



The Aussie Camino

The MacKillop / Woods Way

for pilgrims everywhere



CAMPION GROUP RETURNS



Michael Smith, Michael Bertie, Jan Fitzpatrick, Helen Lucas, Larry Naismith, Yasuhisa Kogure and Geraldine Naismith



With Mary MacKillop's words ringing in their ears, Geraldine, Yasu and Michael Smith on the Aussie Camino

When storms rage, when persecutions or dangers threaten, I quietly creep into its deep abyss, and securely shelter there, my soul is in peace, though my body is tossed upon the stormy waves of a cold and selfish world.

Mary MacKillop

Well done to Fr Michael Smith SJ and the terribly intrepid pilgrims from the Campion Spirituality Centre in Kew who have returned safe and sound after completing the Aussie Camino in early October. One of the aims in trying to establish a camino experience here in Australia is so that groups of friends, workmates, families, parishioners or just sightseers could venture out on their own and make their way from Portland to Penola over the 7 day journey. Well it seems that it didn't take too long and the adventurous team of pilgrims did just that.

Not that they weren't experienced. Most of this group also were a part of the inaugural Ignatian Camino from Loyola to Manresa in Spain. This is no mean camino, a total journey of 640 km pilgrim route taken by Íñigo López de Loyola (Saint Ignatius of Loyola) in 1522 from his home in Spain's Basque country to Montserrat and Manresa. A full account of the Aussie Camino and the Ignatian Camino can be found on Michael Smith's blog site: <http://ignatiancamino.com> I also have Larry to thank for his GPS tracking of the Aussie Camino (see page 4) Well done guys!!

Also in this issue I am also seeking expressions of interest for people wishing to go on the Aussie Camino next Easter 2015 so don't forget to let me know if you are keen.

I have also been working on a website with an upcoming app very soon. Click on the website at: www.aussiecamino.org to find out more. I am heading out with a group of 26 over December so I will update everyone on that after Christmas. In the mean time.

¡Buen camino!

Luke

IN THE MEDIA



Clergy Conference 2014

WORDS • Edwina Hall
PICTURES • Casamento Photography

The power of grace comes alive and flourishes to the extent that we, in faith, go out and give ourselves and the Gospel to others, giving what little ointment we have to those who have nothing, nothing at all.

(Excerpt from a homily given by Pope Francis on Holy Thursday, 28 March 2013).

The theme of this year's Clergy Conference, held in the first week of August, was Incarnating Jesus: Then and Now.

About 130 members of the Catholic Archdiocese of Melbourne's clergy gathered at Peppers The Sands Resort in Torquay for the conference, now in its ninth year.

Dr Amy-Jill Levine, a New Testament scholar, presented the



Likewise, Fr. Greg Bourke, guest speaker Gary Everett and Megan Mitchem at the 2014 Clergy Conference.

firstly the Jewish context and what we later understood to be Christian, and then further in this present age, in this place Australia, connected to Asia but strongly with our heritage from Europe.

Fr Bourke's personal assistant, Megan Mitchem, said: 'If it wasn't for this conference the clergy just wouldn't see about the year. We

anyone who day, be it a colleague, or fellow pilgrim. Luke had to respond by 'My beast had help friend or



The Aussie Camino

WORDS & PICTURES • David Schütz

2014 Aussie Camino pilgrims on Cape Irlesmentor cliffs, a section of the MacKillop-Woods Way.

THE STANDARD

Portland to Penola trek sparks interest in south-west trails

By PETER COLLINS
July 16, 2014, 4 a.m.

LUKE Mills never expected his pilgrimage from Portland to Penola would become a must-do trek which is shaping up to bring thousands of visitors to south-west Victoria.

It comes as a bright contrast to the dark tunnel of grief which gripped the Melbourne secondary college teacher after his wife died of cancer leaving him with the care of three children six years ago.

After three years of what he described as "being in a real mess" he was encouraged to join two friends when they called last year on an Aussie Camino to follow a route through districts near where Australia's first Catholic saint Mary MacKillop lived and worked in the 1800s.

They spent seven days walking 217 kilometres, incorporating the Great South West Walk through to Port Macdonnell, Coonawarra and Penola staying at local pubs along the way.

Subsequent interest from people across Australia inspired him to organise a larger pilgrimage last Easter and he is planning for further treks before Christmas and early next year.



Over the past few months the Aussie camino has gained some great coverage. The top article is from the Archdiocesan Clergy Conference in which I presented the Aussie camino to 130 diocesan priests, It was a great night and warmly received. (top left)

David Schutz a veteran of the Easter group wrote a terrific article in the June issue of Kairos. (top right)

The Aussie Camino also gained some good press from the Warrnambool Standard. Journalist Peter Collins was really excited about the it and it was also editorialised in the same issue 16th July. (right)

Aussie Camino goes digital

A website has been launched. It gives a good introduction and guide for those wishing to know more or share their stories. Find it at: www.aussiecamino.org

WHAT IS THE AUSSIE CAMINO?



The Aussie Camino is a pilgrimage route running from Portland in Victoria to Penola in South Australia. Inspired by the life and journeys of Australia's Saint Mary of the Cross MacKillop. Based on the traditions of the Camino de Santiago de Compostela, pilgrims receive passports, scallop shells and stay in the local towns along the way. Although the Aussie Camino is featured in the well-known annual...

BLISTERS AND FOOT CARE

YOUR FEET ARE YOUR BEST ASSET

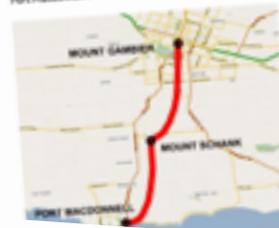
Blisters are the most common problem with feet when hiking, but there are other concerns as well. Impacting hard, rough terrain for miles on end is hard on feet. Just plain old tired out, sore, aching feet can make the end of a hike pretty miserable. Our feet take a lot of punishment while hiking and an urban or sedentary body will feel that punishment much more than someone who has conditioned his feet to the work.



PORT MACDONNELL - MOUNT SCHANK - MOUNT GAMBIER



Port Macdonnell to Mount Gambier - 280km



PORTLAND - CAPE BRIDGEWATER



Portland to Cape Bridgewater via Cape Nelson Lighthouse 180km



For the first three days follow the Great South West Walk. (GSWW) This is a well established and well established since the 1980's. It is well sign posted and you should not get lost. Head out of Portland along the Cape Nelson Lighthouse Rd and then turn left at Shovel Rd. This goes down to the coast and about 1km from the lighthouse it gives you a track which starts a rather spectacular walk along the cliffs for the lighthouse. Stop at the lighthouse for a snack. It may be a good idea to check for opening hours.

BEING A PILGRIM

The best bit of advice for anyone undertaking any camino is to be a pilgrim. By simply going on this journey you have already declared yourself a pilgrim. So what difference does this make? How does a pilgrim differ from a tourist?



A pilgrim expects uncertainties and even more so looks for meaning in uncertainties. For the pilgrim it is the journey not the destination. By declaring oneself a pilgrim it means one is still asking the important existential questions and recognises that others on their way are doing the same. A pilgrim leaves space in his or her life for chance - be it happenstance, fate, serendipity or divine intervention. Not everything will go to plan - sore feet, a blister, a lumpy bed, loud snoring, annoying habits of other pilgrims or a cold shower could dampen one's spirit, but a pilgrim will pass this up as a small sacrifice. On the Aussie Camino we are reminded by Mary MacKillop's wonderful deeds, more than anything she was one with tremendous persistence. This could be seen equally as a human quality and a spiritual one. For the pilgrim the camino is not necessarily a spiritual journey - it is a human journey by spiritual people.

ACCOMMODATION

Accommodation

Below are the recommended places for accommodation. All these places have pilgrim stamps for passports. Just say you're on the Aussie Camino!

Portland

Maca Hotel Borewick
42 Borewick Street,
Ph: 03 5523 2188



www.maca.com.au/port

Cape Bridgewater

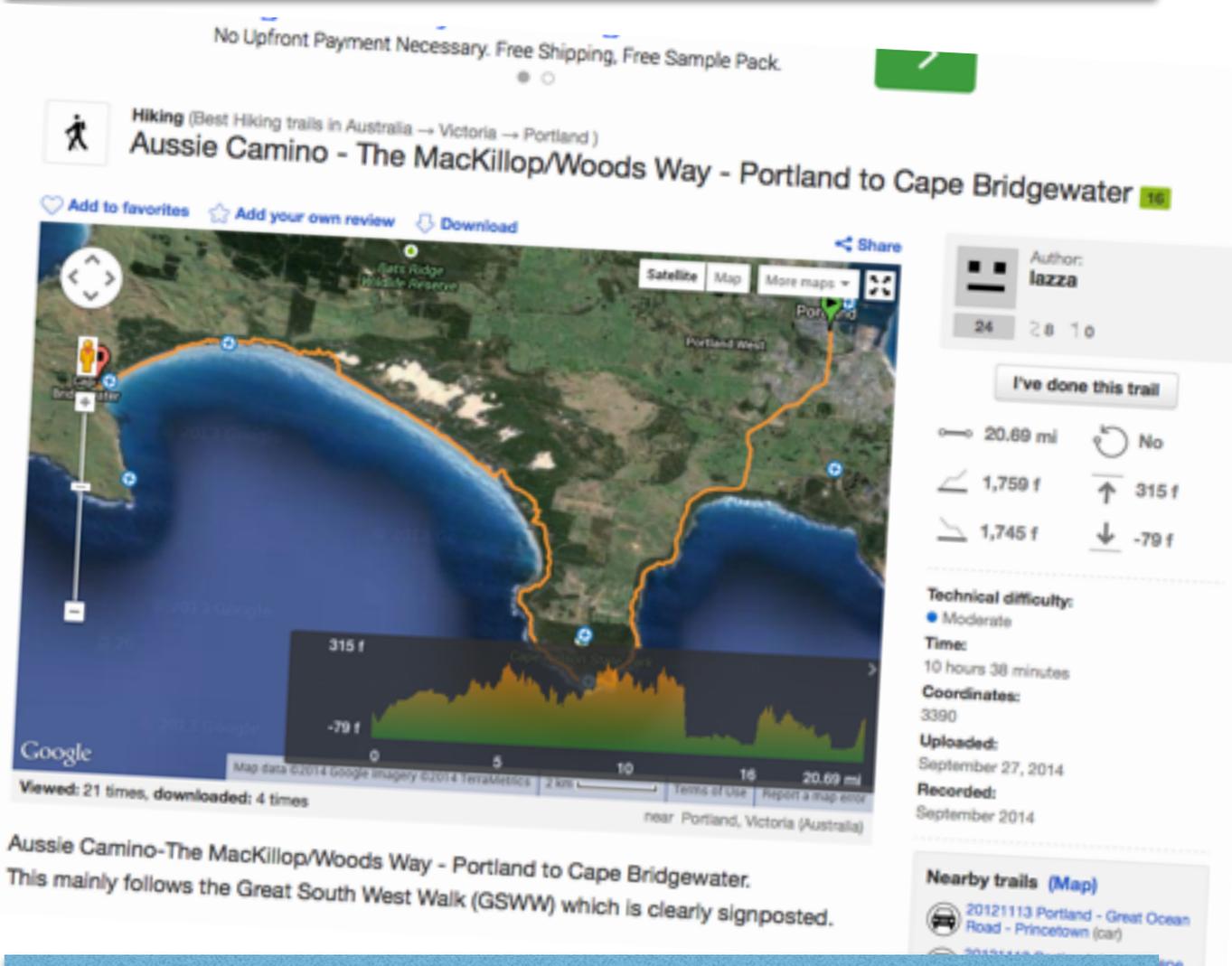
Cape Bridgewater Coastal Camp
1721 Bridgewater Road
Cape Bridgewater VIC 3305
Phone: + 61359267247



www.aussiecamino.org/accommodation

..... and there's more !!

Larry Naismith, recently returned pilgrim took a GPS track of the Aussie Camino. You can find his maps by clicking on www.wikiloc.com



When in the website type 'lazza' into the search box and you will find his maps of every stage of the journey. If you download the app and pay the small fee you can track each day's walk. If you access it on your device it will be in metric not imperial as it is on the website.

Well done Larry!!



Expression of Interest

Aussie Camino - The MacKillop / Woods Way

Easter 2015

I am asking for any expressions of interest from interested pilgrims who would like to go on the Aussie Camino at Easter 2015. I have received a lot of interest from many people so I want to try and calculate some numbers.

For ease of accommodation I will try to make groups with a maximum of 20 people. Please indicate which group would suit you best.

Please note this is only an expression of interest. It is in no way a confirmation or booking. A registration will be sent out around the new year so that people can start to make arrangements.

Group 1 - Monday 6th to Tuesday 14th April

Group 2 - Tuesday 7th to Wednesday 15th April

Group 3 - Wednesday 8th to Thursday 16th April

Itinerary

All groups would follow the same programme one day apart. It will look something like this.

Day 1	Meet 10: 00am	Mary Mackillop Heritage Centre 362 Albert Street East Melbourne
	10:30am	Registration and pilgrims' farewell mass in Chapel
	12:00pm	Depart to Portland by cars (arrive around 5pm)
Day 2		Portland - Cape Bridgewater
Day 3		Cape Bridgewater to Bridgewater Lakes
Day 4		Lake Mombeong to Nelson
Day 5		Nelson - Port MacDonnell
Day 6		Port MacDonnell - Mt Gambier
Day 7		Mt Gambier - Kalangadoo
Day 8		Kalangadoo - Penola
Day 9		Penola return to Portland (bus departing 11:30am)

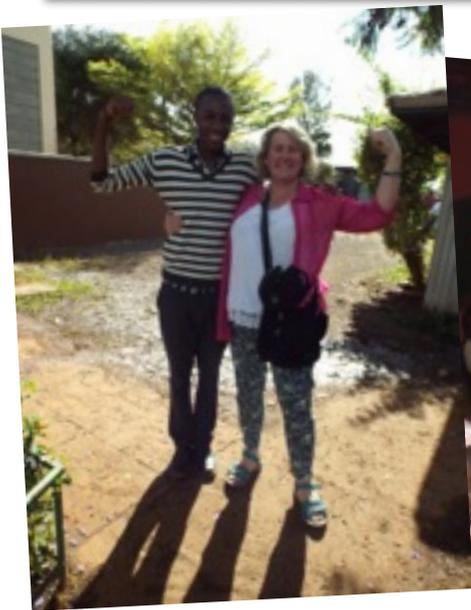
If you are interested please go to the website www.aussiecamino.org and click on the 'Getting Started' tab and register your Expression of Interest. Please feel free to email me direct if you would like to know more. lukej.mills@bigpond.com

Pilgrims' Tales

One thing I have realised over the past 18 months since putting together the newsletter is that there are a lot people doing all sorts of amazing things. Over the break Mick Dillon and Carl Egan, 2 veterans of the Easter camino walked the Kokoda Trail. This 8 day track is now firmly an Australian icon. Maybe one day the Aussie Camino will too. Well done fellas!!



Also Michele Knight, another intrepid pilgrim from the Easter camino used her break over September to trek up Kilimanjaro for the Caritas Ks Kilimanjaro Challenge helping to raise over \$50 000 for Caritas. At over 5000m that is no mean feat. On her way home she visited the Ruben Centre, Kenya which has a school and hospital facility. St Francis Xavier College (where Michele and I teach) has been raising funds for this centre for over 15 years. Well done Michele!!



Book Review: A Slow Walk Across Spain

Walking the Camino de Santiago

BY KAREN MANWARING

REVIEW BY LUKE MILLS

Whether you've already decided to take time out to walk the Camino, or are just thinking about it, *A Slow Walk Across Spain* is full of inspiration, practical information and an exploration of the history of the Camino de Santiago.

Karen gives a good balance between the practical and the mystical. Travelling twice with her partner Angela in 2004 and then again in 2006 in springtime she gives a great insight into the seasonal variations and all the mistakes they made on their first outing.



The book contains really practical information about the 'dos' and 'don'ts' and she keeps it fun with many anecdotes along the way. The book has some beautiful artwork as well as many of the historical tit-bits. It also includes kit lists, diary excerpts, local recipes and beautiful images from Karen's two caminos, as well as a removable map and lists of useful websites and reading materials.

This is very much a beginner's book, as Karen takes a real novice's point of view that contains a bit of naivety but a great sense of enthusiasm and wonder.

Karen is a professional writer and teaches creative writing, and she actually does face to face sessions for those wishing to undertake the Camino de Santiago. Her next session is at CAE in Flinders Lane, Melbourne. Find out more on: <http://www.cae.edu.au/web/?course=DNN239>



I really enjoyed this book and I read it in just two sittings. It is a simple pleasant read that could easily be done over the summer time when you're thinking of Spain. But at just 150 pages it won't take long to get through it.

Thoroughly recommended!!