



LIFE IS A
pilgrimage
AND WE ARE
pilgrims



20 April - 8 May 2024
Ignatian Way
accompanying St. Ignatius
to Rome (1523 - 1556)

later, did I realize that this pilgrimage started at home in Singapore. from the training walks - we begin to appreciate the beauty of our home, our environment, our country, our companion



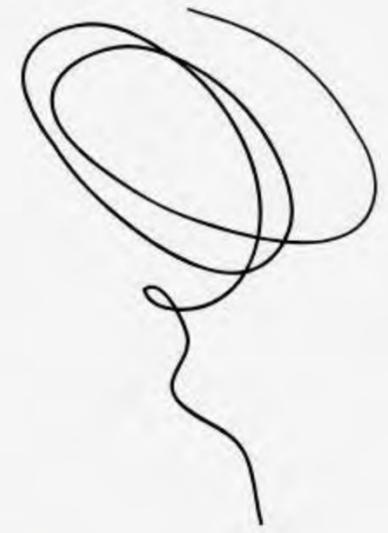
our local otters!



pauline - my companion



punggol



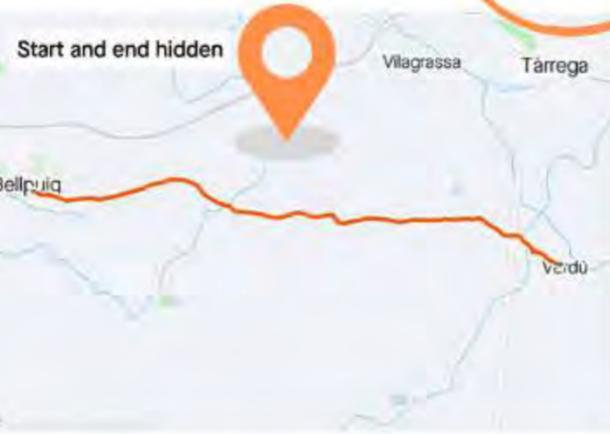
bird singing competition



jurong lake

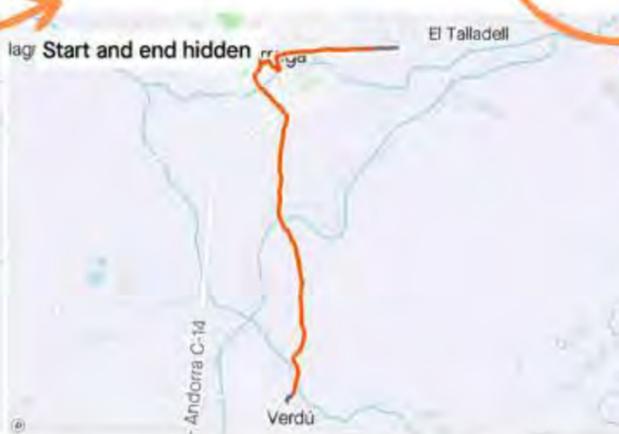


21.04.2024-Bellpuig to Verdu Sant Pere Claver



Distance **12.58 km**
 Steps **16,744**
 Moving Time **2:34:15**
 Elevation Gain **169 m**

Morning 22.04.24~Verdu to Tarrega



Distance **7.08 km**
 Steps **9,280**
 Moving Time **1:26:32**
 Elevation Gain **62 m**

22.04.2024 To Cervera...from Tarrega... Forgotten to stop the activity as too tired n hungry 😊



Distance **12.97 km**
 Steps **15,332**
 Time **2h 29m**

26.04.2024 Montserrat to Manresa



Distance **26.02 km**
 Steps **37,856**
 Moving Time **5:40:08**
 Elevation Gain **475 m**

24.04.24 Jorba to Montserrat



Distance **18.87 km**
 Elev Gain **612 m**
 Time **4h 4m**

23.04.2024 Cervera to Jorba



Congratulations, this activity is your longest walk on Strava!

Distance **32.55 km**
 Steps **43,192**
 Moving Time **6:06:47**
 Elevation Gain **318 m**

28.04.2024 Manresa to Castellbell i El Vilar



Distance **22.70 km**
 Steps **32,656**
 Time **5h 3m**

29.04.2024 Castellbell i el Vilar to Terrassa (train ride from Manresa to Castellbell i el Vilar)



Distance **28.43 km**
 Elev Gain **679 m**
 Time **6h 35m**

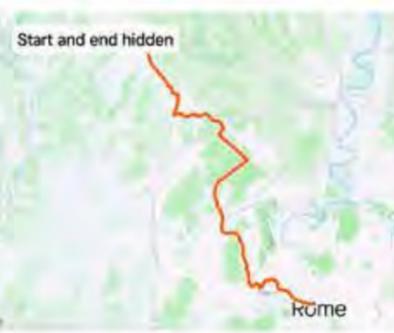
30.04.2024 Terrassa to Barcelona (College St John Bosco)



Congratulations, this activity is your longest walk on Strava!

Distance **35.89 km**
 Steps **46,840**
 Moving Time **7:20:24**
 Elevation Gain **569 m**

5 May 2024 La Storta (Residence of Our Lady of Sacro Cuore) to Rome ~ Gesu Hostel



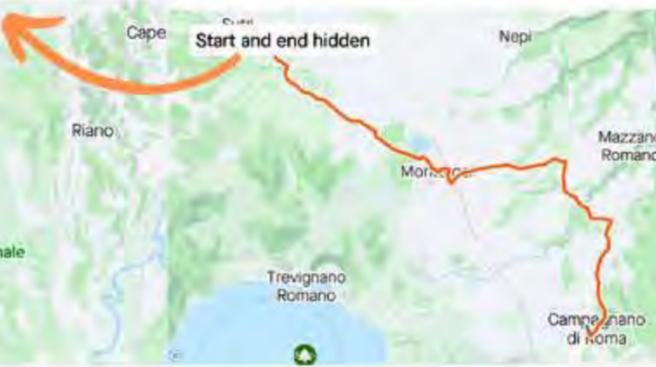
Distance **24.82 km**
 Steps **34,698**
 Moving Time **5:08:34**
 Elevation Gain **229 m**

4 May 2024 Campagno di Roma to La Storta



Distance **23.99 km**
 Elevation Gain **499 m**
 Moving Time **4:53:32**
 Steps **32,116**

3 May 2024 Residence at Sutri to Residence at Campagnano di Roma



Distance **27.68 km**
 Steps **37,034**
 Moving Time **5:44:20**
 Elevation Gain **343 m**

6 May 2024 ~ 7 churches pilgrimage



Distance **32.67 km**
 Steps **38,886**
 Moving Time **6:20:39**
 Elevation Gain **219 m**



P. Josep Lluís Triberrisj.

Fr Josep, a devoted servant of God, a shepherd to us pilgrims. He said in the evaluation 'I enjoyed the walk. It has been a good group. I'm happy that God gives me this work to do... a treasure, a gift to me... God giving me through you.'

His heart is always in the right place, a grace from God for us to sense this Jesuit's care for us.

A blessed spiritual guide as well as a pilgrim himself, deepening our experiences with his generous sharing of his knowledge and encounters.

The one priest who marks tree trunks, rocks, walls, poles with orange paint to guide many onto the right paths!

Fr Josep, you're God's gift to us all!



MEMORABLE SLEEPING PLACES & SURVIVAL TIPS

A 'doorless' room at Cervera



Enough space to only either open your luggage or lie on the bed. I realized – do only one thing at a time to get through it.

7-in-1 dormitory in Campagnano



We were prepared that it may be a difficult living space in Campagnano. To our surprised, it turned out ok after all. It used to be a shelter for refugees. It was clean and comfortable enough. Having no expectations helped to be not disappointed. That applies to life too huh?

7-in-1 3-bedroom house with 1 bathroom in Sutri



sharing a bed with my companion

What happens when there's only 1 bathroom for 7 pilgrims?

"Who needs to shower in the morning?"
3 hands went up.

"Ok, here's the schedule
6.45am – Kar Im
7.15am – Pilar
7.45am – Fr Josep
Be ready to leave by 8.30am"

For those who were not allocated time, we just had to be on the alert and 'steal' the bathroom when it was empty, but before the turn of the person scheduled to use it.

Thank God that none of us had any bathroom emergency for that stay. Be always alert and fast – that's the lesson!



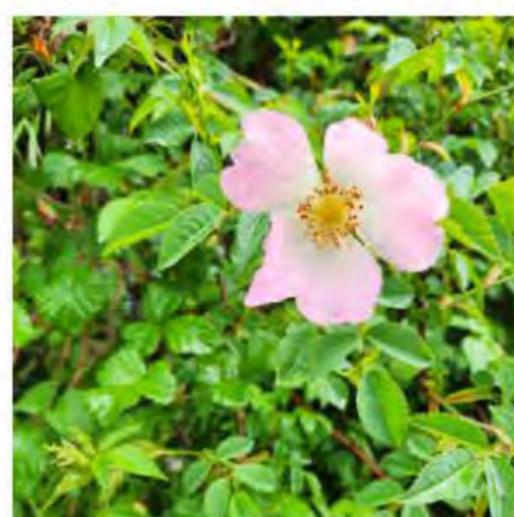
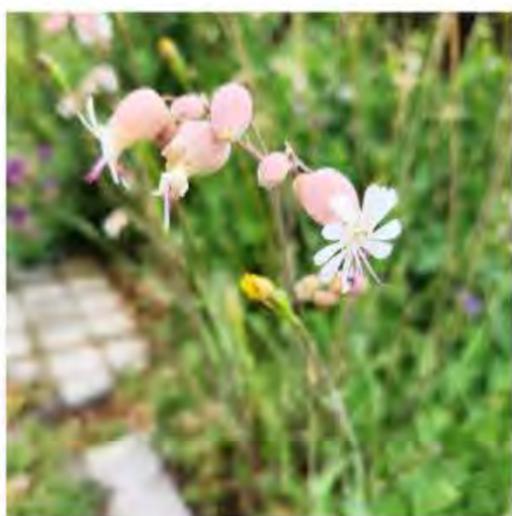
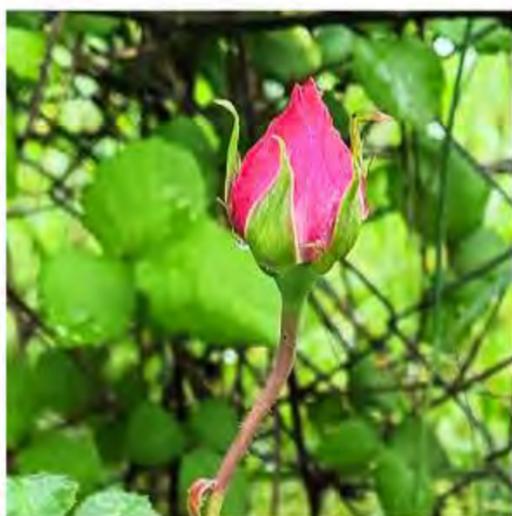
FLOWERS



GOD'S CREATION

'Who would like to take a pic?'

Like kids, all the pilgrims rushed to be in the frame! Who could resist to be in God's colourful creation?



Pilgrim Kar Im

'LET IT BE NEW SHOOT
AND LET IT GROW'

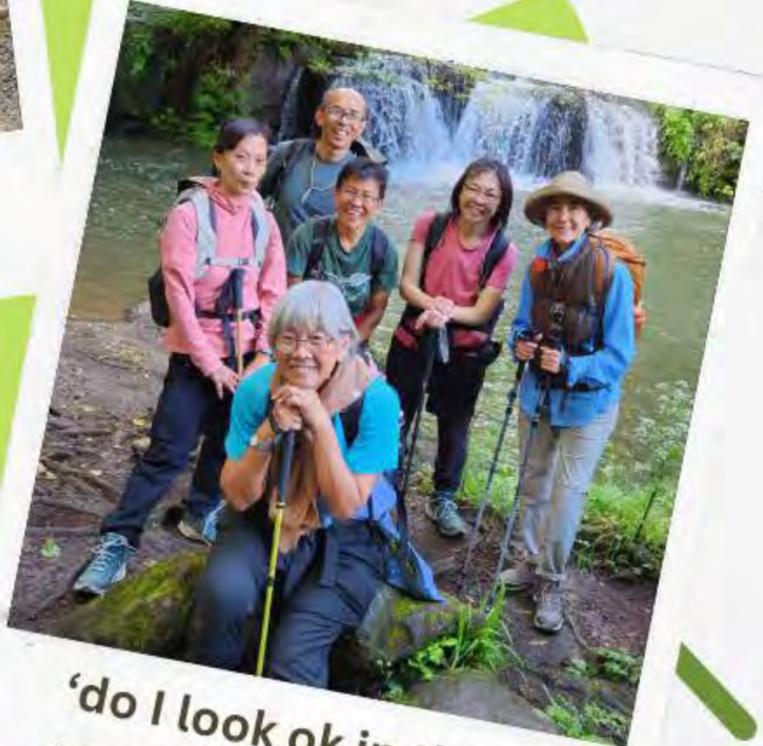


stop for a pic
together



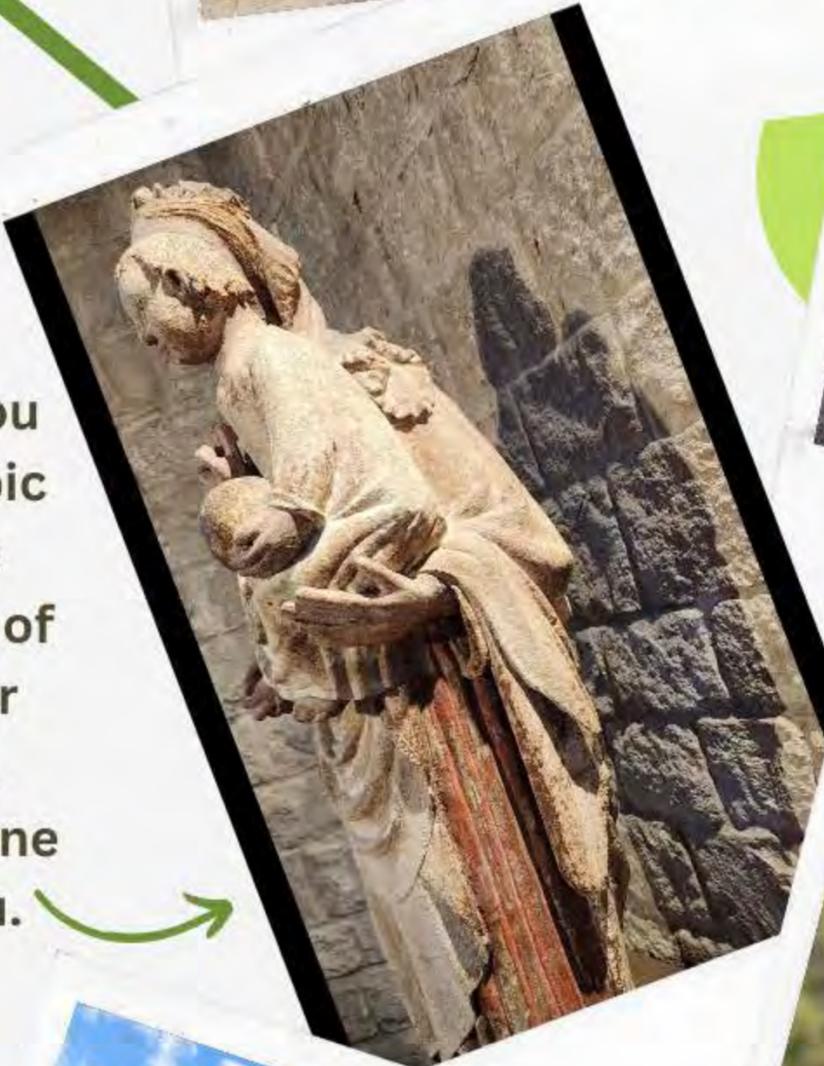
'take a nice pic
for me'

silently
walking,
slow and
steady

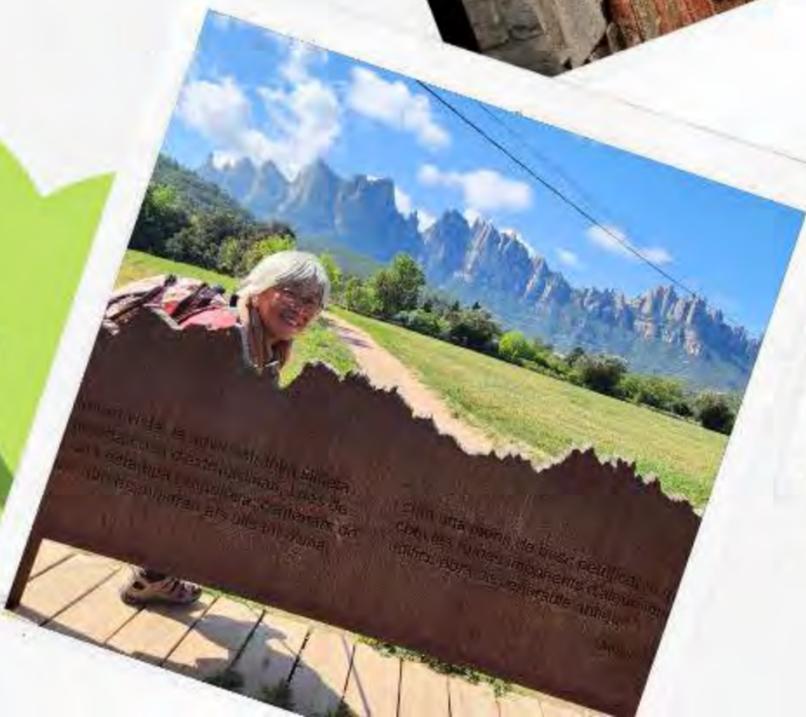


'do I look ok in this pic?'
you look perfect Kar Im!

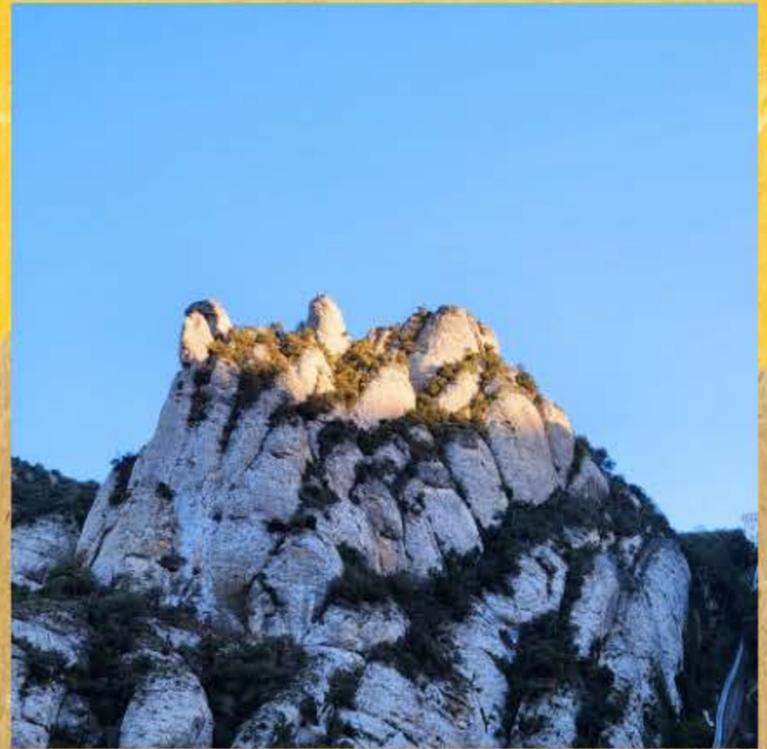
I saw you
taking pic
of the
shadow of
Mother
Mary.
Here's one
for you.



we shared stories of joy,
sadness & growth ... thank
you for the memories!



Pilgrim Pilar



an amazing lady... always ready to scale a mountain...



... and always ready to give us nuts, literally ...

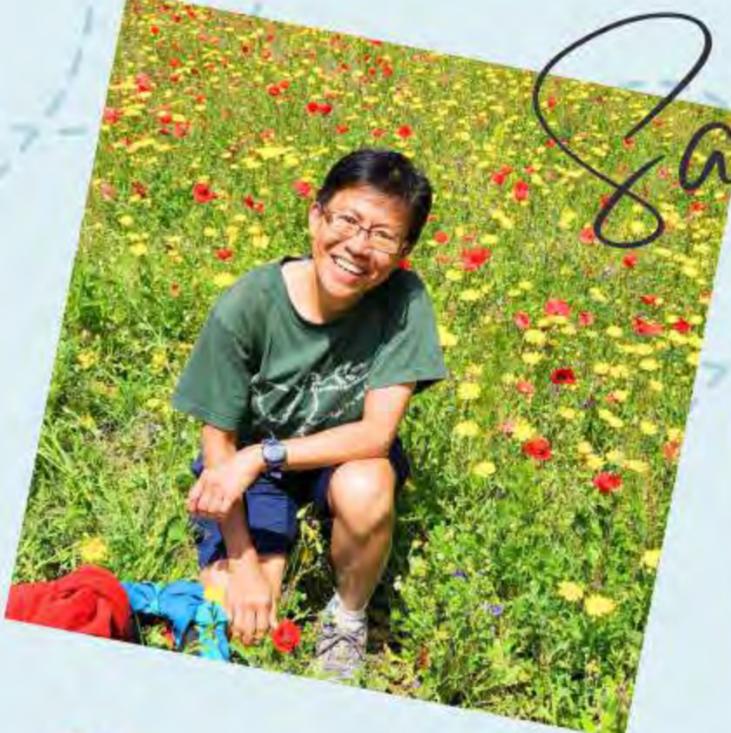
... and always walking at a consistent pace ...



Your energy is UNBEATABLE!



... and thank you for sharing your positivity.



Safete

... one who has walked the Camino Ignaciano twice (600km each time) and doing it 3rd time



no hiking pole



... one who walked this Camino without a hiking pole, rain or shine...



PILGRIM VERONICA



... one who is always at the front of the group, looking out for "veronica... veronica... veronica.." shouted Fr Josep



Cheers!



Pilgrim Ian

a God-fearing person
a reflective person
a spiritual person
a learned person
a humble person
a deep thinker

*A Faithful who
has inspired me
to know more
about God by
how you live the
faith*



**Thank you for
sharing your
gifts with me all
these years**

"you are who you are" - pilgrim ian

SPAIN

#happetheartsmovement

Pilgrim Pathline

**"an exterior
beginning & the
process of interior
changing"**



So thankful
that we've
shared many
beautiful, joyful
& even
hilarious
moments in the
pilgrimage.



Like the
sunflower, may
you continue to
grow in the
LIGHT.



P.S. I like this pic 'cos you express freedom in this pic!



A pilgrim & companion for life...



our walking routine



① direction & prayer

We start the day with Fr Josep explaining St. Ignatius' footsteps in the day's journey. He then gives us direction on the reflection points, using St. Ignatius' Spiritual Exercises. Next comes the prayer asking God for grace to discern and protection for the walk and we pray the Lord's prayer to start meditation.

② Pilgrim song

After prayer, we sing the pilgrim song

We are pilgrims on a journey
we're companions on the road
we are here to help each other
walk the miles and share the load

④ pit stops

We make a few pit-stops along the way - places significant to St. Ignatius.

In this picture, Fr Josep explained that this was the bridge in the town of Vilomara that Inigo bid goodbye to his friends. With a few crusts of bread, he left his friends to follow Jesus on his way to Rome.



P.S. No, we didn't bid goodbye to each other because we were all going to Rome, following St. Ignatius' footsteps.

③ Silence - walk & reflect

With the silence, we are more able to open our eyes to God's creation, our ears to listen to God speaking to us, and our heart to God's prompting.

P.S. this is my favourite part of the pilgrimage



⑤ Thanksgiving & fellowship!

At the end of the silence walk, we give thanks to God for bringing us to safety for the day and end our meditation and walk with Glory Be.

At our own comfort, we share our reflections with other pilgrims and there are lots of opportunities for fellowship.



SHOES, MUD, SINS

Day 9 - A rainy day, the most **miserable** day of the pilgrimage. However, it was also the most **memorable** one.



walking in the mountain kept us warmer but we had to deal with the mud



walking along the road was freezing as there were no trees to block the wind

'tzer wee, it's no use (dipping my shoes in the puddle of water) as you'll have mud again' said Fr Josep as he saw me doing it twice.

the hiking shoes (with thick layer of mud) was weighing me down. it didn't help going up and down the mountains with a pair of heavy shoes. I was trying to get rid of as much mud as I could. I knew it would accumulate again, but still a little lighter is a little relief.

sins are like the mud... it weighs us down... it's a barrier from moving forward... it accumulates when we don't do anything about it.



reached the town of Terrassa after 25 km but still a few more kms to our accommodation

the night was spent drying the shoes

1. remove the soles
2. wash the soles & shoes
3. squeeze as much water out as possible with the help of a towel
4. place them on the heater over the night

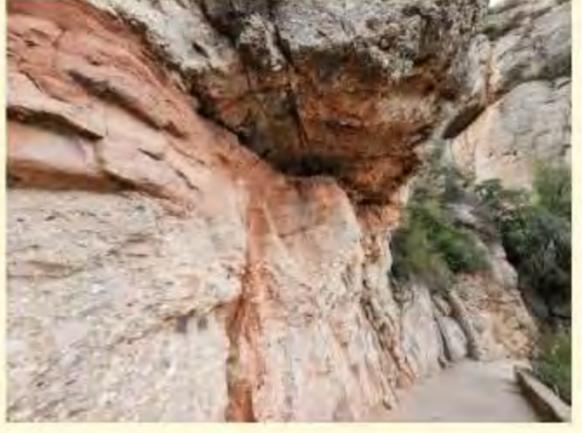
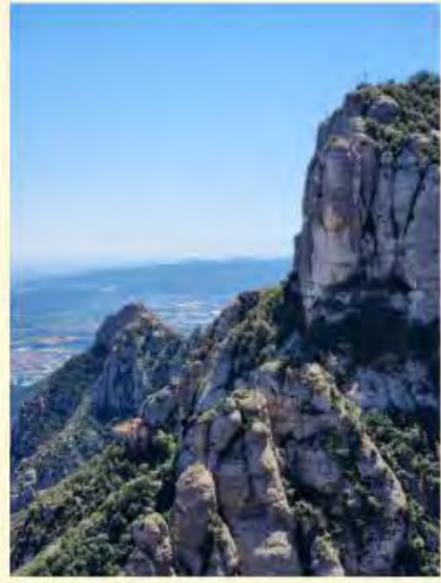


Thank God that the soles were almost dry, good enough for us to walk in comfort the next day. Our efforts paid off!

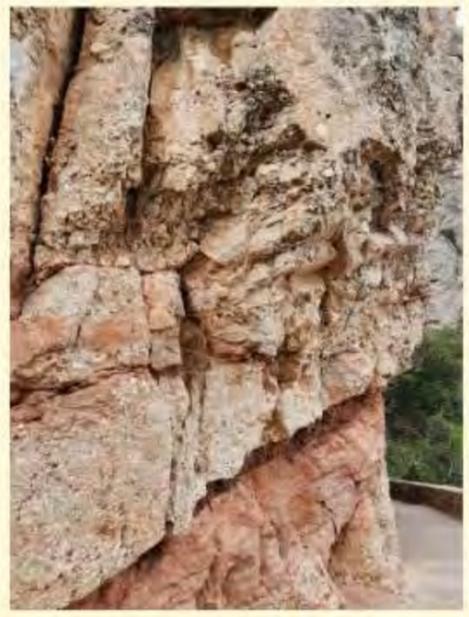
Santa Cova de Montserrat



All bundled up as it was very cold. A hike was cancelled due to the fog. We decided to walk to Santa Cova instead for some quiet time and meditation



The mountains surrounded me as I walked the path towards Santa Cova. I was just in awe of God's creation and wanted to give glory to the Creator. I broke out in tongues. Surprisingly, the cold no longer bothered me. I was full of joy. When I entered the cave, the praying in tongues turned to singing in tongues, which was a whole new experience for me. That joy was indescribable! I was filled with gratitude for the grace.



*Singing in
tongues*



onwards to Castellbell i El Vilar



leaving Manresa ...



Picked 2 figs (brown skin suggest it might be rip) from a tree, wanting to try. When I turned them around, they were still green! What I see is not what I get. That's life sometimes, isn't it? Be ready to always establish the truth first.

For the first part of the walk, the path was full of rocks. It helped that the pilgrims pointed out loose rocks to each other so that we could avoid stepping on them to prevent twisting our ankles.

These rocks slowed down the walk as we need to be extra careful. Like sins, they are barriers for us to grow closer to God. The pilgrims pointing out loose rocks are akin to people guiding us along the way in our faith journey, calling out pitfalls.



The steps up and down can be rather high. I learnt a new (and safer) way to get down a high step (for me with short legs)!



Love this nature-created bridge! Marching forward! What a nice frame :)



Such joyful smiles!





It was at Storta, in this chapel that the Trinity communicated to Ignatius a very elevated grace - that the Trinity accepts him to serve as a servant of Jesus. Here he felt transformed in his soul and that he is fully accepted and introduced into Trinitarian life



Here in this chapel, Fr Josep celebrated Mass, 4 May 2024.

Here in this chapel, I was touched by the love of God. Here in this chapel, tears of joy and gratitude flow with the hymn 'Be not afraid'.



I read the 2nd reading at Mass:

Beloved, let us love one another: for love is of God, and he who loves is born of God and knows God. he who does not love does not know God; for God is love. In this the love of God was made manifest among us, that God sent his only Son into the world, so that we might live through him. In this is love, not that we loved God but that he loved us and sent his Son to be the expiation for our sins. 1 Jn 4:7-10



Teressa to Barcelona ~ 36km

THE LONGEST WALK.....



Cathedral-Basilica of the Holy Spirit



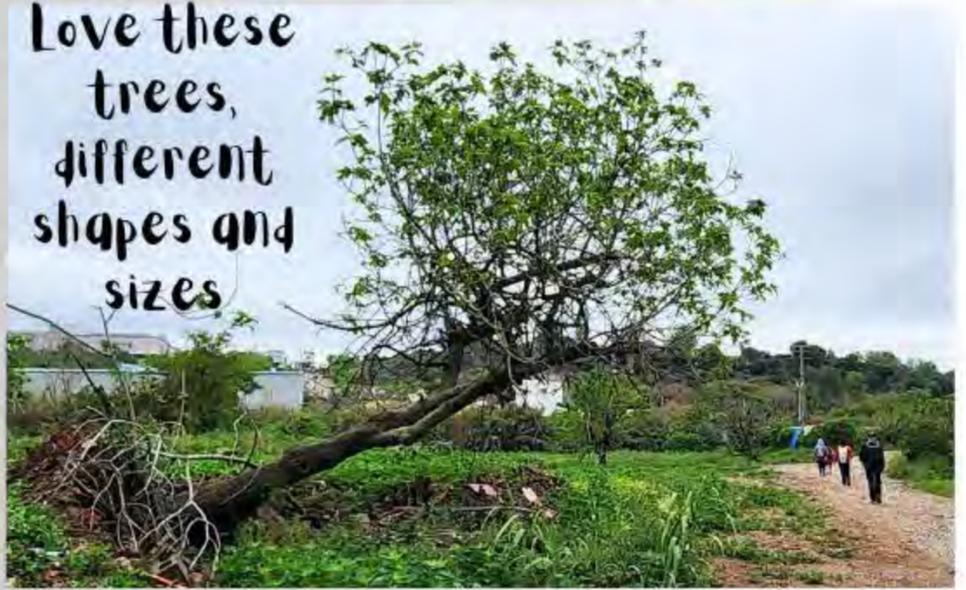
A lesson on discernment. This castle was never finished. Discern before you do anything.



A pilgrim trying to cross the road when the light was red. Discern!!

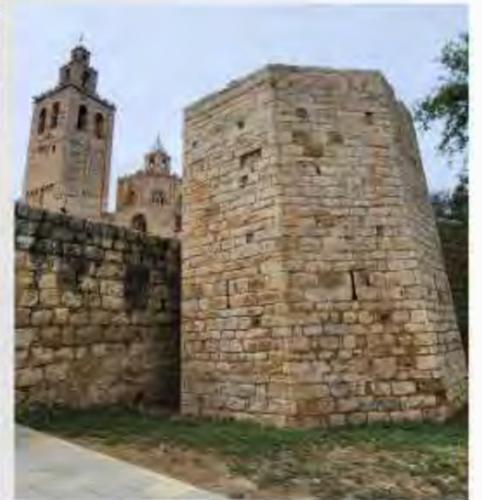


Love these trees, different shapes and sizes



Teressa to Barcelona ~ 36km

Zoom in to see our destination!



Parish church of Sant Cugat. It used to be a monastery

STILL WALKIN...



trees...



We were happy and relieved when the city of Barcelona finally came into sight... let's press on, more kms to complete.

trees...



trees...





This hike was not easy, with many overhanging branches, wild grasses blocking the way and thorny bushes. I was wearing shorts and had to be more focus in not getting pricked by the thorns. (p.s. That's me with the umbrella.) Pilgrim Ian was going through anxiety and distress too as his HP went blank suddenly. All turned out well after all :)



white morning glory - 1st time for me.



thorny bushes as tall as me!



beautiful clouds



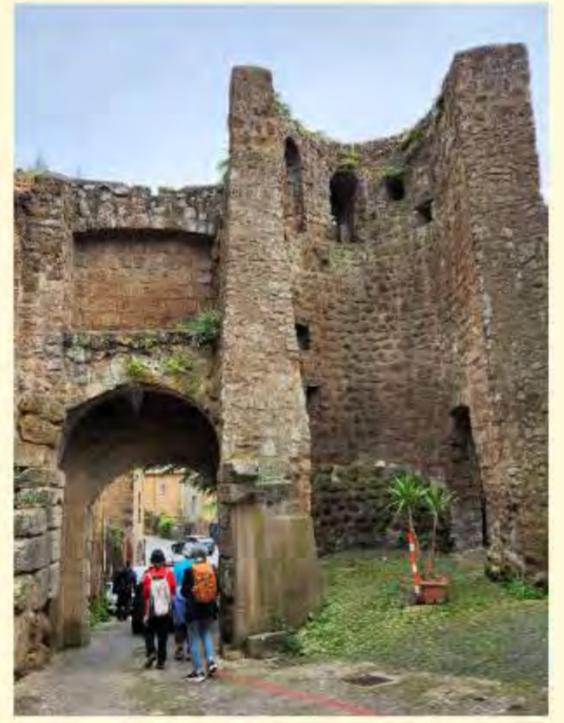
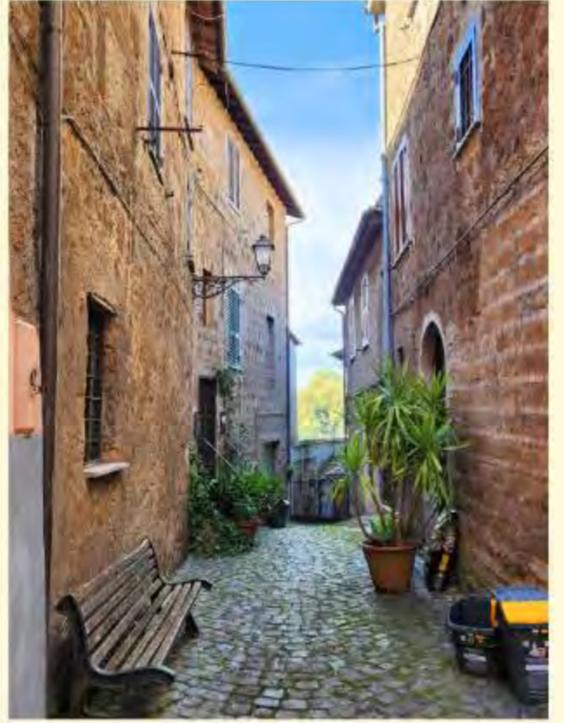
warmth from the sun

Here we come, Rome.

Question to ponder - what will help me to walk with and to become like Jesus?



Sutri - charming and historic



Church of the Madonna del Parto, Sutri



Resembling a rock tomb complex, this church is entirely excavated into the tuff rock. It was first dedicated to the cult of the Archangel Michael, later to the Madonna and today it bears the name of Santa Maria del Parto.



Here are preserved some of the most significant frescoes, attributed to the 14th century



Amphitheatre

This Roman theater was crafted into the local tuff rock and was rediscovered during the 19th-century. It consists of 3 levels and estimated could hold up to 9000 people. Elliptical in shape, it represents a rather unique example of Roman architecture. Ten gates allowed access to the podium.



Very fascinated by the trunks of these trees. Look sturdy and strong. What do you see?



We arrived in Rome



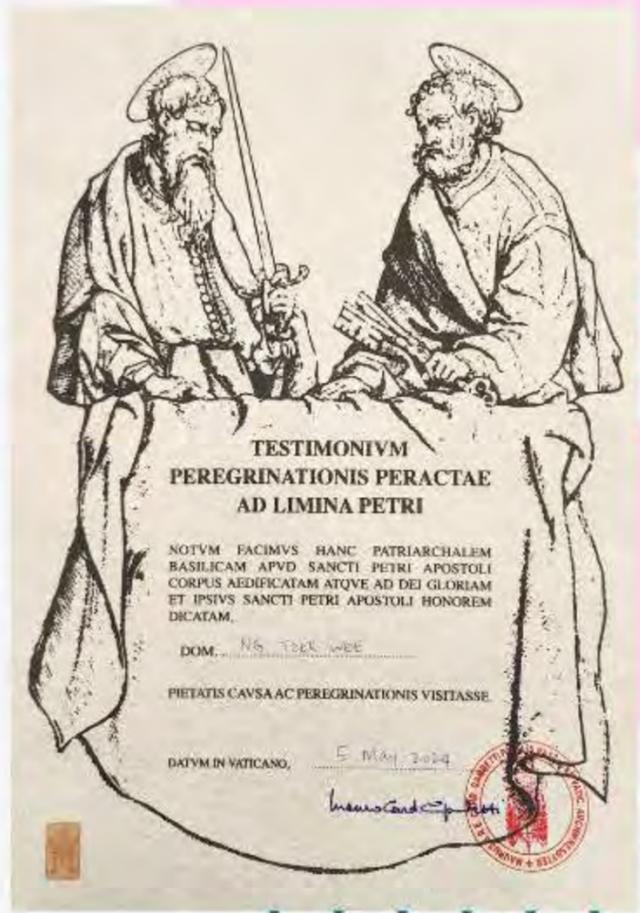
Almost there...



tired but happy faces!



285km in exchange for this credential



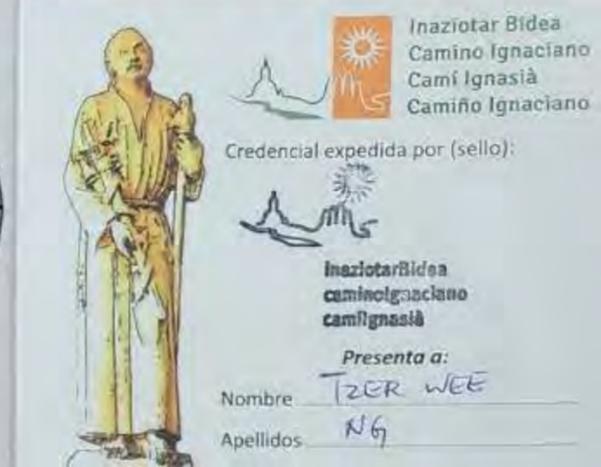
fresh faces after Mass



food for thought



nd taught
d guided
ersion just
bled him
e Ignatius
gradually
gnatius to
p of other
tiny in life
with our
travelers?
in a deep
ved from
and serve



Mother church of the
Jesuits, built in 1568,
12 years after St.
Ignatius' death

Church of the Gesù



Rooms of St.
Ignatius



He died here
Father Ignatius
31-7-1556



The last Mass for the
pilgrimage was celebrated in
St. Ignatius' room

Montserrat



walking away from the mountain



walking towards the mountain

We are asked to walk in the Light

Overhead
light from
the sun
(shines
the way
for us)



The
Sanctuary
of the
Madonna
del Sorbo
(on the
way to La
Storta)

Sunset
light at
Cereva
(respite)



Shadow from
the light
(clarity)

shadows
from the
light
(warmth
of being
together)



Reflection
from the light
(self-
awareness)

ON the way from Jorba to Montserrat



Few other moments...



*(In Rome) Fr Josep said 'lock your love here and throw the key away'.
Let our love for God be locked forever!*



P.S. Did Fr Josep also said that he'll keep a spare key?



*May we be like the plant and the wildflowers
and grow in any circumstances.*

Still fascinated by the trees



I love these moments and title them - 'Doing our own things'



A few more...



Catolonia donkey - unique as it has a white patch around its eyes.

Amazed how the person came up with the password. Super!

QUI WiFi
FRITZ! BOX 7590DE
PASSWORD
39932023988087064995.

«L'originalitat consisteix a tornar a l'origen»

«La originalidad consiste en volver al origen»

“Originality consists in returning to the origin”

Antoni Gaudí

'In God alone my hope
In God alone my strength
In God alone my shelter be
My home, my heart, my liberty'

We walk in solidarity with the Happee Hearts Movement and raised S\$44,770 to support adults with intellectual disabilities and their dedicated caregivers. We thank all who have supported this cause. All thanks and glory be to God!

NEWSLETTER

Issue 6 | 28 June 2024



IDHealth
AN INITIATIVE BY
HAPPEE HEARTS
MOVEMENT



JOURNEY OF HOPE

Congratulations to Dr. Ian and his friends - Tzer Wee, Pauline, and Im for successfully completing their extraordinary pilgrimage along the historic Camino Ignaciano, whilst raising funds for us! Covering 285km of diverse terrain, this journey mirrored the challenges faced by adults with intellectual disabilities (ID) and their dedicated caregivers.

Inspired by these silent heroes, the 'Journey of Hope' fundraising campaign raised an impressive \$44,710 for Happee Hearts Movement. The support directly aids in providing essential healthcare services, ensuring that adults with ID and their caregivers continue to lead lives filled with meaning and joy.

Finally...



A made-up story: A shepherd went begging with his flock, from door to door for food and accommodation. They were rejected by yet another and left in disappointment. The shepherd said "Keep faith, keep walking. We are pilgrims."

