

Day 1-June 28-Psalm 120  
Porto to Povia de Varzim-25 km

Day 2-June 29-Psalm 121  
Povia de Varzim to Esposende-22 km

Day 3-June 30-Psalm 122  
Esposende to Viana do Castelo-24 km

Day 4-July 1-Psalm 123  
Viana do Castelo to Vila Praia de Ancora-19 km

Day 5-July 2-Psalm 124  
Vila Praia de Ancora to A Guarda-13 km

Day 6-July 3-Psalm 125  
A Guarda to Oia-12 km

Day 7-July 4-Psalm 126  
Oia to Nigran-24 km

Day 8-July 5-Psalm 127  
Nigran to Vigo, Spain-20 km

Day 9-July 6-Psalm 128  
Vigo to Arcade-23 km

Day 10-July 7-Psalm 129  
Arcade to Pontevedra-12 km

Day 11-July 8-Psalm 130  
Pontevedra to Caldas de Reis-22 km

Day 12-July 9-Psalm 131  
Caldas de Reis to Padron-18 km

Day 13-July 10-Psalm 132  
Padron to Teo-12 km

Day 14-July 11-Psalm 133  
Teo to Santiago-13 km

Day 15-July 12-Psalm 134  
Pilgrim's Mass-The Cathedral of Santiago de Compostela

## Prayers of the Saints

Our Father in heaven,  
Hallowed be your name.  
Your kingdom come.  
Your will be done,  
On earth as it is in heaven.  
Give us today our daily bread.  
And forgive us our debts  
As we also have forgiven our debtors.  
And lead us not into temptation  
But deliver us from the evil one.  
For yours is the kingdom and the power  
And the glory forever.  
Amen  
--Jesus

Our hearts are restless, O Lord, until they rest in you.  
--Saint Augustine (354-430)

Thank you, Lord Jesus Christ,  
For all the benefits and blessings  
Which you have given me,  
For all the pains and insults  
Which you have borne for me.  
Merciful Friend, Brother and Redeemer,  
May I know you more clearly,  
Love you more dearly,  
And follow you more nearly,  
Day by day.

--Saint Richard of Chichester (1197-1253)

Lord, make me an instrument of your peace:  
where there is hatred, let me sow love;  
where there is injury, pardon;  
where there is doubt, faith;  
where there is despair, hope;  
where there is darkness, light;  
where there is sadness, joy.  
O divine Master, grant that I may not so much seek  
to be consoled as to console,  
to be understood as to understand,  
to be loved as to love.  
For it is in giving that we receive,  
it is in pardoning that we are pardoned,  
and it is in dying that we are born to eternal life.

--Saint Francis of Assisi (c. 1181-1226)

All shall be well

And all shall be well

And all manner of thing shall be well.

--Blessed Julian of Norwich (1343-1423)

O tender Father, you gave me more, much more than I ever thought to ask for.

I realize that our human desires can never really match what you long to give us.

Thanks and thanks again, O Father, for having granted my petitions, and that which I never realized I needed or petitioned.

--Saint Catherine of Siena (1347-1380)

### **Morning Prayer**

*In the morning when you get up, make the sign of the holy cross and say:*

In the name of the Father and of the Son and of the Holy Spirit. Amen.

*Then, kneeling or standing, repeat the Creed and the Lord's Prayer. If you choose, you may also say this little prayer:*

I thank You, my heavenly Father, through Jesus Christ, Your dear Son, that You have kept me this night from all harm and danger; and I pray that You would keep me this day also from sin and every evil, that all my doings and life may please You. For into Your hands I commend myself, my body and soul, and all things. Let your holy angel be with me, that the evil foe may have no power over me. Amen.

*Then go joyfully to your work, singing a hymn, like that of the Ten Commandments, or whatever your devotion may suggest.*

--Martin Luther (1483-1546)

Let nothing disturb you  
Nothing frighten you,  
All things are passing;  
Patient endurance  
Attains all things:  
One whom God possesses  
Wants nothing  
For God alone suffices.  
--Saint Teresa of Avila (1515-1582)

Lord, I cannot do this unless You enable me.  
--Brother Lawrence (c. 1605-1691)

Jesus thou art all compassion, pure, unbounded love thou art;  
visit us with thy salvation; enter every trembling heart.  
Breathe, O breathe thy loving Spirit into every troubled breast!  
Let us all in thee inherit; let us find that second rest.  
--Charles Wesley, written 1747

O my God, with all my heart I am sorry for having sinned against You, not because I fear the punishment my sins deserve but because You are so good and because I owe to You everything good that I have ever had.  
--Saint Julie Billiart (1751-1816)

I believe, Lord, but let me believe more firmly.  
I hope, Lord, but let me hope more surely.  
I love, Lord, but let me love more warmly.  
I repent, Lord, but let me repent more deeply.  
--Saint Anthony Mary Claret (1807-1870)

Dear Jesus, help us to spread your fragrance everywhere we go.  
Flood our souls with your spirit and life.  
Penetrate and possess our whole being so utterly  
that our lives may only be a radiance of yours.  
Shine through us and be so in us  
that every soul we come in contact with  
may feel your presence in our soul.  
Let them look up and see no longer us, but only Jesus.  
--Saint Teresa of Calcutta (1910-1997)

My Lord God,  
I have no idea where I am going.  
I do not see the road ahead of me.  
I cannot know for certain where it will end.  
nor do I really know myself,  
and the fact that I think I am following your will  
does not mean that I am actually doing so.  
But I believe that the desire to please you  
does in fact please you.  
And I hope I have that desire in all that I am doing.  
I hope that I will never do anything apart from that desire.  
And I know that if I do this you will lead me by the right road,  
though I may know nothing about it.  
Therefore will I trust you always though  
I may seem to be lost and in the shadow of death.  
I will not fear, for you are ever with me,  
and you will never leave me to face my perils alone.  
--Thomas Merton (1915-1968)

Guide us waking, O Lord,  
And guard us sleeping  
That awake we may watch with Christ,  
And asleep rest in His peace.  
--Book of Common Prayer