

Our Lady of the Cape Shrine 2018

Description of Activities for English-Speaking Pilgrims

We are pleased to welcome you at Mary's shrine. Just as she visited us in the historical "Old Shrine" built in 1714, she also visits us today and invites us to experience the compassion and proximity of the Lord. May she accompany you and inspire you during your pilgrimage!

A time to pray and celebrate

1. Adoration and Personal Time with the Blessed Sacrament

You will have the possibility of contemplating Jesus through Eucharistic Adoration, in peaceful silence, punctuated by gentle hymns and/or readings from the Sacred Scriptures to nourish your personal meditation. On other days, we suggest a time for personal prayer before the Blessed Sacrament for the peace of body and soul.

2. Candlelight procession

Around *Lac Sainte-Marie* or in the Basilica, this time of celebration and joyful praise reminds us of the light of Christ which illuminates our lives. A favourite!

Please note that in order to offer you a more balanced schedule and different options for the evening, the candlelight procession is offered on most, but not all, evenings.

3. Eucharist (Mass)

The central moment of your pilgrimage, the Eucharist is celebrated with homily, songs and organ. Whenever the liturgical calendar allows, the Eucharist is offered in honour of Mary. A priest should accompany foreign language groups

4. Prayer inspired by Taizé

A privileged time to pray with visitors of all languages and nations, this time of prayer inspired by the famous French Christian community of Taizé is celebrated every Saturday with songs and sacred texts in multiple languages.

5. Rosary

This year, discover how Mary walks with us on the path to be "free at last!"

6. Way of the Cross

The Way of the Cross may be prayed in the Gardens or inside, thanks to a PowerPoint with photos.

A time to share and learn

7. Bible Workshop

Discover, meditate and question different texts of Sacred Scripture.

8. Meet and greet

A time to meet informally with a member of the Shine's team is proposed on the day of your arrival and on Saturday mornings.

9. Sharing Faith in Changing Times

Ask all the questions you had never dared to ask!

10. Talk: Free at last! (previously "Talk with Father")

An introduction to the season's theme, with time to discuss in small groups. The talk may be given by different members of the team.

11. Concerts

An excellent means to share a human and spiritual experience, with professional musicians to lead you on an interior pilgrimage. Donation appreciated.

Organ concerts:

June 3rd, 10th, 17th and 24th // July 1st, 8th, 15th, 22nd and 29th // August 5th, 19th and 26th.

Spiritual concerts: June, July and August (dates to be announced)

A time to rest and reflect

12. Confessions

A time to reflect and pray, meeting "Divine Mercy" through the person of a priest and putting your life in the perspective of the theme, "Free at last!".

13. Immersed in Divine Mercy

In communion with those in most need of God's mercy, we take our time to pray at a slow pace, to avoid mere repetition. Rather than reciting the chaplet this time, a gesture will enable us to be "totally immersed in Your mercy".

14. Healing Service

Becoming free also means experiencing healing. On Sundays, you will have the possibility of a Healing Service with hymns, readings, guided reflection, personal prayer and a blessing.

15. Activities on your own and the “Symbolic Journey”

Each day, you may choose to schedule a time for activities on your own. Allowing you to walk, pray, meditate and rest at your own pace or in small groups, guides are provided for the Rosary, the Way of the Cross and a pilgrimage based on Christian symbols called “Symbolic Journey”. The “Symbolic Journey” is also led by a member of the Shrine’s staff on Saturday afternoons.

16. Free time

Last but not least, we strongly recommend that a time each day remain without scheduled activities. It is vital in a retreat or pilgrimage experience to have time to reflect upon one’s life, meditate on the day’s happenings, write, relax, rest, breathe... to be “free at last”!

We also recommend that the time after lunch be free, used to visit the Father Frederic Museum or other touristic attractions, or to have a guided tour (upon request).

Some of Trois-Rivières’ touristic attractions websites:

- **Father Frederic Museum:** <http://perefrederic.ca/en/museum-and-chapel/>
- **Ursuline’s Museum:** <http://www.musee-ursulines.qc.ca/home>
- **Boréalis Museum** (paper industry history): <http://www.borealis3r.ca/en/>
- **Dany Sugar Shack:** <http://www.cabanechezdany.com/home.html>
- **Notre-Dame-de-la-Présentation Church** (painting of famous Ozias Leduc): <https://www.oziasleducenmauricie.com/en/>
- **Musée des Religions du Monde** (Museum of the World’s religions): <http://www.museedesreligions.qc.ca/home>