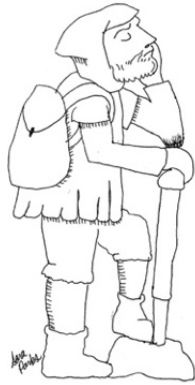


Expectations & Overview

Camino Nova Scotia 2022

Annapolis Valley Pilgrimage or North Shore Gaelic Weekend



Pilgrim Virtues

- ❖ *simplicity*
- ❖ *community*
- ❖ *sharing*
- ❖ *serving others*
- ❖ *accepting the generosity of others*
- ❖ *perseverance*
- ❖ *contemplation, meditation, and prayer*
- ❖ *reverence and care for creation*
- ❖ *patience*
- ❖ *gratitude*

Walking Pilgrimage is more than just a hike! Pilgrimage is travel for transformation. It's an opportunity to mindfully experience yourself in relation—to other pilgrims, to the Land, to history, and to the transcendent. Camino Nova Scotia is designed to provide times for personal growth and spiritual nurture, all while undertaking a physical challenge, with an eye to appreciating Nova Scotia for its place, its peoples, and its past.

Nova Scotia is also Mi'kma'ki and Acadie. We enjoy a heritage of Mi'kmaq Ceremony, of Acadian Catholicism, of Gaelic and Celtic Protestant & Catholic Christianity, and today of many other traditions of faith and spiritual expression. By its very nature pilgrimage is "religion-positive," but Camino Nova Scotia will not expect or enforce any one faith tradition, even while incorporating some traditions of Christian pilgrimage or Mi'kmaq teachings local to Nova Scotia. **We respect all journeys of faith or non-faith.** Humility and openness to others is a hallmark of the pilgrim, and Camino NS pilgrims are expected to practice these.

Please note that Camino Nova Scotia is *not* designed to provide you with a personal holiday. It is *not* a trip or a tour, but a pilgrimage experience. When you sign up for one of our walks, please be aware that you are joining a temporary intentional community. Pilgrims commit to simplicity, and even hardship. Negotiating differences, being patient with each other, and graciously meeting the challenges of inconveniences and discomforts are all a part of a pilgrim's journey.

That said, virtually every pilgrim has moments of soaring elation and personal growth. Walking pilgrimage is *slow*. **Seeing the world at 3 miles an hour, over many kilometers, facilitates a kind of natural meditation.** Sometimes the realisations that bubble up while walking long distances can be joyous; sometimes they may be difficult. Walkers should practice kindness and patience with fellow pilgrims who may be going through such times.

Pilgrimage caters to both introverted and extroverted leanings. We start our walk each day as a group. We leave together at the same time, and we find the trail together. After that, you are free to walk at your own pace and there is no rush. Please

respect that other walkers may wish to walk alone for some of the day's journey. It's ok to let others know when you're heading into "solo mode" or to ask if it's a good time to visit and chat while walking. We will build in some times of silence so that everyone gets a chance to benefit from quiet reflection.

Each morning begins with group meditation and each evening ends with group reflection. Attendance is optional, but you are encouraged to join. There will be built-in times for the group to check in and debrief about the day's experiences, challenges, and discoveries, and some "prompts" along the walk for times of guided solo focus.

Overnight accommodations are in church basements or community halls along the way (unless you want to tent, which is possible in some, but not all, of our stopping points). In true pilgrim fashion, sleeping arrangements are rustic and communal. Bring your own pillow, sleeping bag, and mat. A limited number of air mattresses are available to borrow; book these in advance during registration. Each sleep-site has electricity, running water, and restrooms, but there are not always restrooms along the path. We hope to be able to run at least one air filter for additional safety during the pandemic.

Fitness is important, but you don't have to be an athlete. If you can currently walk 1-2 hours without needing a rest break, you can work your way up to the pilgrim's pace of 6-8 hours of walking each day (approx. 20-25 km). **Training ahead of time is important!**

Chores and helping each other are part of intentional community.

Everyone is expected to contribute to assisting with food prep, tidying up, loading the van, etc., to help to make the event go more smoothly.

Rest whenever you like. Camino NS is a mobile retreat: a time away from work and responsibilities, devices, stresses—a carved-out time to reflect and refocus on what is important. Taking care of our bodies is important too.

"What happened to a world in which we can sit with the people we love so much and have slow conversations about the state of our heart and soul, conversations that slowly unfold, conversations with pregnant pauses and silences that we are in no rush to fill? How did we create a world in which we have more and more and more to do with less time for leisure, less time for reflection, less time for community, less time to just... be?"

*Omid Safi,
Duke University Islamic Studies Center,
"The Disease of Being Busy."*

*****COVID-19 continues to be a concern. Every participant must be vaccinated against COVID. Vigilant masking for the 14 days prior to the walk is appreciated, as is a rapid test before embarking. We will eat outside and/or in well-ventilated places whenever possible, and ventilate our sleeping area (bring a warm sleeping bag). If you develop symptoms of COVID, test positive, or have a known exposure, let us know as soon as possible to arrange a refund and/or proper measures for the safety of the group.**

Thank you! Tapadh leat! Merci! Wela'lin! for reading through this overview. **Please tick the box on the "detailed registration" form you return to us, to confirm that you consent to these expectations.** Keep a copy of this document.

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