



THE CATHOLIC DIOCESE OF
ARUNDEL & BRIGHTON
LOURDES PILGRIMAGE

YOUR WEEK AS A REDSHIRT

All pilgrimage weeks in Lourdes are both similar yet different! The below timetable gives an idea of a typical week and the activities you will participate in as a Redshirt. Please bear in mind all these activities may take place in a different order and on different days during your week away. Ice cream breaks, although not mentioned, occur daily!

Thursday – Leave the UK by coach and ferry to travel to Lourdes. A time to chat and get to know your fellow Redshirts.

Friday – Arrive in Lourdes in time for lunch in the hotel. Spend some time after lunch resting and unpacking, before heading out with your team to explore the town. We will have our first ministry session before dinner and afterwards an evening activity, followed by a much-needed early night after our long journey.

Saturday – Our welcoming mass and first Red Carpet! After lunch we you participate in our second ministry session, perhaps afterwards we will have a team visit to the Grotto or another part of town associated with St Bernadette. After dinner we will have social time as a Redshirt group.

Sunday – Today we go the International Mass, with thousands of other pilgrims from all over the world celebrating together (don't worry, English is one of the languages used at this mass). In the evening we will take part in the torchlight procession, a wonderful and atmospheric event as we follow Our Lady's call to come in procession.

Monday – We go as a group to wash our faces and hands in the miraculous water of Lourdes, following another of Our Lady's requests. Then climbing the hill to follow the Way of the Cross, the life size golden depictions of the Lord's passion are very moving and thought provoking. A mass followed by a picnic under the trees at Cite St Pierre gives some relaxation time, before a gentle service of reconciliation and then back to the sanctuary to rejoin the rest of the pilgrimage for the Blessed Sacrament procession. A very busy and happy day!

Tuesday – A gentler start to the morning after our busy day yesterday, making preparations for our Redshirt led Hour of Prayer taking place in the afternoon. After lunch it is one of the pilgrimage highlights, as we welcome our fellow pilgrims to the mass with the sacrament of

the Anointing of the sick. At 5pm we present the Redshirt Hour of Prayer to the rest of pilgrimage, leading them in prayer and celebration sharing some of our experiences and testimonies of the pilgrimage week. Then party night after dinner!

Wednesday – Our last full day in Lourdes, the days have flown by! We have mass within the Grotto, such a privilege. IN the afternoon we will have time for a ministry session, some social time (don't forget to buy some snacks for the coach journey while you are out in the town). We have a prayer of the last evening together and time is given for packing, socialising and perhaps a last visit to the candle bank with our team leaders.

Thursday - Up early to check out of our rooms before we welcome our fellow pilgrims to the Mass and Closing Ceremony. Maybe followed by a last-minute dash for souvenirs and journey snacks! After lunch we board the coaches to travel home with full hearts, looking forward to spreading the experience of Lourdes with our family and friends when we see them tomorrow.