



## XXVII CHRISTUS REX PILGRIMAGE!

Dear Pilgrims!

*“I planted, Apollos watered; but God gave the increase”*

– 1 Corinthians 3:6

On behalf of the Christus Rex Society I warmly invite you to the **27<sup>th</sup> Christus Rex Pilgrimage**. Once again we will make the journey from St. Patrick’s Cathedral in Ballarat to Sacred Heart Cathedral in Bendigo offering our prayers and sacrifices in honour of our Lord and Saviour, Jesus Christ our King.

This year’s Pilgrimage will occur on the **27<sup>th</sup>, 28<sup>th</sup> and 29<sup>th</sup> of October 2017**.

Registrations for this year’s Pilgrimage are now open on our website: **[www.crex.org](http://www.crex.org)**

These are the closing dates for registrations for this year, and if you book soon, you can take advantage of the discounted Early-Bird rate:

- **Early Bird Registrations close – Monday 31<sup>st</sup> July 2017**
- **Normal Registrations close – Monday 30<sup>th</sup> September 2017**

Complete information on what to bring, what to expect and how to get to the Pilgrimage is available online and will be emailed to you prior to the Pilgrimage.

I ask that you please keep me in your prayers and I look forward to seeing you in October.

Yours in Christ the King,

A handwritten signature in black ink, appearing to read 'Paul Brazier'.

Paul Brazier  
President, Christus Rex Society Inc.

# About the Pilgrimage

A pilgrimage in the Catholic tradition is a journey to a holy place to venerate it, to ask for aid, and to do penance.

Every year since 1991, pilgrims have gathered from around the world to make a spiritual journey through the Australian countryside from St Patrick's Cathedral, Ballarat to Sacred Heart Cathedral, Bendigo. The Christus Rex Pilgrimage remains the only pilgrimage of its kind in Australia.

***'The Feast of the Kingship of Our Lord Jesus Christ [is] to be observed yearly throughout the whole world on the last Sunday of the month of October'***

– Pius XI, Quas Primas

The Christus Rex Pilgrimage honours Christ the King and commemorates His feast on the day observed in the Extraordinary Form of the Roman Rite under the General Roman Calendar of 1960.

***'When once men recognize, both in private and in public life, that Christ is King, society will at last receive the great blessings of real liberty, well-ordered discipline, peace and harmony.'***

– Pius XI, Quas Primas

The Christus Rex Pilgrimage is a 90 Km walk which is completed over three days. It commences at St Patrick's Cathedral, Bendigo on the Friday immediately preceding the Feast of Christ the King. While walking along the route, the Pilgrims engage in communal prayer and song, as well as personal reflection and meditation. Masses and Confession are available to Pilgrims almost continuously along the way. The Pilgrims eat and sleep in community halls and campgrounds. The Christus Rex Pilgrimage concludes with Mass celebrated at Sacred Heart Cathedral, Bendigo on Sunday afternoon.

A uniquely Australian feature of the Christus Rex Pilgrimage is the great spirit and fellowship of the Pilgrims. The Pilgrimage is attended by hundreds of Pilgrims from around Australia and the world and attracts people of all ages and walks of life. Aside from the great spiritual benefits to Pilgrims and the whole of society, The Christus Rex Pilgrimage provides a perfect opportunity for Catholics to make new friendships and renew old ones.

# Transport

## TRAVELLING BY CAR

Personal vehicles are not permitted on the Pilgrimage, in convoy or parked at any day time stops for safety reasons.

If you are travelling by car you must drive to Bendigo and leave your car there. The Christus Rex Society runs a bus from Bendigo Cathedral to take pilgrims to the Thursday night accommodation & Registrations Desk.

### **Bendigo to Ballarat Shuttle Bus:**

Thursday 26<sup>th</sup> October at 8:30pm SHARP

Bendigo Sacred Heart Cathedral – 66 Short Street, Bendigo

There is no parking at Ballarat for pilgrims.

## VOLUNTEERING YOUR VEHICLE

There are limited opportunities for vehicles to be offered as a Pilgrimage Support Vehicle. Preferences are given to automatic vehicles and those with capacity to tow a trailer. If your vehicle is accepted as a Support Vehicle, one of the Christus Rex volunteers will drive your car for the duration of the Pilgrimage and hand it back to you on Sunday after the final mass.

You will not have access to your vehicle until Sunday afternoon.

For more information visit the website or contact [vehicles@crex.org](mailto:vehicles@crex.org)

## FLYING INTO MELBOURNE

If you are flying into Melbourne, there is an airport shuttle bus which runs directly from Tullamarine Airport to Ballarat station. V/Line trains also from Melbourne CBD to Ballarat and can be booked online.

The Christus Rex Society provides a courtesy van from the Ballarat station to the overnight Thursday accommodation and Registrations Desk.

Call us on 03 9028 7237 once you arrive at Ballarat Train Station, and make sure you indicate what time you will be arriving on your registration form

# SPIRITUAL PREPARATION

**“Every athlete exercises self-control in all things. But they do it to receive a perishable wreath, but we an imperishable.”**

- 1 Corinthians 9:25

The Christus Rex Pilgrimage can be an arduous, and yet joyful, physical and spiritual journey. In the same way that you should prepare yourself physically for the walk, we suggest that you prepare yourself spiritually for the Pilgrimage well before you commence walking at Ballarat.

Preparing yourself spiritually for the Pilgrimage does not need to be a difficult and complicated task. It may simply involve spending a little more time in daily prayer, Eucharistic adoration, or more regularly going to receive the sacraments of Confession and Holy Communion.

To further assist Pilgrims in this spiritual preparation, we publish on our website three spiritual reflections over the last months preceding the Pilgrimage. The reflections are prepared by Priests who will be attending the Pilgrimage. If you have registered for the Pilgrimage, you will receive an email notifying you when each new reflection is made available. The reflections for previous years are also available on our website.

We also suggest that you commence praying the novena to Christ the King, so that it is completed on the last day of the Pilgrimage. A copy of the novena is available on our website.

# Physical preparation

The Christus Rex Pilgrimage is walked every year by Pilgrims of all ages with widely varying levels of health and fitness. It is not necessary to engage in any particularly strenuous training regime. However, you will enjoy your time walking and benefit more from the experience if you have completed at least some shorter walks in the lead-up to the Pilgrimage. At the very least, this will allow you to ensure that your footwear is comfortable, supportive and properly broken in.

The Pilgrimage is 90 km in length. Pilgrims walk around 30 km on each of the three days. Each day is divided into four walking sessions of approximately two to three hours in length, punctuated by short breaks for lunch and morning and afternoon teas. Pilgrims are expected to maintain a steady but relaxed walking pace.

Unsurprisingly, many of the minor injuries that are experienced by Pilgrims relate to fatigue and stress to the feet and ankles. St John's Ambulance officers travel with the Pilgrims and provide first aid if needed. Fortunately, many of these minor injuries are avoidable by:

- Completing short walks (5-10 km) in the lead up to the Pilgrimage;
- Wearing properly fitted walking shoes or boots;
- Carrying a small water bottle or hydration pack while walking to maintain adequate hydration levels;
- Wearing a hat, sunscreen, and clothing appropriate for walking in the prevailing weather conditions;
- Practicing thorough foot hygiene, especially at the end of each day;
- Wearing fresh, clean socks each morning;
- Stretching and limbering up muscles before commencing each walking session;
- Knowing your limits! If you feel an injury coming on or start to feel unwell, stop walking, see the first aid officers or catch the shuttle-bus to the next stop.

# How to be involved

## **FAMILIES AND CHILDREN'S CHAPTER**

We encourage families to attend and for parents to bring their children. Parts of the route are not accessible for pushing prams however we run a Children's Chapter for most parts of the Pilgrimage with the exception of the first leg leaving Ballarat and final leg coming into Bendigo. During these times, support vehicles will be available for any small children who cannot walk the whole way.

## **PRIMERS**

The Pilgrims Primer contains all the hymns, litanies, prayers for the duration of the Pilgrimage. It also contains important information about some of the sites we visit over the course of the Pilgrimage. If you have a version from previous years feel free to bring that with you or purchase a copy with your registration form online.

## **CHOIR**

Throughout the Pilgrimage everyone has the chance to join in with the hymns and litanies however our talented choir is often in need of extra assistance at Mass each day and in leading the singing on the road. Possibly the largest gathering of choristers in sacred polyphony and Gregorian chant in Australia every year, we encourage anyone who is interested to be a part of it and lend your voice, no matter your experience. For more information and to get involved, make yourself known to choirmaster Hugh Henry.

## **FLAGS AND BANNERS**

We encourage all pilgrims to bring state flags, parish and devotional banners and carry them for the duration of the Pilgrimage. We also have a long running tradition of using the flags at the Saturday Mass site and Sunday Mass.

## **VOLUNTEERS**

The Christus Rex Pilgrimage is entirely run by the efforts of volunteers. A pilgrimage cannot run itself without assistance – spare some time out of your walking and extend a hand of charity to help with the smooth running of pilgrimage. If every pilgrim took on just one small task a day, it keeps the wheels turning!

# Frequently asked questions

## **Q: What do we do while we are walking?**

To instil a spiritual atmosphere, the Priests and pilgrim leaders will be leading hymns, litanies, Rosaries, songs and meditations throughout the day. If you wish to spend time in silent contemplation, you may like to walk near the back of the group so you are not disturbed. A Priest is usually available at the back for confession or spiritual guidance on the road. There will be appropriate breaks for conversation.

## **Q: Do I need to bring any food on the Pilgrimage?**

Basic meals are provided during the Pilgrimage however we do encourage you to bring your own snacks for along the route and to supplement meals. If you have any dietary requirements, please contact us prior so arrangements can be made.

## **Q: What if I can't walk the whole way?**

The Pilgrimage is physically arduous however there are support vehicles available if you need a short break.

## **Q: Can we bring young Children?**

We encourage families to attend and for parents to bring their children. Parts of the route are not accessible for pushing prams however we run a Children's Chapter for most parts of the Pilgrimage. During other time the support vehicles will be available for any small children who cannot walk the whole way.

## **Q: I can't attend for the whole Pilgrimage, am I able to come for just one part?**

Yes. Please register for the one or two-day options through the registration form.

## **Q: I have a medical condition; can I still participate?**

The Pilgrimage is a walking pilgrimage and is physically arduous. Although there will be assistance for any injuries from the St Johns Ambulance volunteers, individuals with medical conditions should seek the advice of their doctor before registering. If you are attending and have any medical issues, please note this on your registration form and make sure the committee are aware.

## **Q: Can I register now and pay on the night?**

Yes, there are both credit card and cash facilities available at the Registrations Desk on Thursday night however, to take advantage of the Early-Bird discounts you must register and pay prior to the cutoff date.

# How to register

Registration are now open online through the Christus Rex Society website. If you require a paper registration form, please contact the Society by phone or email and one can be posted to you.

## WWW.CREX.ORG

- **Early Bird Registrations close – Monday 31<sup>st</sup> July 2017**
- **Normal Registrations close – Monday 30<sup>th</sup> September 2017**

This year to assist larger families, registrations have been further discounted for those with two or more children or students and youth under 25 years of age who are not registering as part of a family.

<b>Early-Bird Adult</b>	Before 31 July 2017	\$150.00
<b>Normal Adult</b>	Before 30 September 2017	\$170.00
<b>Late Adult</b>	Before 23 October 2017	\$190.00
<b>Student or youth</b>	Under 25 years of age	\$100.00
<b>Families</b>	1 adult and 1 child	\$185.00
	1 adult and 2 or more children	\$250.00
	2 adults and 1 child	\$305.00
	2 adults and 2 or more children	\$370.00
<b>Clergy or Religious</b>	No charge	-
	One day only (Friday or Saturday)	\$60.00
<b>Partial Attendance</b>	Weekend (Saturday and Sunday)	\$120.00
	Sunday only	-
<b>Bendigo to Ballarat Bus Ticket</b>	Per seat on Thursday night shuttle bus	\$30.00
<b>Pilgrims Primer</b>		\$25.00