

# St. Margaret Mary Parish Virtual or In-Person Pilgrimage



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## Pilgrim's Journal

Sponsors: St. Margaret Mary Parish, Faith Enrichment Committee & Well-being Committee





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## Contents of Journal

- Prayer resources
- Site locations & historical information
- Inspirational quotes
- Reflection questions for contemplation
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“Start by doing what is necessary; then do what is possible; and suddenly you are doing the impossible.”

- St. Francis of Assisi

**Hike**  
**Pray**  
**Discover**

# WELCOME!

## Introduction

Visit historic sites virtually or in person (if you would like), take time to pray and reflect on these significant historic places within the Diocese of Green Bay. The faith of the people who have gone before us, the Christian values and virtues they represent have shaped our communities throughout history.

Our faith history and wonderful environmental features of North-eastern Wisconsin are rich and diverse. You are invited to walk, bike or drive your way along this faith journey. This pilgrimage can be taken in real life or you may log the equivalent distances as you walk or bike your neighborhood trails and sidewalks.

## What is a Pilgrimage in the Catholic Tradition?

A pilgrimage is a journey that people make to a place that is considered holy. To Catholics, a pilgrimage is more than just traveling to historic sites and viewing religious images or relics. It is a journey with a deeper and more spiritual meaning. A pilgrimage is not purposeless wandering but a journey with a higher purpose, and that is to honor God.

The practice of pilgrimages became significant in the Christian tradition in the 4th century. The main focus of pilgrimages had been to travel to places that were significant in the life and ministry of Jesus. Over time pilgrims were inspired and edified in their own faith journey by visiting the tombs of martyrs and saints. These practices remain inspirational for many and help to deepen one's understanding of faith in Jesus Christ on a heart and head level.

How one prepares for any pilgrimage is meant to engage our experiences, practices and intentions in prayer. It requires spiritual sacrifice and physical perseverance. A pilgrimage is not a vacation. It is an intentional opportunity for us to grow in our faith and see the life and ministry of Jesus and the saints in a new light. As disciples of Jesus, a pilgrimage offers us focused time to reflect on our relationship with God, Jesus, the Holy Spirit and our fellow pilgrims.

**Be Intentional**

**Be Engaged**

**Be Inspired**

Visit [www.smmneenah.org](http://www.smmneenah.org) for more information.

Pray this ancient prayer (origin unknown) throughout your pilgrimage. This prayer is prayed at the end of the pilgrims Masses said along the Camino and is fitting for any pilgrimage. It has been modified to fit this virtual pilgrimage from St. Margaret Mary parish in Neenah, WI to the National Shrine of Our Lady of Good Help in Champion, WI.

**O God, who brought your servant Abraham  
out of the land of the Chaldeans,  
protecting him in his wandering across the desert,  
we ask that you watch over us, your servants,  
as we walk in the love of your name to *insert your daily destination here*.**

**Be for us our companion on the walk,  
Our guide at the crossroads,  
Our breath in our weariness,  
Our protection in danger,  
Our home on the journey,  
Our shade in the heat,  
Our light in the darkness,  
Our consolation in our discouragements,  
And our strength in our intentions.**

**So that with your guidance we may arrive safe and sound  
at the end of the road and enriched with grace and virtue  
we return safely to our homes filled with joy.**

**In the name of Jesus Christ our Lord, Amen!**

- **Sacred Heart of Jesus, have mercy on us.**
- **Our Lady of Good Help, pray for us.**
- **St. Margaret Mary, pray for us.**
- **All holy men and women, pray for us.**

# Pilgrim Notes and Reflections

Setting your intention: As you begin this pilgrimage what are you seeking from God?

My hopes and goals spiritually, physically and emotionally for this time of pilgrimage are...?

Add the mileage from your house to St. Margaret Mary, the beginning point of this pilgrimage \_\_\_\_\_.

Before you jump into your workout remember to do a three to five minute warmup. A warmup should prepare the body for the moves you are about to do and warm up those muscles by increasing your heart rate.



## Prayer

O St. Margaret Mary, through you, Jesus pours out His abundant graces to all humankind. Help us to use our personal talents in the service of Jesus, and abandon ourselves entirely and lovingly to His Sacred Heart. Amen!

## Saint of the Site

St. Margaret Mary Alacoque's feast day is observed on October 16th.

**October 16th, 2023 we will celebrate 103 years since Margaret Mary's Canonization.**

She is patroness of those suffering with polio, devotees of the Sacred Heart of Jesus, and those who have lost parents.

## Scripture to Ponder

"And I will give them another heart and a new spirit I will put within them. From their bodies I will remove the hearts of stone, and give them hearts of flesh, so that they walk according to my statutes, taking care to keep my ordinances. Thus they will be my people, and I will be their God."

- Ezekial 11:19-20



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**St. Margaret Mary Catholic Community, Neenah, Wisconsin**

Visit our website: [www.smmneenah.org](http://www.smmneenah.org)

**Mission Statement:** "We the people of St. Margaret Mary Parish united in faith and prayer, resolve to give witness to the Gospel. The Holy Spirit calls and empowers us to love and serve, to lead and teach, to heal, forgive and understand. We pledge to share our God-given gifts and talents for the benefit of our parish and all people in the name of Jesus Christ. "

## Who is St. Margaret Mary Alacoque

Margaret Mary was born on July 22, 1647 in Burgundy, France and was sent to school under the Poor Clares at Charolleson after the death of her father, when she was just eight years old. She became ill with rheumatic fever and was bedridden for five years until she was fifteen. During this time she developed a devotion to the Blessed Sacrament. In 1671 she entered the Visitation convent at Paray-le-Monial and professed vows the next year. From the time she was twenty, she experienced visions of Christ, and on December 27, 1673, she began a series of revelations that were to continue over the next year and a half. In them Christ informed her that she was His chosen instrument to spread devotion to His Sacred Heart. Jesus instructed her in a devotion that was to become known as the Nine Fridays and the Holy Hour, and asked that the feast of the Sacred Heart be established.

Rebuffed by her religious superior in her efforts to follow the instruction she had received in the visions, she eventually won her over. She received the support of Blessed Claude La Colombiere who declared that the visions were genuine. In 1683, opposition in the religious community ended when a new superior was elected and named Margaret Mary her assistant. Margaret Mary later became Novice Mistress and saw the convent observe the feast of the Sacred Heart privately in 1686. Two years later a chapel was built at the Paray-le-Monial to honor the Sacred Heart of Jesus. Soon observation of the feast of the Sacred Heart spread to other Visitation convents. Margaret Mary died at the Paray-le-Monial on October 17, 1690 and was canonized in 1920. The devotion to the Sacred Heart of Jesus was officially recognized and approved by Pope Clement XIII in 1765, seventy-five years after Margaret Mary's death. Her feast day was originally observed on the day of her death but is now observed on October 16 each year.

**Happy 103rd Anniversary of your canonization, St. Margaret Mary!  
Sacred Heart of Jesus, have mercy on us.  
St. Margaret Mary, pray for us.**

"One prayer said from the heart is worth a thousand times the many prayers some say amidst great distractions."

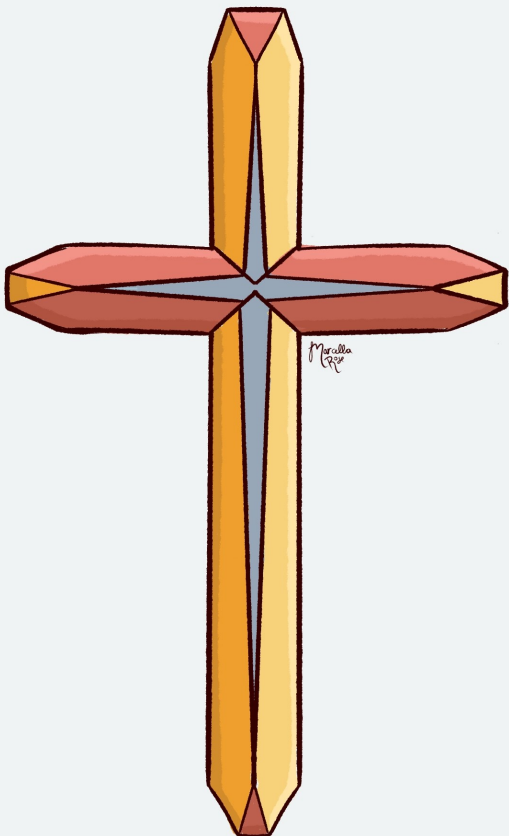
- St. Margaret Mary Alacoque

# Pilgrim Notes and Reflections

**As disciples of Jesus Christ and baptized Christians, we are called to be saints. In what ways do you live your faith and discipleship in everyday life?**

## **HEALTH NOTES:** Top 5 benefits of drinking water

- Increases Energy & Relieves Fatigue. Since your brain is mostly water, drinking it helps you think, focus and concentrate better and be more alert. ...
- Promotes Weight Loss
- Flushes Out Toxins. ...
- Improves Skin Complexion
- Maintains Regularity



**My prayer intentions today are...**

Your next destination is the Shrine of St. Joseph at St. Norbert College 30 miles ahead.

## Prayer for the Intercession of St. Joseph

To thee, O blessed Joseph, we have recourse in our affliction, and having implored the help of thy thrice holy Spouse, we now, with hearts filled with confidence, earnestly beg thee also to take us under thy protection.

Defend, O most watchful guardian of the Holy Family, the chosen offspring of Jesus Christ. Keep from us, O most loving Father, all blight of error and corruption. Aid us from on high, most valiant defender, in this conflict with the powers of darkness. And even as of old thou didst rescue the Child Jesus from the peril of His life, so now defend God's holy Church from the snares of the enemy and from all adversity. Shield us ever under thy patronage, that, following thine example and strengthened by thy help, we may live a holy life, die a happy death, and attain to everlasting bliss in Heaven.

Amen.

This prayer was written by Pope Leo XIII at the end of his encyclical *QuamQuam Pluries* dated August 15, 1889 on the devotion to St. Joseph. Pope Leo XIII was pope from February 20, 1878 to July 20, 1903.



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Jerry Turba

Visit [www.norbertines.org](http://www.norbertines.org) for more details of the 903 year history of the Norbertine Community and the over 135 year history of the National Shrine of St. Joseph.

### Who is St. Joseph?

Saint Joseph was the husband of the Blessed Virgin Mary and the foster father of Jesus. Pope Pius IX proclaimed St. Joseph the Patron of the Universal Church in 1870. Joseph was a descendant of David. His profession was that of carpenter.

### Scripture to Ponder

“Now this is how the birth of Jesus Christ came about. When his mother Mary was betrothed to Joseph, but before they lived together, she was found with child through the holy Spirit. Joseph her husband, since he was a righteous man, yet unwilling to expose her to shame, decided to divorce her quietly. Such was his intention when, behold, the angel of the Lord appeared to him in a dream and said, “Joseph, son of David, do not be afraid to take Mary your wife into your home. For it is through the holy Spirit that this child has been conceived in her. She will bear a son and you are to name him, Jesus because he will save his people from their sins.” All this took place to fulfill what the Lord had said through the prophet: “Behold, the virgin shall be with child and bear a son, and they shall name him Emmanuel,” which means “God is with us.” When Joseph awoke, he did as the angel of the Lord had commanded him and took his wife into his home. He had no relations with her until she bore a son, and he named him Jesus.”

- Matthew 1:18-25 NAB

## The Shrine of St. Joseph St. Norbert College Parish at Old St. Joseph Church in De Pere, Wisconsin

At this site a weekly novena to Saint Joseph began in 1888, and continues to this day with novena prayers on Wednesdays at 12:30PM.

The Norbertine Community of St. Norbert Abbey have been caretakers of the Shrine of St. Joseph since 1898 when Bishop Messmer, of the Green Bay Diocese, turned over care of St. Joseph Parish to Fr. Bernard Pennings, O. Praem. and his confreres.

Indeed, no “Christian community can be built up unless, as its root and keystone, it has the celebration of the Most Holy Eucharist, from which all formation toward the spirit of community must take its origin.” - *The Day of Pentecost*

# Pilgrim Notes and Reflections

St. Joseph is the patron saint of the Universal Church, unborn children, fathers, workers, travelers, immigrants, and a happy death.

- October is Respect Life Month: let us pray for the protection of all unborn children, their parents and for the support needed for their families. We pray for healing for those who have lost a child to miscarriage, still-birth or abortion. We pray for immigrants, for migrants, the homeless, and families seeking to adopt a child, that all will find the love and acceptance God created us to share. Let us pray for the elderly, all who are lonely, isolated, in prison or who feel forgotten, that they may seek and find the caring and supportive community they deserve.
- Novena for Workers, the Unemployed and Underemployed is typically held April 23rd through May 1st. Visit <https://www.catholic.org/prayers/novenas/novena.php?id=1> to see the entire novena and accompanying videos. Given this pandemic with so many out of work or not able to make ends meet because of low pay let us pray for them and their families.

**MOVEMENT BREAK:** Add movement at least 3 minutes every hour throughout the day.

Some ideas:

- Reach across your body
- Reach up and overhead
- Shoulder rolls
- Turn head slowly side to side (looking over shoulder)
- Wrist rolls

Your next destination is beautiful St. Norbert Abbey only 1.7 miles away.



**"Forgiveness"** by Marcella Rose, SMM Parish member

## A Novena Prayer to St. Norbert

O holy St. Norbert, gentlest of saints, your love for Jesus Christ truly present in every tabernacle around the world and your charity for souls made you worthy while on earth to possess miraculous powers. Miracles waited your word, which you were ready to speak for those in trouble or anxiety. Encouraged by this thought, I implore you to obtain for me the favor I seek in this novena.

(here state your intention)

The answer to my prayer may require a miracle; even so, you are the saint of miracles. O gentle and loving St. Norbert, whose heart was ever full of zeal for souls, whisper my petition into the ears of the Infant Jesus, on Whose birthday you founded the holy Order of Prémontré, and the gratitude of my heart will always be yours.

Our Father. Hail Mary. Glory Be.

## Saint of the Site

St. Norbert of Xanten was born in 1080 AD and died in 1134 at the age of 54 while Archbishop of Magdeburg in Germany.

## Scripture to Ponder

“The community of believers was of one heart and mind, and no one claimed that any of his possessions was his own, but they had everything in common.” - Acts 4:32



Photo by Ellen S. Mommaerts

## Saint Norbert Abbey, De Pere, Wisconsin

Visit our website: [www.norbertines.org](http://www.norbertines.org) for our history and virtual tour of the stained glass windows, learn about the life and ministry of Norbertine brothers and priests of the De Pere canonry.

Enjoy this brief video showing the life of the Norbertine Community of St. Norbert Abbey <https://vimeo.com/159101487>.

## The Order of Canons Regular of Prémontré: A Brief History

The Canons Regular of Prémontré were found by St. Norbert at Prémontré, France on Christmas Day, 1120. **Yes, you read that correctly...903 years ago Christmas 2023.** Thus began an amazing history that continues to inspire men and women to join the Order's canonries throughout the world, as vowed religious priests, brothers, sisters, nuns, associates and oblates, in the service of God's people.

Norbertines, as members of most religious communities in the Catholic Church, profess the vows of poverty, consecrated celibacy and

**Little known facts:** The Great West Window, which is the largest continuous stained glass window in Wisconsin (pictured right), and all the St. Norbert Abbey stained glass windows were designed by Francis Deck and created by the Emil Frei and Associates Studios of Kirkwood, Missouri. That is the same artist and studio to design and create the stained glass windows of the **National Shrine of Our Lady of Champion** in Champion, WI.

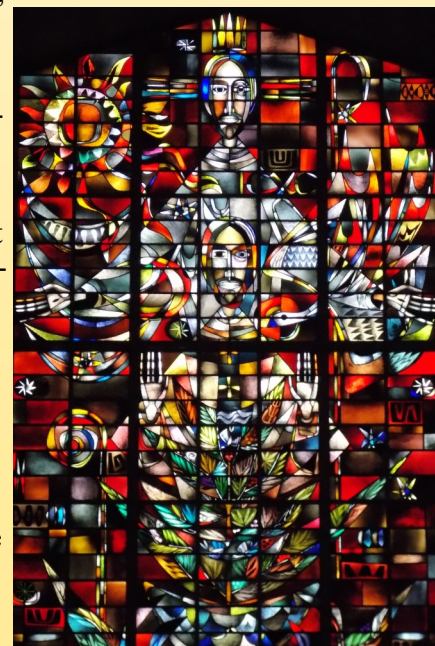


Photo by Ellen S. Mommaerts



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**“The last Communion should be as special and solemn as the first.”**

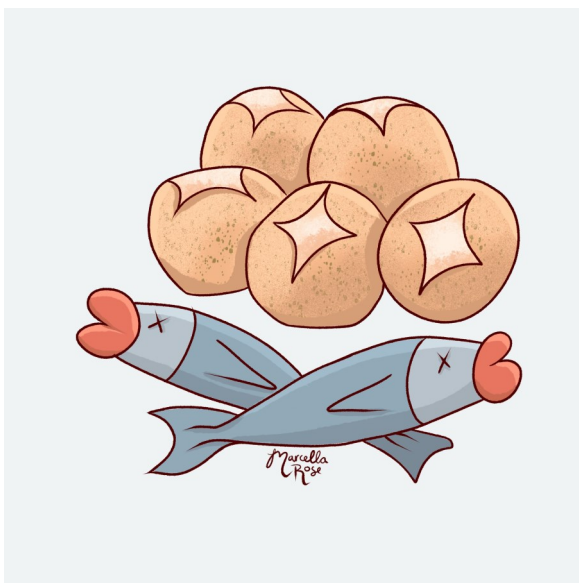
- Blessed James Kern, (April 16, 1897 - October 20, 1924) member of the Abbey of Geras

# Pilgrim Notes and Reflections

As you think about your vocation, how has God gifted and equipped you for how you serve and love in the world?

Read the gospel of John 6:1-15 about the Multiplication of Loaves and Fish. Or view this family friendly telling of the story: <https://www.youtube.com/watch?v=uupg0V-17NU> The video shares the version from Matthew's gospel.

- Who was the one to respond and what did Jesus do with the bread and fish shared?



**"5 Loaves and 2 Fish"** by Marcella Rose,  
SMM Parish member

**CENTERING PRAYER:** For health one needs to address the physical, emotional and spiritual aspects of our daily living. Prayer and meditation are ways to promote emotional and spiritual health.

**Benefits:**

- Stress reduction
- Reduced anxiety
- Less insomnia
- Spiritual growth
- Less depression
- Reduces high blood pressure



**CENTERING PRAYER APP:**

Download this handy FREE app to help with Centering Prayer: <https://www.contemplativeoutreach.org/centering-prayer-mobile-app/> for this handy guide to centering prayer from the Contemplative Outreach!

Congratulations on completing this leg of the journey. Your next destination is historic St. John the Evangelist church 4.5 miles away.

## A Prayer for the Beatification of Father Samuel Mazzuchelli, OP

Lord Jesus, you called your servant, Samuel, even in early youth to leave home and all for a Dominican life of charity in preaching your holy gospel. You gave him abundant graces of Eucharistic love, devotion to your holy Mother of Sorrows, and a consuming zeal for souls. Grant, we beseech you, that his fervent love and labors for you may become more widely known, to a fruitful increase of your Mystical Body, to his exaltation and to our own constant growth in devoted love of you Who with the Father and the Holy Spirit live and reign one God, world without end. Amen.

### Saint to be of the Site

Venerable Fr. Samuel Mazzuchelli, OP was a Dominican priest and Missionary Apostolic in Michigan, Wisconsin, Iowa, and Illinois in pioneer times.

He was the builder of 20 churches, founder of 30 parishes, and founder of the Dominican Sisters of Sinsinawa. Learn more about the Sisters and Fr. Mazzuchelli by visiting <https://www.sinsinawa.org/>

### Scripture to Ponder

“If someone who has worldly means sees a brother in need and refuses him compassion, how can the love of God remain in him? Children, let us love not in word or speech but in truth and action.” - 1 John 3:17-18 NAB



### St. John the Evangelist Parish, Green Bay, WI

St. John the Evangelist parish in Green Bay is the **oldest continuous Catholic congregation in the State of Wisconsin**, with regular pastors since as early as 1831. Visit their website for more details <https://www.stjohngb.org/> and discover the amazing history of this parish in missionary discipleship for our Diocese.

### St. John the Evangelist (Apostle) and the parish history

St. John the Evangelist (Apostle and writer of the gospel according to John) followed Jesus and shared closely in His ministry. St. John is known as the “beloved disciple” of Jesus and was entrusted with the care of Mary, Mother of Jesus after His crucifixion.

The faith community of St. John in Green Bay reaches out to so many people in a spirit of service focused on the common good and caring for marginalized populations.

Seeing a profound need for shelter of people who are homeless the parish converted their school building to serve men and women seeking shelter, especially in the cold weather months. The shelter provides a place to stay, meals, access to a community that cares, fellowship, professional services by social workers, pastoral care by ministry volunteers and clergy, and so much more than can be characterized here.

Prior to the St. John Homeless Shelter, the parish began ministry under the leadership of Fr. Guy Blair, SCJ to the deaf community. Through the ministry of Fr. Blair and volunteers the deaf community found a home base and a place of worship where those with hearing loss can worship our Lord in American Sign language.

\*Photos taken from the parish website.



“Beloved, let us love one another: for love is of God; everyone who loves is begotten by God and knows God. Whoever is without love does not know God, for God is love.” 1 John 4:7-8

# Pilgrim Notes and Reflections

Like St. John the Evangelist how are you called to be a missionary disciple in your local community, workplace, school and other organizations?

Lord, today I bring before you the following intentions in confidence that you will hear and address them in the way that is best for all involved.

**SLEEP HABITS:** Sleep is an important part of your well-being. The amount of sleep can affect how you interact with others and your thought process, among other things. Here are some sleep tips from the CDC:

- Be consistent. Go to bed at the same time each night and get up the same time each morning, including weekends
- Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature
- Remove electronics such as computers, televisions, and smart phones from the bedroom
- Avoid large meals, caffeine, and alcohol before bedtime
- Get some exercise. Being physically active during the day can help you fall asleep more easily at night



Photo by Ellen S. Mommaerts

Keep up your pace, you're doing great! Your next destination is our very own St. Francis Xavier Cathedral only .5 miles away.

## Prayer

Oh devoted servant of God, Saint Francis Xavier, your heart was burning with love for Jesus. Impelled by love you went from country to country and spent yourself unto death proclaiming the name of Jesus and the good news of Salvation. That is why the Father filled you with glory in Heaven and preserved your body from corruption on earth. Filled with joy for these unique gifts, we join you praising the Father. And now we ask your intercession for ourselves (enter your intention here).

We ask you to obtain for us the fulfillment of these desires if they are pleasing to the Father. And for everything, together with you, we praise the Father through Jesus in the Spirit. Amen.

## Saint of the Site

St. Francis Xavier (1506-1552) is the patron saint of missionaries. He, with Ignatius Loyola is one of 7, who in 1534 founded the Society of Jesus, more commonly referred to as the Jesuits.

## Scripture to Ponder

“But you, be self-possessed in all circumstances; put up with hardship; perform the work of an evangelist; fulfill your ministry.” - 2 Timothy 4:5

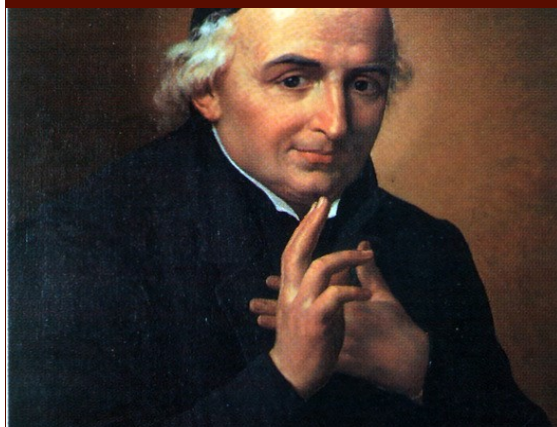


Photo by Ellen S. Mommaerts

## St. Francis Xavier Cathedral, Green Bay, Wisconsin

St. Francis Xavier is said to have converted more people than anyone else has done since St. Paul.

He was beatified by Paul V in 1618, canonized by Gregory XV in 1622. The feast day for St. Francis Xavier is December 3rd.

Visit the website for the Cathedral at <http://www.sfxcathedralgb.com> to explore the beauty of the building, the grounds, and the artwork that has inspired generations in the Catholic faith. Discover the rich history and present ministry of the Cathedral parish and the answers to the questions below.

1. True or False St. Francis Xavier and Ignatius of Loyola both are proclaimed patron saints of foreign missions by Pope Pius X.
2. True or False St. Francis Xavier Cathedral originally cost \$35,000 and was financed by the local immigrant population, a donation from the Bavarian Mission Society in Germany and a donation from King Ludwig I.
3. True or False The relics of St. Boniface, St. Timothy, St. Tiburtius, and St. Francis Xavier repose in the altar stone at St. Francis Xavier Cathedral.
4. True or False The St. Francis Xavier Cathedral was established in 1851 and consecrated in 1881.

“Experience Christ, Know Christ,  
and Make Him Known.”

“It is not the actual physical exertion that counts toward one’s progress, nor the nature of the task, but by the FAITH with which it is undertaken.” - St Francis Xavier

# Pilgrim Notes and Reflections

How have you experienced, known, and shared the presence of Christ as you have been on this pilgrimage?



Daily Examen for Children, Teens & Adults

<https://www.loyolapress.com/catholic-resources/ignatian-spirituality/examen-and-ignatian-prayer/examen-for-teens-with-anxiety/>

Five Steps:

- 1) Become aware the Holy Spirit is with you
- 2) Review the events of your day with gratitude
- 3) Where did you notice God's presence?
- 4) Where might you have missed God's presence?
- 5) Bring it all to Jesus asking God for grace to enter the next 24 hours



You made it! Your next destination is the Motherhouse of the Sisters of Saint Francis of the Holy Cross in Bay Settlement only 6.8 miles from the Cathedral. You and God have got this!

**"Scattered Seeds"** by Marcella Rose,  
SMM Parish member

## St. Francis' Prayer Before the Crucifix

Most High, glorious God,  
enlighten the darkness of my heart  
and give me true faith,  
certain hope, and perfect charity,  
sense and knowledge, Lord,  
that I may carry out  
Your holy and true command.

## Saint of the Site

St. Francis of Assisi lived 800 years ago in Italy. He loved the Eucharist. The rules of his newly established Franciscan community included walking in the ways of Jesus, and living simply and peacefully. Francis saw God's gifts in all creation; in 1979 he was declared Patron Saint of Ecology. Before dying, Francis bore the wounds of Christ, called the stigmata.

## Scripture to Ponder

On his deathbed, St. Francis requested Psalm 142 which concludes with: "Lead my soul from prison, that I may give thanks to your name. then the righteous shall gather around me because you have been good to me."

Thank you to the Leadership Team of the Sisters of St. Francis of the Holy Cross and Renae Bauer, Communications Director for creating this page.



## Sisters of St. Francis of the Holy Cross, Green Bay, Wisconsin

The Sisters of St. Francis of the Holy Cross are rooted in the Cross, Word, and Eucharist. Guided by the Holy Spirit to proclaim the Good News of Jesus Christ, they compassionately respond to the needs of our times through prayer, presence and hospitality. Visit <https://gbfranciscans.org> for more neat stuff about the Sisters.

## History and ministry of the Community

The Sisters of St. Francis of the Holy Cross is a small, Diocesan religious order founded in 1868 by the Rev. Edward Daems, a Crosier missionary priest from Belgium. Upon arriving in the desolate wilderness of Bay Settlement (northeast of Green Bay) Father Daems recognized the immigrants' need for faith formation and education. He called together four women — Christine Rousseau, Pauline La Plante, Pius Doyle and Mary Van Lanen — to be the first teachers at Holy Cross Catholic School and, in time, the founding members of this religious community.

With help from the Holy Spirit, the Sisters have taught in more than 50 Catholic schools and dozens of faith formation programs for public school children; they welcomed immigrants and refugees from Southeast Asia, Latin America and Africa; and comforted the elderly and dying. Through it all, the Sisters relied on God to respond with compassion and innovation just as their patron saint and founder had.

*The Canticle of Creation ("Praise be you, my Lord ...") is Francis' testament to God's presence in everything. Consider reflecting on these elements:*

- *The phases of Sister Moon remind us of all the phases of our life in which God is present.*
- *Brothers Wind and Air are signs of God's sustenance. There is no such thing as bad weather; like life, it just is.*
- *We cherish gifts from our Sister, Mother Earth, and in turn care for her.*
- *For which gifts are you most grateful?*

"Preach the Gospel at all times; when necessary, use words."

~ St. Francis of Assisi

# Pilgrim Notes and Reflections

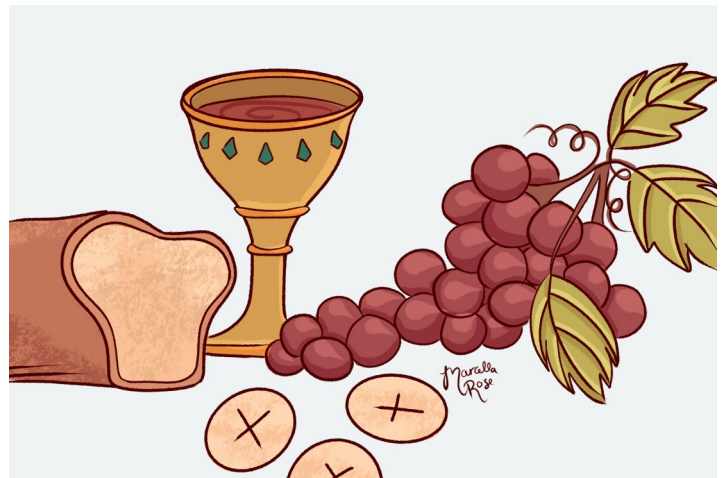
The Sisters asked the question, “For which gifts are you most grateful?”

**NUTRITION:** **COLORIZE** your plate. The American Heart Association states the best way to get all of the vitamins, minerals and nutrients you need is to eat a variety of colorful fruits and veggies. Add color to your plate each day with five main color groups.

- RED & PINK (beets, cranberries, apples, strawberries, tomatoes, red peppers...)
- BLUE & PURPLE (blackberries, blueberries, eggplant, grapes, plums, raisins...)
- YELLOW & ORANGE (squash, cantaloupe, carrots, sweet potatoes, pineapples...)
- WHITE (bananas, cauliflower, mushrooms, onions, parsnips, garlic...)
- GREEN (asparagus, avocados, broccoli, cucumbers, green beans, kiwi, spinach...)

**Have fun with your meals and try new fruits and veggies!**

Congratulations! You are almost to The National Shrine of Our Lady of Good Help, just another 8.5 miles.



“The Gifts” by Marcella Rose, SMM parishioner

## Prayer

Hail, Mary, full of grace, the Lord is with thee. Blessed art thou among 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 death. Amen.

## Saint of the Site

Mary, the Mother of Jesus.

## Scripture to Ponder

The Canticle of Mary: "And Mary said, "My soul proclaims the greatness of the Lord; my spirit rejoices in God my savior. For he has looked upon his handmaid's lowliness; behold, from now on will all ages call me blessed. The Mighty One has done great things for me, and holy is his name. His mercy is from age to age to those who fear him. He has shown the might of his arm, dispersed the arrogant of mind and heart. He has thrown down the rulers from their thrones but lifted up the lowly. The hungry he has filled with good things; the rich he has sent away empty. He has helped Israel his servant, remembering his mercy, according to his promise to our fathers, to Abraham and to his descendants forever." - Luke 1:46-55



## The National Shrine of Our Lady of Champion, Champion, WI

We are blessed to have the only approved Marian Apparition site in the United States right here, in our Diocese, and tucked away amid the farmlands outside of Green Bay, WI.

**History: October 1859** Mary appeared to a Belgian immigrant, Adele Brise. Adele was told by Mary to teach the children their catechism. Adele then made it her life's purpose to teach the children. Twelve years later in 1871 her father built a shrine in honor of the Blessed Virgin Mary in its present location.

**A miracle: On October 8, 1871** began the historic Peshtigo fire that destroyed 1,200,000 acres and decimated much of the Door Peninsula. Those that helped Adele in her mission came to the shelter of the Shrine and prayed the rosary all night for protection. All around them there was devastation but the chapel property was miraculously untouched. Witnesses recount the fire burning all around the perimeter of the property as they prayed for Our Lady's intercession.

If you wish to visit the National Shrine of Our Lady of Good Help in person here are some things to consider:

- ◆ Confession is offered daily at 10am and 2pm
- ◆ Daily mass is at 11am
- ◆ Walk the Rosary trail
- ◆ Pray the Stations of the Cross
- ◆ Visit and pray in the 3 different Chapels
- ◆ Bring a picnic and enjoy the peaceful setting of the beautiful grounds.

Visit <https://championshrine.org/> to view the grounds virtually, and learn more about the story of Adele and her ministry. Find more prayer resources.

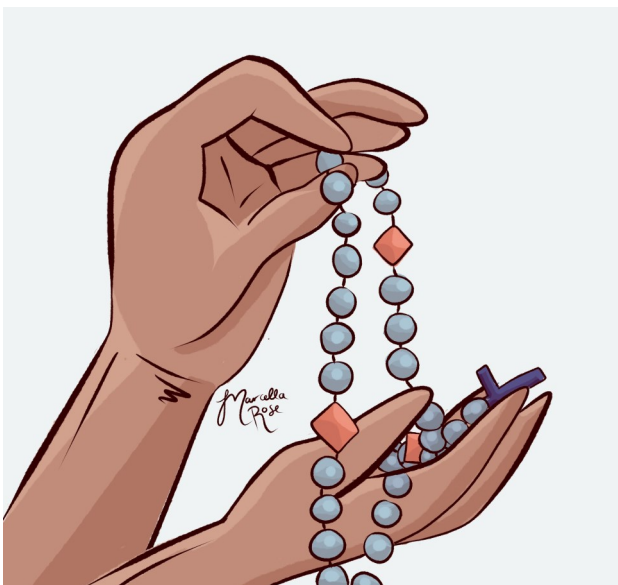
\*Photos on this page taken from the Shrine website.

"Champion Shrine is a sacred place through which the power of prayer to Jesus, under the mantle of The Blessed Mother, has led to many graces." - Taken from the Shrine website

# Pilgrim Notes and Reflections

How do you define the word miracle?

Have you ever experienced or witnessed something that you would call miraculous? If yes, explain.



Hopefully you have enjoyed some peace and quiet while visiting the National Shrine. On to the Curran Spirituality Center in Denmark. Lace up your shoes and prepare for the next 17.8 miles.

“Rosary” by Marcella Rose, SMM parishioner

## Prayer

### The Breastplate of St. Patrick

Christ with me.  
Christ before me.  
Christ behind me.  
Christ in me.  
Christ beneath me.  
Christ above me.  
Christ on my right.  
Christ on my left.  
Christ when I lie down.  
Christ when I sit down.  
Christ when I arise.  
Christ to shield me.

Christ in the heart of everyone who  
thinks of me.

Christ in the mouth of everyone who  
speaks of me.

Amen!

### Saint of the Site

St. Brigid of Kildare (451-525) was inspired in the faith by the ministry and witness of St. Patrick. She is patroness of Ireland, dairy-maids, midwives, Irish nuns and newborn babies. Feast Day: February 1

### Scripture to Ponder

“Give thanks to the LORD, invoke his name; make known among the peoples his deeds! Sing praise to him, play music; proclaim all his wondrous deeds! Glory in his holy name; let hearts that seek the LORD rejoice! Seek out the LORD and his might; constantly seek his face.”

- Psalm 105:1-4



Photo taken by Sam Lucero



Aerial drone photo taken by Sam Lucero

### Curran Spirituality Center in Denmark, Wisconsin

The Curran Spirituality Center does not have its own website. However, you are invited to check out this fantastic article titled: *Curran Spirituality Center Serves as a Prayer Refuge* by Jeff Kurowski written for The Compass, our Diocese of Green Bay newspaper, on the occasion of the blessing of the center by Bishop David L. Ricken in 2016.

<https://www.thecompassnews.org/2016/02/curran-spirituality-center->

### Rev. William O'Brien, priest of the Diocese of Green Bay

The grandson of Irish immigrants became a priest later in life after a successful career in the construction industry.

Fr. Bill served as pastor of St. Peter the Fisherman in Two Rivers for 13 years and oversaw the building of the church that now sits on that property.

The Curran Spirituality Center is built on the land that his family once farmed near Denmark, WI and not far from the Holy Name Carmelite Monastery. The Center has become a place of prayer and refuge for people traveling the backroads of Wisconsin and its many roadside chapels.

If you wish to discover more about the roadside chapels of our Diocese please visit the Facebook page of Father Edward Looney, priest of the Diocese of Green Bay and pastor of St. Mary/St. Francis in Brussels, and St. Peter and St. Hubert in Lincoln/Rosiere in Southern Door County. Father Edward has also authored many books on the apparition of Mary to Adele Brise at the National Shrine of Our Lady of Good Help.

“I would like an abundance of peace. I would like full vessels of charity. I would like rich treasures of mercy. I would like cheerfulness to preside over all.” - Saint Brigid of Kildare

# Pilgrim Notes and Reflections

Inspired by his faith and that of his family, Fr. Bill O'Brien, a priest of the Diocese of Green Bay, carried out a vision that has led to a beautiful, prayerful place for pilgrims and travelers on the journey of faith. What might you be inspired to do to bring beauty and faith in Jesus Christ into other's lives?

**STRESS MANAGEMENT:** We all experience challenges and set-backs that are out of our control but we can control our reaction to these obstacles. When stress becomes chronic or overwhelming, this can affect our well-being.

**Stress management techniques to help bring balance back to your life:**

- Play with a pet
- Exercise
- go outdoors
- Take 3 deep breaths (slow count of 4-8 with each inhale/exhale)
- Listen to music you enjoy
- Call a friend
- Color or doodle

What are activities or techniques you find helpful in reducing the negative effects of stress?

Rest awhile! Your next destination, the Carmelite Monastery is a short distance away. Just 2.4 miles away.



**“Where One or More Gather In My Name”**  
by Marcella Rose, SMM parishioner

PRAYER to  
OUR LADY of MOUNT CARMEL

Mary, Beauty of Carmel, just as in the Upper Room, you watched over the origins of the Church, so now the Church's journey is entrusted in a special way to the loving hearts of cloistered nuns. With great confidence in the power of your heavenly intercession, we ask you to watch over and bless all the Carmelite Nuns and, in particular, the community that worships Our Lord, Jesus Christ in Denmark, Wisconsin.

Obtain for these Nuns a daily increase of the virtues of faith, hope, and love that will empower them, in prayer, to obtain every blessing from Our Heavenly Father's hands for the good of souls. May their lives of hidden prayer strengthen the Diocese of Green Bay and the entire Church. Through the grace of Christ, draw many young women to enter the Monastery of the Holy Name of Jesus.

Holy Mother, share with the Nuns of Denmark your love of Jesus' Priesthood. May the Monastery make visible on earth the Heavenly Kingdom which is our life, our sweetness, and our hope. Amen.

### Scripture to Ponder

"Lord, it is good to be here, if You will, let us build three tents."



### Holy Name Carmel, Denmark, WI

Monastery website

Holy Name Carmel is one of 58 Carmelite monasteries in the United States. There are over 800 in the world. A monastery is a special place quite different from those we encounter in everyday life. In the words of the nuns of Holy Name Carmel:

"When one approaches a monastery, the first perception is that there is no other place quite like it."

"...monasteries are spread throughout the world like oases of prayer and of special consecration to God in the silence of the cloister."

Carmelites speak of contemplation as a gift of God that can be nurtured by a life of prayer, community, and service. These three elements are at the heart of our charism.

The nuns of Holy Name Carmel explain their daily life and foundation of the Carmel within the Green Bay Diocese using these words: Silence, Wisdom, Presence, Transparency and Origins.

Visit their website, <http://holynamecarmel.org/> which describes their life, why they have chosen it and what they do. This website is designed to be read and viewed with its many photographs and artwork. Please spend some time here. You will be rewarded with much to quietly reflect upon.

Perhaps write a card to the nuns of Holy Name Carmel and thank them for their daily prayers as a service to us and the Church and let them know of your pilgrimage experience.

### Saints of the Site

There are many Carmelites who have become saints. These include Teresa of Avila, Thérèse of Lisieux and John of the Cross.

Photo by Ellen S. Mommaerts

"Love appeared to me to be the hinge for my vocation....that love is everything, that this same love embraces every time and every place. In one word, that love is everlasting." St. Thérèse of Lisieux

# Pilgrim Notes and Reflections

What is your experience and contribution to prayer on behalf of others and the Church?

How do you intend to be of Christian service in our local community and world?

I will take the following actions to build up my community at home, at school/work, at church...

Get yourself psyched up! On to the natural beauty of  
1000 Islands Environmental Center 27.3 miles away.

## Prayer

O Lord, seize us with your power and light, help us to protect all life, to prepare for a better future, for the coming of your Kingdom of justice, peace, love and beauty.  
Praise be to you!  
Amen.

Pope Francis (Laudato Si 246)

## Saint of the Site

Saint Kateri Tekawitha known as the Lily of the Mohawks was the first North American Indian to be canonized by the Catholic Church in 2012. She is the patroness of creation, ecology, the environment, people in exile, and First Nations Peoples.

Did you know the Diocese of Green Bay has a youth camp named Camp Tekawitha?

Saint Kateri Tekawitha's date of death was April 17, 1680; her feast day is July 14th.

## Scripture to Ponder

"The LORD God then took the man and settled him in the garden of Eden, to cultivate and care for it."

- Genesis 2:15



Photo by Ellen S. Mommaerts



Taken from 1000 Islands website

## 1000 Islands Environmental Center, Kaukauna, WI

Check out the information and photos on their website:

<https://cityofkaukauna.com/community/1000-islands-environmental>

### Mission Statement

To provide children, adults, and families the knowledge and skills needed to build a sustainable balance between the environment, economy, and community through education, conservation, and recreation.

Through miles of trails, educational opportunities and programs one can enjoy 1000 Islands in all four seasons.

### Laudato Sí on the Care of Our Common Home by Pope Francis

1. "*LAUDATO SI', mi' Signore*" – "*Praise be to you, my Lord*". In the words of this beautiful canticle, Saint Francis of Assisi reminds us that our common home is like a sister with whom we share our life and a beautiful mother who opens her arms to embrace us. "Praise be to you, my Lord, through our Sister, Mother Earth, who sustains and governs us, and who produces various fruit with coloured flowers and herbs".

[1]

2. This sister now cries out to us because of the harm we have inflicted on her by our irresponsible use and abuse of the goods with which God has endowed her. We have come to see ourselves as her lords and masters, entitled to plunder her at will. The violence present in our hearts, wounded by sin, is also reflected in the symptoms of sickness evident in the soil, in the water, in the air and in all forms of life. This is why the earth herself, burdened and laid waste, is among the most abandoned and maltreated of our poor; she "groans in travail" (*Rom 8:22*). We have forgotten that we ourselves are dust of the earth (cf. *Gen 2:7*); our very bodies are made up of her elements, we breathe her air and we receive life and refreshment from her waters.

For the full text of this encyclical visit:

[http://www.vatican.va/content/francesco/en/encyclicals/documents/papa-francesco\\_20150524\\_enciclica-laudato-si.html](http://www.vatican.va/content/francesco/en/encyclicals/documents/papa-francesco_20150524_enciclica-laudato-si.html)

"Let us be 'protectors' of creation, protectors of God's plan inscribed in nature, protectors of one another and of the environment." - Pope Francis

# Pilgrim Notes and Reflections

When participating in this pilgrimage in nature what are the sights, sounds and smells you have noticed? How might these experiences have helped you become more aware of God's presence?

The Gospels call us to care for all of creation, in what ways do you care for the natural world as God's gift entrusted to us as stewards of this incredible planet within the vast unfolding universe? **Take a photograph of something beautiful you find in God's creation and submit the photo(s) to the St. Margaret Mary Facebook page.**

You are almost finished with this pilgrimage! Complete the trip by returning to St. Margaret Mary in 13.9 miles.



### Prayer of Trust in the Sacred Heart

In all my temptations, I place my trust in you, O Sacred Heart of Jesus.

In all my weaknesses, I place my trust in you, O Sacred Heart of Jesus.

In all my difficulties, I place my trust in you, O Sacred Heart of Jesus.

In all my trials, I place my trust in you, O Sacred Heart of Jesus.

In all my sorrows, I place my trust in you, O Sacred Heart of Jesus.

In all my work, I place my trust in you, O Sacred Heart of Jesus.

In every failure, I place my trust in you, O Sacred Heart of Jesus.

In every discouragement, I place my trust in you, O Sacred Heart of Jesus.  
In life and in death, I place my trust in you, O Sacred Heart of Jesus.

In time and eternity, I place my trust in you, O Sacred Heart of Jesus.

Amen!



Google Image



Google Image

**You have returned the St. Margaret Mary Catholic Community.  
Congratulations on completing the 113 mile pilgrimage!**

### Promises of the Sacred Heart to Saint Margaret Mary

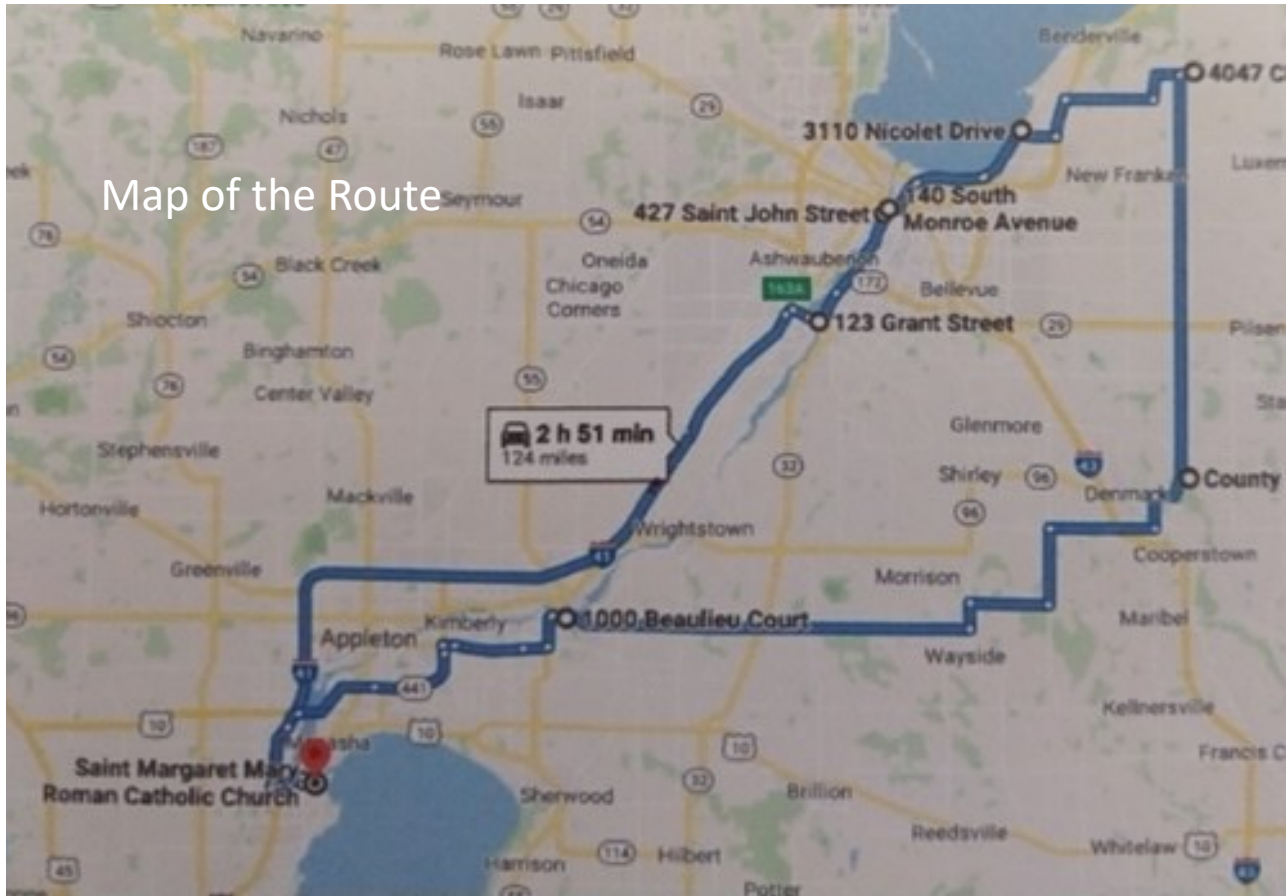
- ◆ I will give them all the graces necessary for their state in life.
- ◆ I will give peace in their families.
- ◆ I will console them in all their troubles.
- ◆ I will be their refuge in life and especially in death.
- ◆ I will abundantly bless all their undertakings.
- ◆ Sinners will find in my Heart the source and infinite ocean of mercy.
- ◆ Tepid (lukewarm) souls will become fervent.
- ◆ Fervent souls will rise to great perfection.
- ◆ I will bless those places where the image of my Sacred Heart shall be exposed and venerated.
- ◆ I will give priests the power to touch the most hardened hearts.
- ◆ Persons who propagate this devotion will have their names eternally written in my Heart.
- ◆ In the abundant mercy of my Heart, I promise that my all-powerful love will grant to all those who will receive Communion on first Fridays, for nine consecutive months, the grace of final repentance. They will not die in my displeasure, nor without receiving the sacraments; and my Heart will be their secure refuge in that last hour.

**The Feast of the Sacred Heart of Jesus was observed on**

**June 16th, 2023**

**“Spread love everywhere you go. Let no one ever come to you without leaving happier.”  
— Saint Teresa of Calcutta**

## Pilgrim's Log



Track your actual mileage if walking, running, biking, skiing or snowshoeing. The following conversion can be used for all other cardio activity: 20 minutes of cardio exercise = 1 mile.

|                      |                    |                    |
|----------------------|--------------------|--------------------|
| Track my pilgrimage: | Day 16: ____ miles | Day 35: ____ miles |
| Day 1: ____ miles    | Day 17: ____ miles | Day 36: ____ miles |
| Day 2: ____ miles    | Day 18: ____ miles | Day 37: ____ miles |
| Day 3: ____ miles    | Day 19: ____ miles | Day 38: ____ miles |
| Day 4: ____ miles    | Day 20: ____ miles | Day 39: ____ miles |
| Day 5: ____ miles    | Day 21: ____ miles | Day 40: ____ miles |
| Day 6: ____ miles    | Day 22: ____ miles | Day 41: ____ miles |
| Day 7: ____ miles    | Day 23: ____ miles | Day 42: ____ miles |
| Day 8: ____ miles    | Day 24: ____ miles | Day 43: ____ miles |
| Day 9: ____ miles    | Day 25: ____ miles | Day 44: ____ miles |
| Day 10: ____ miles   | Day 26: ____ miles | Day 45: ____ miles |
| Day 11: ____ miles   | Day 30: ____ miles | Day 46: ____ miles |
| Day 12: ____ miles   | Day 31: ____ miles | Day 47: ____ miles |
| Day 13: ____ miles   | Day 32: ____ miles | Day 48: ____ miles |
| Day 14: ____ miles   | Day 33: ____ miles | Day 49: ____ miles |
| Day 15: ____ miles   | Day 34: ____ miles | Day 50: ____ miles |

**You completed the first ever St. Margaret Mary Virtual Pilgrimage 113.4 miles.  
Congratulations!**

**Thank you for joining in this journey!**

We hope the time you spent on this Virtual Pilgrimage has benefitted you on your spiritual quest.

If you would like to share with others about this experience please feel free to send comments to St. Margaret Mary parish using the information below or visiting our Facebook page at

<https://www.facebook.com/smmneenah/>

This pilgrimage is a collaborative effort of the Ellen Mommaerts, Director of Discipleship Training & Family Ministry, the Faith Enrichment and Well-Being Committees of St. Margaret Mary Parish.

God's blessings for a safe and restful summer!



Ellen S. Mommaerts

## St. Margaret Mary Catholic Church

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