

**A LENTEN  
PILGRIMAGE  
DIOCESE of COVINGTON**

# LENTEN PILGRIMAGE

*My spiritual journey to five Covington churches.*

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*Ps. 92:2-3 It is good to give thanks to the Lord, to sing praise to your name, Most High, to proclaim your love at daybreak, your faithfulness at night.*

## PILGRIMAGES

**CCC2691:** *Pilgrimages evoke our earthly journey toward heaven and are traditionally very special occasions for renewal in prayer. For pilgrims seeking living water, shrines are special places for living the forms of Christian prayer "in Church."*

### **What is the purpose of a Pilgrimage?**

The word “pilgrim,” derived from the Latin *peregrinum*, conveys the idea of wandering over a distance, but it is not just aimless wandering. It is a journey with a purpose, and that purpose is to honor God. Some pilgrimages are done in penance for sin; some are done in petition for a special blessing or favor; and some are undertaken simply out of devotion. St. Augustine of Hippo (354-430) in his work, *Peregrinatio*, describes a Christian spiritual journey as a kind of self-imposed exile of the pilgrim in which he searches for God’s Truth in his wanderings while visiting holy shrines of the Faith.

### **Where should I go for a Pilgrimage?**

St. John Chrysostom, in his praise of pilgrimages, found it necessary to explain that there was “*need for none to cross the seas or fare upon a long journey; let each of us at home, invoke God earnestly and He will hear our prayer.*”

It can be said that the importance of a pilgrimage is not so much where you physically wander but where your heart settles.

## **How do I prepare my Pilgrimage?**

- **Choose your path** – *Start your pilgrimage on foot or by car at any of the five churches located in this booklet beginning on page 4. The route is also marked with the universal symbol of pilgrimages, the scallop shell.*
- **Choose your petition** – *By petitioning we admit we do not have control over our lives. Will your petition be a request for yourself, for others, for God's will, or all three?*
- **Choose your prayer form** – *Prayer comes in many forms and can be expressed simply by talking with God, using scripture to meditate, or praying a devotional like the Rosary or a chaplet of Divine Mercy.*
- **Choose your praise** – *Petition should always be combined with praise and thanksgiving to our Father in heaven – through service, prayers of praise, singing and sharing - in awe of who God is and what God has done.*

## **What's with the scallop shell?**

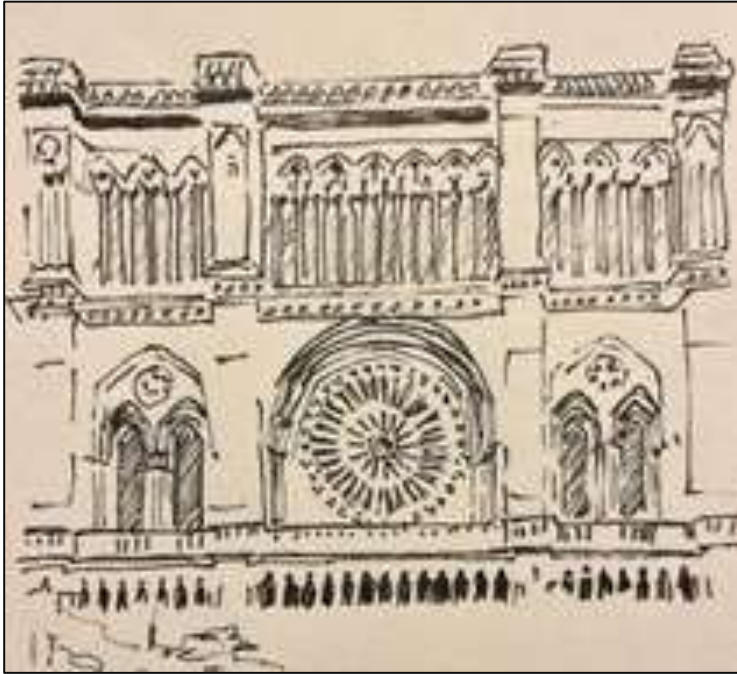


The scallop shell is an ancient Christian symbol with a long and rich history. One way the scallop shell was used was in the administration of the sacrament of Baptism. Not only did it prove to be a practical tool to pour water over someone, but it also carried the symbolism of pilgrimage with it. Baptism is the start of the Christian journey, so when a priest uses a scallop shell to pour water on the newly baptized, he is initiating that person on a pilgrimage towards heaven.



# Cathedral Basilica of the Assumption of Mary

Corner of Madison Ave. and 12<sup>th</sup> Street., Covington, KY 41011



Construction of the Cathedral Basilica of the Assumption began in 1894. It is constructed in the Gothic style, designed by Leon Coquard and David Davis. There are 32 gargoyles atop its twin-towered facade and 26 chimeras. The most recent exterior addition began in 2019 with twenty full-round and four ¾-round statues that fill the portal jamb niches honoring the patron saints of 47 parishes and diocesan institutions.

## **CHARISM of the Assumption of Mary**

*The body and soul of Mary, Mother of Jesus was taken by God into heaven as a result of her complete union with God.*

**PONDER:**

*Rev 12:1 A great sign appeared in heaven: a woman clothed with the sun with the moon under her feet and a crown of twelve stars on her head,*

Mary's body took on a glorified presence as will all who enter heaven. Our earthly union with God is still incomplete. Heaven is not only a state of union with God, the greatest union of all, but also a RE-UNION with all our loved ones. When you feel that deep longing within your heart for that blessed family reunion, you feel the touch of God himself who is awaiting that reunion too.

*Are you preparing your heart for that beautiful reunion in heaven?*

**Assumption of Mary PRAYER**

Lord Jesus Christ, You have destroyed the power of death and given us the hope of eternal life in body and soul. You granted your Mother a special place in your glory, and did not allow decay to touch her body. As we rejoice in the Assumption of Mary, give to us a renewed confidence in the victory of life over death. You reign forever and ever. Amen.

**REFLECTION:**

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## **St. Benedict Church**

338 E. 17<sup>th</sup> St., Covington, KY 41014



St. Benedict Church was founded in 1886 as a place of worship for those who spoke German. The cornerstone for the new church was laid in 1907. The original church was designed by Samuel Hannaford and Sons. In 1922, a new school was constructed. In 1927, a church organ was added and in 1932, three church bells were installed in the tower.

### **CHARISM of St. Benedict**

*We are to worship God, to practice true Christian charity, study, and work. PRAYER, STUDY, WORK.*



**PONDER:**

*1Tim 4:15 Take pain with these things; be absorbed in them, so that your progress will be evident to all.*

It is not enough to hear, to read, or to love God’s word. It must be put into practice.

*What area of your life needs more practice so you can be an example of Christian charity?*

**PRAYER to St. Benedict**

O glorious St. Benedict, model of virtue, pure vessel of God’s grace! Pray for me before the throne of God. Shield me against my selfishness and my indifference to God and to my neighbor. Inspire me to imitate you in all things. May your blessing be with me always, so that I may see and serve Christ in others and work for His kingdom. Your heart was always full of love, compassion and mercy toward those who were troubled in any way. I invoke your powerful intercession, confident in the hope that you will hear my prayers and obtain for me the special grace and favor I earnestly implore of you at this time. Help me to live and die as a faithful child of God, to run in the sweetness of His loving will and attain eternal happiness in heaven. Amen.

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## **St. Augustine Church**

Corner of Euclid Ave. and 19<sup>th</sup> St., Covington, KY 41014



St. Augustine Church was the fifth Catholic parish established in Covington. The original St. Augustine church was built in 1870. Construction of the 19<sup>th</sup> Street church began in 1913 under Fr. William Kathman. The church stands 60' high, 52' wide, 92' in the transept, and 160' long. Seating capacity is 450. It was designed by David Davis who also designed the Cathedral Basilica of the Assumption.

### **CHARISM of St. Augustine**

*We are to be of one mind and heart directed to God in service to others. We are travelers on a pilgrimage together, wherein Christ is our constant companion, as well as our way and our goal.*

**PONDER:**

*Psalm 133:1 How good and pleasant it is when God’s people live together in unity!*

*Who needs you to be a blessing to them on this life journey?*

*Who has blessed you on your journey through life?*

**PRAYER to St. Augustine**

O Holy Saint Augustine, who famously declared that ‘Our hearts were made for you, O Lord, and they are restless until they rest in you.’, aid me in my own search for our Lord, that through your intercession I may be granted the wisdom to determine the purpose God has planned for me. Pray that I be blessed with the courage to follow God’s will, even at times when I do not understand. Ask our Lord to lead me to a life worthy of his love, that I may one day share in the riches of His kingdom. Petition our Lord and Savior to ease the burden of my problems and grant my special intention, and I will honor you all of my days. Amen.

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# **St. John the Evangelist Church**

627 West Pike St., Covington, KY 41011



On the feast day of St. John, the Evangelist, a church under his patronage was dedicated in 1854 at Leonard and Worth Sts in Covington. Seventy years later, in 1924, a new St. John Church was built on Pike Street and dedicated on Thanksgiving Day. The style is Gothic, the height of the steeple corresponds to the length of the church – both 163 feet. The church bells are replicas of the bells in Cathedral Aix-la-Chapelle in Aachen, Germany. The organ was installed in 1934. In 1962, Monsignor Edward Fedders, a son of the St John Parish, was elevated to Bishop.

## **CHARISM of St. John the Evangelist**

*True friendship, true humility, and holy confidence*



## **Mother of God Church**

119 West 6<sup>th</sup> St. Covington, KY 41011



Mother of God Parish was founded in 1841, the second Catholic church in the Diocese of Covington. The present church building was constructed in 1870 in the Italian Renaissance style. In 1875, the Koehnken organ was installed in the church balcony. The tower clocks were all installed in 1875 and stand 110 feet from the floor and 8 feet in diameter.

### **CHARISM of Mary, Mother of God**

*To lead each of us to her Son Jesus.*



## HOW TO PRAY THE ROSARY

*Begin by making the **Sign of the Cross**.*

*At the cross, recite the **Apostle's Creed**.*

*On each consecutive bead, pray the following prayers...*

**Our Father, three Hail Mary's, the Glory Be**

*On the first single bead, pray the **Fatima prayer**, announce and meditate on the **First Mystery**, and pray the **Our Father**.*

*On each of the next 10 consecutive beads, pray ten **Hail Mary's**.*

*Pray on the single bead, the **Glory Be**, the **Fatima prayer**, announce and meditate on the **next mystery**, and repeat the **Our Father**.*

*Continue as before until all five mysteries are completed.*

*End the rosary with the **Hail Holy Queen** and **St. Michael** prayers.*

### THE SIGN OF THE CROSS

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

### THE APOSTLES' CREED

I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; he descended into hell; on the third day he rose again from the dead; he ascended into heaven, and is seated at the right hand of God the Father almighty; from there he will come to judge the living and the dead.

### THE OUR FATHER

Our Father who art in heaven, hallowed be thy name. Thy kingdom come. Thy will be done on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us, and lead us not into temptation, but deliver us from evil.

### THE HAIL MARY

Hail, Mary, full of grace, the Lord is with thee. Blessed art thou amongst women and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.



## THE GLORY BE

Glory be to the Father, the Son, and the Holy Spirit; as it was in the beginning, is now, and ever shall be, world without end. Amen.

## THE FATIMA PRAYER

O my Jesus, forgive us our sins, save us from the fires of hell. Lead all souls to Heaven, especially those in most need of thy mercy.

## THE HAIL HOLY QUEEN

Hail, holy Queen, mother of mercy, our life, our sweetness, and our hope. To thee do we cry, poor banished children of Eve; to thee do we send up our sighs, mourning and weeping in this valley of tears. Turn, then, O most gracious advocate, thine eyes of mercy toward us; and after this, our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary.

## ST. MICHAEL PRAYER

St. Michael the Archangel, defend us in battle, be our protection against the wickedness and snares of the devil; may God rebuke him, we humbly pray; and do thou, O Prince of the heavenly host, by the power of God, cast into hell Satan and all the evil spirits who prowl about the world seeking the ruin of souls. Amen.

## THE MYSTERIES OF THE ROSARY

### Joyful Mysteries

- The Annunciation
- The Visitation
- The Birth of Jesus
- The Presentation in the Temple
- The Finding of Jesus in the Temple

### Sorrowful Mysteries

- The Agony in the Garden
- The Scourging at the Pillar
- The Crowning with Thorns
- The Carrying of the Cross
- The Crucifixion

### Luminous Mysteries

- The Baptism of Jesus
- The Wedding Feast at Cana
- The Proclamation of the Kingdom
- The Transfiguration of Jesus
- The Institution of the Eucharist

### Glorious Mysteries

- The Resurrection
- The Ascension
- The Descent of the Holy Spirit
- The Assumption of Mary into Heaven
- The Coronation of Mary

## CHAPLET OF DIVINE MERCY

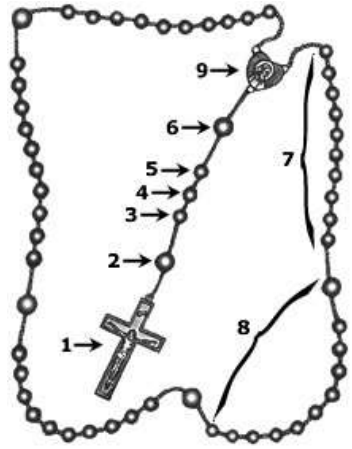
### 1. MAKE THE SIGN OF THE CROSS.

### 2. OPENING PRAYERS

You expired, Jesus, but the source of life gushed forth for souls, and the ocean of mercy opened up for the whole world. O Fount of Life, unfathomable Divine Mercy, envelop the whole world and empty Yourself out upon us.

*(Repeat three times)*

O Blood and Water, which gushed forth from the Heart of Jesus as a fountain of Mercy for us, I trust in You!



### 3. OUR FATHER

### 4. HAIL MARY

### 5. THE APOSTLES' CREED

### 6. THE ETERNAL FATHER

Eternal Father, I offer you the Body and Blood, Soul and Divinity of Your Dearly Beloved Son, Our Lord, Jesus Christ, in atonement for our sins and those of the whole world.

### 7. ON THE TEN SMALL BEADS OF EACH DECADE

For the sake of His sorrowful Passion, have mercy on us and on the whole world.

### 8. REPEAT FOR THE REMAINING DECADES

*Say the "Eternal Father" (6) on the "Our Father" bead and then 10 "For the sake of His sorrowful Passion" (7) on the following "Hail Mary" beads.*

### 9. CONCLUSION

*(Repeat three times)*

Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.

### 10. CLOSING PRAYER

Eternal God, in whom mercy is endless and the treasury of compassion inexhaustible, look kindly upon us and increase Your mercy in us, that in difficult moments we might not despair nor become despondent, but with great confidence submit ourselves to Your holy will, which is Love and Mercy itself. Amen.

### 11. MAKE THE SIGN OF THE CROSS

## PSALMS OF ASCENT

The Psalms of Ascent, Psalms 120-134, were songs the people of Israel sang year after year as they ascended to Jerusalem to celebrate the three major festivals: *Pesah* - Passover; *Shavuot* - Weeks; and *Sukkot* - Tabernacles. They are songs of worship, praise, and thanksgiving. They are sung in good times and bad times, together on the road, and alone in their hearts. It must have been a powerful scene to witness thousands of pilgrims on the road to Jerusalem singing the Psalms with one voice!

The Psalms of Ascent continue to be prayed in the Catholic tradition at different times during the Liturgy of the Hours. As Pilgrims today, it is a means of connecting the past to the present as we make our way along this earthly journey.



**Psalm 123**  
**A song of ascent**

*To you I raise my eyes,  
to you enthroned in heaven.  
Yes, like the eyes of servants  
on the hand of their masters,  
like the eyes of a maid  
on the hand of her mistress,  
so our eyes are on the LORD our God,  
till we are shown favor.  
Show us favor, LORD, show us favor,  
for we have our fill of contempt.  
We have endured no end  
of ridicule from the arrogant,  
of contempt from the proud.*

The psalmist reflects on trials that have occurred in life. These could be understood as times of exile or being under the rule of other nations, along with the hardships that come with that. In our journey to the Heavenly Jerusalem, we too run into trials and difficulties. And like the psalmist, we are to fix our expectant eyes on Him ready to respond to His direction. We lift up our hearts and eyes to Jesus who ascended and is enthroned in the Heavenly Jerusalem.

***Are you waiting on direction from the Lord?  
Step out in faith today with confidence  
that the Lord will show you His favor.***

**Psalm 124**  
**A song of ascent of David.**

*Had not the LORD been with us, let Israel say,  
had not the LORD been with us, when people rose against us,  
then they would have swallowed us alive,  
for their fury blazed against us.  
Then the waters would have engulfed us,  
the torrent overwhelmed us;  
then seething water would have drowned us.  
Blessed is the LORD,  
who did not leave us to be torn by their teeth.  
We escaped with our lives like a bird from the fowler's snare;  
the snare was broken, and we escaped.  
Our help is in the name of the LORD,  
the maker of heaven and earth.*

Psalm 124 is a Psalm of reflection on the ways that the Lord has been “on our side”. There were very real physical dangers that pilgrims to Jerusalem might have encountered including treacherous terrain, people (usually robbers), and wild animals. To arrive safely was likened to escaping from a deadly trap that was set. Many people today are inclined to attribute similar such blessings to chance or luck. What a wonderful thing to be able to say as Christians, “Blessed is the Lord who has not let me fall prey to the fowler's snare, my help is in the Lord, the maker of heaven and earth.”

***What prey has been stalking you:  
worries, concerns, anxieties?  
What temptations have you escaped?  
Blessed is the Lord!***

**Psalm 131**  
**A song of ascent of David.**

*My heart is not proud, Lord,  
my eyes are not haughty;  
I do not concern myself with great matters  
or things too wonderful for me.  
But I have calmed and quieted myself,  
I am like a weaned child with its mother;  
like a weaned child I am content.  
Israel, put your hope in the Lord  
both now and forevermore.*

The psalmist knows of the restlessness that can be caused by seeking after honors and earthly praise; leading to the sin of pride and drawing one's heart away from the Lord. The peace and contentment of the 'weaned child', happy to just be near its mother, is like the person of prayer who has matured in their humble and spontaneous trust of Lord. Content to be in His presence, the psalmist is now calm and stilled. No longer restless in heart, he is able to abandon himself to God's holy will.

*What do you find yourself chasing after,  
like a nursing child frantic for the next meal?  
Are you ready to stop clamoring after earthly temptations  
and rest in the presence of the Lord?  
Are you ready to say, 'I have calmed and quieted myself'?*

**Psalm 133**  
**A song of ascents. Of David.**

*How good and pleasant it is  
when God's people live together in unity!  
It is like precious oil poured on the head,  
running down on the beard,  
running down on Aaron's beard,  
down on the collar of his robe.  
It is as if the dew of Hermon  
were falling on Mount Zion.  
For there the LORD bestows his blessing,  
even life forevermore.*

Traveling to Jerusalem during the annual feasts was a coming together of people from different families, neighborhoods, tribes and regions. All with many differences but coming together for one common purpose – to worship the Lord.  
We are all brothers and sisters in Christ!

*Is there something keeping you  
from living in unity with others?  
Humbly ask the Lord to reveal the root of any division  
happening in your life. Pray for His grace to open your heart  
to His truth of how you can heal the division  
and begin to live in unity*



# OPPORTUNITIES *FOR* SERVICE

The City of Covington has several social service ministries. You will pass near a few of the many opportunities for service offered by the Diocese on your journey. In offering our time and talent to serve those in need, we have the opportunity to be Christ to one another.

## **Catholic Charities**

3629 Church Street  
859-581-8974  
[covingtoncharities.org](http://covingtoncharities.org)

## **El Centro de la Divina Providencia**

910 Scott Street  
859-431-3600  
[cdpkentucky.org/el-centro-de-la-divina-providencia](http://cdpkentucky.org/el-centro-de-la-divina-providencia)

## **Parish Kitchen**

1651 Madison Ave  
859-581-7745  
[info@covingtoncharities.org](mailto:info@covingtoncharities.org)

## **Notre Dame Urban Education Center**

859-261-4487  
[info@nduec.org](mailto:info@nduec.org)

## **Project Rachel**

1125 Madison Ave.  
859-392-1547  
[projectrachel@covdio.org](mailto:projectrachel@covdio.org)

## **Rose Garden Home Mission**

2020-2040 Madison Avenue  
859-491-ROSE (7673)  
[fdofmary.org/rose-garden-home-mission.php](http://fdofmary.org/rose-garden-home-mission.php)

## **St. Vincent de Paul Northern Kentucky**

859-341-3212  
[svdpnky.org](http://svdpnky.org)