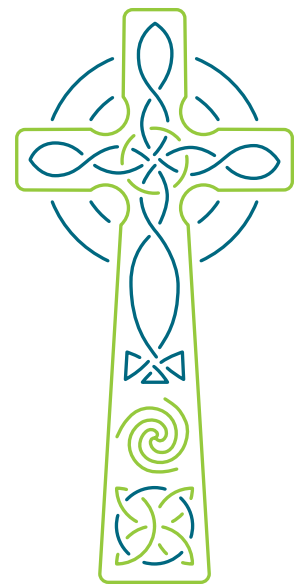


THE
Celtic Way
DIGITAL PILGRIMAGE JOURNAL



Part 1

Orientation



Introduction — ●●●

Peregrinatio in the Celtic tradition is a rooted wandering. As followers of Jesus left their homes, journeying from place to place as God led them, they chose into perpetual exile. God was the root of their wandering. Similar to the call of Abraham to leave his homeland, these Celtic pilgrims went out—some on foot, others in small boats on the sea—to share the story of the Triune God.

Entering our time of pilgrimage, you may not be leaving your home to trek to unknown lands, but it's likely that part of your story involves wandering. Maybe you've had to leave what is known and head into something that is unknown. Perhaps, you've felt the loss of control as plans for the future are uncertain. As you meet some of these ancient wanderers—Patrick, Brigid, Brendan, Kevin, and Columba—throughout this series of walks, our hope is that you experience a taste of what it is like to wander with the same God who wrote their stories and brought them into his bigger story.

Over our time together, we hope you won't simply learn information about some interesting religious figures and the culture from which they came, but that you'll see how their stories within the arc of God's story can speak to each of us today.

How to Use This Journal — ●●●

When embarking on pilgrimage, it is helpful to record and reflect on the places and people that you encounter, and, in particular, how God meets you along the way. This journal provides space to guide you in reflecting on each session: before, during, and after your walks. You are invited to play with this journal and use as much or as little as you find helpful. It is an interactive PDF, so you can use your device to type directly into it, or you are welcome to print out the pages in order to be able to hand write, draw, or color. The interactive boxes you may see on screen will *not* show up when you print the journal.

For each session, you will find a set of pages that highlight key elements of the walks, including background information about the saint, place, and spiritual practices mentioned in the audioguide. These pages also include the psalm and other scripture readings from the walk, along with reflective questions and space to record field notes. In the early Celtic tradition of manuscript copying, you are invited to illuminate the psalm and/or choose one verse from it, taking time to reflect on the words as you add color and other artistic elements to the printed page.

After every set of two walks, you will find an Optional Debrief section with activities and reflections to process the past year (more info on next page).

In the Appendix, you will find additional resources to accompany you along the Celtic Way.

Optional Debrief Sections — ...

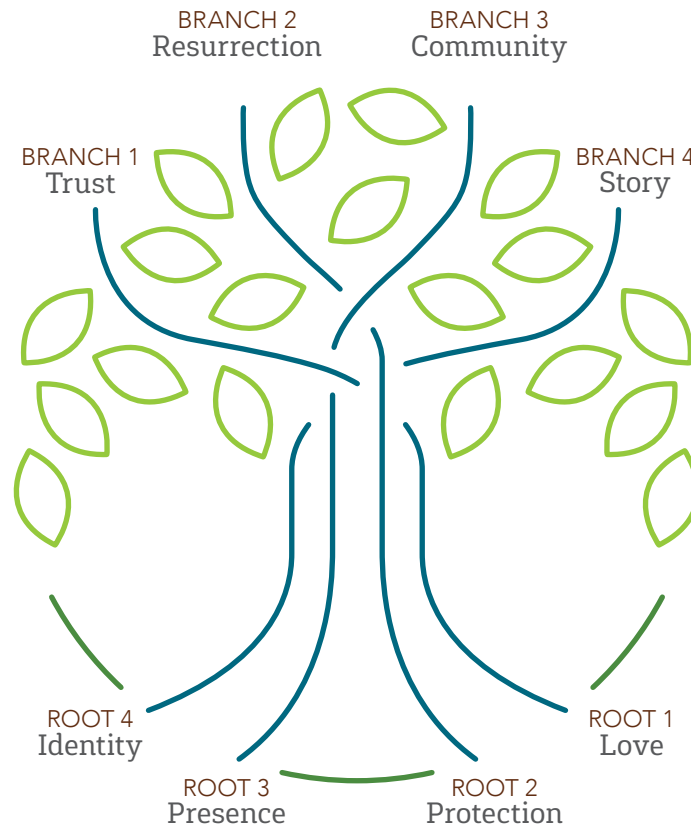
As we end an academic year unlike any other, many of us may feel like we have spent a year wandering in a strange land. With the prospect of returning to a post-pandemic “new normal,” we will likely experience much of the dissonance and adjustment of returning from an intense cross-cultural experience. When InterVarsity staff work with students excited to return from an extended stay in another culture, they remind these students that they are probably more tired than they realize and that, without care, their exhaustion may keep them from reengaging well. Doing the important work of pausing, resting, and taking the time to reflect and debrief their experience is critical to healing, learning, and growth.

And so, as this academic year comes to a close, we want to offer to you some of the resources that have helped students debrief and return well. We encourage you to carve out some time of reflection and journaling each week, and then to find at least one other person with whom you can pray and share what you are processing.

You’ll find these four optional debrief sections after every other walk.

Tree of Life — ...

As we look at the stories of Celtic Christians who embraced pilgrimage as a way of life, we are going to explore how they found their roots in the love, protection, and presence of God the Father, Son, and Holy Spirit. They were also rooted in their identity: who God called them to be. These roots led to lives that branched out into surrendered following, fruit of resurrection, community, and people whose healed stories are woven into God's bigger story.



Where We're Going — ...



How to Debrief in Small Groups _____ ...

With any significant experience, it's important to process in an external way and with others.

After every other walk or so, take time to reflect and share in a small group using some of the questions below, plus a question or two from each walk (found in the journal).

Encourage everyone in your group to speak. Notice if you haven't heard from someone or if one person is dominating the conversation, and if so, gently invite equal participation.

RECOGNIZE

Where did you go?

What did you see on your walk? (Feel free to share pictures.)

What did you think about while walking?

REFLECT

What stuck out to you from the audioguide?

Discuss a walk-specific question from Root 1 - 4 or Branch 1 - 4.

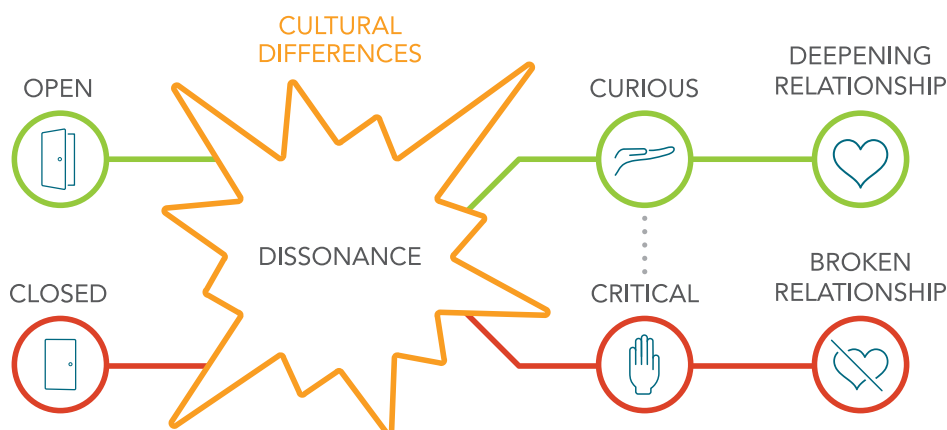
RESPOND

What have you been learning about a particular walk's theme that you want to remember?

Is there a next step you feel led to take in light of that walk's theme?

Approaching Differences _____ ...

Some things in our Celtic Way experience might stretch you: exercise, speakers at special events, things said in debrief, the repetitiveness of breath prayer or other spiritual practices you may not be familiar with. Any time you experience this dissonance, we invite you to view it as an opportunity for growth. Ask God what he is teaching. Be curious. Build relationships.



TYL
love

ROOT 1



Visio Divina



Patrick

HIS CONVERSION & CALLING

Even amidst slavery and harsh elements, God makes himself known to Patrick in profoundly personal and transformative ways. Years later, after escaping captivity, God would call Patrick to return to Ireland to minister to his oppressors.

Slemish Mountain



VISIO DIVINA REFLECTION QUESTIONS

Take a few deep breaths. Let your eyes move through the painting. What catches your eye? Focus on that portion of the work and sit with it for a minute.

Breathe in and out and let your body and mind slow down. Invite the Lord to speak to you about what you see.

What feelings does this painting evoke?

What do you notice about Patrick's current natural surroundings?

How do you sense God's love demonstrated here in this scene?

Become aware of God's loving presence toward you right now. Is there something God wants you to see? To hear?

What kind of prayer rises from within you as you ponder this work?

As you continue your day, what might it look like for you to be attentive to God's love even amidst harsh conditions here like Patrick? What might need to change in your heart posture in order to do this?



Field Notes

We invite you to experience the Celtic Way with your whole self. When we tune into our breath and all of our senses, we can become more present to our bodies, our surroundings, and to God. Use the space below to write or draw anything that you would like to remember about your walk. For example, what did you see, hear, smell, touch, taste?

A large grid of dotted lines for writing or drawing, consisting of 20 columns and 25 rows.

Genesis 1

¹ In the beginning God created the heavens and the earth. ² The earth was formless and empty, and darkness covered the deep waters. And the Spirit of God was hovering over the surface of the waters.

³ Then God said, "Let there be light," and there was light. ⁴ And God saw that the light was good. Then he separated the light from the darkness. ⁵ God called the light "day" and the darkness "night."

And evening passed and morning came, marking the first day.

⁶ Then God said, "Let there be a space between the waters, to separate the waters of the heavens from the waters of the earth." ⁷ And that is what happened. God made this space to separate the waters of the earth from the waters of the heavens.

⁸ God called the space "sky."

And evening passed and morning came, marking the second day.

⁹ Then God said, "Let the waters beneath the sky flow together into one place, so dry ground may appear." And that is what happened. ¹⁰ God called the dry ground "land" and the waters "seas." And God saw that it was good. ¹¹ Then God said, "Let the land sprout with vegetation—every sort of seed-bearing plant, and trees that grow seed-bearing fruit. These seeds will then produce the kinds of plants and trees from which they came." And that is what happened. ¹² The land produced vegetation—all sorts of seed-bearing plants, and trees with seed-bearing fruit. Their seeds produced plants and trees of the same kind. And God saw that it

was good.

¹³ And evening passed and morning came, marking the third day.

¹⁴ Then God said, "Let lights appear in the sky to separate the day from the night. Let them be signs to mark the seasons, days, and years. ¹⁵ Let these lights in the sky shine down on the earth." And that is what happened. ¹⁶ God made two great lights—the larger one to govern the day, and the smaller one to govern the night. He also made the stars. ¹⁷ God set these lights in the sky to light the earth, ¹⁸ to govern the day and night, and to separate the light from the darkness. And God saw that it was good.

¹⁹ And evening passed and morning came, marking the fourth day.

²⁰ Then God said, "Let the waters swarm with fish and other life. Let the skies be filled with birds of every kind." ²¹ So God created great sea creatures and every living thing that scurries and swarms in the water, and every sort of bird—each producing offspring of the same kind. And God saw that it was good. ²² Then God blessed them, saying, "Be fruitful and multiply. Let the fish fill the seas, and let the birds multiply on the earth."

²³ And evening passed and morning came, marking the fifth day.

²⁴ Then God said, "Let the earth produce every sort of animal, each producing offspring of the same kind—livestock, small animals that scurry along the ground, and wild animals." And that is what happened. ²⁵ God made all sorts of

wild animals, livestock, and small animals, each able to produce offspring of the same kind. And God saw that it was good.

²⁶ Then God said, "Let us make human beings in our image, to be like us. They will reign over the fish in the sea, the birds in the sky, the livestock, all the wild animals on the earth, and the small animals that scurry along the ground."

²⁷ So God created human beings in his own image.

In the image of God he created them;
male and female he created them.

²⁸ Then God blessed them and said, "Be fruitful and multiply. Fill the earth and govern it. Reign over the fish in the sea, the birds in the sky, and all the animals that scurry along the ground."

²⁹ Then God said, "Look! I have given you every seed-bearing plant throughout the earth and all the fruit trees for your food. ³⁰ And I have given every green plant as food for all the wild animals, the birds in the sky, and the small animals that scurry along the ground—everything that has life." And that is what happened.

³¹ Then God looked over all he had made, and he saw that it was very good!

And evening passed and morning came, marking the sixth day.

P

salm 104

¹ Praise the Lord, my soul.

Lord my God, you are very great;
you are clothed with splendor and majesty.

² The Lord wraps himself in light as with a garment;
he stretches out the heavens like a tent

³ and lays the beams of his upper chambers on their waters.
He makes the clouds his chariot
and rides on the wings of the wind.

⁴ He makes winds his messengers,
flames of fire his servants.

⁵ He set the earth on its foundations;
it can never be moved.

⁶ You covered it with the watery depths as with a garment;
the waters stood above the mountains.

⁷ But at your rebuke the waters fled,
at the sound of your thunder they took to flight;

⁸ they flowed over the mountains,
they went down into the valleys,
to the place you assigned for them.

⁹ You set a boundary they cannot cross;
never again will they cover the earth.

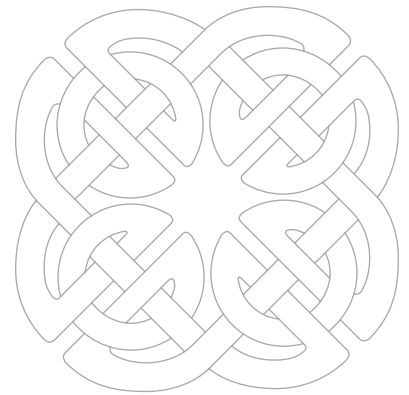
¹⁰ He makes springs pour water into the ravines;
it flows between the mountains.

¹¹ They give water to all the beasts of the field;
the wild donkeys quench their thirst.

¹² The birds of the sky nest by the waters;
they sing among the branches.

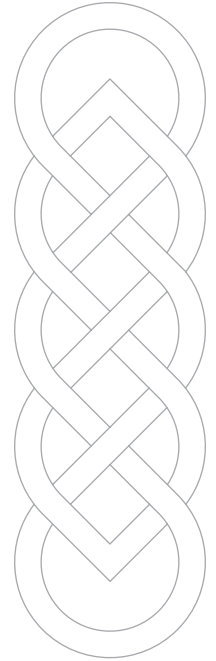
¹³ He waters the mountains from his upper chambers;
the land is satisfied by the fruit of his work.

¹⁴ He makes grass grow for the cattle,
and plants for people to cultivate—
bringing forth food from the earth:



Praise
the
LORD,
my soul.

- 15 wine that gladdens human hearts,
oil to make their faces shine,
and bread that sustains their hearts.
- 16 The trees of the Lord are well watered,
the cedars of Lebanon that he planted.
- 17 There the birds make their nests;
the stork has its home in the junipers.
- 18 The high mountains belong to the wild goats;
the crags are a refuge for the hyrax.
- 19 He made the moon to mark the seasons,
and the sun knows when to go down.
- 20 You bring darkness, it becomes night,
and all the beasts of the forest prowl.
- 21 The lions roar for their prey
and seek their food from God.
- 22 The sun rises, and they steal away;
they return and lie down in their dens.
- 23 Then people go out to their work,
to their labor until evening.
- 24 How many are your works, Lord!
In wisdom you made them all;
the earth is full of your creatures.
- 25 There is the sea, vast and spacious,
teeming with creatures beyond number—
living things both large and small.
- 26 There the ships go to and fro,
and Leviathan, which you formed to frolic there.
- 27 All creatures look to you
to give them their food at the proper time.
- 28 When you give it to them,
they gather it up;
when you open your hand,
they are satisfied with good things.
- 29 When you hide your face,
they are terrified;
when you take away their breath,
they die and return to the dust.
- 30 When you send your Spirit,
they are created,



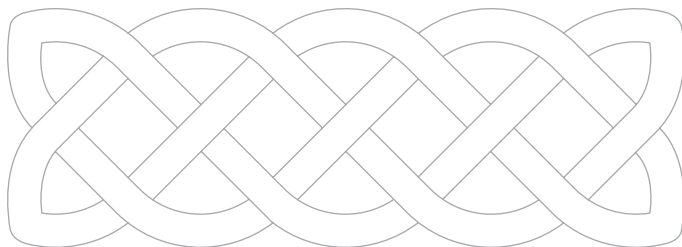
How
MANY
are your
WORKS,
Lord!

and you renew the face of the ground.

- ³¹ May the glory of the Lord endure forever;
may the Lord rejoice in his works—
³² he who looks at the earth, and it trembles,
who touches the mountains, and they smoke.
- ³³ I will sing to the Lord all my life;
I will sing praise to my God as long as I live.
³⁴ May my meditation be pleasing to him,
as I rejoice in the Lord.
³⁵ But may sinners vanish from the earth
and the wicked be no more.

Praise the Lord, my soul.

Praise the Lord.



I will
sing
to the
Lord
all my life



Illuminate a Psalm

Underline, circle, or note anything that stood out to you in this psalm. Are there any images that are particularly resonant?

How do you notice God's love in the ways he keeps the earth turning, the seasons changing, and life cycling in the rhythms he set for it all?

Choose a word, phrase, or verse from the psalm to creatively copy below; you might handletter it, add color or other artistic elements, or even draw images instead of using words.



● ● ●
● ● ●
● ● ●

REFLECTION QUESTIONS

Consider the current circumstances of your life: Where do you need to encounter the love of the Creator God? Where do you long for God to do something new?

What has God been saying to you personally through the stories in Genesis, and Patrick's life, or even Orlando's story?

What would it mean for you to put your feet back on difficult soil like Patrick did, to align yourself with God's redemptive purposes?

Protection

ROOT 2



Visio Divina

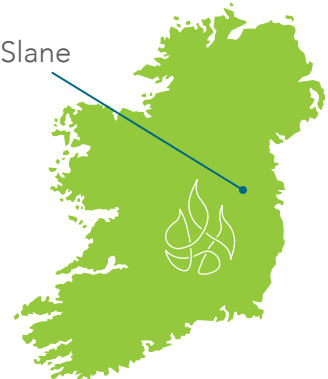


Patrick

HIS RIVAL FIRE

Defying the king, Patrick lights the easter fire symbolizing how Christ's light dispels death and darkness. It ultimately shows his God's protective power and the king grants him favor to preach the gospel.

Hill of Slane



VISIO DIVINA REFLECTION QUESTIONS

Take a few deep breaths. Let your eyes move through the painting. What catches your eye? Focus on that portion of the work and sit with it for a minute.

Breathe in and out and let your body and mind slow down. Invite the Lord to speak to you about what you see.

What feelings does this painting evoke?

Where do you see God's protective power and presence demonstrated in this work?

What kind of prayer rises from within you as you ponder it?

In what ways have you seen darkness present in your life or in our world today? How are you longing for the light of Christ?

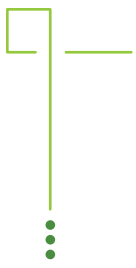
What might it look like for you, like Patrick, to trust in Christ's light to overcome the forces of darkness?



Field Notes

We invite you to experience the Celtic Way with your whole self. When we tune into our breath and all of our senses, we can become more present to our bodies, our surroundings, and to God. Use the space below to write or draw anything that you would like to remember about your walk. For example, what did you see, hear, smell, touch, taste?





Genesis 16:1-16

Now Sarai, Abram's wife, had borne him no children. But she had an Egyptian slave named Hagar; so she said to Abram, "The Lord has kept me from having children. Go, sleep with my slave; perhaps I can build a family through her."

Abram agreed to what Sarai said. So after Abram had been living in Canaan ten years, Sarai his wife took her Egyptian slave Hagar and gave her to her husband to be his wife. He slept with Hagar, and she conceived.

When she knew she was pregnant, she began to despise her mistress. Then Sarai said to Abram, "You are responsible for the wrong I am suffering. I put my slave in your arms, and now that she knows she is pregnant, she despises me. May the Lord judge between you and me."

"Your slave is in your hands," Abram said. "Do with her whatever you think best." Then Sarai mistreated Hagar; so she fled from her.

The angel of the Lord found Hagar near a spring in the desert; it was the spring that is beside the road to Shur. And he said, "Hagar, slave of Sarai, where have you come from, and where are you going?"

"I'm running away from my mistress Sarai," she answered.

Then the angel of the Lord told her, "Go back to your mistress and submit to her." The angel added, "I will increase your descendants so much that they will be too numerous to count."

The angel of the Lord also said to her:

“You are now pregnant

and you will give birth to a son.

You shall name him Ishmael,

for the Lord has heard of your misery.

He will be a wild donkey of a man;

his hand will be against everyone

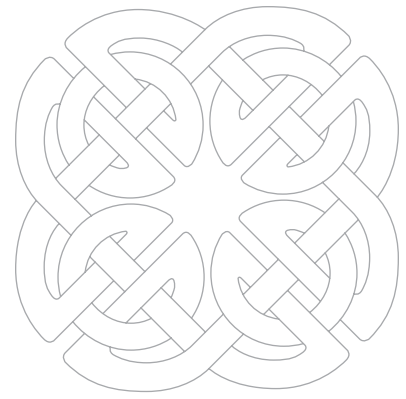
and everyone’s hand against him,

and he will live in hostility

toward all his brothers.”

She gave this name to the Lord who spoke to her: “You are the God who sees me,” for she said, “I have now seen the One who sees me.” That is why the well was called Beer Lahai Roi; it is still there, between Kadesh and Bered.

So Hagar bore Abram a son, and Abram gave the name Ishmael to the son she had borne. Abram was eighty-six years old when Hagar bore him Ishmael.



- ¹ God is our refuge and strength,
an ever-present help in trouble.
- ² Therefore we will not fear, though the earth give way
and the mountains fall into the heart of the sea,
³ though its waters roar and foam
and the mountains quake with their surging.
- ⁴ There is a river whose streams make glad the city of God,
the holy place where the Most High dwells.
- ⁵ God is within her, she will not fall;
God will help her at break of day.
- ⁶ Nations are in uproar, kingdoms fall;
he lifts his voice, the earth melts.
- ⁷ The Lord Almighty is with us;
the God of Jacob is our fortress.
- ⁸ Come and see what the Lord has done,
the desolations he has brought on the earth.
- ⁹ He makes wars cease
to the ends of the earth.
He breaks the bow and shatters the spear;
he burns the shields with fire.
- ¹⁰ He says, "Be still, and know that I am God;
I will be exalted among the nations,
I will be exalted in the earth."
- ¹¹ The Lord Almighty is with us;
the God of Jacob is our fortress.

God is
our
refuge
and
strength





Illuminate a Psalm

Underline, circle, or note anything that stood out to you in this psalm. Are there any images that are particularly resonant?

Choose a word, phrase, or verse from the psalm to creatively copy below; you might handletter it, add color or other artistic elements, or even draw images instead of using words.

St. Patrick's Breastplate

ADAPTED

I bind unto myself today
The strong Name of the Trinity,
By invocation of the same,
The Three in One and One in Three.

I bind this day to me forever.
By power of faith, Christ's incarnation;
His baptism in the Jordan river;
His death on Cross for my salvation;
His bursting from the spiced tomb;
His riding up the heavenly way;
His coming at the day of doom;

I bind unto myself today
The power of God to hold and lead,
His eye to watch, His might to stay,
His ear to hearken to my need.
The wisdom of my God to teach,
His hand to guide, His shield to ward,
The word of God to give me speech,
His heavenly host to be my guard.

...

Christ beside me, Christ before me;
Christ behind me, Christ within me;
Christ beneath me, Christ above me;
Christ to right of me, Christ to left of me;
Christ in my lying, my sitting, my rising;
Christ in heart of all who know me,
Christ on tongue of all who meet me,
Christ in eye of all who see me,
Christ in ear of all who hear me.

I bind unto myself the Name,
The strong Name of the Trinity;
By invocation of the same.
The Three in One, and One in Three,
Of Whom all nature hath creation,
Eternal Father, Spirit, Word:
Praise to the Lord of my salvation,
Salvation is of Christ the Lord.

● ● ●
● ● ●
● ● ●

REFLECTION QUESTIONS

God's protection is needed most when we are most vulnerable. Where in your life do you need to know God as protector?

God often greets us with questions, inviting us into a truth-telling conversation, which can leave us feeling vulnerable. What truth do you need to share with God? Where do you need the suffering love of Jesus to set you free?

Consider who or what are the "high kings" in your life and world? What threatens those who are powerless in your communities?

Where are you afraid to light your fire of hope or worship?

Life Graph

- On the next page, create a line graph of what your life was like over the past year: physical, emotional, and spiritual. Spend a bit of time going month by month (or week by week) through the past year. To refresh your memory, you might look at photos or a journal, if you keep one.

PHYSICAL: This line might be low if you were sick or extremely tired, and high when you were healthy, active, or rested.

EMOTIONAL: This line might be low when you experienced hard or negative emotions and high when you experienced positive emotions. Or, this line could also be high when you were engaging in hard emotions in a healthy way, and low when you were avoiding or coping with hard or negative emotions in unhealthy ways.

SPIRITUAL: This line might be low when you couldn't hear God or resisted God's invitations or felt isolated from spiritual community, and high when you were hearing God and open.

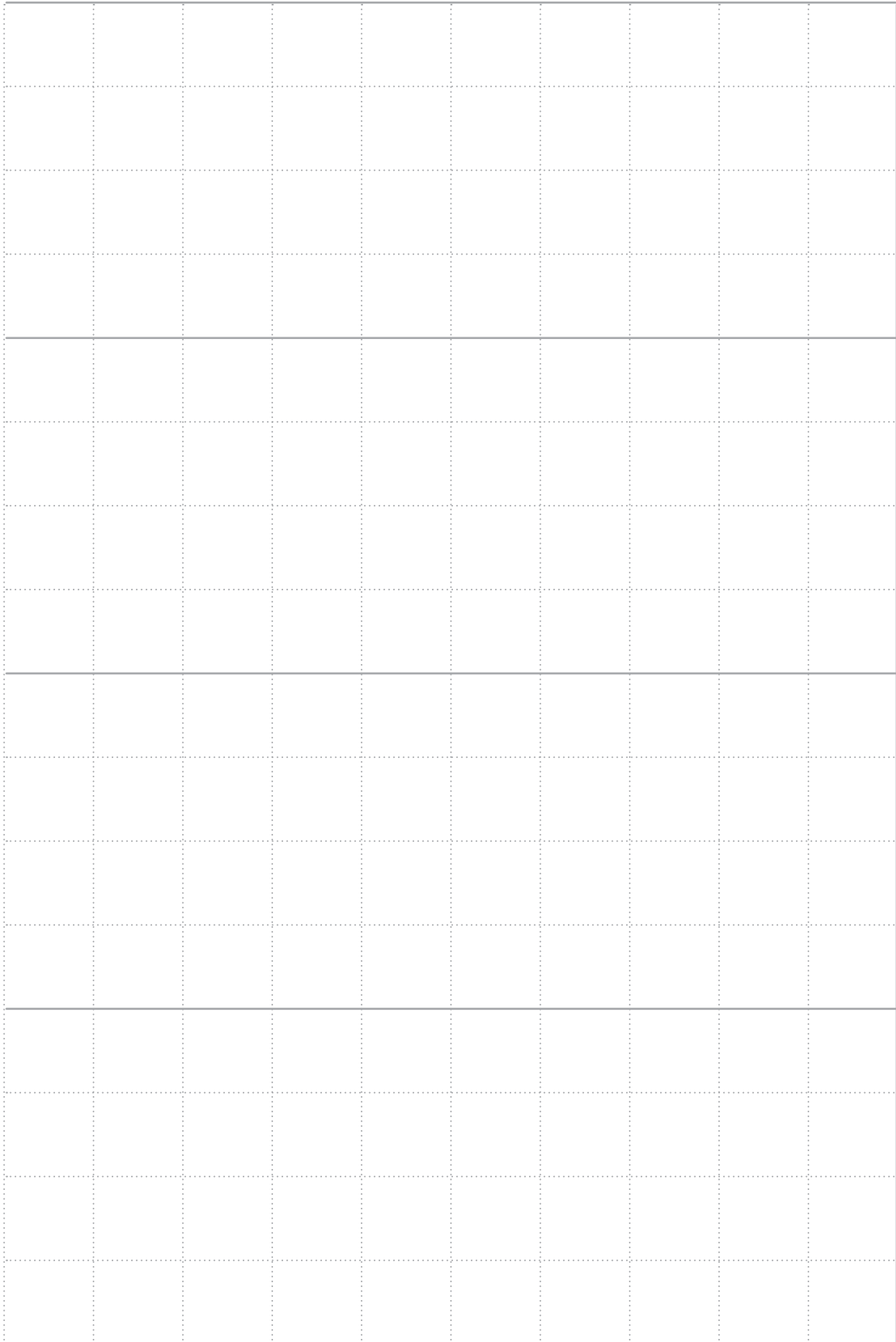
Of course, it's possible that any of the three lines could have hit highs, lows, and everywhere in between in any given week or day. It may be helpful to label certain points that were especially high or low as you draw your life graph.

LOOKING DEEPER

What stands out to you about your graph overall?

Are there months where two or three of the lines come together? What do you make of that?

Are there months where the lines are far apart from each other? What do you make of that?



High

SATISFACTION LEVEL

Low

TIME IN MONTHS

D esolation

- After a difficult year, marked for so many of us by loss, you may be eager to move on.
- However, after prolonged stress, trauma, and complex grief, the path to healing often starts with taking the time to name and grieve the particular challenges and losses.

How have you experienced loss this year? Make a list of the specific losses, both big and small.

As you look at your life graph, were there times that God felt absent? Were there times where you resisted God?

Are there any other things that you need to grieve?

WRITE: The Psalms teach us to be honest with God, which includes expressing grief, anger, wrestling, and doubt. Take the lists that you've made and write your own psalm of mourning and lament to God.

MOURN: Choose a tangible way to express your mourning and grief: journal, write a poem, draw or color, make a memorial using rocks, pictures, or candles. Go for a walk. Cry. Talk to a friend.

PRAY: Read aloud the psalm you wrote or psalms from the Bible to practice expressing your feelings through prayer. Psalms 5, 6, 10, 52, 69, 83, 109, and 137 might be helpful.



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onsolation

- Even in the midst of hard seasons, God continues to pour out grace and love to us. Against
- the odds, joy often intermingles with sorrow.

As you look at your life graph of the last year, what gifts, perhaps unexpected, have you experienced? For what things are you grateful?

Were there times when God felt especially present? Were there times when you felt receptive to God's invitations?

Are there any other things that you want to remember and celebrate?

WRITE: With Psalm 98 as a model, use your responses to the questions above to write your own psalm of praise and celebration. Thank God for the gifts of this year.

CELEBRATE: Choose a tangible way to express your gratitude: journal, sing, draw or color, make a memorial using rocks, picture, or candles. Go for a walk. Share with a friend.

PRAY: Read aloud the psalm you wrote or psalms from the Bible to practice expressing your feelings through prayer. Psalms 8, 33, 46, 85, 95, 100, 126, and 150 are all psalms of praise of God's creation, his word, and what he has done for his people.



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