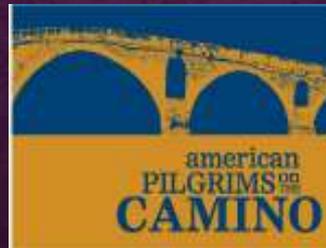


GOOD MORNING



NORTHERN CALIFORNIA **(NORCAL)** **CHAPTER**

AMERICAN PILGRIMS ON THE CAMINO



AMERICAN PILGRIMS ON THE CAMINO

- An all volunteer, non-profit organization
- 2,300 members in 30 states and the District of Columbia
- A national organization: 49 chapters around the country
- We train hospitaleros to volunteer for service in Spain
- On the Web (www.americanpilgrims.org)
- 19,000 Facebook members

OUR MISSION

**TO FOSTER THE ENDURING TRADITION OF
THE CAMINO**

- SUPPORTING THE INFRASTRUCTURE OF THE CAMINO
- GATHERING PILGRIMS TOGETHER
- PROVIDING INFORMATION AND ENCOURAGEMENT TO PAST AND FUTURE PILGRIMS

NORCAL CHAPTER

- The 2nd chapter in the US
- Mailing list of 620
- Many events throughout the year
- Hikes
- Sign up for mailing list

OUR VALUES

In all the decision we make and all the things we do, we strive to be in accordance with certain values:

- Community
- Service
- Gratitude
- Simplicity

COMMUNITY

We are welcoming to all people and strive to create real opportunities for people to connect, grow and share in a meaningful way.

SERVICE

We strive to create opportunities for people to help and support one another before, during and after their Camino experience.

GRATITUDE

We embrace every opportunity to thank and be thanked for actions big and small.

SIMPLICITY

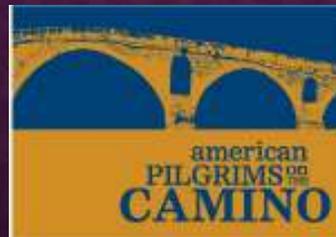
We always aim to concentrate on what's important in life and to celebrate all we have while appreciating every situation.

SHARE OUR MISSION?

SHARE OUR VALUES?

PLEASE BECOME A MEMBER

www.americampilgrims.org



www.americampilgrims.org





Returning Home

The Journey Continues

Part One

Preparing for our Camino

Equipment



Finances



Training



Guidebooks



© dreamstime.com

Technology



Transportation

The screenshot shows a travel website interface with a search bar at the top left containing "Minneapolis, MN, USA" and "Saint-Jean-Pied-de-Port, France". The main content area features a map of Europe and North America with green lines indicating flight routes from Minneapolis (MSP) to various European cities: London, Paris, and Madrid. From these cities, red lines indicate bus routes to Saint-Jean-Pied-de-Port, Pamplona, and Pamplona (PNA). A sidebar on the left lists transportation options with their respective durations and price ranges.

Mode	Destination	Duration	Price Range
Fly	Pamplona, bus	7 hrs 57 min	\$610 - \$1,626
Fly	Biarritz, line B11 bus	21 hrs 13 min	\$555 - \$1,405
Fly	Bilbao, bus	20 hrs 05 min	\$407 - \$1,054
Fly	Pau, train	18 hrs 31 min	\$514 - \$1,316
Fly	Bordeaux, train	19 hrs 49 min	\$439 - \$1,136

Additional sidebar options include "Saint-Jean-Pied-de-Port Accommodation" (Seat Price Guarantee), "Car Hire" (Compare Best Rates), and "Things to do" (View attractions). The bottom of the page shows a Windows taskbar with the time 3:28 PM on 12/8/2015.

We don't prepare for our return.



© Greg Bajor



Why Not?

Something new; a challenge; an adventure

Our focus is on details; on doing everything “right”.

We believe coming back takes little or no effort. Done it many times before.



What do pilgrims seek?

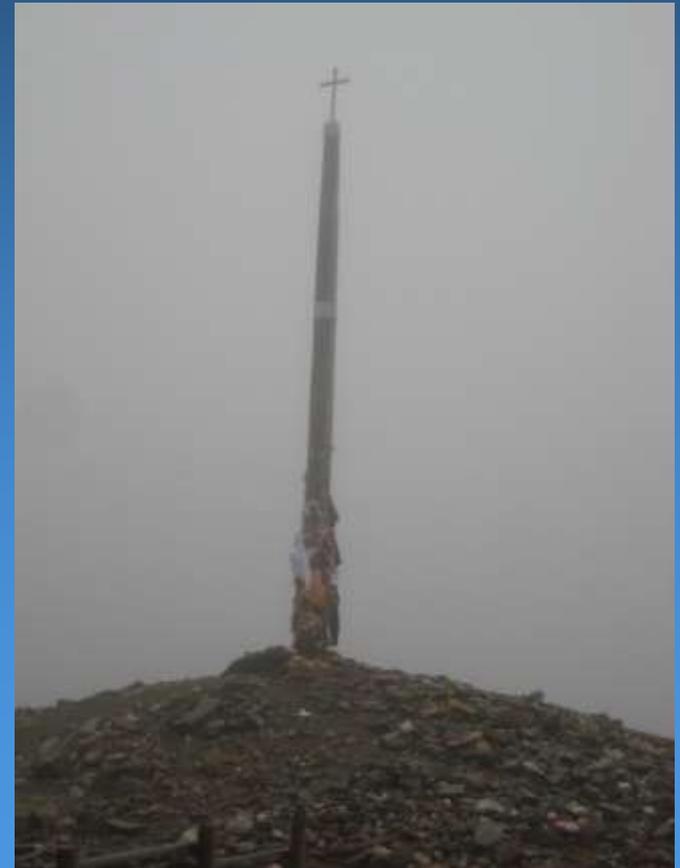
Many pilgrims seek:



- Time for reflection,
- Solitude,
- Spiritual development
- Getting away from the trivia and materialism of daily life.

Or perhaps ...

- Strength to confront a major life change – divorce, retirement, job change.



* Or ...we're looking for

- Comfort following death or illness of a relative or close friend.



Some have no expectations at all



Some seek Adventure



Cheap holiday



Camino Weight Loss Program



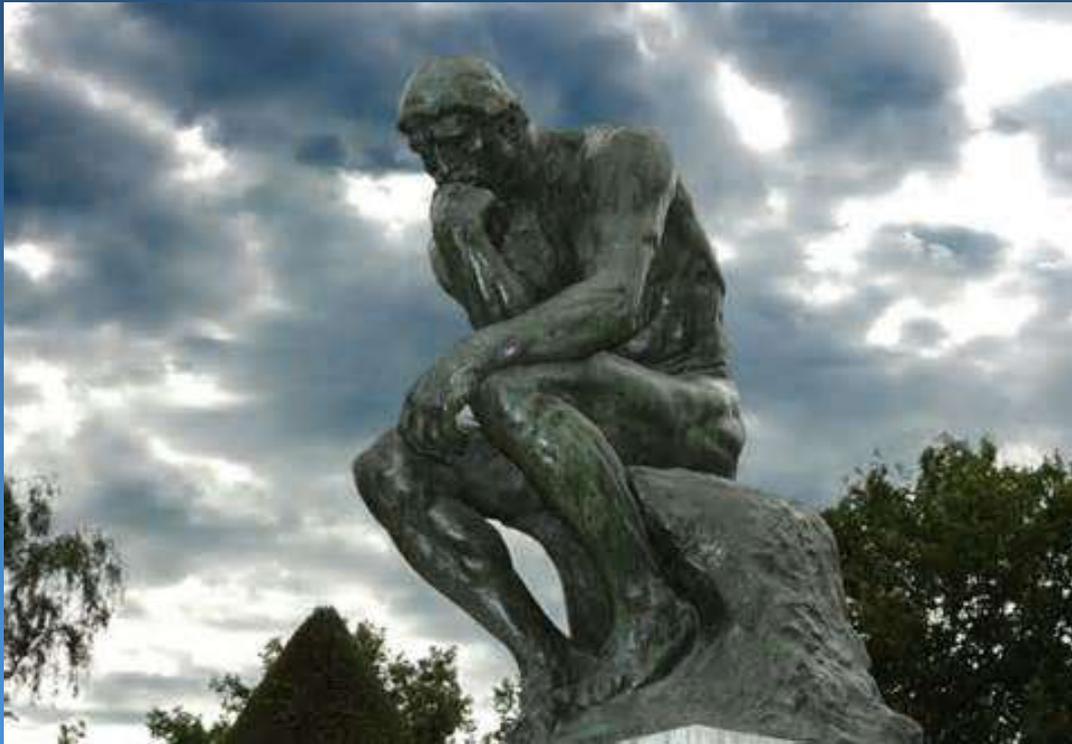
Physical, mental and spiritual challenge



Spiritual answers



Path to making a decision



Part Two

Experiencing



What do pilgrims find?

- Sense of authenticity
- Connection with the meaning of pilgrimage
- Link to centuries of pilgrims
- Becoming part of history with the Romans, the Visigoths, the Moors, the Celts.



- Community
- Group identity



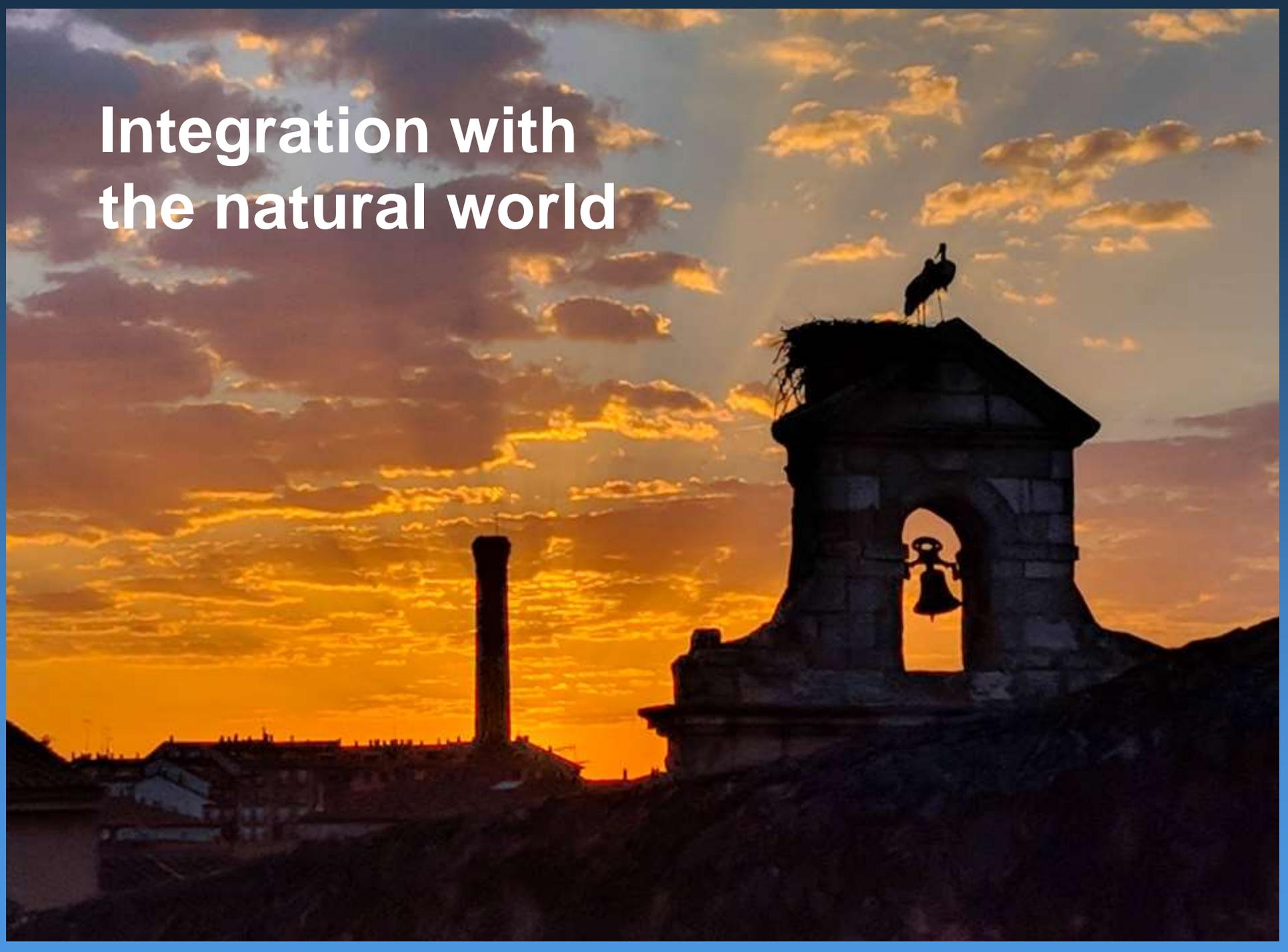
- Support
- Comfort
- Companionship
- Encouragement



- Meditation
- Solitude



Integration with the natural world



Simplicity



Personal Empowerment



We pilgrims also find angels and demons.



The pilgrim's inner demons

- Insecurity
- Loneliness
- Anxiety
- Impatience
- Sadness
- Envy
- Fear of failure
- Depression
- Anger



The outer demons

- Rejection by others
- Inability to fit in
- Loss
- Judgment, injustice
- Limitations, our own and imposed
- Relationship problems
- Arrogance, dominance, belligerence
- Financial worries
- Family demands
- Job Issues



And the angels

We experience the best of humanity through another, a pilgrim – often a stranger.



We return home with a new sense of self.
New eyes to see the world.



Part Three

Returning



We carry home – a tangled of images, feelings, thoughts, sensations, memories.





The returning pilgrim feels like ...

Nothing has changed

Everything has changed



Reentry is a Challenge

“**You change**, your daily habits change, your conversations change, your body changes, the food you eat changes, the way you see people changes, the way you see the world changes.”



Reentry is a Challenge

“You change, **your daily habits change**, your conversations change, your body changes, the food you eat changes, the way you see people changes, the way you see the world changes.”



Reentry is a Challenge

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Reentry is a Challenge

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Reentry is a Challenge

“You change, your daily habits change, your conversations change, your body changes, the food you eat changes, the way you see people changes, **the way you see the world changes.**”



Interest in your
job may have
diminished





“Now that I’ve been back to work three weeks, I can see clearly some changes and less tolerance for life in the ‘driven’ world. I wonder if I can stay in the job I have? Or will I only find balance by leaving?””



“The old job just doesn’t hold any purpose anymore and the money isn’t enough.”



Perhaps there is a desire
to uncouple from society,

Or, activities,
friends, a partner





“I rarely listen to the news and find politics, a real downer”.



Pilgrims report a sense of shock and even vertigo - speed, noise, separation from the natural world.





Desire to simplify lifestyle

- “My house is too cluttered,
- I have too many clothes in my closets,
- I have too many things.”





You may return to a
Hero's Welcome...

Or not

Interest in
your stories
soon fades.





Communication may be difficult

It takes good self
knowledge to
understand what we
want to say.

We often lack the
vocabulary
to describe a
profound experience.





Got a case of the PCB? (Post Camino Blues)?

- Endings, goodbyes
- Coping with loss
- Having to accept change, sometimes unwanted change
- Facing difficult decisions
- Feeling overwhelmed, disoriented

What can I do? **Talk to a friend,
someone you trust.**

Part Four

The Path Forward



Awakening

“The Camino helps us wake up to what we really want in life. It helps us to realize where our life is and where we want it to go”.



Discernment

What do I miss?

What have I learned that I want
to integrate into my life?

TO CONTINUE THE JOURNEY,
LET'S GET STARTED

What are those things that as a
Pilgrim I miss and want to
integrate into my life?

WHAT MIGHT THOSE
THINGS BE?

Here are some suggestions...



Continuing the Journey

**Community –
a shared group identity**



Continuing the Journey

The feeling of improved physical condition



Continuing the Journey

A sense of accomplishment



Continuing the Journey

**Solitude -- time to meditate --
time with myself and for me**



Continuing the Journey

Immersion in nature



Continuing the Journey

Learning new things



Continuing the Journey

Spiritual growth



Continuing the Journey

The excitement of dreaming about and planning my Camino



Continuing the Journey

**Engagement in story telling –
my own and those of others**



Continuing the Journey

Living a more simple life



Continuing the Journey

Connecting with a global community



Continuing the Journey

A sense of bravery and expanding personal boundaries



Continuing the Journey

**Connecting with others beyond
the trivial**



Continuing the Journey

**Moments of discernment
and self-knowledge**



Continuing the Journey

Being a Camino angel



Continuing the Journey

The Camino experience is unique.

And its lessons endure.



CREATING AN ENDURING CAMINO

- Find time to go deeply and **reflect** on what we learned about ourselves
- **Identify** our values and who we want to be
- **Confront** old habits
- **Redesign** our life to be what we value



Continuing the Journey

ASK YOURSELF THREE QUESTIONS:

- **Discernment** – what are the most important lessons from my Camino?
- **Intention** – am I willing to commit the time and effort to integrate these lessons in my life?
- **Practice** – what will I do regularly and faithfully to make these lessons part of my life?



Returning Home - The Journey Continues

Please accept a copy of a workbook to use as a tool as you go through the process of ...

- discernment
- intention
- practice



How to use the workbook

- **Reflect** upon your unique Camino experience.
- **Check** those experiences that you most wish were still present in your life,
- **Go to** the indicated page, read the quotes for a bit of inspiration and some suggestions,
- Then **Craft** your plan.



For example, select those experiences that most wish to continue in your life, then go to the indicated page.

I miss...	Go to page...
the feeling of improved physical condition	2
community and a shared group identity	3
X a sense of accomplishment	4
solitude and time with myself	5
immersion in nature	6
learning new things	7
a sense of bravery and expanding personal boundaries	8
a sense of freedom	9
spiritual growth	10
the excitement of dreaming about and planning my Camino	11
connecting with a global community	12
engagement in story telling – my own and those of others	13
living a more simple life	14
connecting with others beyond trivial	15
moments of discernment and self-knowledge	16
being a Camino angel	17



Consider these suggested activities to help you integrate that Camino experience into your life

Are there others that you can think of?

I miss...	I will explore...
a sense of accomplishment	starting a regular practice of identifying a project, a task or a goal that's challenging for me and doing it
	finishing something that I once started
	taking a class in a subject of interest or need
	developing more structure in my day by regularly setting goals and objectives in writing and recording my progress
	developing expertise in something of interest, e.g., a Master Gardener or a docent at the art museum



The first step on your
Continuing Camino
Journey
may be simply
to select one.



Continuing the Spirit of the Camino

LIVE IN THE MOMENT

**WELCOME EACH DAY –
ITS PLEASURES AND
ITS CHALLENGES**

**MAKE OTHERS FEEL
WELCOME**

SHARE

**FEEL THE SPIRIT OF
THOSE WHO HAVE
GONE BEFORE YOU**

**IMAGINE THOSE WHO
WILL FOLLOW YOU**

**APPRECIATE THOSE
WHO WALK WITH YOU
TODAY**

Buen Camino



Ultreya!