

2018 Lenten Pilgrimage Information

The Downtown Dayton Catholic Churches, Health Ministries Commission announces destinations for the 2018 Lenten Pilgrimage.

The Pilgrimage takes us through Parishes and Missions of the Society of Precious Blood in Africa. We chose these locations because of the country's prolonged wars, famines, AIDS, poverty and the presence of Precious Blood missionaries there.

Total miles for 2018 Pilgrimage: 14,774 miles.

The Pilgrimage reflections are from: Flynn, Vinny, 7 Secrets of Confession. Stockbridge, MA: MercySong, Inc., 2013. The book reveals seven key secrets about the great spiritual beauty, power and depth of Confession. It includes beautiful reflections from many sources. The audio version is available on FORMED.org (code FZ4VY9).

Pilgrimage locations and their respective missions are posted weekly in the bulletin along with the reflections.

Tally sheets and collection baskets for your miles are in the back of each church.

Miles are totaled weekly, tracking progress toward our goal of 14,774 miles. Progress is posted in the weekly bulletin.

Each church has a display with maps and information about the mission locations along our journey.

There are many ways to earn miles! In order to increase participation and to encourage prayer and reflection, there are more ways to earn miles than in previous years. Earn miles by **exercise** and **spiritual** activities as follows:

- Exercise Activity – Miles/time engaged in physical exercise (walking, bike riding, working out, playing sports, etc.)
- Tally actual miles or convert time to miles: 15 minutes of exercise is equal to 1 mile
- Spiritual Activity
 - Rosary = 5 miles
 - Daily Mass = 5 miles
 - Stations of the Cross = 5 miles
 - Sacrament of Reconciliation = 10 miles
 - Attendance at a Lenten Event = 10 miles (Mission or other event)

The Health Ministries Commission challenges our three parishes to achieve the ambitious goal of 14,774 miles while growing in your spiritual life during Lent.