

Feet on the move

The Emmaus Walk

‘Were not our hearts burning within us while he spoke to us on the way and opened the Scriptures to us?’

Luke 24:32

This activity is designed to bring parishes together, celebrating our local community while raising much-needed funds for our sisters and brothers around the world.

Inspired by the Road to Emmaus, which Pope Francis referenced in his 2023 World Mission Sunday message, we have added ways to make a sponsored walk a mindful and prayerful family event.

Road to Emmaus Walk

Walking is one of the simplest ways to bring the community together to fundraise for Missio. This can also be a parish event. If there is more than one church in your parish, you could plan a walk that takes you to each of them, stopping to pray and refresh at each.

Ask parishioners to get sponsored to join the walk, or set up a parish Just Giving page and promote it via social media to maximise fundraising.



Keep the prayer focus by stopping on the way to pray, using our prayers to guide your journey (*find them on page 2*).

Make your event inclusive: Is the route wheelchair and pushchair friendly?
Could you create a shorter route to ensure everyone's included?
Are there places to stop and refresh?

We can help!

More active parishioners can plan a sponsored walk or fun run to raise money for Missio. Our sponsor forms, posters and other free resources can help you maximise the success of your fundraising. Visit missio.org.uk/fundraise

Waymarker Prayers

The Emmaus Walk

Use these prayers at stops along your parish Emmaus Walk

1) Before setting out: For our parish family

God of families, as we set out on this walk, we feel the sense of celebration which comes from gathering for a common purpose. We thank you for the people we love, and for our parish family. We thank you for this day and the opportunity to celebrate together. We thank you for the bonds of faith and friendship that we share. We ask you to bless us with joy today, so that we tread our route with enthusiasm, in communion with each other and with you.

We ask this through Christ our Lord. **Amen.**

2) For our global family

God of solidarity, as we walk, we fall into step with one another. As we walk, we pray for our sisters and brothers around the world; for those who must walk long distances for their basic needs - for food or shelter, fresh water or safety. We ask you to bless all your children, wherever they are. Give us the strength to walk with those from whom your face is hidden and help us to bring your light and love to them.

We ask this through Christ our Lord. **Amen.**

3) For the fire of faith

God of faith, your Son commanded us to go out and make disciples of all nations. His Apostles set out on foot: their hearts ablaze with the fire of your Good News. Today, missionaries continue this work, igniting your love and hope wherever there is hardship, darkness, and fear. We pray that we too will find the courage to join this great mission, in the ways that you call each one of us, and be messengers of love to all we meet.

We ask this through Christ our Lord. **Amen.**

Waymarker Prayers

The Emmaus Walk

4) For missionaries

God of love, your missionaries journey around the globe to deliver your Word to all nations. We ask you to bless our efforts to support them and keep them safe. We hold in prayer all those who leave their families and homelands to travel wherever you send them. And we ask you to send your Holy Spirit to guide them, and the people and communities they live alongside.

We ask this through Christ our Lord. **Amen.**

5) Final prayer

God of all, we thank you for this time we have shared together. We thank you for the spring you have put in our step, for the companionship of each other, and for the joy of mission we share. As we journey on, we ask you:

Bless our feet, that we may continue walking on your path.

Bless our arms, that we may welcome and include all your children.

Bless our voices, that we may speak your truth to all nations.

Bless our hearts, that we may burn with the joy of faith.

We ask this through Christ our Lord. **Amen.**

Missio ignites God's love by helping local missionaries to work alongside global communities that are poor or in need, regardless of their background or belief. Whatever our missionaries need to help them share the joy of the Gospel, Missio strives to provide it. By supporting Missio, you play a vital part in creating a vibrant Catholic Church for the future.


Missio

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