

Notre  
Dame  
Trail



175

## - INTRODUCTION -

In 1841, Blessed Basil Moreau, founder of the Congregation of Holy Cross in LeMans, France, sent one of his brightest priests, Rev. Edward J. Sorin, C.S.C., to America. The following year, Fr. Sorin, along with seven Holy Cross brothers, set out from Vincennes, Indiana, to walk 250 miles north to take possession of a tract of land and establish a university dedicated to Our Lady. For Fr. Sorin and the Holy Cross brothers who traveled in 1842, and for us who travel in 2017, walking the Notre Dame Trail is not simply a physical trip from one location to another but a pilgrimage of prayer with God.

For centuries, pilgrimages such as the Notre Dame Trail have allowed pilgrims to make their prayer not only with their hearts and minds but also with their whole bodies. As our feet walk in the footsteps of Fr. Sorin, our physical journey to Notre Dame becomes an internal journey of the soul in which we join Jesus' prayer of "Thy will be done" and Fr. Sorin's prayer to found a University for Our Lady, with our own prayer to hear and follow God's call.

Pope Francis has said, "Going on pilgrimage is one of the most eloquent expressions of faith." Mary herself was a woman of pilgrimage—from Judea to Bethlehem to Egypt to Jerusalem to the Father—traveling by faith to unfamiliar lands. Like her, the priests and brothers who founded Notre Dame left France without knowing what they would encounter. When they set out as pilgrims, though, God led them, step by step. And so it is with us.

Walking the Notre Dame Trail is an expression of our personal and collective faith, a prayer of gratitude for what God has accomplished in Notre Dame and our lives, and a prayer of hope for what God will do with the University and each of us for the life of the Church and the world. In this way, the Notre Dame Trail is less a physical feat to conquer and more an opportunity to allow God to conquer and occupy more fully our hearts, minds, bodies—our whole being—for greater love and service of God's people. To what new frontier is God leading you?

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### QUESTIONS FOR REFLECTION

How are you feeling at the beginning of this journey?

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Are you excited, scared, hopeful?

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What are your expectations for this pilgrimage?

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The Notre Dame Trail welcomes pilgrims from all faith traditions who are willing to walk in the footsteps of Notre Dame's founder, Rev. Edward J. Sorin, C.S.C., and the Holy Cross brothers who accompanied him.

Pope Francis says, "Every pilgrim bears in his or her heart a special hope and a particular prayer." This journal is intended to serve as an aid to reflection and prayer during your pilgrimage—a place where you can articulate and offer your hopes and prayers to God.

In this journal, each day has its own theme and prompts to focus your thoughts and prayer. The format includes setting an intention for each day—something to connect your heart to your mind and feet. The intention could be a prayer request or a sought-after virtue; it could be a request for a faraway place or a very personal need. The intention will set a focal point for each day's effort, and in the evenings, pilgrims who walk with this intention might look back to find they have arrived at new insights or revelations. These unforeseen turns and unintended surprises are one way God provides for us on a pilgrimage. Please use this journal as a companion on your journey.

### PRAYER

May Christ and Mary go with us the length of the road; may our journey not be in vain but may every inch of it be for good. Amen.

—Traditional Irish Prayer

Notre Dame, Our Mother,  
PRAY FOR US.

- FAITH -

Sunday, August 13



AS I BEGIN THIS DAY

“For those who live by faith,  
the cross is a treasure more  
valuable than gold and  
precious stones.”

Blessed Basil Moreau  
founder of the Congregation of Holy Cross

- FAITH -

### GOSPEL OF THE DAY

<sup>22</sup>After he had fed the people, Jesus made the disciples get into a boat and precede him to the other side, while he dismissed the crowds.

<sup>23</sup>After doing so, he went up on the mountain by himself to pray.

When it was evening he was there alone. <sup>24</sup>Meanwhile the boat, already a few miles offshore, was being tossed about by the waves, for the wind was against it. <sup>25</sup>During the fourth watch of the night, he came toward them walking on the sea. <sup>26</sup>When the disciples saw him walking on the sea they were terrified. “It is a ghost,” they said, and they cried out in fear.

<sup>27</sup>At once Jesus spoke to them, “Take courage, it is I; do not be afraid.”

<sup>28</sup>Peter said to him in reply, “Lord, if it is you, command me to come to you on the water.” <sup>29</sup>He said, “Come.” Peter got out of the boat and began to walk on the water toward Jesus. <sup>30</sup>But when he saw how strong the wind was he became frightened; and, beginning to sink, he cried out, “Lord, save me!” <sup>31</sup>Immediately Jesus stretched out his hand and caught Peter, and said to him, “O you of little faith, why did you doubt?” <sup>32</sup>After they got into the boat, the wind died down. <sup>33</sup>Those who were in the boat did him homage, saying, “Truly, you are the Son of God.”

MATTHEW 14:22-33

- FAITH -

**QUESTIONS FOR REFLECTION**

In what or whom do I believe?

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When has my faith been tested?

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How might I strengthen my faith in God and share my belief with family and friends?

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As I begin my pilgrimage today, this is my intention:

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- FAITH -

**PRAYER**

Lord, help us to believe in our heart and soul what we may not experience through our human senses. Help us to embrace this pilgrimage with the unwavering faith of a child. Amen.

Notre Dame, Our Mother,  
PRAY FOR US.

**AS I CONCLUDE THIS DAY**

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My reflection

- COMPASSION -

Monday, August 14



**AS I BEGIN THIS DAY**

“Listening helps us to find the right gesture and word which shows that we are more than simply bystanders.

Only through such respectful and compassionate listening can we enter on the paths of true growth and awaken a yearning for the Christian ideal: the desire to respond fully to God’s love and to bring to fruition what he has sown in our lives.”

*Pope Francis, The Joy of the Gospel*

- COMPASSION -

**GOSPEL OF THE DAY**

<sup>22</sup>As Jesus and his disciples were gathering in Galilee, Jesus said to them, “The Son of Man is to be handed over to men, <sup>23</sup>and they will kill him, and he will be raised on the third day.” And they were overwhelmed with grief. <sup>24</sup>When they came to Capernaum, the collectors of the temple tax approached Peter and said, “Does not your teacher pay the temple tax?” <sup>25</sup>“Yes,” he said. When he came into the house, before he had time to speak, Jesus asked him, “What is your opinion, Simon? From whom do the kings of the earth take tolls or census tax? From their subjects or from foreigners?” <sup>26</sup>When he said, “From foreigners,” Jesus said to him, “Then the subjects are exempt. <sup>27</sup>But that we may not offend them, go to the sea, drop in a hook, and take the first fish that comes up. Open its mouth and you will find a coin worth twice the temple tax. Give that to them for me and for you.”

**MATTHEW 17:22-27**

- COMPASSION -

**QUESTIONS FOR REFLECTION**

When have you been shown compassion?

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How might you express compassion to those in need this day?

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As I begin my pilgrimage today, this is my intention:

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- COMPASSION -

**PRAYER**

Walk with us, God. Our trek is not always easy, our vision shortsighted,  
our love often hidden. May we seek the deeper places where our  
compassion, our joy reflect You, the God who is Love.

Amen.

Notre Dame, Our Mother,  
PRAY FOR US.

**AS I CONCLUDE THIS DAY**

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My reflection

- GRATITUDE -

*Tuesday, August 15*



AS I BEGIN THIS DAY

“Indeed we also work, but we are only collaborating with God who works, for his mercy has gone before us. It has gone before us so that we might be healed, and follows us so that once healed, we may be given life; it goes before us so that we may be called, and follows us so that we may be glorified.”

*St. Augustine, Nature and Grace*

- GRATITUDE -

Solemnity of the Assumption of the Blessed Virgin Mary

### GOSPEL OF THE DAY

<sup>27</sup>While Jesus was speaking,  
a woman from the crowd called out and said to him,  
“Blessed is the womb that carried you  
and the breasts at which you nursed.”

<sup>28</sup>He replied,  
“Rather, blessed are those  
who hear the word of God and observe it.”

LUKE 11:27-28



**QUESTIONS FOR REFLECTION**

What has prevented you from hearing the Word of God?

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How might you remove those obstacles?

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As I begin my pilgrimage today, this is my intention:

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**PRAYER**

Hail, Holy Queen, Mother of Mercy, our life, our sweetness and our hope,  
to thee do we cry, poor banished children of Eve, to thee do we send up  
our sighs, mourning and weeping in this vale of tears, turn, then,  
most gracious Advocate, thy eyes of mercy toward us, and after this,  
our exile, show unto us the blessed fruit of thy womb, Jesus. O dement,  
O loving, O sweet Virgin Mary! Amen.

Notre Dame, Our Mother,  
PRAY FOR US.

**AS I CONCLUDE THIS DAY**

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My reflection

- STEWARDSHIP -

Wednesday, August 16



AS I BEGIN THIS DAY

“Our Lady said yes for the human race. Each one of us must echo that yes for our lives. We are all asked if we will surrender what we are, our humanity, our flesh and blood, to the Holy Spirit and allow Christ to fill the emptiness formed by the particular shape of our life.”

Caryll Houselander, *The Reed of God*

- STEWARDSHIP -

### GOSPEL OF THE DAY

<sup>15</sup> Jesus said to his disciples:

“If your brother sins against you,  
go and tell him his fault between you and him alone.  
If he listens to you, you have won over your brother.

<sup>16</sup> If he does not listen,

take one or two others along with you,  
so that every fact may be established  
on the testimony of two or three witnesses.

<sup>17</sup> If he refuses to listen to them, tell the Church.

If he refuses to listen even to the Church,  
then treat him as you would a Gentile or a tax collector.

<sup>18</sup> Amen, I say to you,

whatever you bind on earth shall be bound in heaven,  
and whatever you loose on earth shall be loosed in heaven.

<sup>19</sup> Again, amen, I say to you, if two of you agree on earth  
about anything for which they are to pray,  
it shall be granted to them by my heavenly Father.

<sup>20</sup> For where two or three are gathered together in my name,  
there am I in the midst of them.”

**MATTHEW 18:15-20**

**QUESTIONS FOR REFLECTION**

How might you surrender your plans this day to allow space for God?

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How might you listen more clearly to God's call?

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As I begin my pilgrimage today, this is my intention:

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**PRAYER**

**God, grant me the serenity to accept the things I cannot change,  
Courage to change the things I can, And wisdom to know the difference.  
Amen.**

Reinhold Niebuhr

**Notre Dame, Our Mother,  
PRAY FOR US.**

**AS I CONCLUDE THIS DAY**

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My reflection

- PATIENCE -  
*Thursday, August 17*



AS I BEGIN THIS DAY

“I sympathize with your sufferings my dear daughter [Mary]. But do not lose sight of the fact that this is now the omen of a future full of blessings, and that the cross alone can sanctify us, save us, and make us useful for the salvation of others.”

Blessed Basil Moreau

- PATIENCE -

## GOSPEL OF THE DAY

<sup>21</sup>Peter approached Jesus and asked him, “Lord, if my brother sins against me, how often must I forgive him? As many as seven times?” <sup>22</sup>Jesus answered, “I say to you, not seven times but seventy-seven times. <sup>23</sup>That is why the kingdom of heaven may be likened to a king who decided to settle accounts with his servants. <sup>24</sup>When he began the accounting, a debtor was brought before him who owed him a huge amount. <sup>25</sup>Since he had no way of paying it back, his master ordered him to be sold, along with his wife, his children, and all his property, in payment of the debt. <sup>26</sup>At that, the servant fell down, did him homage, and said, ‘Be patient with me, and I will pay you back in full.’ <sup>27</sup>Moved with compassion the master of that servant let him go and forgave him the loan. <sup>28</sup>When that servant had left, he found one of his fellow servants who owed him a much smaller amount. He seized him and started to choke him, demanding, ‘Pay back what you owe.’ <sup>29</sup>Falling to his knees, his fellow servant begged him, ‘Be patient with me, and I will pay you back.’ <sup>30</sup>But he refused. Instead, he had the fellow servant put in prison until he paid back the debt. <sup>31</sup>Now when his fellow servants saw what had happened, they were deeply disturbed, and went to their master and reported the whole affair. <sup>32</sup>His master summoned him and said to him, ‘You wicked servant! I forgave you your entire debt because you begged me to. <sup>33</sup>Should you not have had pity on your fellow servant, as I had pity on you?’ <sup>34</sup>Then in anger his master handed him over to the torturers until he should pay back the whole debt. <sup>35</sup>So will my heavenly Father do to you, unless each of you forgives his brother from his heart.”

<sup>1</sup>When Jesus finished these words, he left Galilee and went to the district of Judea across the Jordan.

**MATTHEW 18:21-19:1**

- PATIENCE -

**QUESTIONS FOR REFLECTION**

Who has been patient with you?

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What does it mean for you to wait patiently with hope?

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As I begin my pilgrimage today, this is my intention:

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- PATIENCE -

**PRAYER**

Today I will thank you, Lord, for leading me toward love, joy, peace, patience, kindness, goodness, faithfulness, and gentleness. Amen.

Notre Dame, Our Mother,  
PRAY FOR US.

**AS I CONCLUDE THIS DAY**

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My reflection

- HUMILITY -  
*Friday, August 18*



#### AS I BEGIN THIS DAY

“It is easy to think that humility is the downplaying of our talents, but true humility is the simple acknowledgment of who we are before God. It is knowing both our talents and our struggles and desiring to use them in God’s service. Humility allows God to work through us.”

Rev. Brian Ching, C.S.C.  
Director, Old College Undergraduate Seminary

- HUMILITY -

#### GOSPEL OF THE DAY

<sup>3</sup>Some Pharisees approached Jesus, and tested him, saying,

“Is it lawful for a man to divorce his wife for any cause whatever?”

<sup>4</sup>He said in reply, “Have you not read that from the beginning the Creator made them male and female <sup>5</sup>and said, For this reason a man shall leave his father and mother and be joined to his wife, and the two shall become one flesh? <sup>6</sup>So they are no longer two, but one flesh. Therefore, what God has joined together, man must not separate.” <sup>7</sup>They said to him, “Then why did Moses command that the man give the woman a bill of divorce and dismiss

her?” <sup>8</sup>He said to them, “Because of the hardness of your hearts Moses allowed you to divorce your wives, but from the beginning it was not so.

<sup>9</sup>I say to you, whoever divorces his wife (unless the marriage is unlawful) and marries another commits adultery.” <sup>10</sup>His disciples said to him, “If that is the case of a man with his wife, it is better not to marry.” <sup>11</sup>He answered, “Not all can accept this word, but only those to whom that is granted.

<sup>12</sup>Some are incapable of marriage because they were born so; some, because they were made so by others; some, because they have renounced marriage for the sake of the kingdom of heaven. Whoever can accept this ought to accept it.”

**MATTHEW 19:3-12**

- HUMILITY -

**QUESTIONS FOR REFLECTION**

In what ways do you find practicing humility—  
acknowledging your talents and your struggles—difficult?

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How are you being called to allow your talents and  
your struggles to serve God?

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As I begin my pilgrimage today, this is my intention:

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- HUMILITY -

**PRAYER**

God of truth, help me to live with humility, giving thanks for my talents,  
accepting my struggles, and allowing my whole life to serve you. Amen.

Notre Dame, Our Mother,  
PRAY FOR US.

**AS I CONCLUDE THIS DAY**

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My reflection

- JOY -

Saturday, August 19



AS I BEGIN THIS DAY

“Joy is not the same as happiness. Happiness is the result of external circumstances. Joy is the experience of knowing that we are unconditionally loved and that nothing—sickness, failure, emotional distress, oppression, war, or even death—can take that love away. Joy is essential to the spiritual life. It does not simply happen to us. We have to choose joy every day. It is a choice based on the knowledge that we belong to God.”

Adapted from *The Heart of Henri Nouwen: His Words of Blessing*,  
edited by Rebecca Laird and Michael J. Christensen

- JOY -

#### GOSPEL OF THE DAY

<sup>13</sup>Children were brought to Jesus that he might lay his hands on them and pray. The disciples rebuked them, <sup>14</sup>but Jesus said, “Let the children come to me, and do not prevent them; for the kingdom of heaven belongs to such as these.” <sup>15</sup>After he placed his hands on them, he went away.

**MATTHEW 19:13-15**



- JOY -

**QUESTIONS FOR REFLECTION**

How have you experienced the joy of unconditional love in your life?

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What makes it difficult to choose to live with joy in your everyday life?

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As I begin my pilgrimage today, this is my intention:

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- JOY -

**PRAYER**

God of unconditional love, You sent Your Son to be my companion on the journey. Help me to accept your unconditional love for me and to choose to live in the joy of your love each day. Amen.

Notre Dame, Our Mother,  
PRAY FOR US.

**AS I CONCLUDE THIS DAY**

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My reflection

- SORROW -  
*Sunday, August 20*



**AS I BEGIN THIS DAY**

“There stood by the Cross of Jesus his mother Mary, who knew grief and was a Lady of Sorrows. She is our special patroness, a woman who bore much she could not understand and who stood fast. To her many sons and daughters, whose devotions ought to bring them often to her side, she tells much of this daily cross and its daily hope.”

*Constitutions of the Congregation of Holy Cross, 8:120*

- SORROW -

### **GOSPEL OF THE DAY**

<sup>21</sup>At that time, Jesus withdrew to the region of Tyre and Sidon.

<sup>22</sup>And behold, a Canaanite woman of that district came and called out,

“Have pity on me, Lord, Son of David!  
My daughter is tormented by a demon.”

<sup>23</sup>But Jesus did not say a word in answer to her.

Jesus’ disciples came and asked him,

“Send her away, for she keeps calling out after us.”

<sup>24</sup>He said in reply,

“I was sent only to the lost sheep of the house of Israel.”

<sup>25</sup>But the woman came and did Jesus homage, saying, “Lord, help me.”

<sup>26</sup>He said in reply,

“It is not right to take the food of the children  
and throw it to the dogs.”

<sup>27</sup>She said, “Please, Lord, for even the dogs eat the scraps  
that fall from the table of their masters.”

<sup>28</sup>Then Jesus said to her in reply,

“O woman, great is your faith!  
Let it be done for you as you wish.”

And the woman’s daughter was healed from that hour.

**MATTHEW 15:21-28**

**QUESTIONS FOR REFLECTION**

What sorrows am I carrying and how can I allow God and others to accompany, console, and heal me in my suffering?

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How am I being called to alleviate the suffering of others and to accompany those whose suffering I cannot take away?

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As I begin my pilgrimage today, this is my intention:

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**PRAYER**

Merciful God, console me in my sorrow and help me to see and alleviate unnecessary suffering in the world around me. When I cannot take away others' pain, help me to accompany them as Mary did Jesus, trusting and hoping in You. I pray this prayer through Jesus Christ and His mother Mary, Our Lady of Sorrows. Amen.

Notre Dame, Our Mother,  
PRAY FOR US.

**AS I CONCLUDE THIS DAY**

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My reflection

- LOVE -

Monday, August 21



#### AS I BEGIN THIS DAY

It is essential to our mission that we strive to abide so attentively together that people will observe: “See how they love one another.”

We will then be a sign in an alienated world: men who have, for love of their Lord, become closest neighbors, trustworthy friends, brothers.

*Constitutions of the Congregation of Holy Cross, 4:42*

- LOVE -

#### GOSPEL OF THE DAY

<sup>16</sup>A young man approached Jesus and said,

“Teacher, what good must I do to gain eternal life?”

<sup>17</sup>He answered him, “Why do you ask me about the good?

There is only One who is good.

If you wish to enter into life, keep the commandments.”

<sup>18</sup>He asked him, “Which ones?”

And Jesus replied, “You shall not kill;

you shall not commit adultery;

you shall not steal;

you shall not bear false witness;

<sup>19</sup>honor your father and your mother;

and you shall love your neighbor as yourself.”

<sup>20</sup>The young man said to him,

“All of these I have observed. What do I still lack?”

<sup>21</sup>Jesus said to him, “If you wish to be perfect, go,

sell what you have and give to the poor,

and you will have treasure in heaven.

Then come, follow me.”

<sup>22</sup>When the young man heard this statement, he went away sad, for he had many possessions.

**MATTHEW 19:16-22**

**QUESTIONS FOR REFLECTION**

God asks us to “Love each other as I have loved you.”  
Why is this so difficult?

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In Corinthians we read, “And now these three remain:  
faith, hope, and love. But the greatest of these is love.” Why is love  
the greatest, and how can I live with great love?

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As I begin my pilgrimage today, this is my intention:

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**PRAYER**

Lord, let us remember that you loved us before we were born, and that  
we are deserving of your unconditional love. Please help us to not only  
follow your commandments, but to love fully and deeply. Amen.

Notre Dame, Our Mother,  
PRAY FOR US.

**AS I CONCLUDE THIS DAY**

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My reflection

- MIND -

Tuesday, August 22



AS I BEGIN THIS DAY

“We shall always place education side by side with instruction; the mind will not be cultivated at the expense of the heart. While we prepare useful citizens for society, we shall likewise do our utmost to prepare citizens for heaven.”

Blessed Basil Moreau

- MIND -

## GOSPEL OF THE DAY

<sup>23</sup>Jesus said to his disciples:

“Amen, I say to you, it will be hard for one who is rich to enter the kingdom of heaven.

<sup>24</sup>Again I say to you,

it is easier for a camel to pass through the eye of a needle than for one who is rich to enter the kingdom of God.”

<sup>25</sup>When the disciples heard this, they were greatly astonished and said,

“Who then can be saved?”

<sup>26</sup>Jesus looked at them and said,

“For men this is impossible, but for God all things are possible.”

<sup>27</sup>Then Peter said to him in reply,

“We have given up everything and followed you. What will there be for us?”

<sup>28</sup>Jesus said to them, “Amen, I say to you that you who have followed me, in the new age, when the Son of Man is seated on his throne of glory, will yourselves sit on twelve thrones, judging the twelve tribes of Israel.

<sup>29</sup>And everyone who has given up houses or brothers or sisters or father or mother or children or lands for the sake of my name will receive a hundred times more, and will inherit eternal life.

<sup>30</sup>But many who are first will be last, and the last will be first.”

MATTHEW 19:23-30

- MIND -

**QUESTIONS FOR REFLECTION**

How can I convince others of God's good works?

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What talents did God give me and how is He calling me to use them?

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As I begin my pilgrimage today, this is my intention:

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- MIND -

**PRAYER**

Oh gracious Lord, help us to remember that all things  
are possible through you. Amen.

Notre Dame, Our Mother,  
PRAY FOR US.

**AS I CONCLUDE THIS DAY**

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My reflection

- ZEAL -  
Wednesday, August 23



#### AS I BEGIN THIS DAY

“Zeal is that flame of burning desire which one feels to make God known, loved, and served, and thus save souls...

Our zeal is always guided by charity, everything is done with strength and gentleness: strength because we are courageous and unshakable in the midst of pain, difficulty and trials...and with gentleness because we have the tenderness of our Divine Model.”

Blessed Basil Moreau

- ZEAL -

#### GOSPEL OF THE DAY

<sup>1</sup>Jesus told his disciples this parable: “The kingdom of heaven is like a landowner who went out at dawn to hire laborers for his vineyard. <sup>2</sup>After agreeing with them for the usual daily wage, he sent them into his vineyard.

<sup>3</sup>Going out about nine o’clock, he saw others standing idle in the marketplace, <sup>4</sup>and he said to them, ‘You too go into my vineyard, and I will give you what is just.’ <sup>5</sup>So they went off. <sup>6</sup>And he went out again around noon, and around three o’clock, and did likewise. Going out about five o’clock, he found others standing around, and said to them, ‘Why do you stand here idle all day?’ <sup>7</sup>They answered, ‘Because no one has hired us.’ <sup>8</sup>He said to them, ‘You too go into my vineyard.’

When it was evening the owner of the vineyard said to his foreman, ‘Summon the laborers and give them their pay, beginning with the last and ending with the first.’ <sup>9</sup>When those who had started about five o’clock came, each received the usual daily wage. <sup>10</sup>So when the first came, they thought that they would receive more,

but each of them also got the usual wage. <sup>11</sup>And on receiving it they grumbled against the landowner, saying, <sup>12</sup>‘These last ones worked only one hour, and you have made them equal to us, who bore the day’s burden and the heat.’ <sup>13</sup>He said to one of them in reply, ‘My friend, I am not cheating you. Did you not agree with me for the usual daily wage?’ <sup>14</sup>‘Take what is yours and go. What if I wish to give this last one the same as you?’ <sup>15</sup>‘Or am I not free to do as I wish with my own money? Are you envious because I am generous?’ <sup>16</sup>‘Thus, the last will be first, and the first will be last.’”

MATTHEW 20:1-16



- Z E A L -

**QUESTIONS FOR REFLECTION**

What holds me back from being more zealous in my life? How can I, as Blessed Basil Moreau invites, further embody both charity and zeal in my personal and professional life?

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When have I been jealous of others' treatment as the workers are in today's Gospel? When have I been the one who worked all day and when have I been the latecomer? How can I further imitate the generous love and mercy that God has shown me?

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As I begin my pilgrimage today, this is my intention:

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- Z E A L -

**PRAYER**

God of generosity and love, we come before you with open hands and hungry hearts. Fill us with the fire of your Holy Spirit and a desire to know, love, and serve you with zeal. Give us strength for our journey and help us to imitate your generosity. Make us unshakable in the midst of pain, difficulty, and trials, and fill our hearts with the example of gentleness and tenderness you have given us, your children. Amen.

Notre Dame, Our Mother,  
PRAY FOR US.

**AS I CONCLUDE THIS DAY**

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My reflection

- FAMILY -  
*Thursday, August 24*



#### AS I BEGIN THIS DAY

“Come, follow me.” It was the Lord Jesus calling us...  
It was a call that came to us from without, but also  
one that arose up within us, as from His Spirit.

We asked how we might follow, and we found many  
footprints on the road. A great band of men had passed  
this way, men who had made and lived by their vows, men  
who had walked side by side in their following of the Lord.  
They beckoned us to fall in step with them. We wanted  
to be part of the family they formed in order to share  
in their life and work.

*Constitutions of the Congregation of Holy Cross, 1:1, 5*

- FAMILY -

#### GOSPEL OF THE DAY

<sup>45</sup>Philip found Nathanael and told him,  
“We have found the one about whom Moses wrote in the law,  
and also the prophets, Jesus son of Joseph, from Nazareth.”

<sup>46</sup>But Nathanael said to him,

“Can anything good come from Nazareth?”

Philip said to him, “Come and see.”

<sup>47</sup>Jesus saw Nathanael coming toward him and said of him,

“Here is a true child of Israel.

There is no duplicity in him.”

<sup>48</sup>Nathanael said to him, “How do you know me?”

Jesus answered and said to him,

“Before Philip called you, I saw you under the fig tree.”

<sup>49</sup>Nathanael answered him,

“Rabbi, you are the Son of God; you are the King of Israel.”

<sup>50</sup>Jesus answered and said to him,

“Do you believe

because I told you that I saw you under the fig tree?

You will see greater things than this.”

<sup>51</sup>And he said to him, “Amen, amen, I say to you,  
you will see heaven opened and the angels of God  
ascending and descending on the Son of Man.”

**JOHN 1:45-51**

**QUESTIONS FOR REFLECTION**

When have I hesitated to follow after the Lord Jesus?  
What holds me back?

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How have I shared in the life and work of the Holy Cross family?  
What have been the great things that God has done for me?

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As I begin my pilgrimage today, this is my intention:

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**PRAYER**

God of compassion and love, we seek to know you and to be known by you, just as your apostle Nathanael did. Draw us into the embrace of the Holy Family of Jesus, Mary, and Joseph. Heal any wounds and divisions that keep us apart, and through our journey of faith, unite our hearts to the works of Holy Cross and the family of Notre Dame throughout the world. Amen.

Notre Dame, Our Mother,  
PRAY FOR US.

**AS I CONCLUDE THIS DAY**

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My reflection

- HEART -

Friday, August 25



AS I BEGIN THIS DAY

“Create in me a pure heart,  
O God, and renew a  
steadfast spirit within me.”

Psalm 51:10

- HEART -

### GOSPEL OF THE DAY

<sup>34</sup>When the Pharisees heard that Jesus had silenced the Sadducees, they gathered together, <sup>35</sup>and one of them, a scholar of the law, tested him by asking, <sup>36</sup>“Teacher, which commandment in the law is the greatest?” <sup>37</sup>He said to him, “You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind. <sup>37</sup>This is the greatest and the first commandment. <sup>39</sup>The second is like it: You shall love your neighbor as yourself. <sup>40</sup>The whole law and the prophets depend on these two commandments.”

MATTHEW 22:34-40

**QUESTIONS FOR REFLECTION**

How can I open my heart more fully to the presence of God in the world? How can I offer my heart to God more fully during this journey?

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Our Lord has invited us to bring our burdens and labors to him and he will give us rest. What burdens do I need to lay before the Sacred Heart of Jesus this day?

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As I begin my pilgrimage today, this is my intention:

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**PRAYER**

**Clothe us, Lord God, with the virtues of the Heart of your Son and set us aflame with his love, that, conformed to his image, we may merit a share in eternal redemption. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen.**

Prayer from the feast of the Sacred Heart

**Notre Dame, Our Mother,  
PRAY FOR US.**

**AS I CONCLUDE THIS DAY**

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My reflection

- HOPE -

Saturday, August 26



AS I BEGIN THIS DAY

“We must be men with hope to bring. There is no failure the Lord’s love cannot reverse, no humiliation He cannot exchange for blessing, no anger He cannot dissolve, no routine He cannot transfigure. All is swallowed up in victory. He has nothing but gifts to offer. It remains only for us to find how even the cross can be borne as a gift.”

*Constitutions of the Congregation of Holy Cross, 8:118*

- HOPE -

### GOSPEL OF THE DAY

- <sup>1</sup>Jesus spoke to the crowds and to his disciples, saying,  
<sup>2</sup>“The scribes and the Pharisees have taken their seat on the chair of Moses.  
<sup>3</sup>Therefore, do and observe all things whatsoever they tell you, but do not follow their example. For they preach but they do not practice.  
<sup>4</sup>They tie up heavy burdens hard to carry and lay them on people’s shoulders, but they will not lift a finger to move them.  
<sup>5</sup>All their works are performed to be seen. They widen their phylacteries and lengthen their tassels.  
<sup>6</sup>They love places of honor at banquets, seats of honor in synagogues, <sup>7</sup>greetings in marketplaces, and the salutation ‘Rabbi.’  
<sup>8</sup>As for you, do not be called ‘Rabbi.’ You have but one teacher, and you are all brothers.  
<sup>9</sup>Call no one on earth your father; you have but one Father in heaven.  
<sup>10</sup>Do not be called ‘Master’; you have but one master, the Christ.  
<sup>11</sup>The greatest among you must be your servant.  
<sup>12</sup>Whoever exalts himself will be humbled; but whoever humbles himself will be exalted.”

**MATTHEW 23:1-12**

- HOPE -

**QUESTIONS FOR REFLECTION**

What failures, wounds, or habits in myself and others do I treat as beyond the hope of redemption?

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How can I offer the seemingly hopeless parts of myself and my life to be transformed by God's merciful love?

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How can I bring the hope of the Cross to others with whom I live and work?

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As I begin my pilgrimage today, this is my intention:

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- HOPE -

**PRAYER**

Loving and merciful God, your love overcomes even death. Help me to live in the hope that You can transform me and my life to reflect Your love more deeply. Show me how to bring Your gift of hope to the hopeless around me. Amen.

Notre Dame, Our Mother,  
PRAY FOR US.

**AS I CONCLUDE THIS DAY**

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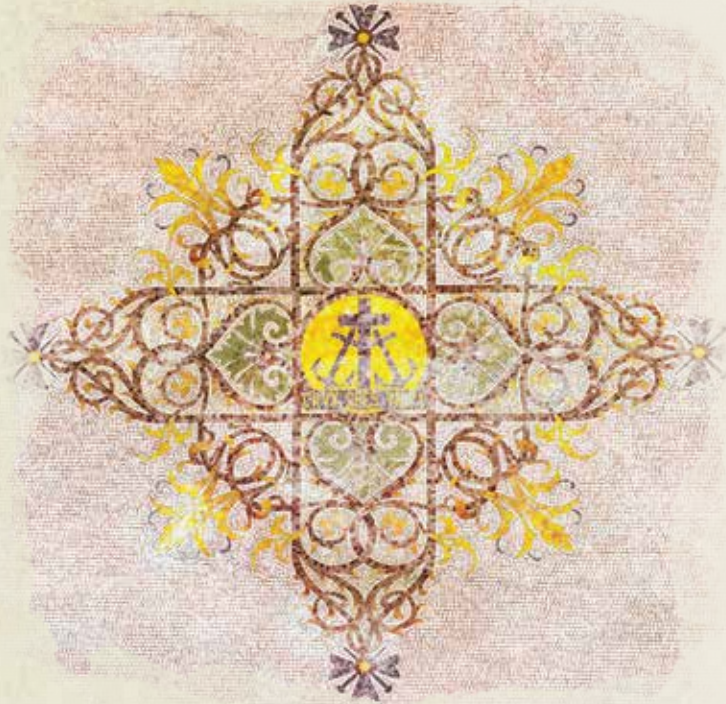
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My reflection



The Notre Dame Trail can be just the beginning of a journey to deeper faith, just as the conclusion of the trail was the beginning of Notre Dame for Father Sorin and his companions.

- CONCLUSION -

When Father Sorin and the Holy Cross brothers reached the banks of St. Mary's Lake on a cold and snowy day on November 26, 1842, they did not arrive at their destination. They arrived at a starting line—it was just the beginning of their great work to build a university dedicated to Our Lady. In a similar way, pilgrims of the Notre Dame Trail follow in these footsteps, reaching campus on August 26, 2017. This, too, is just the beginning of a journey into deeper faith in God, who leads us to greater love and life in and through Him.

QUESTIONS FOR REFLECTION

Were the expectations you articulated at the beginning of your journey realized?

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Having finished your journey on the Notre Dame Trail, what spiritual, physical, or emotional insights and practices do you hope to integrate into your life beyond the Trail?

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PRAYER

Lord Jesus, you are the way, the truth, the life. You inspired the priests, brothers, and sisters of the Congregation of Holy Cross to leave their homeland and journey to the American frontier to found a university they hoped would become a "powerful means for good in this country." Please bless us who walk in the footsteps of these founders, that we might be worthy of their legacy of faithfulness and excellence. May we share your truth and life with the world, and seek your way above all else. Give us strength for our life's journey. Amen.

Notre Dame, Our Mother,  
PRAY FOR US.



- PHOTO INDEX -

**FAITH**

Grotto of Our Lady of Lourdes

**COMPASSION**

Mary, Our Lady of Mercy  
Geddes Hall chapel

**GRATITUDE**

Golden Dome

**STEWARDSHIP**

Saint Matthew  
Stayer Center chapel

**PATIENCE**

*Christ and the Samaritan Woman  
at the Well*  
O'Shaughnessy Hall

**HUMILITY**

Log Chapel

**JOY**

*Sacred Heart of Jesus*

**SORROW**

*Our Lady of Sorrows*  
Cedar Grove Cemetery

**LOVE**

Mass at Dillon Hall

**MIND**

*Word of Life* mural  
Hesburgh Library

**ZEAL**

Blessed Basil Moreau  
Stinson-Remick Hall of Engineering  
chapel

**FAMILY**

*Holy Family*  
Coleman-Morse Center

**HEART**

Immaculate Heart of Mary and  
Sacred Heart of Jesus  
Basilica of the Sacred Heart

**HOPE**

Rotunda floor  
Main Building

**IBC**

Rotunda floor  
Main Building