

JUBILEE 2025
PILGRIMS
OF HOPE

Journeying as Older People

In this Jubilee Year, we were invited by Pope Francis to be, '**Awakened to hope**'. He said, 'Hope does not expire, because it is based on the fidelity of God. The hope of the Spirit is not even optimism. **Born deeper, it rekindles at the bottom of the heart** the certainty of being precious because we are loved.'

How do **you** sense the invitation to journey with a pilgrim heart? A

Hear...

Open...

Prepared to...

Encounter...



'I have come to embrace words such as ripening, organic, yielding and unfolding as ways of understanding how our souls move in a holy direction. They remind me that I already know everything I need in this moment to love fully. There is no other book or experience that will make me more complete.'

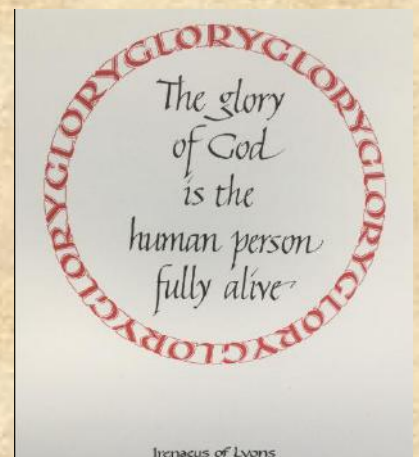
From 'The Soul's Slow Ripening' By C.V.Paintner

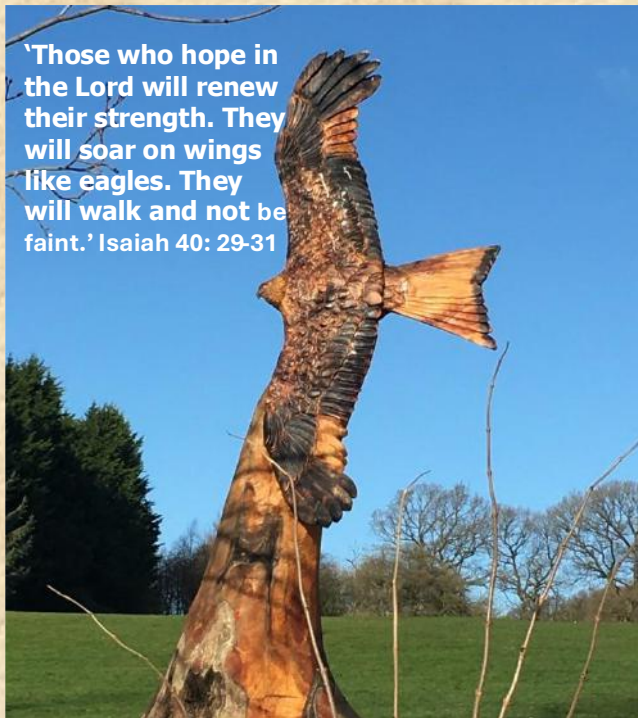
'In terms of our spiritual journey...Growing older brings this ripening in us....if we notice it...and go with it...it can be very beautiful and very hopeful. To have a sense of your own fruitfulness as an older person is really wonderful for yourself and for others.' Paula



What whispers and glimpses of Love and encouragement do you sense within your day?

You may like to keep a record of them in a notebook or journal. Talk to God about them...listen to God's response.





'Those who hope in the Lord will renew their strength. They will soar on wings like eagles. They will walk and not be faint.' Isaiah 40: 29-31

**'As has been said,
the point of travelling is not
to arrive, but to return home
laden with pollen you shall work up
into the honey the mind feeds on.'**

From 'Somewhere' by R.S. Thomas



Psalm 23 *REDUX*

This I know: My life is in Your hands.
I have nothing to fear.
I stop, breathe, listen.

Beneath the whirl of what is
is a deep down quiet place.
You beckon me to tarry there.

This is the place where unnamed hungers
are fed, the place of clear water, refreshment.

My senses stilled, I drink deeply,
at home in timeless territory.

In peril, I remember:
Death's dark vale holds no menace. I lean into
You;
Your eternal presence comforts me. I am held
tenderly.

In the midst of all that troubles,
that threatens and diminishes,
You set abundance before me.
You lift my head; my vision clears. The blessing
cup overflows.

This I know:
You are my home and my hope,
my strength and my solace,
and so shall You ever be.

Carla Grosch Millar

A pilgrim prayer:

**Guardian of my soul, guide me on my way this day.
Keep me safe from harm.
Deepen my relationship with you, your Earth, and all
your family.
Strengthen your love within me that I may be a
presence of your peace in our world. Amen**

Tom Pfeffer & Joyce Rupp 'A Pilgrim Prayer'