

THEO 449501 **Self-Knowledge and Discernment: The Experience of Pilgrimage**

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Class meetings: Mondays 11-1, Rahner House (upstairs seminar room)

Office hours: Stokes N433, Mondays 2-4 p.m. and by appointment

Course themes: Pilgrimage forms one of the recurrent themes and pursuits in just about all of the religions of the world. This class will explore the history, practice and spirituality of pilgrimage across different religious traditions, as a way into deeper reflection on self-knowledge and discernment. This involves attention to the relationship of self and body, nature, others, and the divine. The course will involve physical, emotional, intellectual and spiritual preparation for the Camino to Santiago.

Texts:

(Chapters of many of the books will be provided on Canvas. * before books that should be purchased or rented)

Craig Bartholomew and Fred Hughes, *Explorations in a Christian Theology of Pilgrimage* (Farnham: Ashgate, 2004)

Jean Dalby Clift and Wallace B. Clift, *The Archetype of Pilgrimage. Outer Action with Inner Meaning*. (Eugene: Wipf and Stock, 2004)

*Diana Webb, *Medieval European Pilgrimage* (Palgrave 2002).

*Rebecca Solnit, *Wanderlust. A History of Walking* (New York: Penguin Books, 2000).

Phil Cousineau, *The Art of Pilgrimage. The Seeker's Guide to Making Travel Sacred*. (Conari Press, 2021).

*Richard Barber, *Pilgrimages* (Woodbridge: Boydell Press, 1991)

*Simon Coleman and John Elsner, *Pilgrimage. Past and Present in the World Religions* (Cambridge: Harvard University Press, 1995)

Cavanaugh, William T. "Migrant, Tourist, Pilgrim, Monk: Mobility and Identity in a Global Age." *Theological Studies* 69, no. 2 (2008): 34-56. <https://doi.org/10.1177/004056390806900206>.

H.D. Thoreau, "Walking" in *Writings. Excursions* (Princeton: Princeton University Press, 2007), pp. 185-222.

G. Traub, SJ, *An Ignatian Spirituality Reader* (Chicago: Loyola Press, 2008).

Peter Stanford, *Pilgrimage*. (London: Thames and Hudson, 2021)

Nancy Louise Frey, *Pilgrim Stories. On and Off the Road to Santiago*. (Berkeley: University of California Press, 1998)

Optional

John Brierley, *A Pilgrim's Guide to the Camino de Santiago*. (Kaminn Media, 2022)

Graded Work

1. 25% active participation. This includes (a) coming to class prepared to discuss the readings both in themselves and as they do or do not apply to your personal experience and outlook; (b) active participation in all meetings, whether in the classroom, on retreat or during the pilgrimage in Spain.
2. 25% papers. Two five-page papers on readings of particular interest to you. These papers should pursue the central themes or questions of those readings more deeply into the authors work, and into the questions or themes themselves. The focus and aim of each paper should be approved by Professor Cornille. The first paper is due March 28 and the second paper is due May 2.
3. 20% oral exam. Oral exam during finals week on the readings. This exam will be scheduled on an individual basis.
4. 30% final paper. One 10-12 page final paper on your experience of pilgrimage, relating to discernment and self-knowledge, and with reference to some of the readings. Due on July 31 by 12 noon, via email attachment.

Course schedule:

At Boston College

Jan. 24, 11-12 Orientation

Solnit, chapter 1,2, and 4.

Cousineau, "the longing" in *The Art of Pilgrimage*, pp. 2-29

Clift and Clift, "Pilgrimage as Archetype", pp. 9-20.

Exercise: take a 60-minute walk with at most one break, wherever one wishes, for whatever purpose or lack thereof. Go without your phone. Record descriptions and impressions for one page in your journal

Feb. 21: 11-1:00 Walking through Christian History

Peter Walker, "Pilgrimage in the early Church" in *Explorations in a Christian Theology of Pilgrimage*, pp 73-91.

Diana Webb, *Medieval European Pilgrimage*, 2002.

Optional:

Jonathan Sumption, *The Age of Pilgrimage*, chapters 1-4, 6-8, 10

Exercise: walk to a Christian place of worship that is about half an hour away. Reflect on the particularity of this type of walking compared to the previous experiences. Is there anything distinctive that comes up as you set your sights on a particular goal. Do you notice anything particular when you arrive at your destination?

Feb. 28: 11-1:00 **Walking as a Spiritual Exercise**

William Cavanaugh, "Migrant, Tourist, Pilgrim, Monk: Mobility and Identity in a Global Age"

R. Hanson, "The Pilgrim: St. Ignatius of Loyola" in G. Traub, SJ, *An Ignatian Spirituality Reader* (Chicago: Loyola Press, 2008) pp. 24-46.

D. Hamm, "Rummaging for God" in *An Ignatian Spirituality Reader*
Frey, *Pilgrim Stories*

Kip Redick, "Spiritual Rambling as Embodied Ritual Performance and the Transformation of Person and Place" (PDF)

Exercise 1: Follow Rohr's instructions for "Shadow Work" (pp. 156-157) and do the exercise. Record description and impressions in journal.

Exercise 2: Chose a form of prayerful reflection such as the examen or centering prayer or the Jesus Prayer. Try to include some kind of prayer in your walk and see what effect it has. Compare to previous walks and record in your journal.

March 14: **Pilgrimage to the Holy Land in Judaism**

Simon Coleman and John Elsner, *Pilgrimage, Past and Present in the World Religions*, pp. 34-51.

Richard Barber, *Pilgrimages*, pp. 7-29.

Peter Stanford, *Pilgrimage*, pp. 38-60.

Exercise: Locate a Jewish synagogue or temple and include a visit in your 60 minute walk. Record impressions in your journal.

March 28: **Pilgrimage as Communion in Islam**

Simon Coleman and John Elsner, *Pilgrimage, Past and Present in the World Religions*, 52-77.

Richard Barber, *Pilgrimages*, pp. 30-47.

Peter Stanford, *Pilgrimage*, pp. 77-94.

Exercise: Locate a mosque and include a visit in your 60 minute walk. Record impressions in your journal

April 9-10: retreat

Enneagram workshop, see reading Richard Rohr

H.D. Thoreau, "Walking" in *Writings. Excursions* (Princeton: Princeton University Press, 2007), pp. 185-222.

Exercise: This retreat will include a long hike. Consider especially the effect of nature and of other people on your sense of the walk. Record descriptions in your journal.

April 11: Pilgrimage to the Source in Hinduism

Simon Coleman and John Elsner, *Pilgrimage, Past and Present in the World Religions*, 136-169.

Richard Barber, *Pilgrimages*, pp. 75-102

Peter Stanford, *Pilgrimage*, pp. 142-156.

Exercise: Take a walk of about one hour with another student in the course, remaining quiet for the first half hour, and 30 minutes in conversation about the fruits of the reflection.

April 25: Pilgrimage to the no-Self in Buddhism

Simon Coleman and John Elsner, *Pilgrimage, Past and Present in the World Religions*, pp. 170-195.

Richard Barber, *Pilgrimages*, pp. 103-132.

Peter Stanford, *Pilgrimage*, pp. 173-186.

Optional:

P.J. Johnson, "Dharma Bums: The Beat Generation and the Making of Countercultural Pilgrimage" in *Buddhist-Christian Studies* 33 (2016)

Habito, *Zen and the Spiritual Exercises*, ch. 6-12, and conclusion.

Ives, *Zen on the Trail*, entire book except chapters 6-8.

Thich Nhat Han, *How to Walk*.

Exercise: Take a 90 minute walk. Halfway through the walk, stop and find a place to meditate for 20 minutes. Follow the instructions for zazen (Habito). Resume your walk, trying to maintain the same state of attention from your meditation.

May 2: Pilgrimage to Santiago

Cousineau, pp. 2-29, 54-68.

Dennis Hamm "Praying Backwards Through Your Day"

May 24: arrival in Bilbao, travel from Bilbao to Leon

Camino in Leon; to include one preparatory meeting in classroom format and a walking tour of the historic sites of the city.

May 25 – June 7: walking the Camino from Leon to Santiago

Pilgrimage from May 25 through June 7 (planned date of arrival in Santiago); seminar / discussion groups every other evening for 60-90 minutes.

Evening of June 7 to morning of June 9 in Santiago; June 8 will include one concluding / summary meeting in classroom format.

Final paper due by 12 noon EST on July 31st. Reunion in Fall semester, date and location TBD.

