

PILGRIMAGE INTRODUCTION

Pilgrimage is usually a visit to a holy place in search of a sense of peace with God and unity with other members of a faith. Their whole of life may be viewed as a pilgrimage, a journey undertaken on behalf of God, a form of devotion and an act of worship.

An outward pilgrimage is one way to help a person towards inner understanding. True pilgrimage is a matter of the heart and mind just as much as undertaking a difficult journey.

DISCUSS in class where you would want to go if you could only have one holiday in your lifetime. Why would you choose that particular place? What would you bring back to keep?

To find out about the nature and meaning of pilgrimage:

READ Six Religions pages 210 - 211

And then...

LIST reasons why people go on pilgrimages.

Some people find silence helps them concentrate and think clearly, and will spend time in silence each day.

Spend time in silence for 10 - 15 minutes. Afterwards write a few words as to how you felt.

EVALUATION/DISCUSSION

What are the differences between visiting somewhere as a sightseer and visiting as a pilgrim.