

## COMPANIONS ON A JOURNEY

"Jesus went into the hill to pray – and he chose twelve whom he called apostles. He told them: "I have chosen you to be with me"

(Mark 3:13)

## REFLECTION

The spiritual traveler walks in the footsteps of thousands of people who have traveled the same pilgrim way before him or her. Pilgrims carry with them the needs and intentions of the sick within their families and communities. They share a common need for healing, for meaning, for direction. The disabled depend on the strong. Together they become wounded healers to each other. Recognised and unrecognized God walks beside them. Mary welcomes them. Sickness, pain, depression and the modern world can isolate us. Pilgrimage draws us together. Name for yourself the companions who have supported you on the journey and thank God for them.

## PRAYER

Lord give us a heart for the wounded and sick members of Christ's body. Give us the grace and the patience to walk with them at their pace.

Amen.