) can be used as a way to open yourself to and hear God's voice in this space.

Hear, O LORD, the sound of my call;
 have pity on me, and answer me.
Of you my heart speaks; you my glance seeks;
 your presence, O LORD, I seek.
Hide not your face from me;
 do not in anger repel your servant.
You are my helper: cast me not off;
 forsake me not, O God my savior.
I believe that I shall see the bounty of the LORD
 in the land of the living.
Wait for the LORD with courage;
 be stouthearted, and wait for the LORD.

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We Ask Your Forgiveness

Pilgrimage is also about laying our shortcomings and struggles to God through the experience of a holy place. Take time to ask for God's forgiveness while there. It is important to enter the space with a clean heart and mind, so as you pray this simple prayer, call to mind your sins and shortcomings and offer them in prayer to the Lord. If the Sacrament of Reconciliation is available in this space (or prior to your pilgrimage), it would be ideal to avail yourself to that.

Lord Jesus Christ, you died on the Cross
for the salvation of the world.
We ask your forgiveness for the sins of our past
and your protection from all future evil.
Bring us to the peace and joy of that Kingdom
where you live forever and ever.

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We Offer Ourselves

Pilgrimage is a time of special graces. Take the opportunity to open yourself to God's will for your life.

God our Father, You brought salvation to all human beings
through the suffering of Christ, your Son.
May we strive to offer ourselves to you as a living sacrifice
and be filled with the abundance of your love.
We ask this through Christ our Lord. R/. Amen

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Scripture Reflections

St. Ignatius of Loyola teaches that God is in all things, and much of prayer is listening in silence. These two scripture passages remind us of how God resides in silence, and how he meets us there. Read these passages and dwell in quietness on aspects of God that are mysterious and glorious to you. As you take in this holy space, the silence will give you an opportunity to find God speaking and calling out to you. Consider these passages as you enter the space.

1 Kings 19:11-13

Then the LORD said, "Go outside and stand on the mountain before the LORD; the LORD will be passing by." A strong and heavy wind was rending the mountains and crushing the rocks before the LORD – but the Lord was not in the wind. After the wind there was an earthquake – but the LORD was not in the earthquake. After the earthquake there was fire – but the LORD was not in the fire. After the fire there was a tiny whispering sound. When he heard this, Elijah hid his face in his cloak and went and stood at the entrance of the cave. A voice said to him, "Elijah, why are you here?"

Psalms 62:2-3, 6-9

Only in God is my soul at rest;
From him comes my salvation.
He only is my rock and my salvation,
my stronghold; I shall not be disturbed at all.

Only in God be at rest, my soul,
For from him comes my hope.
He only is my rock and my salvation,
my stronghold, I shall not be disturbed.

With God is my safety and my glory,
he is the rock of my strength; my refuge is in God.
Trust in him at all times, O my people!
Pour out your hearts before him;
God is our refuge!

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Lectio Divina: Called to Seek

Lectio Divina is a wonderful way to go deeper into the Scriptures to discover God's voice. Take some time at the site to explore the call to seek God's presence, in the company of other pilgrims or on your own.

We begin our prayer:

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

God our Father,
because you love us, you sent your Son to us.
May we encounter Jesus in the Word,
in the Sacraments,
and in our preparations for World Youth Day.
May your Holy Spirit open our minds and hearts
to know your will. Amen.

Reading (Lectio): Matthew 13:44-46

One or more group members read the following Scripture two or three times.

The kingdom of heaven is like a treasure buried in a field, which a person finds and hides again, and out of joy goes and sells all that he has and buys that field. Again, the kingdom of heaven is like a merchant searching for fine pearls. When he finds a pearl of great price, he goes and sells all that he has and buys it.

Meditation (Meditatio)

After the reading, take some time to reflect in silence on one or more of the following questions:

- What word or words in this passage caught your attention?
- What in this passage comforted you?
- What in this passage challenged you?

After the reflection time, invite the participants to share their responses.

Contemplation (Contemplatio)

Read the Scripture passage again, followed by this reflection:

- How does this passage connect with the experience of your daily life? With your hopes for WYD?
- *Jesus sent them to proclaim the kingdom of God.* Jesus calls each of us to a particular mission, but each person's mission helps to proclaim the kingdom of God. How can you put your gifts and talents at the service of God's kingdom?
- *Take nothing for the journey.* What help do you need to become a missionary disciple? What baggage holds you back from your mission to proclaim God's kingdom? What about the journey excites or frightens you?
- *Whatever house you enter, stay there and leave from there.* Where do you find rest? What encourages you to leave your safe place and accept God's call to be a missionary disciple?

Prayer (Oratio)

Read the Scripture passage one more time. Invite participants to bring to the Lord the praise, petition, thanksgiving, etc. that the Word inspires in them. After all have had a chance to make their prayer:

Closing Prayer: Proverbs 2:6-10

For the LORD gives wisdom,
 from his mouth come knowledge and understanding;
He has success in store for the upright,
 is the shield of those who walk honestly,
Guarding the paths of justice,
 protecting the way of his faithful ones,
Then you will understand what is right and just,
 what is fair, every good path;
For wisdom will enter your heart,
 knowledge will be at home in your soul.

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Sensory Reflections

As you remain in this holy place, consider the following questions and take a moment to look at and notice these things. We can quickly pass by them, but on pilgrimage, we are challenged to stop and appreciate the little moments on the journey. With each of these, take time to pray to God and express gratitude. Also consider what emotions or thoughts you experience when you notice these things:

- How do you feel as you journey from your home or starting point to the destination?
- Are you excited, tired, uncertain, prayerful, indifferent, or anxious?
- Upon entering the pilgrimage site, what things do you initially notice?
- Is your heart drawn to a particular area, icon, or statue?
- Be still in silence and consider four of the five senses as you enter the space:
 - What sights do you see?
 - What sounds do you hear?
 - What do you smell?
 - How does the space feel to the touch?
- Allow the Lord to enter the silence in your heart. What religious experience in your past does this space remind you of?
- What imagery do you notice in this space?
- What Scripture passages are you reminded of in this space?
- What Catholic traditions, sacramentals, or prayers are you reminded of in this space?
- How will you remember this space? Is there a particular image, prayer, message, or person that you will use to commemorate this experience?

Questions for Reflection

Atop the mountain of the Transfiguration, Peter says to Jesus, “Master, it is good that we are here.” (Lk 9:33) It is indeed good to be in this space, taking in the beauty and spiritual meaning that transcends the geographic space in which you now stand. When you have reached the destination of your local pilgrimage, after spending some time in prayer and silence, consider the following questions that you can pray with or think about.

- What is important or special to you about this particular pilgrimage site?
- Why have you made this journey?
- Reflecting on Peter’s words at the Transfiguration, why is it “good that we are here”?
- What are your intentions for this local pilgrimage journey?
- Did you have any hopes motivating you to go on this journey? (And on the larger WYD journey?)
- What kinds of sacrifices have you made to be on this pilgrimage? (And on the larger WYD pilgrimage?)
- Are there habits, idols, or other areas of life that you can offer to the Lord as you make this pilgrimage?
- Who has inspired you in your faith life? Who has been and remains your mentor? Who introduced you to Christ, the Church, and/or your Catholic faith?
- When you think of these spiritual companions, what do you imagine they would say to you at this moment on your pilgrimage journey?
- What motivates you to keep active in your faith life?
- What Scripture passages do you return to often? Why those passages?
- Is there a longing in your heart you wish to bring to the Lord today? Something that seems so far off or impossible that you may doubt that it could come to reality?

Leaving the Space

As you begin to leave the pilgrimage space, consider the journey that is just beginning. Perhaps the Lord has revealed the next stage of your life or given you great clarification, or perhaps He is asking you to continue to listen and pray. Whatever this pilgrimage leads you toward, continue to ask for the Lord’s guidance and protection, and be open to your next pilgrimage journey – in the world, in the Church, or in your heart. If you are preparing for the international or stateside World Youth Day events in July 2016, take a moment to ask yourself:

- How has this visit prepared me for World Youth Day?
- How is this visit comparable to the sites and places I will visit at World Youth Day?
- What one or two important things will I take from this space to World Youth Day?
- Having visited this place, who or what am I prepared to encounter at World Youth Day?

With those thoughts in mind, take a brief moment before exiting the site to pray an “Our Father,” “Hail Mary,” and “Glory Be,” and offer a prayer of petition to Sts. Peter, James, and John, the disciples who journeyed up and down Mount Tabor with Jesus, to give you strength on your way down the mountain.

The Way Back

In the story of the Transfiguration on Mount Tabor, the disciples wish to remain with Christ in his glory a little bit longer (Peter says, "If you wish, I will make three tents here...", Mt 17:4). Instead, Jesus leads Peter, James, and John back down the mountain. The same applies to your local pilgrimage experience. While it may be nice to remain in this holy space, the time eventually comes to leave and return home. Here are some prayers for the "journey down the mountain" of your local pilgrimage experience today. If you are walking back or taking a bus back from the local pilgrimage site, these prayers can be said while walking or traveling in the company of others. These prayers can also be said at a rest stop on the way back home, or upon arrival at home, the church, or wherever the journey ends for the day.

Prayer to Walk the Path of the Beatitudes

Blessed Pier Giorgio Frassati, man of the beatitudes, patron of young adults, and lover of the mountains, is an inspiration for all young people of faith. We pray through his intercession for the strength to live out the path of the beatitudes in daily life and as we look forward to the great things that come next after our mountaintop experiences on pilgrimage.

Heavenly Father, we have gone up "to the heights"
as your servant, Pier Giorgio Frassati,
once did in the mountains of Turin.

We have experienced transformation and joy,
and now we continue on our way into the valleys of life,
walking the way of the Beatitudes in all we say and do.

Give us the strength, Lord, to follow Pier Giorgio's example:
To lift up the poor in spirit, to comfort those who mourn;
To be simple and meek, to hunger and thirst for justice;
To be merciful and compassionate, to be pure in heart;
To be a peacemaker, to stand with courage in persecution.

As we make our way down from the mountaintop,
may we live as he lived, and transform our world.
We ask this through Christ our Lord. Amen.

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Divine Mercy Chaplet

You may wish to pray this chaplet during the Hour of Mercy (3:00 p.m. each day) or whenever you seek the need for God's mercy. As the theme of World Youth Day in the Jubilee of Mercy is "Blessed are the merciful, for they shall receive mercy." (Mt 5:7), reflecting on this prayer is a wonderful way to prepare one's self for the forthcoming international celebration of World Youth Day in Poland, land of Divine Mercy. To pray the chaplet, rosary beads are commonly used.

Step 1: After making the sign of the cross, pray one "Our Father," one "Hail Mary", and the Apostles' Creed.

Step 2: On the large bead before each decade pray the following:

Eternal Father, I offer You the Body and Blood, Soul and Divinity, of Your dearly beloved Son, Our Lord Jesus Christ, in atonement for our sins and those of the whole world.

Step 3: On the ten small beads of each decade:

For the sake of His sorrowful Passion, have mercy on us and on the whole world.

Step 4: After five decades, pray the concluding doxology three times:

Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.

Additional opening and closing prayers can be found online at www.thedivinemercy.org/message/devotions/praythechaplet.php.

“The Chaplet of Divine Mercy” from Diary of St. Maria Faustina Kowalska: Divine Mercy in My Soul © 1987 Marian Fathers of the Immaculate Conception of the B.V.M., Stockbridge, MA 01263, www.marian.org. Used with permission.

The Cantic of Mary (*Magnificat*)

Just as Mary joins us on our journey at the start of the pilgrimage, so too does she accompany us as we make our way home. The Magnificat, said every day in the Liturgy of the Hours for Evening Prayer, is a reflection on the day that just passed. In the same way, praying this prayer is an ideal way to reflect on the time spent on the mountaintop of the pilgrimage journey.

My soul proclaims the greatness of the Lord;
my spirit rejoices in God my Savior
for He has looked with favor on his lowly servant.

From this day all generations will call me blessed:
the Almighty has done great things for me
and holy is his Name.

He has mercy for those who fear him
in every generation.

He has shown the strength of his arm,
and scattered the proud in their conceit.

He has cast down the mighty from their thrones,
and has lifted up the lowly.

He has filled the hungry with good things,
and the rich he sent away empty.

He has come to the help of his servant Israel
for he has remembered his promise of mercy,
the promise he made to our fathers,
to Abraham and his children forever.

Glory to the Father, and to the Son, and to the Holy Spirit:
As it was in the beginning, is now, and will be forever.

English translation of the Magnificat by the International Consultation on English Texts. All Rights Reserved.

Litany of the Blessed Virgin Mary (Litany of Loreto)

Continuing to journey with the Blessed Mother, who is called the Queen of Poland, we call upon her under her many great titles through this litany.

Lord, have mercy.
Christ, have mercy.
Lord, have mercy.

Lord, have mercy.
Christ, have mercy.
Lord, have mercy.

God our Father in heaven
God the Son, Redeemer of the world
God the Holy Spirit
Holy Trinity, one God

Have mercy on us.
Have mercy on us.
Have mercy on us.
Have mercy on us.

Holy Mary
Holy Mother of God
Most honored of virgins

Pray for us.
Pray for us.
Pray for us.

Mother of Christ
Mother of the Church
Mother of divine grace
Mother most pure
Mother of chaste love
Mother and Virgin
Sinless Mother
Dearest of mothers
Model of motherhood
Mother of good counsel
Mother of our Creator
Mother of our Savior
Virgin most wise
Virgin rightly praised
Virgin rightly renowned
Virgin most powerful
Virgin gentle in mercy
Faithful Virgin
Mirror of Justice
Throne of Wisdom
Cause of our Joy

Pray for us.
Pray for us.

Shrine of the Spirit
Glory of Israel
Vessel of selfless devotion
Mystical Rose
Tower of David
Tower of ivory
House of gold
Ark of the covenant
Gate of heaven

Pray for us.
Pray for us.

Morning Star	Pray for us.
Health of the sick	Pray for us.
Refuge of sinners	Pray for us.
Comfort of the troubled	Pray for us.
Help of Christians	Pray for us.
Queen of angels	Pray for us.
Queen of patriarchs and prophets	Pray for us.
Queen of apostles and martyrs	Pray for us.
Queen of confessors and virgins	Pray for us.
Queen of all saints	Pray for us.
Queen conceived without sin	Pray for us.
Queen assumed into heaven	Pray for us.
Queen of the rosary	Pray for us.
Queen of families	Pray for us.
Queen of peace	Pray for us.

Lamb of God, you take away the sins of the world	Have mercy on us.
Lamb of God, you take away the sins of the world	Have mercy on us.
Lamb of God, you take away the sins of the world	Have mercy on us.

Pray for us, holy Mother of God	That we may become worthy of the promises of Christ.
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Let us pray. Eternal God, let your people enjoy constant health in mind and body. Through the intercession of the Virgin Mary free us from the sorrows of this life and lead us to happiness in the life to come. Grant this through Christ our Lord. Amen.

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Prayer Upon Returning Home

Upon returning home from the local pilgrimage (or when returning to the church or community), consider this simple prayer which can be done alone or in the company of other pilgrims, or with friends or family who welcome you.

Good and gracious Lord,
 we return from the journey, strengthened by
 what we have seen, where we have been,
 who we have met, what we have done there.
 Help us to bring the joy of our encounters
 and the stirring of our hearts into our communities,
 and to share your love and mercy with those around us.
 Continue to guide us on our pilgrim pathways,
 so that our experience upon the mountaintop
 may find root in our everyday words and actions.
 We ask this through Christ our Lord. Amen.

Conclusion and Final Thoughts

In whatever way you embark on a local pilgrimage in anticipation of World Youth Day and using the prayers (whether from this guide or your own) that are most appropriate and that fit the space, the key in all of this is to make the journey itself an experience of prayer.

Consider journaling about each local pilgrimage experience. Write your thoughts, prayers, and ideas for moving forward as a missionary disciple. Write about what you saw, heard, smelled, tasted, and touched on the road towards the site, at the destination, or on the way back – and how those sensory experiences made you feel. Journal about your encounter with Christ and the community, with other pilgrims, and with strangers along the way. Save this journal and continue to write in it through the pilgrimage preparation process – and let its words inspire you as you make your way to the international or stateside World Youth Day experiences.

If you should visit another local pilgrimage site, use this guide again – and continue to journal about those experiences and encounters with the Lord.

From the beginnings of Christianity, people have made pilgrimage to holy sites in their local area or traversed the globe towards particular international sites (including Rome, the Holy Land, and Santiago de Compostela, to name just a few). The United States is relatively young in the history of the world, but it contains many holy places and sites of great Catholic Christian heritage. Use this opportunity to learn about what you can bring to the World Youth Day experience from the United States of America and what you can share with others from around the globe.

Go and visit these wonderful locations often, asking God's help to make you a worthy pilgrim from your native land. Consider returning to these local pilgrimage sites after the events of the 2016 World Youth Day, to remember the prayers and promises made here – and to remind yourself that the journey is an ongoing, lifelong pilgrimage of faith.

Ask the Lord's guidance, through the intercession of the Blessed Mother, Saint James the Apostle, Saint John Paul II, Blessed Pier Giorgio Frassati, Saint Kateri Tekakwitha, Saint Thérèse of Lisieux, and all the World Youth Day patron saints, that these places may inspire you to be a person of great mercy and love, guided by the Lord's words, "Blessed are the merciful, for they shall receive mercy." (Mt 5:7).

Finally, ask the Holy Spirit to be with you on your forthcoming journey towards the next international or stateside World Youth Day, that it may be a holy time, inspiring you for years to come – and equipping you to truly become a missionary disciple in your native land.

For more prayer and reflections, for information about World Youth Day, and for help in preparing for and following up from the pilgrimage journey, go to the World Youth Day USA website, www.wydusa.org.