

WHAT IS A MARIAN PILGRIMAGE?

AND HOW CAN YOU DO ONE?


The word "pilgrimage" derives from the French *pèlerinage*, which comes from the Latin terms *peregrinus* (foreign) and *per ager* (going through the fields), so it evokes the idea of journeying, travelling, leaving the comforts of home to visit a holy place.



MAY

Where does the devotion of a Marian pilgrimage come from?

In the month of May, which the Church traditionally dedicates to the Blessed Virgin Mary, it is customary to organize pilgrimages to Marian shrines to visit and honor our Mother.



What does a Marian pilgrimage involve?

It's a visit to a shrine or image of our Lady, made with love by her children (that's us!).

You can pray 3 Rosaries: one on the way there, one at the sanctuary or in front of the image of our Lady you're going to visit,* and one on the way back.

**usually the one corresponding to the day of the week, and including the litany*



What else can you do on a pilgrimage?

You can offer our Lady small sacrifices from your personal needs, your family's needs, your friends, and the whole Church. Think of something unique to express your love for Mary, like walking for at least the last part of the journey, accepting any discomfort or bad weather cheerfully, or not stopping for a snack along the way.

enjoy it!



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