



Cathedral Trail Prayer Guide



aint John Paul II explained, *"Pilgrimages, a sign of the condition of the disciples of Christ in this world, have always held an important place in the life of Christians. In the course of history, Christians have always walked to celebrate their faith in places that indicate a memory of the Lord or in sites representing important moments in the history of the Church. They have come to shrines honoring the Mother of God and to those that keep the example of the saints alive. Their pilgrimage was a process of conversion, a yearning for intimacy with God and a trusting plea for their material needs. For the Church, pilgrimages, in all their multiple aspects, have always been a gift of grace"* (Pilgrimage in the Great Jubilee, 2).

Included here are some prayers that can be used while you are journeying to the various sites, when you arrive to a site, and on your return trip. Keep in mind that they can be prayed in the silence of your heart, with a fellow pilgrim, or in a larger group.

It is recommended to begin your journey to any of the U.S. pilgrimage sites by celebrating the Mass, or if that is not an option, by reciting the Liturgy of the Hours or another liturgical rite.

Pilgrim's Prayer of St. James, Patron of Pilgrim Travelers

St. James the Apostle is known as the patron of pilgrim travelers because, during medieval times, his sanctuary in Santiago de Compostela in northwestern Spain was one of the most traveled pilgrim routes in Christendom (known through the centuries as the Camino de Compostela). Whether on a journey to a distant shrine or to a local place of veneration and importance, it is good to pray with St. James for his protection during the journey and for our own conversion of heart before, during, and after the encounter. St. James was also one of the three disciples chosen by Christ to journey with him up Mount Tabor for the Transfiguration; with this in mind, we pray with St. James that we, too, might have a transformative experience on pilgrimage.

This ancient prayer (origin unknown) comes at the end of pilgrim Masses said along the Camino de Santiago:

O God, who brought your servant Abraham
 out of the land of the Chaldeans,
 protecting him in his wandering across the desert,
 we ask that you watch over us, your servants,
 as we walk in the love of your name to (insert your destination here).

Be for us our companion on the walk,
 Our guide at the crossroads,
 Our breath in our weariness,
 Our protection in danger,
 Our home (albergue) on the Camino,
 Our shade in the heat,
 Our light in the darkness,
 Our consolation in our discouragements,
 And our strength in our intentions.

So that with your guidance we may arrive safe and sound
 at the end of the road and enriched with grace and virtue
 we return safely to our homes filled with joy.

In the name of Jesus Christ our Lord, Amen.

Apostle Santiago, pray for us.
 Santa Maria, pray for us.



What is a patron saint?

Patron saints are chosen as special protectors or guardians over areas of life. These areas can include occupations, illnesses, churches, countries, causes -- anything that is important to us. The earliest records show that people and churches were named after apostles and martyrs as early as the fourth century.

Recently, the popes have named patron saints but patrons can be chosen by other individuals or groups as well. Patron saints are often chosen today because an interest, talent, or event in their lives overlaps with the special area. Angels can also be named as patron saints. A patron saint can help us when we follow the example of that saint's life and when we ask for that saint's intercessory prayers to God.

From "Catholic Online"
<http://www.catholic.org/saints/patron.php>

The History of Patron Saints

The practice of adopting patron saints goes back to the building of the first public churches in the Roman Empire, most of which were built over the graves of martyrs. The churches were then given the name of the martyr, and the martyr was expected to act as an intercessor for the Christians who worshiped there.

Soon, Christians began to dedicate churches to other holy men and women—saints—who were not martyrs. Today, we still place some relic of a saint inside the altar of each church, and we dedicate that church to a patron. That's what it means to say that your church is St. Mary's or St. Peter's or St. Paul's.

How Patron Saints Are Chosen

Thus, the patron saints of churches, and more broadly of regions and countries, have generally been chosen because of some connection of that saint to that place—he had preached the Gospel there; he had died there; some or all of his relics had been transferred there. As Christianity spread to areas with few martyrs or canonized saints, it became common to dedicate a church to a saint whose relics were placed in it or who was especially venerated by the founders of the church. Thus, in the United States, immigrants often chose as patrons the saints that had been venerated in their native lands.

By Scott P. Richert
http://catholicism.about.com/od/thesaints/p/Patron_Saints.htm

For Scouts participating in their "Day of Recollection", it is suggested that at each church, a prayer to it's Patron Saint be prayed, asking for their prayers and guidance as we take up our cross on our own journey with the Lord.



Saint and Devotional Holy Cards

The following pages contain various Holy cards of the parish's Patron Saints or theological concept along the Pilgrimage of Faith. They were collected from various creator's and reseller's websites. If you find them useful and helpful for your prayer life, please contact them and support their business and apostolates.

Catholic Prayer Cards

<http://www.catholicprayercards.org/index.html>

Adoremus Books

<http://www.adoremusbooks.com/>

Heavenly Divine Custom Rosaries & Gifts

<http://www.heavenlydivinecustomrosary.com/>

Aquinas and More Catholic Goods

<http://www.aquinasandmore.com/>

Catholic Shopping

<http://catholicshopping.com/>

Catholic Store

<http://www.catholicstore.com/>

Catholic Faith store

<http://www.catholicfaithstore.com/>

American Screening Company

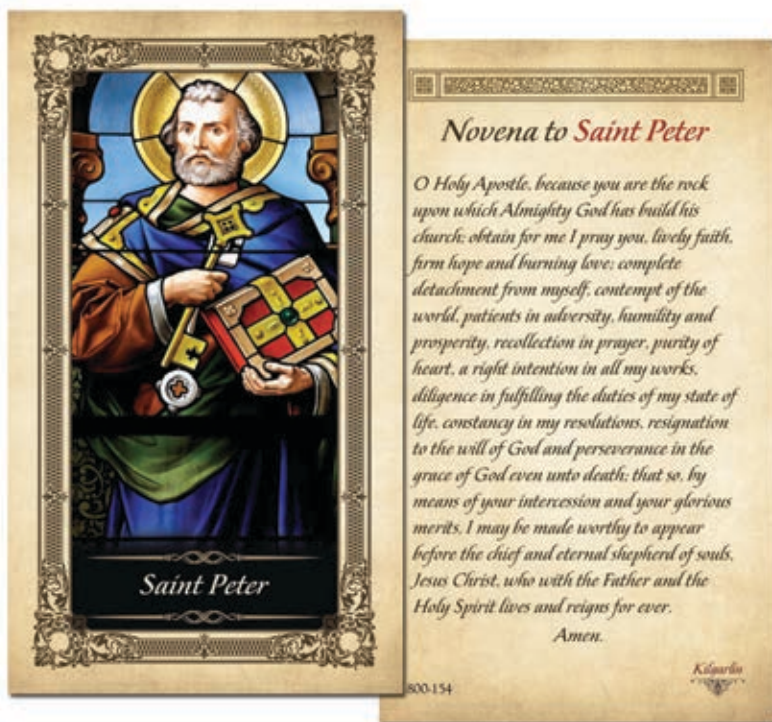
<http://www.americanscreeningcorp.com/Religious-Gifts--C1308.aspx>



St. Peter

New Advent's Catholic Encyclopedia website:
<http://www.newadvent.org/cathen/11744a.htm>

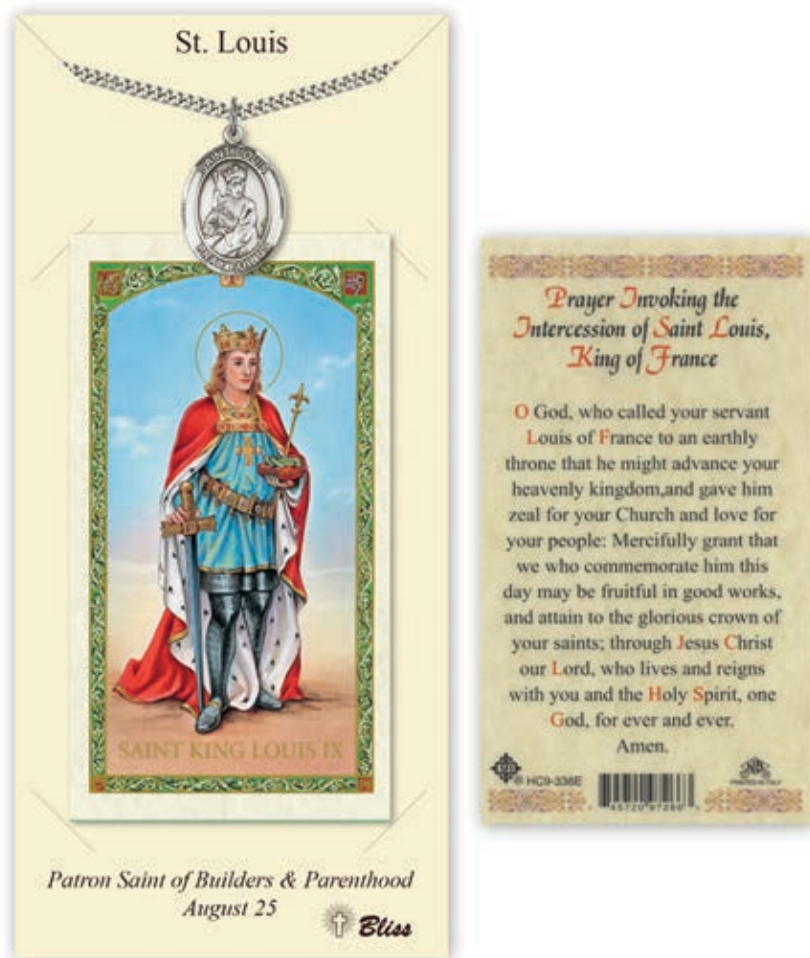
Prayer Card: <http://www.americanscreeningcorp.com/Novena-to-St-Peter-Prayer-Card-Each-P25570C1769.aspx>



St. Louis IX, King of France

New Advent's Catholic Encyclopedia website:
<http://www.newadvent.org/cathen/09368a.htm>

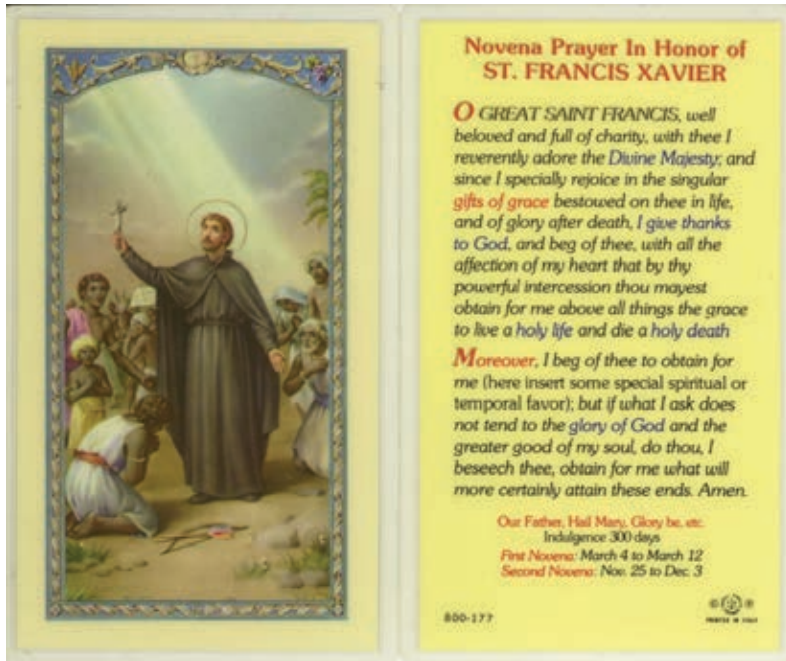
Prayer Card: <http://www.heavenlydivinecustomrosary.com/pc7081pw-saint-louis-king-of-france-pendant-and-holy-prayer-card-gift-set-by-bliss.html>



St. Francis Xavier

New Advent's Catholic Encyclopedia website:
<http://www.newadvent.org/cathen/06233b.htm>

Prayer Card: <http://www.adoremusbooks.com/stfrancisxavier-novenaprayerholycard800-177-10pack.aspx>



Holy Cross

New Advent's Catholic Encyclopedia website:
<http://www.newadvent.org/cathen/04529a.htm>

Prayer Card: <http://www.aquinasandmore.com/catholic-gifts/in-veneration-of-the-cross-prayer-card/sku/13058>



In Veneration of the Cross:

We worship You, Lord, we venerate Your cross, we praise Your resurrection, Through the cross You brought joy to the world.

Hail, holy Cross! You give sight to the sightless, health to the sick, and life to those who sleep in death. We exalt the Song of God, our Lord Jesus Christ, who humbled Himself in your embrace, who was lifted high in glory upon your arms.

We venerate you, a tree of life, an ark that saves us from drowning, a ladder that rises into heaven!

Holy God! Holy might One! Holy immortal One, have mercy on us!

Immaculata – Immaculate Conception

New Advent's Catholic Encyclopedia website:
<http://www.newadvent.org/cathen/07674d.htm>

Prayer Card:
http://www.catholicprayercards.org/Holy_cards_of_Virgin_Mary/immaculata-marian-dogma-card



3rd Marian Dogma Mary's Immaculate Conception

"The most Blessed Virgin Mary, from the first moment of her conception, by a singular grace and privilege from Almighty God and in view of the merits of Jesus Christ, was kept free of every stain of original sin." This was proclaimed as an independent dogma by Pope Pius IX in his Apostolic Constitution "Ineffabilis Deus" (December 8, 1854).

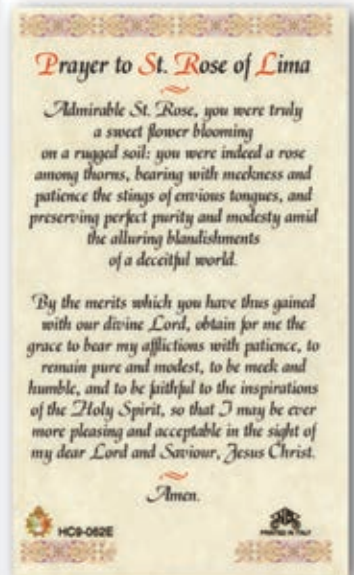
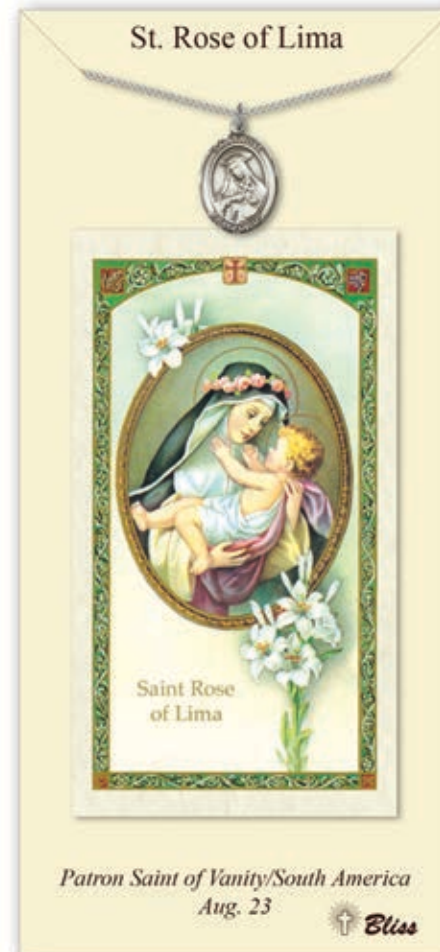
Mary, you are the vessel and tabernacle containing all Mysteries. You know what the patriarchs did not know; you experienced what was not revealed to the Angels; you heard what the prophets did not hear. In short, everything that was hidden from preceding generations was made known to you... -St. Gregory the Wonderworker - 270

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 email: orders@CatholicPrayerCards.org Card #508

St. Rose of Lima

New Advent's Catholic Encyclopedia website:
<http://www.newadvent.org/cathen/13192c.htm>

Prayer Card: <http://catholicshopping.com/products/prayer-card-st-rose-of-lima>



St. Francis de Sales

New Advent's Catholic Encyclopedia website:
<http://www.newadvent.org/cathen/06220a.htm>

Prayer Card:
<http://www.catholicprayercards.org/catalog/item/4235164/4476244.htm>



St. Francis de Sales
 1567-1622
 Doctor of the Church
 Memorial - 24 January

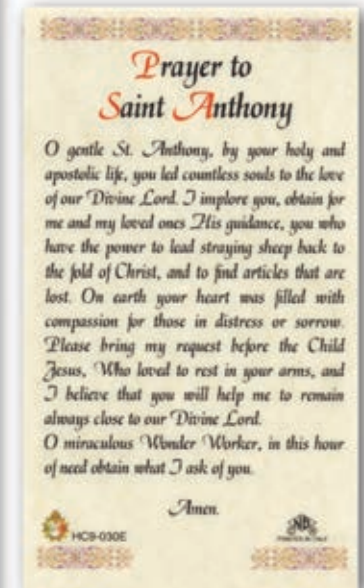
The everlasting God has, in His wisdom, foreseen from eternity the cross that He now presents to you as a gift from His inmost heart. This cross He now sends you He has considered with His all-knowing eyes, understood with His loving mind, tested with His wise justice, warmed with His loving arms, and weighed with His own hands, to see that it be not one inch too large and not one ounce too heavy for you. He has blessed it with His holy name, anointed it with His grace, perfumed it with His consolation, taken one last glance at you and your courage, and then sent it to you from Heaven, a special greeting from God to you, an alms of the all-merciful love of God. - St. Francis de Sales

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St Anthony of Padua

New Advent's Catholic Encyclopedia website:
<http://www.newadvent.org/cathen/01556a.htm>

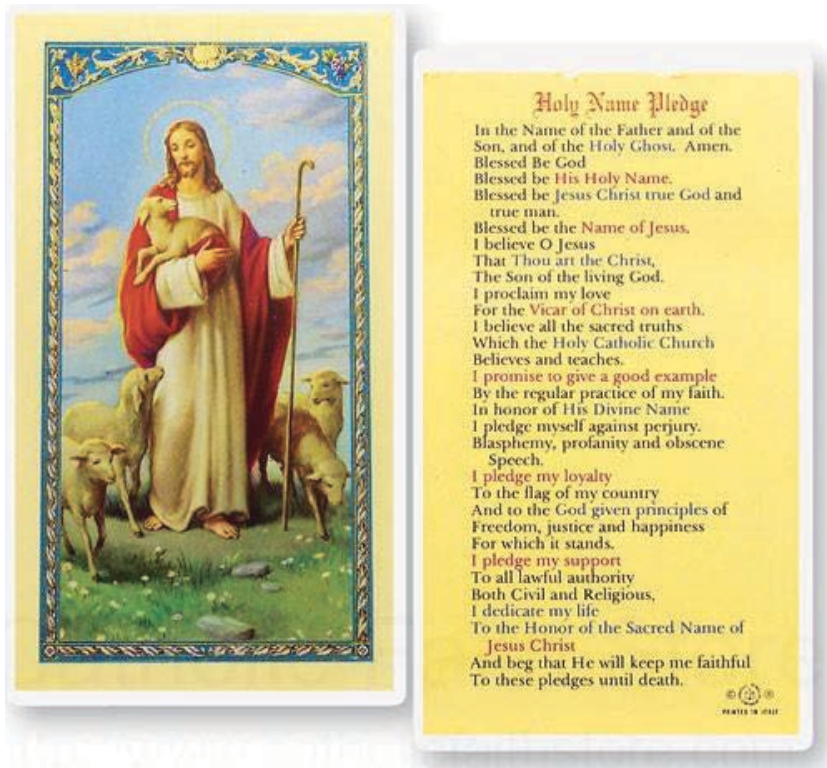
Prayer Card: <http://www.heavenlydivinecustomrosary.com/pc7004pw-bliss-st-anthony-of-padua-prayer-card-pendant-gift-set.html>



Holy Name

New Advent's Catholic Encyclopedia website:
<http://www.newadvent.org/cathen/07421a.htm>

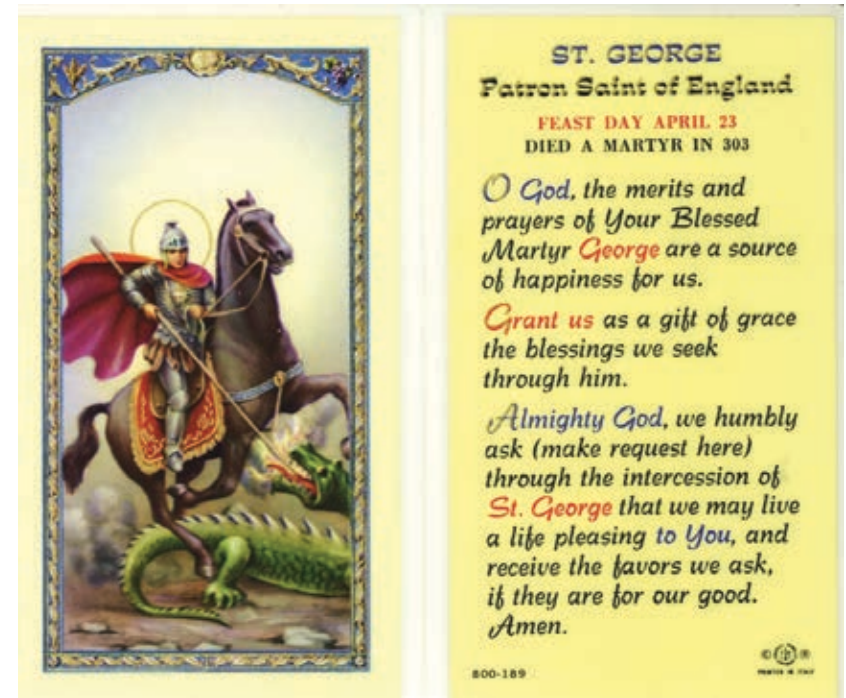
Prayer Card:
<http://www.catholicfaithstore.com/Store/Products/SKU/d59c/Holy-Name-Pledge-Laminated-Prayer-Cards-25-Pack.html#.Vv3qdK4j36I>



St. George

New Advent's Catholic Encyclopedia website:
<http://www.newadvent.org/cathen/06453a.htm>

Prayer Card:
<http://www.adoremusbooks.com/stgeorgeprayerholycard800-189.aspx>



St. Monica

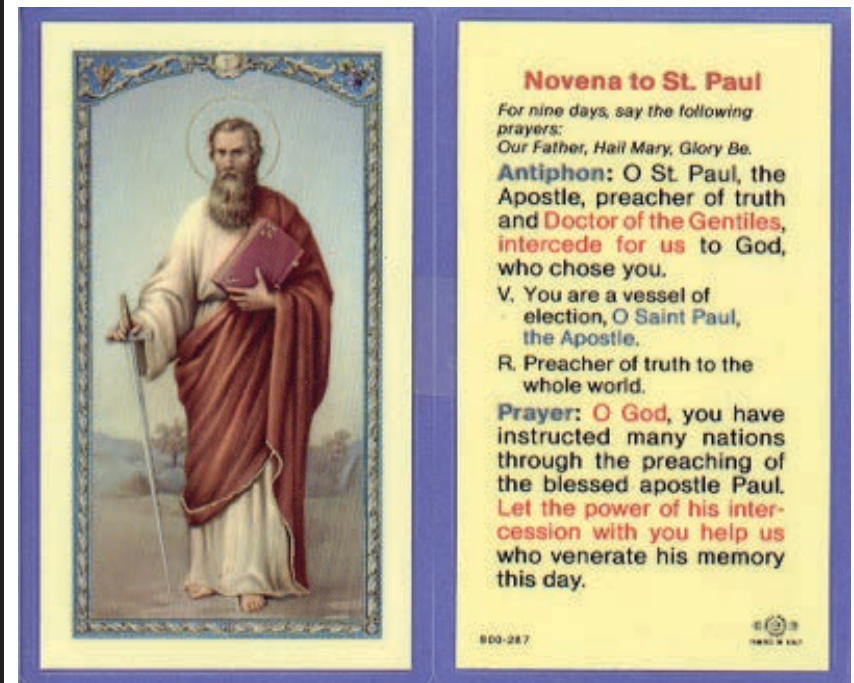
New Advent's Catholic Encyclopedia website:
<http://www.newadvent.org/cathen/10482a.htm>

Prayer Card:
<http://www.catholicfaithstore.com/Store/Products/SKU/d540/St-Monica-Prayer-Biography-Laminated-Prayer-Cards-25-Pack.html#.Vv3tEa4j36I>

**St. Paul**

New Advent's Catholic Encyclopedia website:
<http://www.newadvent.org/cathen/11567b.htm>

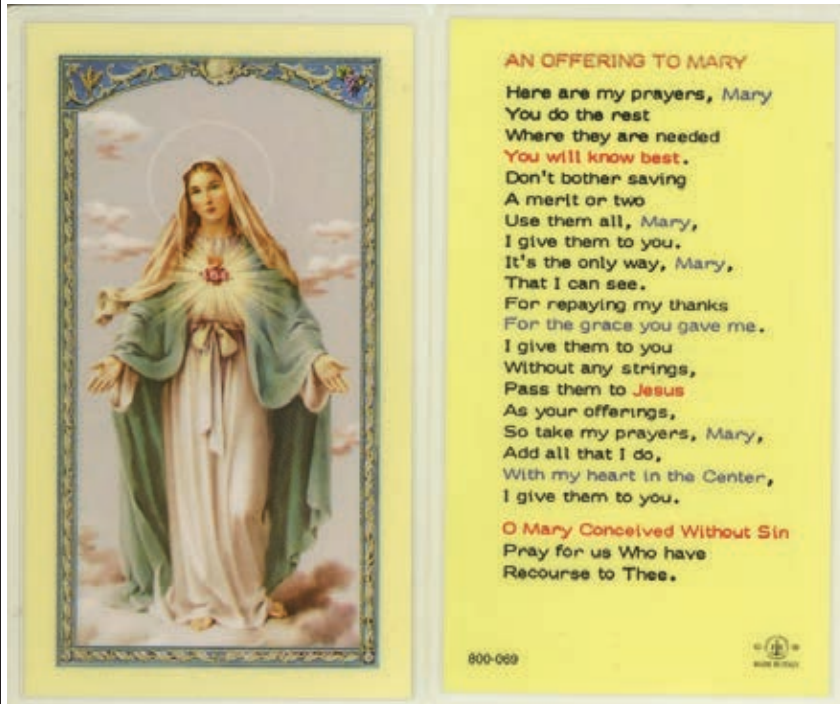
Prayer Card: <http://www.catholicstore.com/browseproducts/St-Paul-Novena-Holy-Card.HTML>



St. Mary

New Advent's Catholic Encyclopedia website:
<http://www.newadvent.org/cathen/15464b.htm>

Prayer Card:
<http://www.adoremusbooks.com/anofferingtomaryholycard800-069.aspx>



St. Francis of Assisi

New Advent's Catholic Encyclopedia website:
<http://www.newadvent.org/cathen/06221a.htm>

Prayer Card:
http://www.catholicprayercards.org/Holy_cards_of_Male_Saints/saint-francis-of-assisi-prayer-card.html



"Let the whole of mankind tremble, the whole world shake and the heavens exult when our Lord Jesus Christ, the Son of the living God, is present on the altar in the hands of a priest! O admirable heights and sublime lowliness! O sublime humility! O humble sublimity! That the Lord of the universe, God and the Son of God, so humbles Himself that for our salvation He hides Himself under the little form of bread! Look, brothers, at the humility of God and pour out your hearts before Him! Humble yourselves as well, that you may be exalted by Him. Therefore, hold back nothing of yourselves for yourselves so that He who gives Himself totally to you may receive you totally."

"Preach the gospel always. If necessary, use words."

"Nothing should upset a servant of God except sin."

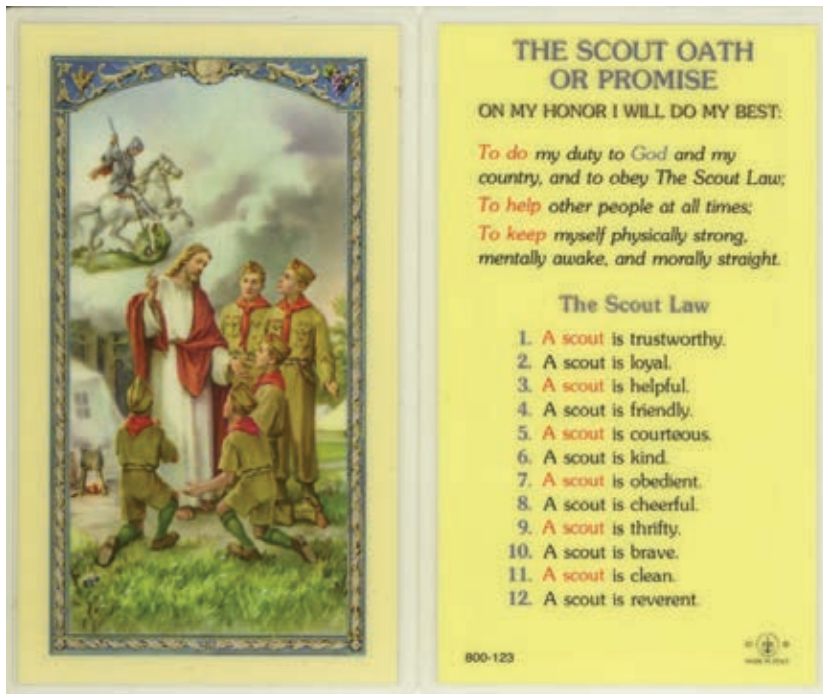
St. Francis of Assisi

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St. George

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<http://www.newadvent.org/cathen/06453a.htm>

Prayer Card:
<http://www.adoremusbooks.com/theboyscoutoathholycard800-123-10pack.aspx>



St. Mary

New Advent's Catholic Encyclopedia website:
<http://www.newadvent.org/cathen/15464b.htm>

Girl Scout Prayer Card:
http://www.catholicfaithstore.com/Store/Products/SKU/d5cc/The-Girl-Scout-Promise-Laminated-Prayer-Cards-25-Pack.html#.VwSEMK4u_gU

