

THREE DAY PILGRIMAGE

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...a deeply powerful experience awaits you

The **Three Day Pilgrimage** follows the tradition of St Patrick.

It is a challenging journey through which to share the company of the Lord. A deeply powerful experience that requires endurance and an openness to enter into the spirit of the pilgrimage and to surrender to the tried and tested.

A PRACTICAL GUIDE TO YOUR PILGRIMAGE

You can begin your Three Day Pilgrimage on any day between the following dates:

1st June and 13th August 2016

(Three Day Pilgrimage Season ends 15th August 2016)

Pre-booking is not required, however a booking and pre-payment can be made in advance of the pilgrimage either online at www.loughderg.org or by telephone 00353 (0) 719861518.

Registration and booking takes place in the Lough Derg Visitor Centre at the lake shore.

Once registered, a boat pass is issued. The boat journey across the lake is less than 10 minutes. Boats run daily between 10:30am and 3:00pm.

Coming on the Three Day Pilgrimage the pilgrim agrees to undertake the pilgrimage programme of prayer and quiet reflection in bare feet, keeping Vigil and maintaining the Fast. Pilgrims must be at least 15 years old, physically fit and able to kneel unaided and free from any illness aggravated by fasting.

Lough Derg is a sacred space and the following are not permitted: food, sweets, chewing gum, alcoholic and non-alcoholic drinks, cameras, mobile phones, radios, iPods/iPads, electronic tablets, instruments, games, articles and literature to sell or distribute.

People cross over to **Lough Derg** to become part of the **Lough Derg** experience and in the footsteps of St Patrick they encounter the presence of God in this sacred space.

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THREE DAY PILGRIMAGE ADMISSION

1st June – 13th August 2016 €70,
Student Discount 15%
Concessions for Seniors & Groups

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What you need to know as you **PLAN** your **THREE DAY PILGRIMAGE**

- 1. You will be on the Island for two nights.**
Pilgrims usually arrive around mid-day on the first day of the pilgrimage and stay on the Island until the morning of the third day.
- 2. Fasting begins at 12 midnight prior to your arrival.** The period of fasting (one simple Lough Derg meal each day) lasts until 12 midnight on the third day.
- 3. Your 24hr Vigil** begins at 10:00pm on the first day of the pilgrimage and ends at 10:00pm on the second day. There is an opportunity for a pre-vigil rest between 7:30pm and 9:00pm on the first day.
- 4. Bring your travel bag** and include: warm and waterproof clothing, change of clothing, towel & toiletries, Rosary beads (available in gift shop on Island if needed), prescribed medication, sunscreen, insect repellent, suitable reading material (optional).
- 5. Hostel-style accommodation is provided.** Male and Female accommodation is separate. Wash basins and foot baths are available to pilgrims in their accommodation location.
- 6. Private car & coach parking facilities.** There is a large private parking space at the lake shore. Public transport is available from across the island of Ireland. For more information, contact Maureen or Lorraine on +353 (0) 719861518.
- 7. Organised Groups come by coach.** There are a number of Pilgrimage Organisers across the Island of Ireland who organise travel to Lough Derg. To find out more please contact us and we can help put you in touch with your nearest pilgrimage organiser.



'Penitential Beds' are the remnants of the old beehive 'prayer' cells used by the monastic community as far back as the ninth century. They are the oldest remaining structure on the Island and form the central part of the prayer programme.

'Station' refers to the combination of prayers and movements which make up the Station Prayer. These prayers can be more than thoughts and words, they could be called body prayers: the emphasis is on kneeling and walking while reciting very basic prayers: Our Father, Hail Mary and Creed. The prescribed prayers to make a station are outlined in the Pilgrimage Exercise Leaflet which is available on arrival.

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THE VIGIL

At the heart of the Three Day Pilgrimage is the 24hr Vigil, where pilgrims journey together in watchful prayer. Liturgies celebrated during the pilgrimage include Eucharist, Reconciliation and Way of the Cross as well as other communal times of prayer.

Nine Station Prayers are completed over the three days.

The first, second and third 'Stations' are made on the Penitential Beds on Day One.

Pilgrims make the fourth to seventh Stations together in St Patrick's Basilica during the night Vigil.

The eighth is completed during Day Two and the ninth before departure on Day Three.

FASTING

Pilgrims choose when to have their meal, either early afternoon or evening on Day One and Day Two.

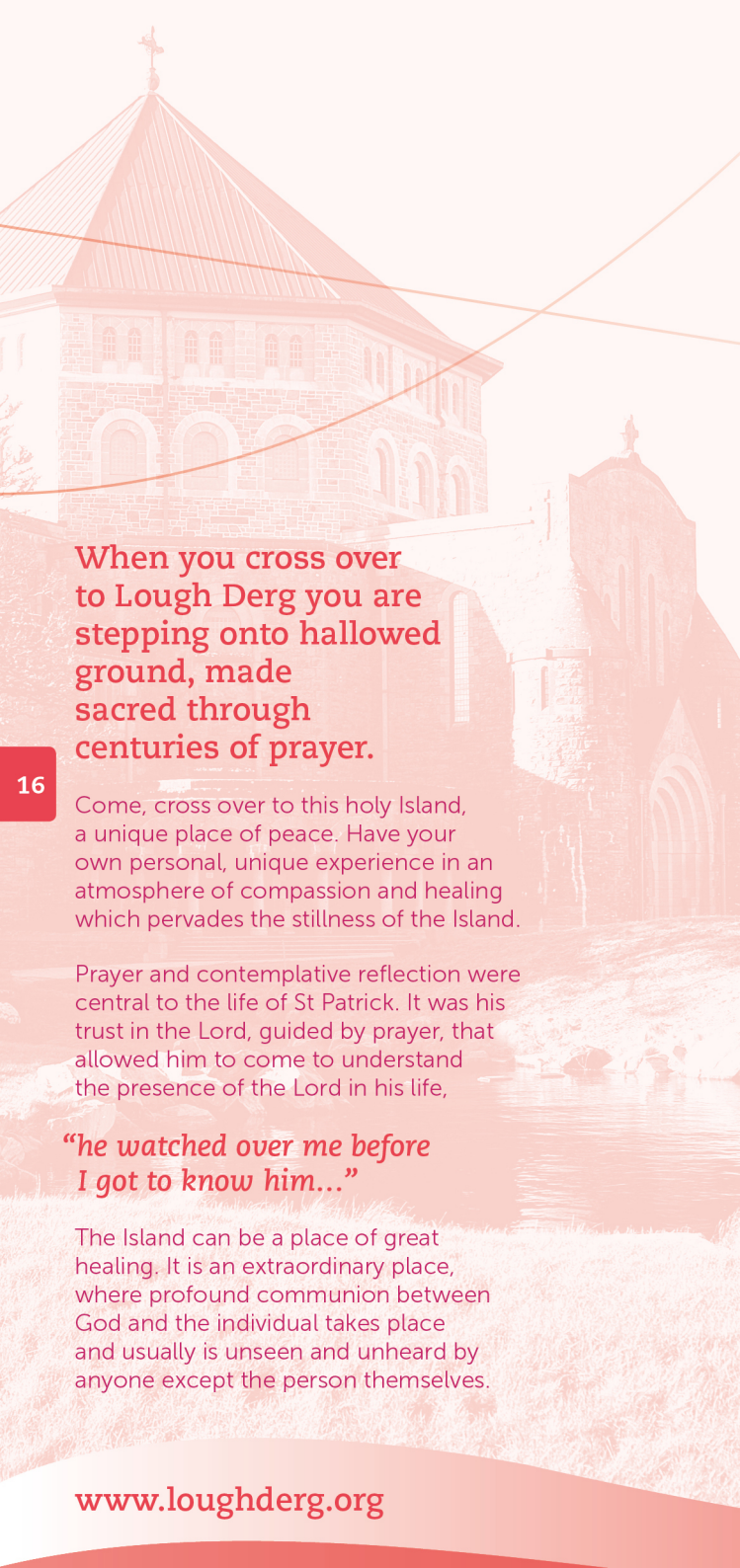
Meal consists of tea/coffee (no milk, sugar available), dry wheaten bread & toast, oatcakes. Gluten free bread available.

On the third day one meal similar to the above can be eaten after leaving the Island & soft drinks can be taken throughout the day.

(Water and prescribed medication allowed at all times. Coeliacs to contact reception re: meals and Communion at Mass)

QUIET REFLECTION

It is at the discretion of each individual pilgrim to use the sacred space and time to enter into a reflective state. Exposition of the Blessed Sacrament, scripture reading resources, the labyrinth, and the contemplative spaces offered in Davog House are available to aid the pilgrim.



**When you cross over
to Lough Derg you are
stepping onto hallowed
ground, made
sacred through
centuries of prayer.**

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Come, cross over to this holy Island, a unique place of peace. Have your own personal, unique experience in an atmosphere of compassion and healing which pervades the stillness of the Island.

Prayer and contemplative reflection were central to the life of St Patrick. It was his trust in the Lord, guided by prayer, that allowed him to come to understand the presence of the Lord in his life,

***“he watched over me before
I got to know him...”***

The Island can be a place of great healing. It is an extraordinary place, where profound communion between God and the individual takes place and usually is unseen and unheard by anyone except the person themselves.

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