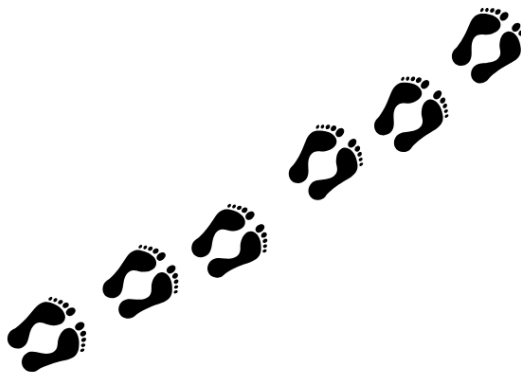




St. Ignatius Feast Day 2025

Pilgrim's Walk Reflection Booklet (7Km)



In the event of an emergency during this event,
please contact any of the following persons
immediately :

Richard 9459 9775

Thomas 92983869

Walk with God in Creation



Introduction

Jesus gives life a direction and a destination. The Church on earth is a pilgrim on a journey to the glory of heaven (*Catechism of the Catholic Church* 846). The very act of walking from one place to another can express our spiritual journey to God. A pilgrim walks with eyes fixed on Jesus and an openness to the possibility of undergoing spiritual transformation in the Spirit.

Whether you have chosen Route A 7km or Route B 3.5km, use this time for reflection and prayerful meditation as you undertake your own “Singapore Camino”, being one with God and all his creation. *Laudato Si’* (“Praise Be to You”) is the second encyclical of Pope Francis, which reminds us “that our common home is like a sister with whom we share our life”. Spend today’s time with your sister, marveling at earth’s beauty and remembering to love and care for her as God has for you.

Focus less on whether you have chosen the perfect path, but rather the path that reflects God’s presence with you during your walk. As in life you may wander off course. Speak to God and ask for his help in bringing you to your next destination.

Before leaving church / At the starting point:

Calling to mind The Lord's presence here and now

Isaiah 55: 6-11

Seek The Lord while He may be found, call upon Him while He is near.

Let the wicked forsake their way, and sinners their thoughts.

Let them turn to The Lord to find mercy, to our God who is generous in forgiving. For my thoughts are not your thoughts, nor are your ways my ways.

[Oracle of The Lord]

For as the heavens are higher than the earth, so are my ways higher than your ways, my thoughts higher than your thoughts.

Yet just as from the heavens the rain and snow come down,

And do not return there till they have watered the earth, making it fertile and fruitful,

Giving seed to the one who sows and bread to the one who eats,

So shall my word be that goes forth from my mouth,

It shall not return to me empty, but shall do what pleases me, achieving the end for which I sent it.

Silent Contemplation:

Calling to mind The Lord's presence here and now

We begin by contemplating what surrounds us in these beautiful places we walk through. We walk slowly, aware that it is a gift to be able to dedicate time to this encounter with God, with the world and ourselves. It is a privilege to be able to walk with community. Let our hearts leap in gratitude as we begin our pilgrimage.

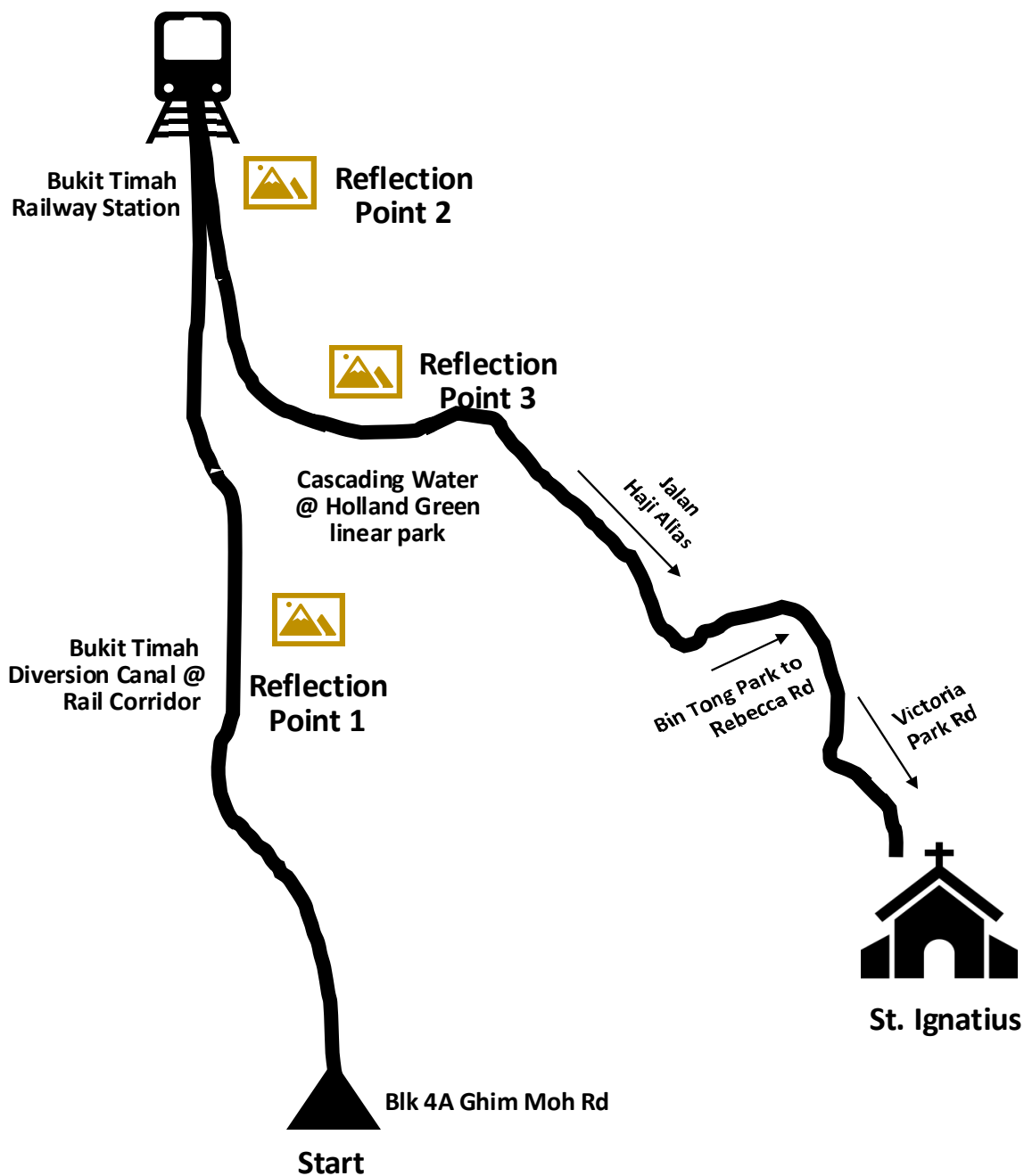
The One who has loved us from the beginning and leads us in our lives is the One who has brought us here. With this conviction, we begin our walk. God who is Father to us comes to meet us in every person and thing we see. May we become more aware of His presence in the ordinariness of our surroundings.

Reflection Questions:

- Become aware of your surroundings and yourself as we begin. How do you feel as we begin this walk?
- Where and how do you expect The Lord to meet us in this journey?

ROUTE A – 7km

Starting point – Blk 4A Ghim Moh Road





Reflection Point 1

Bukit Timah Diversion Canal @ Rail Corridor

- Areas where God has already been in my life where it has been difficult to trust

Matthew 17:20

“Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, ‘Move from here to there,’ and it will move. Nothing will be impossible for you.”

Silent Contemplation:

As we continue on the way, devote some time to remembering your own life story and letting your mind wander over it prayerfully. Let God reveal to you the areas in which He is present but are areas of struggle. What parts of life are challenging to surrender to Him? What prayers have we said over and over but have yet to receive a response from God? Are there areas where I’ve given up on hoping and have shut off from the Lord completely?

Let these moments and areas surface, along with whatever grateful, painful, or prayerful feelings go with them.

Reflection Questions:

- Where have I closed the door on God in my life? Are there areas of my life where I no longer hope in God?
- Do I trust that God has a plan for me (Jeremiah 29:11)?
- What image would I use to describe God?



- Is this a false image or is this really who He is?

Jeremiah 29:11

For I know well the plans I have in mind for you – plans for your welfare and not for woe, so to give you a future of hope.

Please recite together before moving on:

1 Our Father, 1 Hail Mary, 1 Glory Be....

St Ignatius, pray for us.



Reflection Point 2

Bukit Timah Railway Station

- Ask God for help - what am I being called to do out of love for one another

John 21: 17

He said to him the third time, “Simon son of John, do you love me?” Peter felt hurt because he said to him the third time, “Do you love me?” And he said to him, “Lord, you know everything; you know that I love you.” Jesus said to him, “Feed my sheep.”

Silent Contemplation:

When Peter was asked the third time, he felt hurt not because the Lord was questioning his love. Peter’s heart ached because the Lord asked him the third time for Phileo, which is the Greek term for brotherly love or friendly love. The first 2 times he is asked “do you love me?”, the Lord asks Peter for Agape, which is the Greek term for self-sacrificial love.

Peter realizes in this 3rd instance that He is not able to love in Agape; he is not able to love as the Lord asks him to. His heart aches as the Lord lowers the demand for love to that of Phileo, and meets Peter where he is able. Even though Peter is unable to love in Agape love, he is tasked all the same to “feed my sheep”.



Our lives are a journey to sanctity and to holiness - it is a journey much like Peter's from imperfect love and imperfect actions to love, perfected in God himself. Our imperfections do not prevent us from becoming holy men and women. We are not called to serve for any thing that we can give unto the Lord, but we are called to serve to be saved.

Reflection Questions:

- What is your response to the question "do you love me?" from the Lord?
- As I serve my community (either at home or in the church), how am I being saved?
- How has the Lord used our imperfections to save us?

Please recite together before moving on:

1 Our Father, 1 Hail Mary, 1 Glory Be....

St Ignatius, pray for us.



Reflection Point 3

Cascading Water & Holland Green Linear Park

- **Praise and thanksgiving**

Luke 17:15-19

Then one of them, when he saw that he was healed, turned back, praising God with a loud voice. He prostrated himself at Jesus' feet and thanked him... Then Jesus asked, "Were not ten made clean? But the other nine, where are they?"

Silent Contemplation:

In the story of the ten lepers, only one returns to give thanks. Gratitude is not a passive sentiment—it is a decisive act of turning back to God in praise. As we walk this Camino, we are invited not only to ask or seek, but also to stop and recognize what God is doing in us and around us now. Praise and thanksgiving lift our eyes from ourselves and place them on the Giver of all good things. It is a powerful act of faith. It proclaims, "God is with me," even if the journey is difficult or the road ahead uncertain. To praise God is to walk in trust and to let joy rise even in the midst of the ordinary.

Reflection Questions:

- Like the one leper who turned back, what graces have I already received that I haven't yet thanked God for?
- How will I carry this spirit of praise and thanksgiving into my everyday life and in my community?

Please recite together before moving on:

1 Our Father, 1 Hail Mary, 1 Glory Be....

St Ignatius, pray for us.

conclusion

Pray the suscipe prayer together to conclude the Camino



SUSCIPE

Take, Lord, and receive all my liberty, my memory, my understanding and my entire will. All that I have and possess.

You have given all to me. To you, O Lord, I return it. All is yours, dispose of it wholly according to Your will.

Give me Your love and Your grace, for this is sufficient for me.

Suscipe, which is Latin for 'receive', is a short but powerful prayer attributed to St Ignatius of Loyola. It can be found towards the end of his Spiritual Exercises, first published in the 16th century, in a section titled "Contemplation to Attain the Love of God".