

CONTINUING THE JOURNEY REFLECTIONS OF A PILGRIM

The Relic Tour of St Bernadette offers a spiritually enriching opportunity for people across our community of faith to gather together in prayer at Churches and Cathedrals across three nations. Travelling on pilgrimage to Lourdes and visiting the Grotto where Our Lady appeared to Bernadette, provides an important opportunity to continue this journey.



"Pilgrimage is a journey of the heart, and a pilgrimage to Lourdes is one of the ways in which, in a short week, you may find that you travel further and deeper in your heart than in any other week of your life.

How to describe such a place? The best way to understand it is to go there if you can. It is hard to put it in words. In Lourdes, people come to life. We are led to a deeper love and faith through our service to the sick and disabled as a helper, medic or as an accompanying pilgrim, young or old. We live a foretaste of heaven when we do what Jesus asked us to do and bring the weak

and poor to the center of our lives. In the process, we discover our own vulnerabilities. This gives rise to a real connection with other human beings and the chance to discover healthy and lifegiving habits – of frequenting the sacraments, taking the time to pray, and learning the joy of responsibly serving others. It also leads to a realisation that, as church and community, we can make an impact on people's lives. Our faith is not restricted to attending church services. It is about building a more just and fairer society. For this reason, we say that Lourdes is love in action."

Your personal encounter with St Bernadette during the relics pilgrimage might inspire and encourage you to visit the shrine of Our Lady of Lourdes with your own diocese. Details about organized pilgrimages can be found by scanning the QR code on the back of this leaflet or by visiting:

<https://stbernadette.org.uk/continuing-the-journey/>



VISIT THE ST BERNADETTE RELIC
TOUR WEBSITE TO DISCOVER:

Where and when you can visit the Relics

How to keep the tour in your prayers

Opportunities to journey to Lourdes on pilgrimage with your diocese
and much more...

stbernadette.org.uk

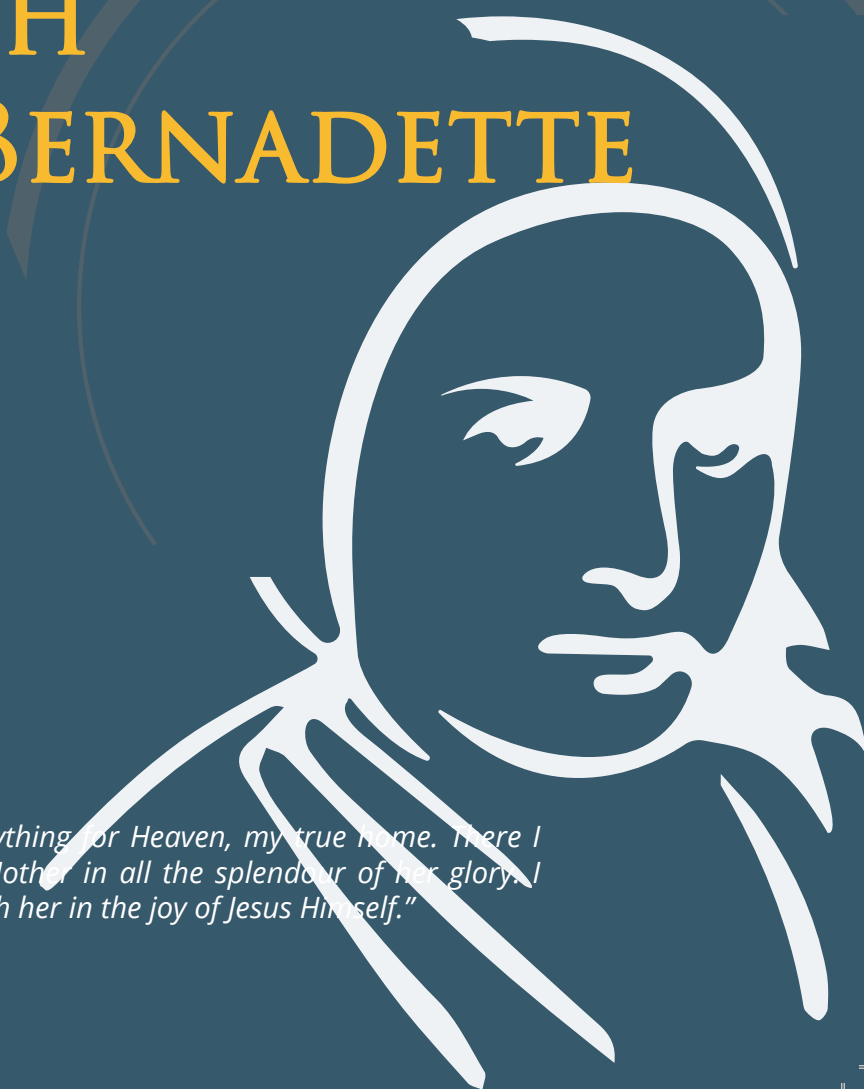


SAINT BERNADETTE
RELIC TOUR 2022 

JOURNEYING WITH ST BERNADETTE

"I shall do everything for Heaven, my true home. There I shall find my Mother in all the splendour of her glory. I shall delight with her in the joy of Jesus Himself."

St Bernadette



WELCOME

This Autumn, the relics of St Bernadette of Lourdes are journeying on pilgrimage to England, Scotland and Wales for the very first time. This special once in a lifetime event gives us an opportunity to experience the gifts and charisms of Lourdes – the beautiful Shrine of Our Lady in the South of France.

HOW IT ALL BEGAN....

Bernadette Soubirous was born in 1844 in a small town in France. St Bernadette was one of eight children born into a very poor family. Although initially unremarkable, Bernadette's life was to inspire generations of people to journey in faith on pilgrimage to Lourdes.

Between 11 February and 16 July 1858, Bernadette saw the Virgin Mary eighteen times in a series of Apparitions that took place in a cave on the outskirts of Lourdes, a place known as the Grotto of Massabielle. In the course of these miraculous encounters, Bernadette, then aged just 14, became a friend and confidante of Mary, the Mother of Jesus.

The Apparitions of Lourdes were authenticated in 1862 by the Bishop of Tarbes. In 1866, Bernadette left Lourdes to live the rest of her short life with the Sisters of Charity in Nevers. She died in 1879, was beatified in 1925, and was canonised as a saint in 1933.

The life and legacy of St Bernadette has touched the lives of people across the world. 164 years after the first pilgrimages to this special place began, Lourdes is one of the busiest Christian pilgrimage sites in the world, with the Catholic Church acknowledging 70 miracles as having taken place there.

We can experience something of the spirit of Lourdes now, as we join this unique Relic Tour journey with St Bernadette:

”

“The pilgrimage of St Bernadette's relics...offers us a welcome opportunity to bear active witness to our Faith, joining with one another across our many communities to encounter God's love and find spiritual, emotional, and psychological healing and renewal.”

Cardinal Vincent Nichols

RELICS - WHAT WE BELIEVE

A relic is a part of the physical remains of a saint after their death, or an object which has been in contact with their body. Relics are venerated to honour the holiness of God.

The veneration of relics is found in many religions and is rooted in the natural human instinct to treat anything connected with those we love, who have died, with care and reverence

”

“By inviting us to venerate the mortal remains of the martyrs and saints, the Church does not forget that, in the end, these are indeed just human bones, but they are bones that belonged to individuals touched by the transcendent power of God. The relics of the saints are traces of that invisible but real presence which sheds light upon the shadows of the world and reveals the Kingdom of Heaven in our midst.”

Pope-Emeritus Benedict XVI



NOVENA TO ST BERNADETTE

A Novena is nine days of prayer and is often undertaken in preparation for an important event in the life of a person or a community of faith.

Dear Saint Bernadette,
Chosen by Almighty God as a channel of His Graces and Blessings, and through your humble obedience to the requests of Our Blessed Mother, Mary, you gained for us the Miraculous waters of Spiritual and physical healing.

We implore you to listen to our pleading prayers that we may be healed of our Spiritual and physical imperfections. Place our petitions in the Hands of our Holy Mother, Mary, so that She may place them at the feet of Her beloved Son, Our Lord and Saviour Jesus Christ, that He may look on us with mercy and compassion: (Make Petition)

Help us, O Dear Saint Bernadette to follow your example, so that irrespective of our own pain and suffering we may always be mindful of the needs of others, especially those whose sufferings are greater than ours.

As we await the Mercy of God, remind us to offer up our pain and suffering for the conversion of sinners, and in reparation for the sins and blasphemies of mankind.

Pray for us, that like you, we may always be obedient to the will of Our Heavenly Father, and that through our prayers and humility we may bring consolation to the Most Sacred Heart of Jesus and the Immaculate Heart of Mary that have been so grievously wounded by our sins.

Holy Saint Bernadette of Lourdes,
Pray for us.

Amen
One Decade of the Rosary

O Mary conceived without sin, pray for us who have recourse to Thee.
(Say 3 times)