

# Spiritual tasks and general rules for peace pilgrimages (based on the Way of Peace in the Holy Spirit)

To end wars and prevent further bloodshed and environmental degradation, it is not sufficient to undertake political, military, and economic interventions. We also need to pray for peace and transformation of hearts – not only of the power-hungry leaders, but of all people. You can go on a peace pilgrimage anywhere, taking advantage of the spiritual tasks of the Way of Peace in the Holy Spirit (full Polish description: <https://lnkd.in/eYBgdjkn>), either alone or with your family or friends, but preferably in a green area. Please care for nature on the way, to leave it beautiful for others.

## Spiritual tasks (choose some)

1. Adoration of the Holy Eucharist (if possible).
2. The [Chaplet in Honour of the Holy Spirit](#), for the 7 gifts: wisdom, understanding, counsel, fortitude, knowledge, piety, and awe of the Lord. You can pray it for 9 days as the "Fruit" Novena to the Holy Spirit, for the 9 attributes: "the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control" (Galatians 5,22-23).
3. Meditation of quotations from the Bible about peace:
  - "The fear of the Lord is a crown of wisdom, making peace and perfect health to flourish." (Ecclus. 1:18)
  - "Blessed are the peacemakers, for they will be called children of God." (Matthew 5:9)
  - "When you enter a house, first say, 'Peace to this house.' If someone who promotes peace is there, your peace will rest on them; if not, it will return to you" (Luke 10: 5-6)
  - "Make every effort to keep the unity of the Spirit through the bond of peace." (Eph 4: 3)
  - "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid" (John 14:27)
  - "While they were still talking about this, Jesus himself stood among them and said to them, 'Peace be with you.'" (Luke 24:36)
  - "Make every effort to live in peace with everyone and to be holy; without holiness no one will see the Lord." (Hebrews 12:14)
  - "But the meek will inherit the land and enjoy peace and prosperity" (Psalm 37:11)
  - "Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age" (Matthew 28: 19-20)
4. Admiring and contemplating the beauty of God's Creation, with the use of various senses. Thanking God for His love and for the beauty of nature He has given us to care for.
5. Singing the [Canticle of the Sun](#) ("Laudato si', mi' Signore" = "Praised be You, my Lord", either refrain alone or the whole song). It was the first work of Italian literature, authored by St. Francis of Assisi.
6. Meditation of excerpts from Pope Francis' environmental [encyclical Laudato si'](#) about peace and ecology that is not an ideology:

# 53: "Yet we are called to be instruments of God our Father, so that our planet might be what he desired when he created it and correspond with his plan for peace, beauty and fullness."

# 64: Pope Francis quotes John Paul II: "Christians, in their turn, 'realize that their responsibility within creation, and their duty towards nature and the Creator, are an essential part of their faith" (John Paul II, Message for the 1990 World Day of Peace, 15: AAS 82 (1990), 156.)

# 64: "It is good for humanity and the world at large when we, believers, better recognize the ecological commitments, which stem from our convictions."

# 66: "human life is grounded in three fundamental and closely intertwined relationships: with God, with our neighbour and with the earth itself. According to the Bible, these three vital relationships have been broken, both outwardly and within us. This rupture is sin. The harmony between the Creator, humanity and creation as a whole was disrupted by our presuming to take the place of God and refusing to acknowledge our creaturely limitations."

7. Other prayers of choice, while resting or on the way (care about the posture: head up, back straight):

- [Angelus](#) at noon
- [Chaplet of Divine Mercy](#) at 3 p.m.
- Prayer for the dead: "Eternal rest grant unto..., O Lord, and let perpetual light shine upon them. May they rest in peace. Amen."
- Prayer on the rosary, e.g. meditation of the mystery of Descent of the Holy Spirit or all the [Glorious Mysteries](#) (Resurrection, Ascension, Descent of the Holy Spirit, Assumption of Mary, Coronation of the Virgin).

8. Good deeds:

- If you meet someone in need, help them, if possible (also, for example, a snail trying to cross the road :-) ).
- If you meet someone who is sad, listen to this person (if he/she is willing to talk).
- If you see something wrong while you are walking, intervene if possible (eg pick up the scattered rubbish and take it with you).

9. **Resolution:** regular confession and replacing a bad habit with a good one (eg the [Daily Examen](#) of St. Ignatius before going to sleep, instead of surfing the Internet).

## General rules for all Ways of the Holy Spirit (<https://www.rogalin.archpoznan.pl/drogi/>)

- We clean up after ourselves (and after others, if possible).
- We do not stray from the pilgrimage route, so as not to destroy crops (in fields, meadows, orchards, etc.).
- We do not damage vegetation or forest litter.
- We admire flowers, but do not pick them up.
- We do not eat fruit, etc. that we do not know.
- We do not take home wild animals (nestlings, young roe deer, hedgehogs, etc.).
- We do not kill or frighten animals by behaving loudly.
- We do not destroy burrows or other shelters and places where animals breed.
- We do not lit bonfires and do not distort the topography or water bodies.
- We do not drink alcohol and do not smoke (for health and the environment: protection against pollution and fire).
- We avoid using the phone (so as not to disturb the silence and give our eyes some rest).
- If a part of our route is leading along a public road, we walk on the left side (or the right side in countries with left-hand traffic), wearing reflective elements.