

Roads are the circulatory system of the human race and the original information highway. From times long before the written word, roads have linked house to house, town to town, and city to city. . . . They pass through borders, checkpoints, and barriers, connecting not only friend to friend but foe to foe. . . . The road is an invitation to cross frontiers, to start a dialogue, to end enmity. Each road gives witness to the need we have to be in touch with one another.

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*The Road to Emmaus: Pilgrimage as a Way of Life*, by Jim Forest.

Roads have a  
sacramental aspect:  
a road is a visible sign  
of a hidden unity.

Roads are a map  
of human  
connectedness.

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*The Road to Emmaus: Pilgrimage as a Way of Life*, by Jim  
Forest.

Roads that have been  
intensively used by  
people at prayer seem  
afterward to hold a  
rumor of prayer.

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*The Road to Emmaus: Pilgrimage as a Way of Life*, by Jim  
Forest.

## Attentive Walking with Tik Nhat Hanh

The walk was prefaced with advice that we practice slow, mindful breathing while at the same time being aware of each footstep, seeing each moment of contact between foot and earth as a prayer for peace. We went single file, moving slowly, deeply aware of the texture of the earth and grass, the scent of the air, the movement of leaves in the trees, the sound of insects and birds. . . .

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Described in *The Road to Emmaus: Pilgrimage as a Way of Life*, by Jim Forest.

Thin places are  
hidden  
in dark places.  
“The resurrection  
is not *after* the cross  
but in the cross.”

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Archbishop Anastasios quoted in *The Road to Emmaus: Pilgrimage as a Way of Life*, by Jim Forest.

One of the hallmarks  
of pilgrimage is an  
attitude of silence and  
attentive listening, a  
state of being for  
which few of us are  
well equipped.

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*The Road to Emmaus: Pilgrimage as a Way of Life*, by Jim  
Forest.

A pilgrimage without  
prayer is no  
pilgrimage  
at all.

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*The Road to Emmaus: Pilgrimage as a Way of Life*, by Jim  
Forest.

What a pilgrim's walk can provide is the silence that comes from. . . being attentive rather than speaking, praying rather than engaging in chatter. So long as our heart keeps beating, we will never experience absolute silence, but by avoiding distractions and listening to what remains, we discover that the door to silence is everywhere. . . . To listen is always an act of being silent.

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*The Road to Emmaus: Pilgrimage as a Way of Life*, by Jim Forest.

Life is this simple. We are living in a world that is absolutely transparent and God is shining through all the time. . . . If we abandon ourselves to God and forget ourselves, we see it sometimes, and we see it maybe frequently. God shows himself everywhere, in everything – in people and in things and in nature and in events. It becomes very obvious that God is everywhere and in everything and we cannot be without him. It's impossible. The only thing is that we don't see it.

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Quoting Thomas Merton from "Life and Solitude" in *The Road to Emmaus: Pilgrimage as a Way of Life*, by Jim Forest.

Each dark place is an encounter with Christ's cross and, like the cross, confronts us with painful questions: Are we among that small circle of faithful disciples standing near the cross as an act of solidarity? Or are we among the many who have fled from it for fear we too might get into trouble? Or, even worse, are we among those who watch because we enjoy the spectacle of suffering and death?

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*The Road to Emmaus: Pilgrimage as a Way of Life*, by Jim Forest.

If you would attain  
to what you are not yet,  
you must always be displeased  
by what  
you are.

For where you are pleased  
with yourself  
there you have remained.  
Keep adding,  
keep walking,  
keep advancing.

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Saint Augustine, quoted in *The Road to Emmaus: Pilgrimage as a Way of Life*, by Jim Forest.

If we live  
by the Spirit,  
Let us also  
walk by the Spirit.

**Bible, Galatians 5: 25**

Because of the tragic, destructive, and genocidal history of Native Americans in the U.S. a unique ailment affecting mind, body and spirit has been identified as impacting many Native Americans today. It is called *historical trauma* and it is derived from massive suffering visited upon a people across life spans and generations. Over time, the suffering and wounding accumulates within the people both individually and collectively and their unresolved grief becomes overwhelming.

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*On This Spirit Walk*, Henrietta Mann and Anita Phillips

I believe so strongly that we are born of pure Spirit, a gift and blessing from the Holy of Holies. When we recognize that this Spirit lives within all living things, we deepen our relationship with the Creator and with others walking this life journey with us. . . . We all need this relationship with Spirit. It is our first and most powerful source of strength when life's path has many challenges.

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boe harris/nakakakena, Turtle Mountain  
Chippewa/Spirit Lake Dakota, St. John's United  
Methodist Church, Peninsula-Delaware, from *On This  
Spirit Walk*, Henrietta Mann and Anita Phillips.

The kinship connection to earth makes humans related to the dust, soil, clay, and mud from which they are made. Human beings are also related to rocks, the oldest part of earth. It makes them related to the volcanoes, mountains, buttes, and valleys, essentially every geographic aspect of the land which supports and carries life. This land or earth is a spirit mother and native people have an umbilical-like connection to her. They are attached to land, which they love as one would love a mother, and they hold this land or earth in great reverence.

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Henrietta Mann from *On This Spirit Walk*, Henrietta Mann and Anita Phillips

As a small child I was taught  
you never walk alone. The  
One and Only walks with us,  
as well as those who have  
walked before us and have  
crossed over, those who are  
walking with us in the present  
time, and the future  
generations who walk with us.

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Ragghi Rain, Cherokee, Indian Mission United  
Methodist Church, Peninsula-Delaware Conference,  
from *On This Spirit Walk*, Henrietta Mann and Anita  
Phillips.

The Europeans arrived and . . . they set about taking away the most precious things in our lives. Our homelands, our languages, our children, and our adherence to the forms of worship the Creator gave us. Sadly, we were not brought the “good news.” We were brought the bad news. Christian denominations were given full reign to enter Indian communities, most often with the full might of the United States military behind them. The intent was to crush our spirits along with our will to resist.

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*Steve Barse, Kiowa, First American United Methodist Church,  
Norman Oklahoma from On This Spirit Walk, Henrietta  
Mann and Anita Phillips.*

For many, this historical atrocity is simply an event from the past. For the people directly affected by this massacre, it is a living thing. Not that Native people hang on to the past, but we understand that these events help to define us and to enable us to be proud of our ancestors who fought hard to do what was right. Our history is also a reminder of the strength that we draw from our ancestors who sacrificed so much for this generation.

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Rev. Dr. David Wilson, Choctaw, Oklahoma Indian  
Missionary Conference, from *On This Spirit Walk*,  
Henrietta Mann and Anita Phillips.

Earth is the peoples' altar from which their prayers go out to Creator. . . . The people exist as co-equal beings in a sacred landscape, which has certain places where spiritual power is concentrated. Consequently, they must make pilgrimages to these sacred places time and again as a way of giving back to the Earth. They must go to these specific sites to observe their ceremonies and offer prayers and song. . . . They are places that continue to guide the spiritual life and the hearts and minds of the people.

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Henrietta Mann from *On This Spirit Walk*, Henrietta Mann and Anita Phillips.

Alas for you who get evil gain  
for your house, setting your nest  
on high to be safe from the reach  
of harm! You have devised  
shame for your house by cutting  
off many peoples; you have  
forfeited your life. The very  
stones will cry out from the  
wall, and the tree branch will  
respond. . . .

But the Lord is in his holy  
temple; let all the earth keep  
silence before him!

**Bible, Habakkuk 2: 9-11, 2**

# Three Simple Rules

Do no harm

Do good

Stay in love with God

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*Three Simple Rules: A Wesleyan Way of Living*, Reuben Job.

## Prayer of Thanksgiving

New every morning is your love, great  
God of light,  
And all day long you are working for  
good in the world.

Stir up in us desire to serve you,  
To live peacefully with our neighbors.

Jesus said, “Pray then in this way:

Our Father in heaven,  
Holy be your name.  
Your kingdom come.  
Your will be done,  
On earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our debts,  
As we also have  
forgiven our debtors.  
And do not bring us  
to the time of trial,  
But rescue us from the evil one.

**Bible, Matthew 6: 9-13**

## The Prayer of Saint Francis

Lord, make me an instrument of thy peace.  
Where there is hatred, let me sow love;  
Where there is injury, pardon;  
Where there is doubt, faith;  
Where there is despair, hope;  
Where there is darkness, light;  
Where there is sadness, joy.

O divine Master, grant that I may not so much  
seek  
To be consoled as to console,  
To be understood as to understand,  
To be loved as to love;  
For it is in giving that we receive;  
It is in pardoning that we are pardoned;  
It is in dying to self that we are born to  
eternal life.

Then the angel showed me the river of the water of life, bright as crystal, flowing from the throne of God and of the Lamb through the middle of the street of the city. On either side of the river is the tree of life with its twelve kinds of fruit, producing its fruit each month; and the leaves of the tree are for the healing of the nations. Nothing accursed will be found there any more.

**Bible, Revelation 22: 1-6, selections**

Jesus taught them, saying:

*Blessed are the poor in spirit, for theirs is the kingdom of heaven.*

*Blessed are those who mourn, for they will be comforted.*

*Blessed are the meek, for they will inherit the earth.*

*Blessed are those who hunger and thirst for righteousness, for they will be filled.*

*Blessed are the merciful, for they will receive mercy.*

*Blessed are the pure in heart, for they will see God.*

*Blessed are the peacemakers, for they will be called children of God.*

*Blessed are those who are persecuted for righteousness; sake, for theirs is the kingdom of heaven.*

*Blessed are you when people revile you and persecute you. . . Rejoice and be glad, for your reward is great in heaven, for in the same way they persecuted the prophets who were before you.*

**Bible, Matthew 5, selections**

In the days to come, the mountain of the Lord's house shall be established as the highest of the mountains. People shall stream to it, and many nations shall come and say: “

Come, let us go up to the mountain of the Lord. They shall beat their swords into plowshares, and their spears into pruning hooks;

Nation shall not lift up sword against nation,

Neither shall they learn war any more;

But they shall all sit under their own vines and under their own fig trees,

And no one shall make them afraid;

For the mouth of the Lord of hosts has spoken.

For all the peoples walk, each in the name of its god, but we will walk in the name of the Lord our God forever and ever.

**Bible, Micah 4, selections**

O Lord, who may abide in your tent? Who  
may dwell on your holy hill?  
Those who walk blamelessly and do what is  
right, and speak the truth from their heart;  
Who do not slander with their tongue, and do  
no evil to their friends, nor take up a  
reproach against their neighbors;  
In whose eyes the wicked are despised, but  
who honor those who fear the Lord;  
Who stand by their oath even to their hurt;  
Who do not lend money at interest, and do not  
take a bribe against the innocent.  
Those who do these things shall never be  
moved.

**Bible, Psalm 15**

The earth is the Lord's and all that is in it,  
the world, and those who live in it;  
For he has founded it on the seas, and  
established it on the rivers.

Who shall ascend the hill of the Lord, and  
who shall stand in his holy place?

Those who have clean hands and pure  
hearts, who do not lift up their souls to  
what is false, and do not swear  
deceitfully.

They will receive blessing from the Lord  
and vindication from the God of their  
salvation.

Such is the company of those who seek  
him, who seek the face of God.

**Bible, Psalm 24**

The Lord is my shepherd, I shall not want. He makes me lie down in green pastures; He leads me beside still waters; he restores my soul.

He leads me in right paths for his name's sake. Even though I walk through the darkest valley, I fear no evil;

For you are with me; your rod and your staff - - they comfort me.

You prepare a table before me in the presence of my enemies;

You anoint my head with oil; my cup overflows.

Surely goodness and mercy shall follow me all the days of my life,

And shall dwell in the house of the Lord my whole life long.

**Bible, Psalm 23**

You were dead through the trespasses and sins in which you once lived, following the course of this world, the spirit that is now at work among those who are disobedient. All of us once lived among them in the passions of our flesh, following the desires of flesh and senses, and we were by nature children of wrath, like everyone else. But God, who is rich in mercy, out of the great love with which he loved us even when we were dead through our trespasses, made us alive together with Christ—by grace you have been saved—and this is not your own doing; it is the gift of God— For we are what he has made us, created in Christ Jesus for good works, which God prepared beforehand to be our way of life.

**Bible, Ephesians 3, selections**

Let love be genuine; hate what is evil, hold fast to what is good; love one another with mutual affection; outdo one another in showing honor. Do not lag in zeal, be ardent in spirit, serve the Lord. Rejoice in hope, be patient in suffering, persevere in prayer. Contribute to the needs of the saints; extend hospitality to strangers.

Bless those who persecute you; bless and do not curse them. Rejoice with those who rejoice, weep with those who weep. Live in harmony with one another; do not be haughty, but associate with the lowly; do not claim to be wiser than you are. Do not repay anyone evil for evil, but take thought for what is noble in the sight of all. If it is possible, so far as it depends on you, live peaceably with all.

**Bible, Romans 12, selections**

There are pilgrimages not to geographical places but to healing.

It could be a journey toward greater love, deeper faith, more intimate communion, a pilgrimage toward community, a search for a greater degree of peace within oneself.

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*The Road to Emmaus: Pilgrimage as a Way of Life*, by Jim Forest.

At the heart of pilgrimage is the struggle not to let our dread of the other prevent meetings with strangers. It is in the disguise of the stranger that Christ appears.

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Pilgrimage is the  
great adventure of  
shedding the scales of  
blindness.

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Forest.

# Jesus Prayer

*Try saying it while breathing*

*Inhale:*

Lord, Jesus Christ,  
Son of God,

Exhale:

Have mercy on me  
A sinner.