



COVINGTON LENTEN

Pilgrimage

DIOCESE OF COVINGTON

Welcome to the annual Diocese of Covington Lenten Pilgrimage!

This pilgrimage originated at the grassroots level.

Our couple's weekly prayer group was inspired by our time in prayer.

*We felt God was calling us to experience the beauty of several
historic churches in the Diocese of Covington.*

*By answering God's call, the prayer group began figuring out how
we could make this happen for more people to experience.*

*Our thoughts turned to creating a Pilgrimage that was
locally accessible and cost nothing but time.*

*What a great way to enhance everyone's Lenten prayers,
journeying on the road to Jerusalem for Holy Week,
which starts tomorrow.*

*With the generous help we have received from the participating
parishes, we have been able to create an annual event.*

*It is our dream that this local Lenten Pilgrimage becomes
ingrained in your Lenten Devotions.*

*Let's build a tradition together that grows each and every year!
Talk about it. Invite others. Journey together. Pray together.*

We hope you experience a rejuvenation of your Lenten Journey.

See you next year,

*The Pilgrimage Planning Team
covlentenpilgrimage@gmail.com*

Diocese of Covington Lenten Pilgrimage Index

A 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 8. 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** – *It is recommended that, at each of the five churches on this pilgrimage, a decade of the Rosary is prayed so that an entire Rosary will have been said by the end of it. However, prayer comes in many forms and can be expressed simply by talking with God, using scripture to meditate, or praying any devotional.*

• **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.



ADORATION

This is a time for silence and devout reverence. Eucharistic adoration is the act of worship given to Jesus Christ present sacramentally in the Blessed Sacrament exposed in a monstrance. It flows from the Church's doctrine of the Real Presence: after consecration the Eucharist is truly Christ's Body, Blood, Soul and Divinity under the species of bread and wine. Jesus is wholly present here with us! Spend some time in quiet communion with our Lord.



Be still before the Lord and wait patiently for him...

Ps 37:7

SACRAMENT OF RECONCILIATION

Christ instituted the sacrament of Penance for all members of his Church: above all for those, who since Baptism, have fallen into sin. It restores the sinner to grace and reconciles them with God their loving Father.

ACT OF CONTRITION

Oh my God I am heartily sorry for having offended you, and I detest all my sins because of your just punishment, but most of all because they offend you, my God, who are all good and deserving of all of my love. I firmly resolve, with the help of your grace, to sin no more and to avoid the near occasion of sin. Amen.

Your Journey Begins...

This is YOUR pilgrimage - a chance to spend a few hours in prayer, offer up your intentions, and carry the intentions of others with you along the way as the season of Lent closes and we move forward into Holy Week.

Things to keep in mind:

- The map in the center of this booklet is a WALKING MAP.
- Park at any of the churches. The course makes a loop that will return you to your car.
- Look for the YELLOW SCALLOP SHELL signs to follow along the way.
- You are encouraged to walk clockwise on your journey.
- BE ALERT crossing streets. Many are one-way but PLEASE LOOK BOTH WAYS.
- Yes, the course takes you through St. Elizabeth Hospital's parking lot.
- Please don't litter.

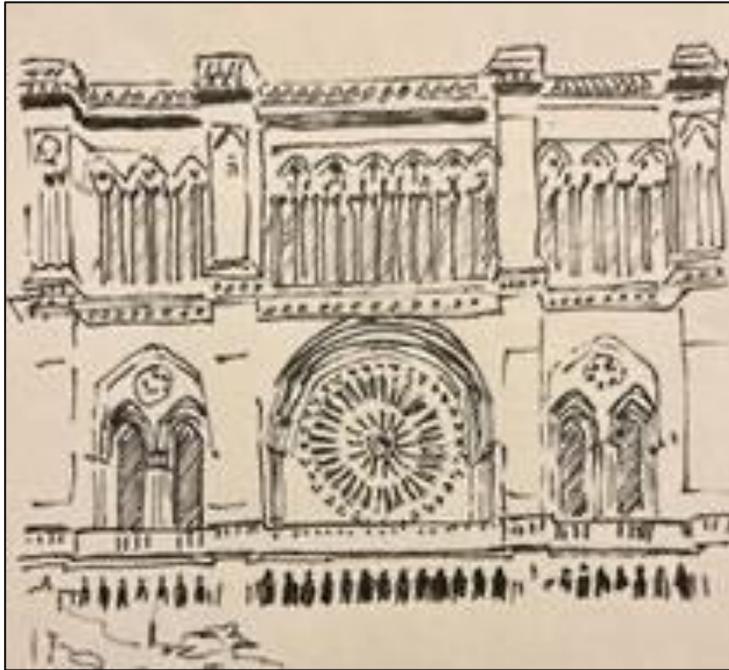
Take your time, soak in the environment, lift up a prayer for the neighborhoods, people, businesses you pass along the way. Enjoy your day!

Your feedback is appreciated - email us at:
covlentenpilgrimage@gmail.com



Cathedral Basilica of the Assumption of Mary

1140 Madison Ave., 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:



St. Benedict Church

338 E. 17th 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?

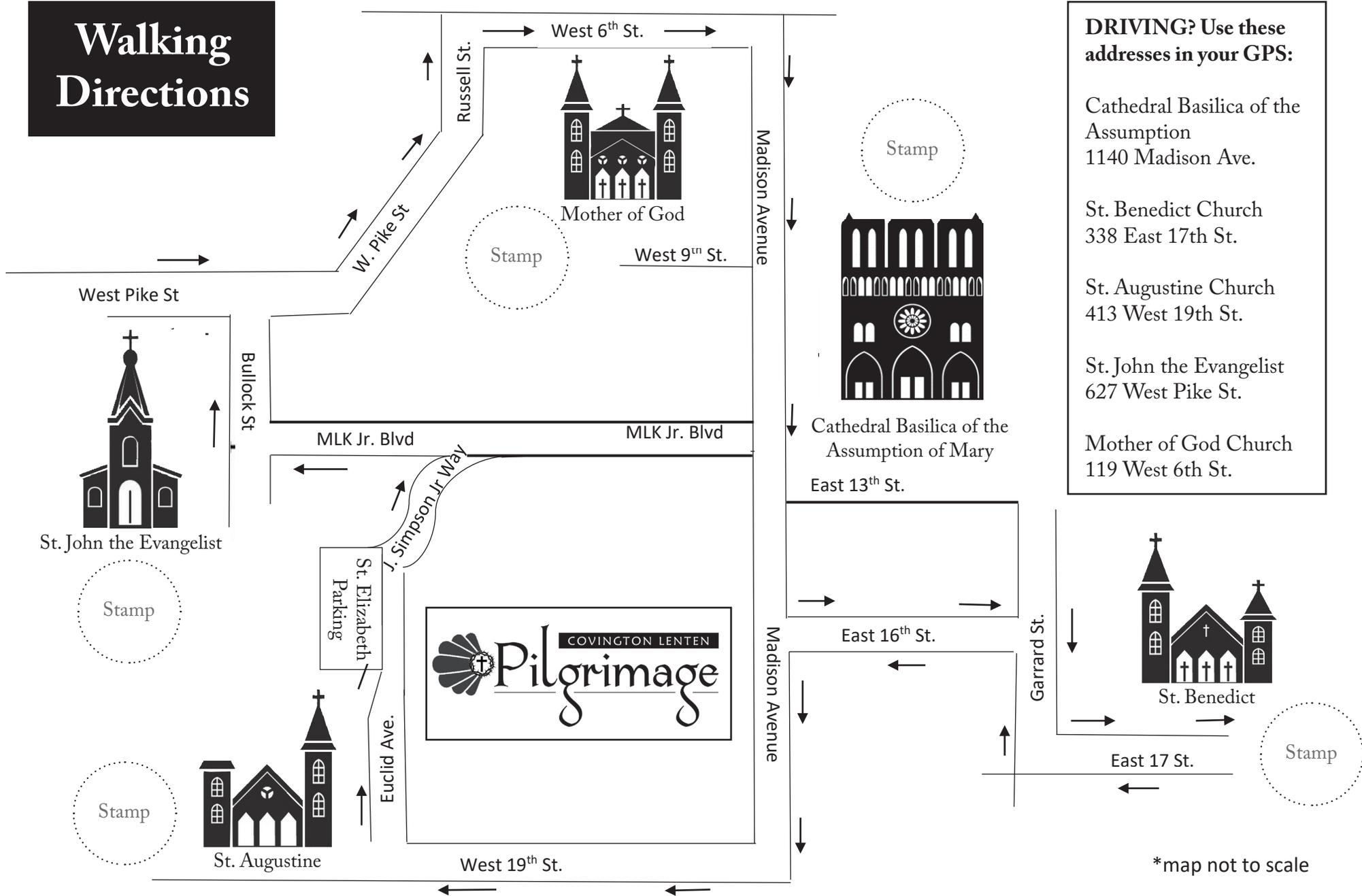
PRAYER to St. Benedict

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.

REFLECTION:



Walking Directions



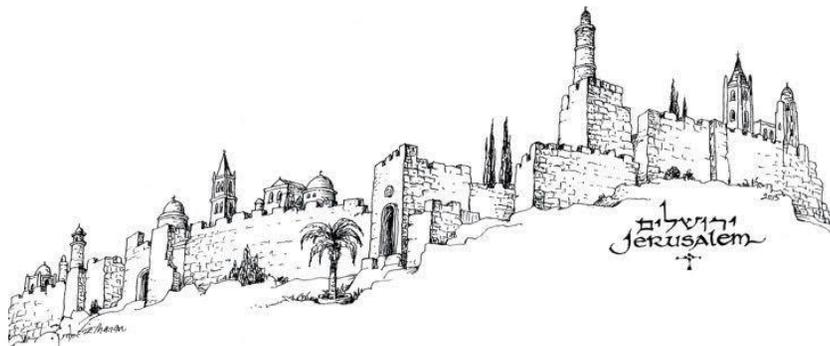
- DRIVING? Use these addresses in your GPS:**
- Cathedral Basilica of the Assumption
1140 Madison Ave.
 - St. Benedict Church
338 East 17th St.
 - St. Augustine Church
413 West 19th St.
 - St. John the Evangelist
627 West Pike St.
 - Mother of God Church
119 West 6th St.

*map not to scale

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 main Jewish festivals, known as the Shalosh Regalim or Pilgrimage Festivals - Passover (Pesach), Shavuot (Feast of Weeks), and Sukkot (Feast of 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 ascent 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***

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. 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

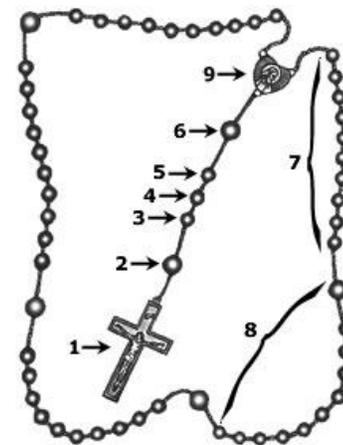
(Repeat three times)

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



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/meditate on the **next mystery**, pray 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 the Son, and 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. I believe in the Holy Spirit, the Holy Catholic Church, the communion of Saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

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. Amen

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 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, pray for us O Holy Mother of God, that we might be worthy of the promises of Christ.

ST. MICHAEL PRAYER

St. Michael the Archangel, defend us in battle, be our defense 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 Nativity of Jesus
- The Presentation in the Temple
- The Finding of Jesus in the Temple

Luminous Mysteries

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

Sorrowful Mysteries

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

Glorious Mysteries

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



OPPORTUNITIES FOR SERVICE

In offering our time and talent to serve those in need, we have the opportunity be Christ to one another.

Covington has many social service ministries. On today's journey you will pass by a few of the many opportunities for service offered by the Diocese of Covington:

Catholic Charities
3629 Church Street
859-581-8974
covingtoncharities.org

Project Rachel
1125 Madison Ave.
859-392-1547
projectrachel@covdio.org

El Centro de la Divina
Providencia
910 Scott Street
859-431-3600
cdpkentucky.org/el-centro-de-la-divina-providencia

Rose Garden Home Mission
2020-2040 Madison Avenue
859-491-ROSE (7673)
fdofmary.org/rose-garden-home-mission.php

Notre Dame Urban
Education Center
859-261-4487
info@nduec.org

St. Vincent de Paul
Northern Kentucky
859-341-3212
svdpnky.org

Parish Kitchen
1651 Madison Ave
859-581-7745
info@covingtoncharities.org

Visit us at:
www.covdio.org/lenten-pilgrimage