



Presbyterians *Read*



We Are Pilgrims

Christians from many traditions have long held the practice of pilgrimage as sacred. These journeys give shape to their spiritual longings to connect with God and live as people who travel in the way of Jesus.

Join with Presbyterians across Canada for a journey of praying, walking and reflection this Spring. Use this study guide together with Jim Forest's book *The Road to Emmaus: Pilgrimage as a Way of Life*. Get together with others to share your experiences of pilgrimage and your reflections on your reading. Form a group in your congregation or city and follow the "Presbyterians Read" Facebook Group to interact with others on the journey.

About the Author

Jim Forest was born in the 1940's in New York City. He embraced the Catholic faith in his late 20's after spending time working with Dorothy Day, a Catholic journalist and social activist. He is best known for his peace activism and for writing several books, many of which are biographies of Christians committed to being agents of peace and transformation in their communities. In 1988, Jim Forest was received into the Eastern Orthodox Church.



A word about the study

It's important to emphasize that being a pilgrim doesn't always involve walking. In fact, some of the greatest pilgrimages can happen right from the living room couch. Pilgrimage is a practice where a person commits to a journey of faith in order to grow closer to God. For some, this will involve walking; for others, this can take the form of a road trip to a religious site; for others, this will be a journey of the mind where the imagination brings the pilgrim closer to God. Each week there will be a selection of pilgrimage activities that include both walking exercises and alternatives for those who want to embark on their journey differently.

The Road to Emmaus: Pilgrimage as a Way of Life is written from a Roman Catholic/Eastern Orthodox perspective and includes some references to practices that are not common to the Reformed tradition. It is our hope that these glimpses into the practices of other Christian traditions will be enriching for your faith journey.

We give thanks to the Rev. Amanda Currie, Moderator of the 2019 General Assembly, who is the author of this study. The Rev. Currie serves as the minister at First Presbyterian Church in Regina. In 2017 she took up walking for health reasons and discovered that it could have spiritual benefits as well. The Rev. Currie has participated in two pilgrimages with the Camino Nova Scotia and led the PCC in walking and praying together through the first summer of the Covid-19 Pandemic.

We also give thanks to the following resource people who reviewed the study and helped shape its content.

The Rev. Dawn Griffiths, recently retired minister located in Charlottetown, PEI.

The Rev. Torrey Griffiths, minister at Kensington Presbyterian Church and St. James Presbyterian Church in PEI.

The Rev. Paul Kang, Interim Minister at Iona Presbyterian Church in Toronto, ON.

Andrea Perrett, Associate in New Witnessing Communities at the Centre for Missional Leadership in Vancouver, BC.

The Rev. Angie Song, Master's student at the Vancouver School of Theology in BC.

Places you may be able to purchase the book, *The Road to Emmaus: Pilgrimage as a Way of Life*: [Amazon.ca](https://www.amazon.ca) or [Christianbook.com](https://www.Christianbook.com)

A wooden boardwalk made of weathered planks winds through a lush green field. The boardwalk starts in the foreground and curves into the distance, leading the eye towards a clear blue sky. The grass is tall and vibrant green, suggesting a natural, outdoor setting.

We journey on sacred land

As we undertake this pilgrimage together, we acknowledge that we are pilgrims on the traditional lands of Indigenous peoples who predate the arrival of European settlers. We acknowledge this territory's significance for the Indigenous peoples who lived and continue to live upon it and whose practices and spiritualities were tied to the land and continue to develop in relationship to the territory and its other inhabitants today.

To learn more about the traditional territory of your region, please visit:
<https://www.canada.ca/en/indigenous-northern-affairs.html>