



CREDO

Seeing Jesus through Mary's eyes

THE SHRINE OF OUR LADY OF WALSINGHAM

YOUTH PILGRIMAGE

MONDAY 4TH - FRIDAY 8TH AUGUST 2025

A Young Person's Guide



A Guide to the Youth Pilgrimage for Young People

Journey

The **journey** to Walsingham is a time to prepare yourself for the pilgrimage. It's like leaving your everyday life behind and getting ready to spend time with God.



First visit

The **First Visit** is a chance to be welcomed to Walsingham. During this time you will hear the Walsingham story and think about the week's theme. You will be introduced to members of the Ministry Team and other key people. We will then process to the Shrine and visit the Holy House, where your group will present their candle.

Mass

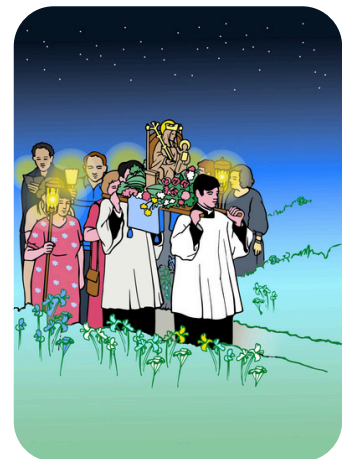
The four **masses** take place in the Big Top. This tent becomes our church, our prayer space, our home with God.

During mass we will have the usual lively music from CJM, the opportunity to learn and worship, and you will be offered Holy Communion – the consecrated bread – if you take this usually at your home church. If not, you will be offered a blessing.

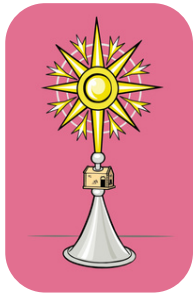
Top tip: because the blessed bread has become part of Jesus, it's very important that it is eaten as soon as you are given it and not kept for later.

Procession of Our Lady

We will have the chance to **process** with the image of Our Lady of Walsingham around the village. We will start in the Abbey grounds – the site of the first Holy House – and end at the Shrine grounds for **Benediction**. As we process, we will recite the rosary. This ancient prayer cycle is a way of thinking about important times in Jesus's life and relating them to our own, asking Mary to join her prayers with ours.



Benediction



Benediction is a beautiful time of silent prayer in front of a monstrance, which holds a piece of bread that has been consecrated. This means the bread has become a part of Jesus, in a way we don't really understand, but Jesus is present with us in a special way.

Healing Ministries

On Wednesday evening, you will be offered four different **healing ministries**:

Sprinkling – this is receiving the water from the Walsingham Well in three different ways: a sip to drink, the sign of the cross on your forehead and water poured into cupped hands. It's a reminder of refreshment, healing and prayer.

Anointing – a priest will put some special, holy oil on your hands and forehead as a sign of God's love and for healing and renewal.

Laying on of hands – if you would like someone to pray for you, this will also be available.

Confession – priests will be available to hear confessions. If you have not confessed before, they will guide you through what to do. It's a chance to say out loud things you have done wrong in front of God and to say sorry for them.

Prayer Tent

The **Blessed Sacrament** tent will be set up with a variety of prayer spaces for you to access either on your own or in groups. It's a calm space for prayer and contemplation. The blessed sacrament will also be reserved in there, so you can spend some quiet time with Jesus. On the next page are some prayers to help you if you would like to use them.

Need to talk?

If you need to **talk**, in the first instance, go to one of your group leaders. If you want to chat to someone else, a member of the Ministry Team, Chaplaincy Team, or our Safeguarding Officer (Caroline Ward) can be available. Just come and ask in the Hub.



Useful Prayers

PRAYER TO OUR LADY OF WALSINGHAM

O Mary, recall the solemn moment when Jesus, your divine Son, dying on the cross, confided us to your maternal care. You are our Mother, we desire ever to remain your devout children. Let us therefore feel the effects of your powerful intercession with Jesus Christ.

Make your name again glorious in this place once renowned throughout our land by your visits, favours and many miracles. Pray, O holy Mother of God for the conversion of England, restoration of the sick, consolation for the afflicted, repentance of sinners, peace to the departed.

O blessed Mary, Mother of God, our Lady of Walsingham, intercede for us. Amen.

THE LORD'S PRAYER

Our Father who art in heaven, hallowed be thy name.

Thy kingdom come, thy will be done
on earth as it is in heaven.

Give us this day our daily bread and forgive us our trespasses
as we forgive those who trespass against us.

And lead us not into temptation
but deliver us from evil.

HAIL MARY

Hail Mary, full of grace, the Lord is with thee.

Blessed art thou amongst women
and blessed is the fruit of thy womb, Jesus.

Holy Mary, Mother of God,
pray for us sinners now
and at the hour of our death. Amen.