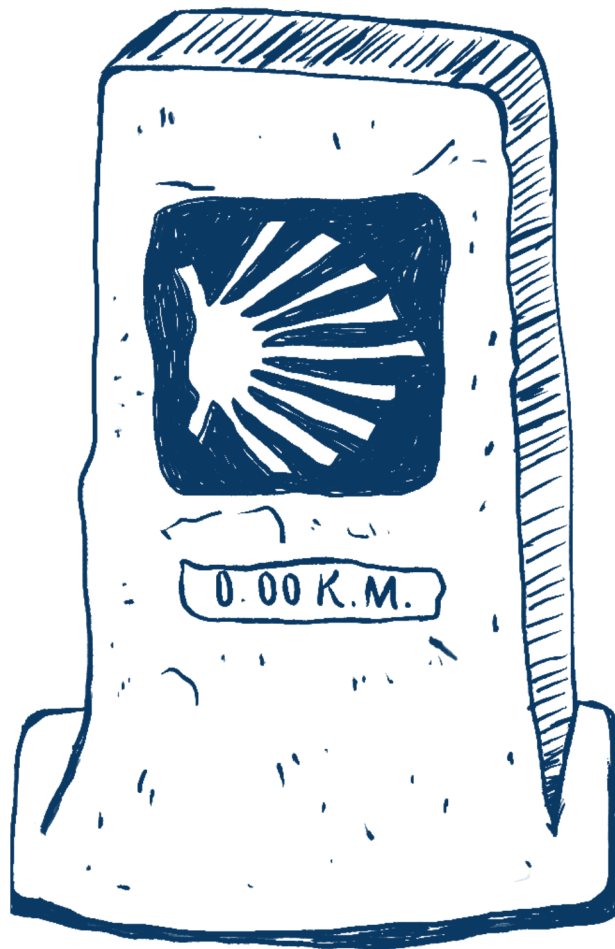


Camino Devotional

September 30 - October 7, 2026

Jesus said, "I am the way, the truth and the life."





A Pilgrim's Prayer

O God, Be for us our companion on the walk,
Our guide at the crossroads,
Our breath in our weariness,
Our protection in danger,
Our 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.

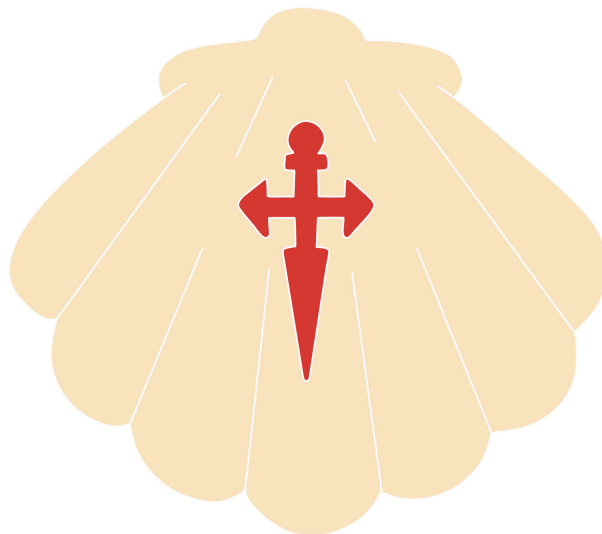
So that with your guidance we may arrive safe and sound at the end of the
Road and enriched with grace and virtue we return safely to our homes filled
with joy. Amen.

The Ignatian Examen- a daily practice to end the day.

St. Ignatius invites us to find God in all things. That means we have to pay careful attention to how the Spirit is moving in each moment of our daily lives. We have to take a magnifying glass to the seemingly ordinary, seeking to encounter the Divine.

How to Pray the Examen

1. Place yourself in God's presence. Give thanks for God's great love for you.
2. Pray for the grace to understand how God is acting in your life.
3. Review your day — recall specific moments and your feelings at the time.
4. Reflect on what you did, said, or thought in those instances. Were you drawing closer to God, or further away?
5. Look toward tomorrow — offer God any hopes or prayers or fears for the day ahead. Rest in peace.



Opening Evening

As we arrive in Sarria and prepare for our pilgrimage, consider the following in prayer:

- Why am I walking the Camino?
- How do I hope to encounter God?
- What are my anxieties or worries?
- What burdens am I carrying that I'd like to leave on the way?

Evening Prayer by Mary MacDonald

God be with thee in every pass,
Jesus be with thee on every hill,
Spirit be with thee on every stream, headland and ridge and lawn;
Each sea and land, each moor and meadow,
Each lying down, each rising up,
In the trough of the waves, on the crest of the billows,
Each step of the journey thou go-est.

Day 1: Sarria to to Portomarín

Morning Prayer

As the light of dawn awakens earth's creatures
And stirs into song the birds of the morning
So may I be brought to life this day.
Rising to see the light
To hear the wind
To smell the fragrance of what grows from the ground
To taste its fruit
And touch its textures
So may my inner senses be awakened to you
So my my senses be awakened to you, O God. Amen
-Morning Prayer by John Philip Newell

“Jesus said to them, ‘I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.’” -John 6:35

On your walk, consider:

- How does Jesus provide for you and for your needs?
- Can your awareness of God's care and provision for you be strengthened?
- What hungers or thirsts do you have for your life or for the world?

Mid-Day Prayer

Journeying God,
Pitch your tent with mine so that I may not be deterred
by hardship, strangeness, doubt.
Show me the movement I must make
toward a wealth not dependent on possessions,
toward a wisdom not based on books,
toward a strength not bolstered by might,
toward a god not confined to heaven.
Help me to find myself as I walk in others' shoes. Amen.
-by Christine Valters Painter

Evening Prayer

Psalm of the day: Psalm 26

- 1 Vindicate me, O LORD,
for I have walked in my integrity,
and I have trusted in the LORD without wavering.
- 2 Prove me, O LORD, and try me;
test my heart and mind.
- 3 For your steadfast love is before my eyes,
and I walk in faithfulness to you.
- 4 I do not sit with the worthless,
nor do I consort with hypocrites;
- 5 I hate the company of evildoers,
and will not sit with the wicked.
- 6 I wash my hands in innocence,
and go around your altar, O LORD,
- 7 singing aloud a song of thanksgiving,
and telling all your wondrous deeds.
- 8 O LORD, I love the house in which you dwell,
and the place where your glory abides.
- 9 Do not sweep me away with sinners,
nor my life with the bloodthirsty,
- 10 those in whose hands are evil devices,
and whose right hands are full of bribes.
- 11 But as for me, I walk in my integrity;
redeem me, and be gracious to me.
- 12 My foot stands on level ground;
in the great congregation I will bless the LORD.

Review your day using the Prayer of Examen listed at the front of the devotional.



Day 2: Portomarín to Lestedo

Morning Prayer

In the morning light, O God,
May I glimpse again your image deep within me
The threads of eternal glory
Woven into the fabric of every man and woman.
Again may I catch sight of the mystery of the human soul
Fashioned in your likeness
Deeper than knowing
More enduring than time.
And in glimpsing these threads of light
Amidst the weakness and distortions of my life
Let me be recalled
To the strength and beauty deep in my soul.
Let me be recalled
To the strength and beauty of your image in every living soul. Amen.

-Morning Prayer by John Philip Newell

“Again Jesus spoke to them, saying, ‘I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life.’” -John 8:12

On your walk, consider:

- Who needs the light of Christ this day? Name them in prayer.
- How might God be inviting you to shine the light of Jesus in the world?
- Look for light (literal or metaphorical) today.

Mid-Day Prayer

“... all of us are called to give our lives completely to Christ, our very identity belonging to Him. It is almost an oxymoron: willingly surrender our wills. In some ways that is the essence of a pilgrimage: surrendering days or weeks to walk a path already set for us to follow. It is an individual decision and commitment, made with full awareness that it might include strain and discomfort, but also with the anticipation of learning, growth, joyful interactions with God and with people.

What if we did that every day of our lives?

Prayer: This day is Yours, Lord. I want to follow Your Way, to be in line with Your will. Direct and guide my every step. Give me the strength needed for every challenge faced. Make me a blessing to those around me. Grant me the joy of seeing Your hand at work and participating in Your love and glory. Amen

-by Emily Hervey, from Walking with Saint James

Evening Prayer

Psalm of the day: Psalm 84

- 1 How lovely is your dwelling place, O LORD of hosts!
- 2 My soul longs, indeed it faints for the courts of the LORD;
my heart and my flesh sing for joy to the living God.
- 3 Even the sparrow finds a home, and the swallow a nest for herself,
where she may lay her young, at your altars, O LORD of hosts, my King and my God.
- 4 Happy are those who live in your house, ever singing your praise. Selah
- 5 Happy are those whose strength is in you, in whose heart are the highways to Zion.
- 6 As they go through the valley of Baca they make it a place of springs;
the early rain also covers it with pools.
- 7 They go from strength to strength; the God of gods will be seen in Zion.
- 8 O LORD God of hosts, hear my prayer; give ear, O God of Jacob! Selah
- 9 Behold our shield, O God; look on the face of your anointed.
- 10 For a day in your courts is better than a thousand elsewhere. I would rather be a doorkeeper
in the house of my God than live in the tents of wickedness.
- 11 For the LORD God is a sun and shield; he bestows favor and honor. No good thing does the LORD withhold from those who walk uprightly.
- 12 O LORD of hosts, happy is everyone who trusts in you.

Review your day using the Prayer of Examen listed at the front of the devotional.

Day 3: Lestedo to Melide

Morning Prayer

For the night skies opening outwards
Star upon star
Expanse after expanse
Thanks be to you, O God.
For the mystery of your presence
In and beyond all that can be seen
Thanks be to you.
Guide me further this night
Into the inner universe of my soul
Ever opening inwards
Light upon light
New depth after new depth.
Guide me through strange and fearful spaces
Towards the place of your eternal dwelling
And assure me again that in drawing closer to you
I draw closer to the heart of every living being
That in drawing closer to you
I approach the heart of life. Amen.

-Morning Prayer by John Philip Newell



Jesus said, "I am the gate. Whoever enters by me will be saved, and will come in and go out and find pasture." -John 10:9

On your walk, consider:

- Look out for gates or doors today. What purpose do they serve? Are they means to let in or keep out?
- How can you more fully walk through the gate Jesus opens for you? What does it mean to accept his invitation to follow?
- Pray for those who may feel on the outside today.

Mid-Day Prayer

God bless the path on which you go.
God bless the earth beneath your feet.
God bless your destination.
God be a smooth way before you,
A guiding star above you,
A keen eye behind you
This day, this night, and forever.
God be with you whatever you pass.
Jesus be with you whatever you climb.
Spirit be with you wherever you stay.
God be with you at each stop and each sea,
At each lying down and each rising up,
In the trough of the waves,
on the crest of the billows
each step of the journey you take.

-By Ray Simpson in Celtic Blessings: Prayers for Everyday Life

Evening Prayer

Psalm of the day: Psalm 90

- 1 Lord, you have been our dwelling place in all generations.
- 2 Before the mountains were brought forth, or ever you had formed the earth and the world,
from everlasting to everlasting you are God.
- 3 You turn us back to dust, and say, "Turn back, you mortals."
- 4 For a thousand years in your sight are like yesterday when it is past, or like a watch in the night.
- 5 You sweep them away; they are like a dream, like grass that is renewed in the morning;
- 6 in the morning it flourishes and is renewed; in the evening it fades and withers.
- 7 For we are consumed by your anger; by your wrath we are overwhelmed.
- 8 You have set our iniquities before you, our secret sins in the light of your countenance.
- 9 For all our days pass away under your wrath; our years come to an end like a sigh.
- 10 The days of our life are seventy years, or perhaps eighty, if we are strong; even then their span
is only toil and trouble; they are soon gone, and we fly away.
- 11 Who considers the power of your anger? Your wrath is as great as the fear that is due you.
- 12 So teach us to count our days that we may gain a wise heart.
- 13 Turn, O LORD! How long? Have compassion on your servants!

14 Satisfy us in the morning with your steadfast love, so that we may rejoice and be glad all our days.

15 Make us glad as many days as you have afflicted us, and as many years as we have seen evil.

16 Let your work be manifest to your servants, and your glorious power to their children.

17 Let the favor of the Lord our God be upon us, and prosper for us the work of our hands — O prosper the work of our hands!

Review your day using the Prayer of Examen listed at the front of the devotional.



Day 4: Melide - Arzúa

Morning Prayer

I watch this morning
For the light that darkness has not overcome.
I watch for the fire that was in the beginning
And that burns still in the brilliance of the rising sun.
I watch for the glow of life that gleams in the growing earth
And glistens in sea and sky.
I watch for your light, O God,
In the eyes of every living creature
And in the ever-living flame of my own soul.
If the grace of seeing you were mine this day
I would glimpse you in all that lives.
Grant me the grace of seeing this day.
Grant me the grace of seeing. Amen.
-Morning Prayer by John Philip Newell



Jesus said, "I am the good shepherd. The good shepherd lays down his life for the sheep."
-John 10:11

On your walk, consider:

- How has Jesus been caring for you on your pilgrimage?
- How have you felt God's tending or guiding presence in your life?
- Pray for those who you believe need God's tender care today.

Mid-Day Prayer

The 5 stages of long-distance walking (you only recognize when you're inside them)

Most people think walking is simple.

You put on your shoes.

You take a step.

And then another.

From the outside, it doesn't look like much is happening.

Just someone moving through a landscape.

But when you stay out there long enough,
something else starts to unfold.

Not all at once.

Not in a clear sequence.

But in layers.

There are phases you move through
that you don't really notice while they're happening.

Only later...

when you look back

or when you suddenly realize something has shifted.

1. Friction

Everything feels like effort.

Not just physically.

Even small things feel bigger than they should.

Putting on your shoes.

Starting the day.

Looking at the distance ahead.

Your body isn't the only thing adjusting.

Your mind is still comparing.

To comfort.

To easier options.

To the life you just left.

2. Narrowing

Your world becomes smaller.

Not in a negative way.

But in what matters.

You stop thinking in days.

You start thinking in stretches.

To the next break.

To the next village.

To water.

To shade.

Your attention pulls in.

Less distraction.

More focus on what's directly in front of you.

3. Letting go

Things begin to fall away.

Not because you decide to.

But because you stop carrying them.

Thoughts don't stick as long.

Worries don't follow you for hours.

You notice them...

and then they pass.

Without needing to solve them.

4. Flow

Movement and time stop feeling separate.

Hours pass... but don't feel long.

Distance disappears into repetition.

You're not checking progress all the time anymore.

You're inside the movement.

Not managing it.

Not questioning it.

Just continuing.

5. Recognition

And then there's something that doesn't really have a clear start.

Nothing changes on the outside.

But something feels... familiar.

Not like you discovered something.

More like you returned to something

you didn't know you missed.

Most people expect long-distance walking to change their body.

And it does.

But that's not the part that stays.

What stays is harder to point at.

-Shared by the Rev. Michelle Thomas-Bush

Evening Prayer

Psalm of the Day: Psalm 139

1 O LORD, you have searched me and known me.

2 You know when I sit down and when I rise up; you discern my thoughts from far away.

3 You search out my path and my lying down, and are acquainted with all my ways.

4 Even before a word is on my tongue, O LORD, you know it completely.

5 You hem me in, behind and before, and lay your hand upon me.

6 Such knowledge is too wonderful for me; it is so high that I cannot attain it.

7 Where can I go from your spirit? Or where can I flee from your presence?

8 If I ascend to heaven, you are there; if I make my bed in Sheol, you are there.

9 If I take the wings of the morning and settle at the farthest limits of the sea,

10 even there your hand shall lead me, and your right hand shall hold me fast.

11 If I say, "Surely the darkness shall cover me, and the light around me become night,"

12 even the darkness is not dark to you; the night is as bright as the day,

for darkness is as light to you.

13 For it was you who formed my inward parts; you knit me together in my mother's womb.

14 I praise you, for I am fearfully and wonderfully made. Wonderful are your works;

that I know very well.

15 My frame was not hidden from you, when I was being made in secret,

intricately woven in the depths of the earth.

16 Your eyes beheld my unformed substance. In your book were written
all the days that were formed for me, when none of them as yet existed.

17 How weighty to me are your thoughts, O God! How vast is the sum of them!

18 I try to count them — they are more than the sand;
I come to the end — I am still with you.

19 O that you would kill the wicked, O God,
and that the bloodthirsty would depart from me —

20 those who speak of you maliciously, and lift themselves up against you for evil!

21 Do I not hate those who hate you, O LORD?
And do I not loathe those who rise up against you?

22 I hate them with perfect hatred; I count them my enemies.

23 Search me, O God, and know my heart; test me and know my thoughts.

24 See if there is any wicked way in me, and lead me in the way everlasting.

Review your day using the Prayer of Examen listed at the front of the devotional.

Day 5: Arzúa - Arca

Morning Prayer

For the morning light
And its irresistible dawning,
For your untameable utterances of life
In boundless stretches of space
And the strength of the waves of the sea
I give you thanks, O God.
Release in me the power of your Spirit
That my soul may be free
And my spirit strong.
Release in me the freedom of your Spirit
That I may be bridled by nothing but love
That I may be bridled only by love. Amen.
-Morning Prayer by John Philip Newell



Jesus said to her, “I am the resurrection and the life. Those who believe in me, even though they die, will live, and everyone who lives and believes in me will never die. Do you believe this?”

-John 11:25-26

On your walk, consider:

- What does the resurrection mean for your life and for your faith?
- Do you notice any signs of new life around you, or even within you?
- What does Jesus mean when he says he is the life? What kind of life does he want for us?

*Today is World Communion Sunday, a day when Christians all over the world gather at the Lord’s Table to be forgiven and nourished for the journey ahead. Imagine what the Lord’s Supper looks like at FPC. Imagine how it may look in a church you pass today on your walk. Offer gratitude to God for the ways we are all connected by God.

Mid-Day Prayer

The Beatitudes of the Pilgrim

1. Blessed are you pilgrim, if you discover that the “camino” opens your eyes to what is not seen.
2. Blessed are you pilgrim, if what concerns you most is not to arrive, as to arrive with others.
3. Blessed are you pilgrim, when you contemplate the “camino” and you discover it is full of names and dawns.
4. Blessed are you pilgrim, because you have discovered that the authentic “camino” begins when it is completed.
5. Blessed are you pilgrim, if your knapsack is emptying of things and your heart does not know where to hang up so many feelings and emotions.
6. Blessed are you pilgrim, if you discover that one step back to help another is more valuable than a hundred forward without seeing what is at your side.
7. Blessed are you pilgrim, when you don’t have words to give thanks for everything that surprises you at every twist and turn of the way.
8. Blessed are you pilgrim, if you search for the truth and make of the “camino” a life, and of your life a “way”, in search of the one who is the Way, the Truth, and the Life.
9. Blessed are you pilgrim, if on the way you meet yourself and gift yourself with time, without rushing, so as not to disregard the image in your heart.
10. Blessed are you pilgrim, if you discover that the “camino” holds a lot of silence; and the silence of prayer; and the prayer of meeting with God who is waiting for you.

-Written by a nun at the Church of St. Stephen, which is on the Camino de Santiago (Frances) in the tiny village of Zabaldika.

Evening Prayer

Psalm of the day: Psalm 82

- 1 God has taken his place in the divine council; in the midst of the gods he holds judgment:
- 2 “How long will you judge unjustly and show partiality to the wicked?
- 3 Give justice to the weak and the orphan; maintain the right of the lowly and the destitute.
- 4 Rescue the weak and the needy; deliver them from the hand of the wicked.”
- 5 They have neither knowledge nor understanding, they walk around in darkness;
all the foundations of the earth are shaken.
- 6 I say, “You are gods, children of the Most High, all of you;
- 7 nevertheless, you shall die like mortals, and fall like any prince.”
- 8 Rise up, O God, judge the earth; for all the nations belong to you!

Review your day using the Prayer of Examen listed at the front of the devotional.

Day 6: Arca to Santiago de Compostela

Morning Prayer

The world is alive with your goodness, O God,
It grows green from the ground
And ripens into the roundness of fruit.
Its taste and its touch
Enliven my body and stir my soul.
Generously given
Profusely displayed
Your graces of goodness pour forth from the earth.
As I have received
So free me to give.
As I have been granted,
So may I give. Amen.

-Prayers of Thanksgiving and Intercession by John Philip Newell

Jesus said to him, "I am the way, and the truth, and the life. No one comes to the Father except through me. If you know me, you will know my Father also. From now on you do know him and have seen him."

-John 14:6-7

On your walk, consider:

- What does it mean to say Jesus is the way? The truth? The Life? Reflect on how each of these words feels to you today.
- Jesus says that from now on we have known God and have seen God. Where have you seen God today?
- As we approach Santiago today, reflect on this pilgrimage and how God has been revealed to you on this camino.

Mid-Day Prayer

Lay down your map and compass,
and those dog-eared travel guides.
Rest your weary eyes from so much looking,
your tired feet from so much wandering,
your aching heart from so much hoping.

Lay down on the soft green grass
wet with morning dew, and watch as
the tree heavy with pendulous pears
bends her long branches toward you,
offering you perfection in every sweet bite.

Give up the weight of knowing,
for the reverence of quiet attention
and curiosity, for the delight of
juice that runs in generous streams
down your chin.

By Christine Valters Painter

Evening Prayer

Psalm of the day: Psalm 42

- 1 As a deer longs for flowing streams, so my soul longs for you, O God.
- 2 My soul thirsts for God, for the living God. When shall I come and behold the face of God?
- 3 My tears have been my food day and night, while people say to me continually,
“Where is your God?”
- 4 These things I remember, as I pour out my soul: how I went with the throng,
and led them in procession to the house of God, with glad shouts and songs of
thanksgiving, a multitude keeping festival.
- 5 Why are you cast down, O my soul, and why are you disquieted within me? Hope in God; for I
shall again praise him, my help
- 6 and my God. My soul is cast down within me; therefore I remember you
from the land of Jordan and of Hermon, from Mount Mizar.
- 7 Deep calls to deep at the thunder of your cataracts; all your waves and your billows
have gone over me.

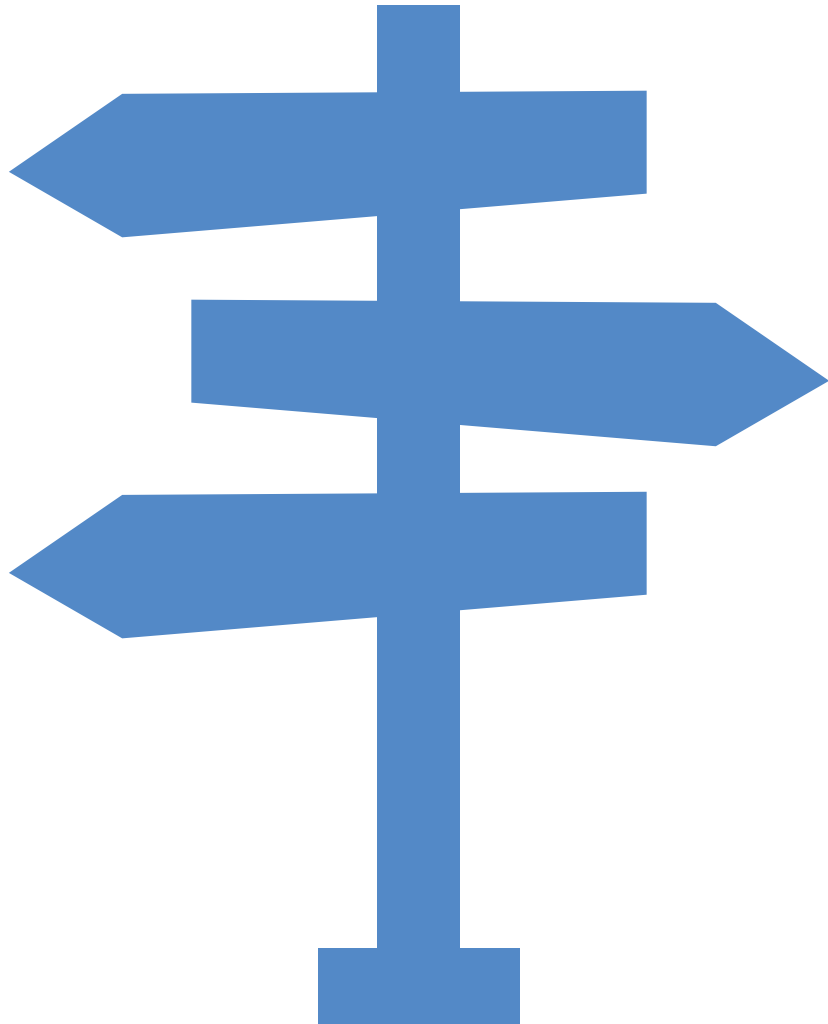
8 By day the LORD commands his steadfast love, and at night his song is with me,
a prayer to the God of my life.

9 I say to God, my rock, “Why have you forgotten me? Why must I walk about mournfully
because the enemy oppresses me?”

10 As with a deadly wound in my body, my adversaries taunt me,
while they say to me continually, “Where is your God?”

11 Why are you cast down, O my soul, and why are you disquieted within me?
Hope in God; for I shall again praise him, my help and my God.

Review your day using the Prayer of Examen listed at the front of the devotional.



Day 7: Santiago and beyond

A Pilgrim's Prayer

O God, Be for us our companion on the walk,
Our guide at the crossroads,
Our breath in our weariness,
Our protection in danger,
Our 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. Amen.

Today, or at the airport, or when you get home, spend some time reflecting on the pilgrimage. You can use the Examen practice to reflect and pray, these guiding questions, or your own free-form journaling.

- Why did you walk the Camino?
- How did it shape or change or open something up within you?
- What are three things you want to make sure you remember about this pilgrimage?
- How will you continue the simplicity experienced on the Camino in your daily life?
- Where was God in this pilgrimage with you?

Benediction

What the day brings forth, let me accept with grace.
What the day teaches, let me accept with humility.
What the day provides, let me accept with gratitude.
What the day delights, let me accept with joy. Amen.

*John Philip Newell prayers come from the book, Celtic Benediction by John Philip Newell

Laurie's cell: 610-717-7435 | Jennifer's cell: 704-533-5025

If you feel you can't walk any further, make your way to a cafe and either call a taxi from there, or ask someone working there to call a taxi for you. (El taxi, por favor? Is taxi, please in Spanish)

REMEMBER to get your Pilgrim's Passport stamped at least twice per day!

In Santiago:

Mass for Pilgrims is held in the cathedral at 7:30am, 9:30am, noon and 7:30pm each weekday. You can also explore the cathedral on your own during the day.

Our final dinner will be held at 8pm on October 6th at Fogar de Santiso.

Water

Some towns will have stone water fountains or water coming out of a pump. It will either say "potable," which means safe to drink, or "no potable" if it's not safe. Tap water is safe to drink throughout Spain.

Hotels and Bags

Bags need to be ready for pick up by 8am.

Check out for hotels is usually 11:30-1, and check-in is usually between 2-4pm.

Medical help or treatment

- For minor issues, most pharmacies will have what you need. The pharmacists are highly-trained and able to offer some medical advice. They can even dispense prescriptions, should that be necessary. Pharmacies are marked with green crosses in most places. Pharmacies will definitely have first aid for foot problems, blisters, etc.
- If there is an emergency, please tell a local and ask them to help you call emergency services. In Spain the number for emergency services is 112. Please also call Laurie, if possible, to keep her informed.



