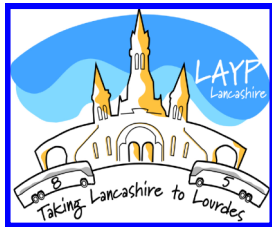


# Archdiocese of Liverpool Youth Pilgrimage 2024



## Coach 5 Family Prayer Book



## Lourdes Theme 2024: “...and that people should come in procession...”

Each year there is a Pastoral Theme for the Pilgrimage which is decided by the Sanctuary at Lourdes, and the theme for 2023 is: ‘...to build a chapel here...’

This year’s theme is the third in a series of three themes for 2022-24. It is taken from the instruction of Our Lady to St. Bernadette:

2022: Go and tell the priests....

2023: ....to build a chapel here....

2024: ....and that people should come in procession

Whilst in Lourdes, we will explore this year’s theme in our Liturgies and Masses.



The idea of this handbook is to enable families and friends to follow our pilgrimage to Lourdes over the next week.

Our pilgrimage involves working with the hospital and hotel pilgrims, joining the main pilgrimage services and processions, taking part in small group sessions and prayers, and also time for socialising and relaxation.

It is now over 150 years since the apparitions of Our Lady to St. Bernadette. This year our call is to explore our theme of **'...to build a chapel here...'** and so through entering into prayer with Bernadette we hope to strengthen our faith and become closer to God.

In this booklet you will find details of the work, services and activities that we will be involved in throughout our stay in Lourdes.

Alone, or together as a family, try each day to take a few minutes to share our pilgrimage by joining us in prayer. In this way you will be with us throughout our time in Lourdes.

**Ben McMullen**  
**Coach Leader**

## Introduction

In 1858 Mary, Mother of God, appeared to Bernadette Soubirous, a small peasant girl, in Lourdes, a village in the foothills of the Pyreneese Mountains. The words that follow are Bernadette's own words of what happened.

"I went to the riverside to gather wood with two other girls. They went across the water; they started to cry. I asked them what they were crying for. They told me the water was cold. I asked them to help me throw some stones in the water so that I could get across without taking my shoes off; they said I would have to do it the way they had. Then I went a bit further on to see if I could get across without taking my shoes off. I couldn't. Then I came in front of Massebielle (the Grotto) to take my shoes off. As I was starting, I heard a sound. I turned towards the meadow; I saw the trees weren't moving at all. I got on with taking my shoes off; I heard the same sound. I raised my head and looked at the grotto.

I saw a lady dressed in white; she had a white dress, a blue sash and a yellow rose on each foot, the same colour as the chain of her rosary. When I'd seen it I rubbed my eyes; I thought I was making a mistake. I put my hand in my pocket and found my rosary. I wanted to make the sign of the cross; I couldn't get my hand to my forehead; it dropped down. The vision made the sign of the cross. Then, my hand started shaking; I tried to do it and I could. I went through my rosary; the vision moved the beads on hers, but her lips weren't moving. When I'd finished my rosary, the vision disappeared all of a sudden.

I asked the other two girls if they had seen anything; they said they hadn't. They asked me what it was and said I had to tell them. Then I told them I'd seen a lady dressed in white, but I didn't know what it was, but they weren't to tell. Afterwards they told me I shouldn't go there again. I said I wouldn't.

I went back on Sunday for the second time, because I felt pushed from inside. My mother had told me I must not go.



After Sunday Mass the other two girls and I went to ask my mother again. She didn't want to let me, she said she was afraid I would fall in the water, she was afraid I wouldn't get back in time for the evening service. I promised I would. Then she said I could go.

I went to church to take a little bottle of holy water to throw on the vision when I was at the grotto - if I saw her. As a matter of fact, I did see her. As I threw it, she smiled at me and bowed her head. When I had finished saying my rosary, she disappeared. She didn't talk to me until the third time. She asked me if I would like to go there for a fortnight. I said I would."

Over the next two weeks Bernadette was told to drink from the stream, she went to the river but Our Lady told her to dig in the mud and there appeared a stream. The lady also said to tell the priests to build a chapel there, to tell people to come and wash in the spring, and also to pray for the conversion of sinners. Over and over Bernadette asked who she was, but: "She only smiled".

One day, holding both her arms downward, she raised her eyes looking at the sky and said "QUE SOY ERA IMMACULADA CONCEPTIOU" - I am the Immaculate Conception.

Our Lady's message for Bernadette and for us is that we should pray for the conversion of sinners, do penance for our own sins, and come to Lourdes in procession. We are answering her call by going on this pilgrimage to work and pray with many other people of all ages from the Archdiocese of Liverpool. We know that we can turn to God and his Mother, Mary, at any time, but Lourdes is special - it is a prayerful place in which we can become closer to God.

## The Story of Lourdes

We begin this year's pilgrimage with a short Liturgy at St. Joseph's, Chorley. We will then set off on a journey that usually takes about 24 hours to reach Lourdes. We travel by coach to Dover where we will catch an afternoon crossing to Calais. We then travel through France to Lourdes.

It is a long and tiring journey, but pilgrimages in the past always involved travelling under difficult conditions. Our journey is useful - it is a time when we prepare for the work we will undertake in Lourdes, and it is a time for the members of the coach to 'break the ice' and get to know each other better. Of course we play games, watch films and listen to music to make the time pass more quickly. We do have regular stops as well. Please pray for us on our journey to Lourdes.

### Scripture

'By day the Lord went ahead of them in a pillar of cloud to guide them on their way and by night in a pillar of fire to give them light, so they could travel by day or night.'

**Exodus 13:21**

### Prayer

Loving Father, as Coach 5 embark on their pilgrimage to Lourdes I ask you to bless the young people and staff. Watch over them as they travel and may they arrive refreshed and relaxed. Amen.

**Our Lady of Lourdes, pray for us.  
St. Bernadette, pray for us.  
St. Christopher, pray for us.**



Thursday 18th July

The journey to Lourdes continues throughout the morning. As we approach Lourdes, Fr Mike will lead us in some prayers. On arrival, we will unload the coach and have lunch together in the hotel. The afternoon will be spent exploring the town of Lourdes as a coach.

At 7.30pm all the youth coaches will meet together for an opening Mass of Welcome. At this Mass we will have our hands blessed for the work we are to do in Lourdes. Following Mass we will have our first night prayers and then we will spend some social time in a local bar, singing and getting to know each other.



### Scripture

'The Lord keeps you from all harm and watches over your life. The Lord keeps watch over you as you come and go, both now and forever.'

**Psalms 127:7-8**

### Prayer

Lord, as the young people begin their service this week, I pray that their hearts are open and welcoming to the people they will meet. May they share the love of Christ with all those that they encounter. Amen.

**Our Lady of Lourdes, pray for us.  
St. Bernadette, pray for us.**



Today will be the first full day in Lourdes. This morning our young people will take the assisted pilgrims for a tour of the Sanctuary. Whilst doing this, they will lead prayers.

In the afternoon we will attend the Mass of Anointing, this is a special occasion for all who are sick.

In the evening, our young people will join the Torchlight Procession to walk around the Domain, praying the rosary and carrying candles. It is a beautiful sight, providing light as darkness descends in Lourdes and it gives a chance for individual reflection and collective reflection.

### Scripture

'A large crowd followed Him, because they had seen His miracles of healing the sick'.

**John 6:2**

### Prayer

Lord Jesus, as the young people help their assisted pilgrims today, send Your Spirit to be with them. Remove any worries or anxieties that they may have and fill them with Your peace. Amen.

**Our Lady of Lourdes, pray for us.  
St. Bernadette, pray for us.**

Friday 19th July

Saturday 20th July

Our Sunday begins with Mass at the Grotto. This is always a particular highlight for the pilgrims as it is the special place where Our Lady appeared to Bernadette. After Mass, the whole Archdiocese of Liverpool Pilgrimage will have a photograph taken as a memento of our coming together as pilgrims.

In the afternoon the whole pilgrimage will join back together to walk in the Blessed Sacrament Procession. The procession ends with the sick pilgrims receiving the 'blessing of the sick'.



In the evening Coach 5 will join the other youth coaches in a time of Prayer and Praise.

#### Scripture

'Jesus said to them, "I am the bread of life; he who comes to Me will not hunger, and he who believes in Me will never thirst.'

**John 6:35**

#### Prayer

God, you are a good God who gives us what we need. Give us today our daily bread—the sustenance for physical strength, and spiritual strength. Thank you for sending your Son, Jesus, the Bread of Life, who satisfies our hunger. Amen.

**Our Lady of Lourdes, pray for us.  
St. Bernadette, pray for us.**

Sunday 21st July

This morning we will come together as a whole Pilgrimage for Mass in St. Pius X.

In the afternoon we will accompany the assisted pilgrims to the Grotto for the Rosary.

In the evening, the youth pilgrimage will walk the Torchlight Procession again, but this time they will be supporting and pushing the assisted pilgrims.



#### Scripture

'In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.'

**Matthew 5:16**

#### Prayer

Great Love, may we never waste the gifts and talents You have given us but instead share them so that we might inspire others and give praise to You. Amen.

**Our Lady of Lourdes, pray for us.  
St. Bernadette, pray for us.**

Monday 22nd July



This morning we will accompany the assisted pilgrims to the low stations of the cross. Together, we will spend time reflecting on our Lord's journey to the cross.



After lunch, we will take our assisted pilgrims to Mass followed by shopping.

The evening will see us join the other youth coaches for a midweek Liturgy in the City of Poor. This will be an evening of readings, songs and listening to testimonies.

#### **Scripture**

Your Word is a lamp unto my feet,  
....and a light unto my path.

**Psalm 119**

#### **Prayer**

Guide us O Lord, as we journey with you.  
May we always be aware of your presence in our lives.

**Our Lady of Lourdes, pray for us.  
St. Bernadette, pray for us.**

**Tuesday 23rd July**

Our day off!! Today marks a day off for Coach 5. After a few days of working hard, our young people have a well-earned opportunity to relax.

The whole coach will head off to a different destination, perhaps to the beach or a nearby town, where we can have lunch and join in some fun-filled activities.



In the evening we will gather as a coach to take part in a Reconciliation Service. During the service, the young people will be given the opportunity to receive God's mercy through the Sacrament of Reconciliation.

#### **Scripture**

'Don't let anyone disregard you because you are young, but set an example for the believers in speech, in conduct, in love, in faith and in purity.

**1 Timothy 4:12**

#### **Prayer**

Father, we thank you for the gifts of our young people. May they always be proud of their faith and willing to share their love of you with others.

**Our Lady of Lourdes, pray for us.  
St. Bernadette, pray for us.**

**Wednesday 24th July**

We begin our day by attending the Thanksgiving Mass with our assisted pilgrims.



In the afternoon there is a Thanksgiving Service and Garden Party for all of our assisted pilgrims: an opportunity to give thanks for the blessings of the pilgrimage and to celebrate together. As a coach we will then assist the Jumbalance departure.

The whole youth pilgrimage will gather together in the evening for their farewell service.

#### **Scripture**

'Is anyone among you sick? Let them call the elders of the church to pray over them and anoint them with oil in the name of the Lord. And the prayer offered in faith will make the sick person well; the Lord will raise them up. If they have sinned, they will be forgiven.'

**James 5:14-15**

#### **Prayer**

Jesus, I pray that you will lay Your healing hands upon all those who are sick. I ask that you would bring healing, comfort and peace to them. Amen.

**Our Lady of Lourdes, pray for us.  
St. Bernadette, pray for us.**

Thursday 25th July

This morning we will have a small amount of free time which will no doubt be taken up with last minute shopping and packing, or perhaps, a period of quiet reflection at the Grotto.



After an early lunch at the hotel we will then board the coach and begin our journey back home.

#### **Scripture**

'He will put his angels in charge of you to watch over you carefully.'

**Luke 4:10**

#### **Prayer**

God, may You watch over all those who are traveling this day, especially those who are returning from their pilgrimage to Lourdes. Amen.

**Our Lady of Lourdes, pray for us.  
St. Bernadette, pray for us.  
St. Christopher, pray for us.**

Friday 26th July

Our journey home continues. We will have an early morning crossing from Calais to Dover and then continue north.



We expect to arrive back at St Joseph's, Chorley in the early afternoon.

**Scripture**

'Put into practice what you learned and received from me, both from my words and from my actions. And the God who gives us peace will be with you.'

**Philippians 4:9**

**Prayer**

Loving God, thank You for all the blessings you have showered upon us this week. May the experiences of this week inspire us all to do good and to help build Your kingdom here on earth. Amen.

**Our Lady of Lourdes, pray for us.  
St. Bernadette, pray for us.  
St. Christopher, pray for us.**

**A huge thank you for your continued support and prayers!**

**Saturday 27th July**

Harry Adamson	Ruby Griffiths
Jack Adamson	Niamh Hayes
Chloe Archibald	Beth Landry
Randal Bannister	Olivia Lowe
Katie-Anne Bortoft	Emily Manley
Rachael Bowe	Hannah McCabe
Braylee Clarke	Ian McDermott
Charlotte Clarkson	Ben McMullen
Anna Clemance	William Moss
Angel Coakley	Alexander Nagy
Charlie Collins	Matthew Oddie
Adam Corrigan	Isabel O'Grady
Imogen Coulthard	Molly O'Grady
Luke Coulthard	Isaac Portela-Baxter
Natasha Coulthard	Ruby-Jean Ralston
Annie Doyle	Olivia Rigby
Thomas Doyle	Neve Salisbury
James Dumican	Neeve Toal
James Edgar	Rebecca Wall
Suzanne Fletcher	Eleanor Wharton
Victoria Ford	Taylor Whittaker
Fr Mike Fitzsimons	Kate Wilcock
Tom Gidlow	John Wilson
Emma Gordon	Francesca Wren
Molly Green	

**Please Pray For...**