



Diocesan Youth Prayer Hike

March 25, 2023, Saturday

9:00 am - 1:00 pm

Registration on-line at:

<https://forms.gle/KYMqfe7csxSFEkiM9>

Ohana are welcome to join!

Island: Oahu

Location: Aiea Loop Trail

Address: 99-1849 Aiea Heights Drive

Hike Leader: Lynea Mitchell

Lynea's email: lynea@campmokuleia.org

Island: Kauai

Location: Sleeping Giant

Address: 440 Aleka Place

Hike Leader: Rachel Secretario

Rachel's email: rachelsecretario@gmail.com

Island: Hawaii

Location: Hawaii Volcano National Park

Address: 1 Center Rim

Hike Leader: Lindy Marzo

Lindy's email: lindymarzo@gmail.com

What to bring:

Hiking/Sturdy Closed-Toe Shoes

Cell Phone

Small Backpack

Water Bottle

Sunscreen

Lunch/Snacks



Diocesan Youth Ministry Prayer Hike

March 25, 2023

At the Start of Hike

Psalm 121

1 I look up to the mountains—
does my help come from there?

2 ***My help comes from the Lord, who made heaven and earth!***

3 He will not let you stumble;
the one who watches over you will not slumber.

4 ***Indeed, he who watches over Israel never slumbers or sleeps.***

5 The Lord himself watches over you!

The Lord stands beside you as your protective shade.

6 ***The sun will not harm you by day, nor the moon at night.***

7 The Lord keeps you from all harm and watches over your life.

8 ***The Lord keeps watch over you as you come and go, both now and forever.***

Officiant: Blessed are those whose strength is in you

Pilgrims: ***Who have set their hearts on pilgrimage.*** (Psalm 84:5)

Scripture at the Start: Proverbs 16:9

Reader: "The heart of man plans his way, but the Lord establishes his steps."

Pilgrims: ***Thanks be to God.***

Set an intention for the day: *In the silence of their hearts, each pilgrim sets an intention for the day. Ribbons are distributed and each participant writes their goal for the day / prayer for the day on a strip of ribbon.*

What is your plan for today?

Ribbons are blessed and then tied onto the shoelaces / backpack / water bottle of another hiker – we carry each other's intentions with us.

Officiant: We carry each other's burdens, goals, plans, and prayers, and, in doing so, fulfill the law of Christ.

The Lord's Prayer [said together]: Our Father....

Launching Prayer of the Day [options]:

Option 1:

Linked with the action of carrying one another's 'ribbon' – share:

The Footprints Prayer

One night I had a dream...

I dreamed I was walking along the beach with the Lord, and
Across the sky flashed scenes from my life. For each scene I noticed two sets of footprints in the sand; One belonged to me, and the other to the Lord. When the last scene of my life flashed before us, I looked back at the footprints in the sand. I noticed that many times along the path of my life, There was only one set of footprints.

I also noticed that it happened at the very lowest and saddest times in my life

This really bothered me, and I questioned the Lord about it.

"Lord, you said that once I decided to follow you,

You would walk with me all the way;

But I have noticed that during the most troublesome times in my life,

There is only one set of footprints.

I don't understand why in times when I needed you the most, you should leave me.

The Lord replied, "My precious, precious child. I love you, and I would never, never leave you during your times of trial and suffering.

When you saw only one set of footprints, It was then that I carried you.

Option 2:

The pilgrim prayer – Thomas Merton

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 lost 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. Amen.

Blessing and Going:

Bless to us, O God,

the earth beneath our feet.

Bless to us, O God,

the path whereon we go.

Bless to us, O God,

the people whom we travel with.

Go with God, this day.

Mid-Hike Pause

Psalm 23 – Hiker’s version

A Hikers 23rd Psalm

Wise in the ways of the paths and the trails, ***The Lord is my guide.***

I need no one else. ***With Him I find a quiet place, tree-lined and blanketed with the stars.***

He leads me to the shores of the ocean. ***Whose stillness mirrors the moving sky.***

When I come to a place where the trails are crossed, ***He points the way I should go.***

In the darkness and the tangled forest, On the edge of a plunging cliff ***I am not afraid, for He is there.***

His strength toughens my arm, ***And I confront the unknown peril with a courage not my own.***

I am filled with His presence. ***Around me is breathtaking beauty and I see the wonders prepared for me.***

I am at home in the craggy mountains ***Where waterfalls carve their thunderous way into the archives of the rock.***

I shall follow the stream where it forms ***Deep pools against the roots of an aged tree.***

Wherever I go ***I am a guest on the vast estate of the Lord, And I am joyful that it is so.***

(Virginia Feeder Westervelt)

Officiant: Blessed are those whose strength is in you

Pilgrims: ***Who have set their hearts on pilgrimage.*** (Psalm 84:5)

Scripture: Psalm 19:105

Reader: “Your word is a lamp to my feet and a light to my path.” (Psalm 19: 105)

Thanks be to God.

Intention Reflection:

What does it mean to you to have God's light guiding you? How have you felt God's presence with you? What is God's light like for you?

Think about the plan you set for today – how are you being guided by God?

Blessing and Going Onward

Bless to us, O God,

the earth beneath our feet.

Bless to us, O God,

the path whereon we go.

Bless to us, O God,

the people whom we travel with.

Go with God +, this day

Final Prayers at the End

Psalm 145: 8-16

8 The Lord is gracious and compassionate,
slow to anger and rich in love.

9 ***The Lord is good to all;***

he has compassion on all he has made.

10 All your works praise you, Lord; your faithful people extol you.

11 ***They tell of the glory of your kingdom and speak of your might,***

12 so that all people may know of your mighty acts and the glorious splendor of your kingdom.

13 ***Your kingdom is an everlasting kingdom,***

and your dominion endures through all generations.

The Lord is trustworthy in all he promises and faithful in all he does.

14 ***The Lord upholds all who fall***

and lifts up all who are bowed down.

15 The eyes of all look to you,

and you give them their food at the proper time.

16 ***You open your hand***

and satisfy the desires of every living thing.

Officiant: Blessed are those whose strength is in you

Pilgrims: ***Who have set their hearts on pilgrimage.*** (Psalm 84:5)

Scripture: Mark 16:15

Reader: "And he said to them, "Go into all the world and proclaim the gospel to the whole creation."

Pilgrims: ***Thanks be to God.***

Pass back the intentions for the day:

We have carried each other's hearts – we share in this Gospel-call together. God loves us all and walks with all of us. We are blessed and carried and so we bless and carry each other, too.

Reflection: How have you seen God-at-work today? How will you share the story of this walk? What new insights do you have regarding your intention / your prayer / your goal? How will you walk with others in God's light?

Share with one another ---

The Lord's Prayer:

Our Father...

Sending Prayer

*May I walk this day
in the realm of grace,
walking with You
my feet firmly on your earth-path,
my heart loving all as kindred,
my words and deeds alive with justice.*

*May I walk as blessing,
meeting blessing at every turn in every challenge,
blessing, in all opposition, blessing, in harm's way, blessing.*

May I walk each step in this moment of grace, alert to hear You

*Let us glorify the Lord: Father, Son, and Holy Spirit; * praise him and highly exalt him for ever.*

*In the firmament of his power, glorify the Lord, * praise him and highly exalt him for ever.*

and awake enough to say a simple Yes.

(Robert Corin Morris)

Blessing and Sending

Bless to us, O God,

the earth beneath our feet.

Bless to us, O God,

the path whereon we go.

Bless to us, O God,

the people whom we travel with.

Go with God +, this day.