

Eucharistic Mini-Pilgrimage Guide



Go in peace! The journey you are making is under the eye of the LORD.

JUDGES 18:6

1. CHOOSE A PILGRIMAGE DESTINATION AND TIME FRAME

WHERE: Choose a holy site that will help you grow closer to Jesus in the Eucharist. This could be a church, shrine, or monastery. See if your diocese has a list of local pilgrimage sites.

WHEN: Make sure the site will be open when you intend to arrive. Plan your journey around the celebration of the Mass or Eucharistic adoration.

TRAVEL: Decide how you will be traveling—walking, driving, by train, etc. Make arrangements beforehand so that you can be fully present to your pilgrimage experience.

WITH WHOM: Will you be traveling alone or with a community such as your family, parish, or youth group?

2. YOUR INTENTIONS FOR THE PILGRIMAGE

Pray for the special intentions that you and your loved ones have. You might also carry in your heart intentions for the Church, the world, or your local community. Be very specific and write them down. Jesus wants to bring healing, wholeness, and peace!

3. SPIRITUAL PREPARATION

PRAYER: Invite family and friends to join you in prayer.

PATRON: Pick a patron saint for your pilgrimage as your heavenly companion for the journey.

4. SETTING OUT/TRAVELING TO YOUR DESTINATION

PRAYER: Make your pilgrimage a time of prayer and thanksgiving. Consider vocal prayers like the Rosary, Divine Mercy Chaplet, or reading from Scripture: Mark 14:22-24, John 6:35, John 6:51-57, Acts 2:42, 1 Corinthians 10:16-17, 1 Corinthians 11:23-28.

5. ARRIVING AND PRAYING FOR YOUR INTENTIONS

As you come to the threshold of your pilgrimage destination, do so with the knowledge that Jesus is waiting to encounter you in the Eucharist.

PRAYER: Spend some time in silent adoration, thanking God for this pilgrimage and praying for your petitions. Pray individually and as a group.

LITURGY: If possible, participate in Mass, offering the Mass for your petitions.

6. RETURNING

SHARING: Spend some quality time before you leave or on the way home sharing the graces of your experience with one another. If you are traveling on your own, journal about these graces or share them with a friend.

7. POST-PILGRIMAGE

After your pilgrimage, pray about how the experience changed you. Ask Jesus to show you how he wants to be more present in your life through this pilgrimage.

If you carried the intentions of others, share something about what the pilgrimage meant for you with them.

Encounter with Jesus leads to mission. Make an act of service or kindness to share in the saving mission of Jesus.

A Eucharistic pilgrimage is a testimony to the world that Jesus is alive in the Eucharist, and he accompanies us—all of us—on our pilgrimage through life.