

Ultreia et Suseia! The Newsletter.

Vol 1, No 1.

May 2021, Christchurch Camino Group



'We could walk with compassion and caring - a radiance of beauty and well-being blossoming in each step.' Tarchin Hearn

Editorial

Welcome to *Ultreia et Suseia! The Newsletter*. In looking back through our archives I noticed a gradual evolution from meeting 'Follow Up' emails, to the addition of reviews of books, websites and You Tube videos. A further step would be for members to contribute Camino articles, maybe about an interesting piece of architecture, poems, wonderings, 'Top Tips', Camino stories, memories etc. Our quarterly meetings seem to pass in a flash so this newsletter could provide an additional forum for the sharing of ideas etc. To this end I have contributed a few examples of possible 'copy' under various headings. It is realised that on occasion some can't make it to a meeting in person and so the meeting summary will still be an essential element. Hopefully there will be something of interest for everyone!

Ultreia Philip.

Image: The cross at the headland, Finisterre.

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Noticeboard

Scheduled 2021 Christchurch Camino Group Meeting Dates

The following are the remaining scheduled meeting dates for 2021: Monday 9 August, Monday 8 November.

Newsletter Camino Items of Interest

Please submit any items of Camino interest for consideration of inclusion in our quarterly Newsletter to Philip at: chchcaminogroup@gmail.com Please time these to arrive at least a week before a scheduled meeting.

Ultreia Suseia

Ultreia ('beyond') was a common medieval pilgrim greeting which was answered with Suseia (upwards). Let's keep going! Let's go some more, let's go higher!

Confraternity of St James Book Club

The Confraternity of St James holds a monthly Book Club meeting (free), via zoom at 7pm (England), on the fourth Tuesday of the month. Access details are on their website. The May meeting was with Nancy Frey regarding her book, 'Pilgrim Stories: On and Off the Road to Santiago, Journeys Along an Ancient Way in Modern Spain.' I hadn't read the book (just the sample). However I was familiar with it through Nancy's website www.walkingtopresence.com where the findings of her subsequent research is discussed. I was interested to see if the book club discussion would encompass this research. (It did.) I managed to connect at 5.55 am as requested. However I needed to add as a password the numbers on the link.

Meeting Contributions Request- 9 August

Unpacking Your Camino - Expectations, Surprises, Challenges, Memories.

At our August meeting the scheduled main topic will be: Unpacking Your Camino - Expectations, Surprises, Challenges, Memories. What were your expectations ahead of going? What were the surprises you had? The challenges? What are you remembering most? How are you keeping your Camino alive in your life when you can't be on the Camino?

Contributors willing to speak for up to 5 minutes as a member of our panel are needed. If you would like to make a contribution to this topic please contact Philip:
chchcaminogroup@gmail.com

If you have any other ideas regarding meetings please contact Philip at the above email.

Christchurch Camino Walking Group

The Christchurch Camino Walking Group meets on the third Sunday of the month, usually at 10 am. The walks are a mixture of flat and hill walks around Christchurch and surrounding areas. They provide an opportunity to try out new walks, and exercise with people who share a love for the Camino. Walks are usually completed by around 3 pm. Please contact Cecilia for more information and to join the separate mailing list:
chchcaminogroup@gmail.com

Advice Given to Pilgrims

We wish to emphasise that all information and answers given by our presenters, organisers, meeting participants and via the newsletter are provided in good faith, and have been found to work for them/us on that particular occasion.

The information provided is a starting point for your research so that there is a range of possibilities to investigate and adapted to suit individual circumstances.

May 2021 Christchurch Camino Group Meeting Follow Up

It was a cold and wet evening. However the Sydenham Room was beautifully warm.

The images for the **pre-meeting slide show** were selected from Philip's 2019 Le Puy to Finisterre Camino, this time focusing on Le Puy-en-Velay to Aubrac.

Apologies were received from Elma, Sandra, Moira, Jo, and Jane.

During **'Things to Share,'** the recent book by Julie Zarifeh, **'Grief on the Run, How Active Grieving Helped Me Cope With Devastating Loss,'** was reviewed. Julie featured in, the film 'Camino Skies,' and spoke at our August meeting last year. Christchurch City Libraries, 155.937 ZAR (12 copies), eBook (2 copies). There is some mention of the Camino, and was rated 'worth a quick' read by our reviewer.

The book **'Sinning Across Spain, Walking the Camino,'** Ailsa Piper, about the Camino Mozarabe/Via de la Plata was mentioned. Ailsa was paid to carry the sins of others across Spain to Finisterre. The library has the audiobook version which is read by Ailsa.

'Sinning Across Spain, Walking the Camino,' Ailsa Piper, Audiobook, Christchurch City Libraries (10 hours).

(Ailsa Piper was interviewed regarding this book by Dan Mullins of My Camino – the podcast on 5 December, 2017, [38 mins].

There was a brief discussion regarding the imminent opening of bookings for the **'Tora Coastal Walk.'** There will be a short presentation of the New Zealand walk during our August meeting.

The **'New Zealand Trail Alternatives,'** section of the meeting has proved very popular. Sheldine and Doryan presented an excellent talk on their walk last October on the **Roxborough Gorge Trail** (22 km) and the **Clutha Gold Trail** (73 km). Their presentation included both photographs and film clips. Everyone was given a copy of a 'Clutha Gold Cycling and Walking Trail,' pamphlet which contains a map and everything one needs to know about the walk. They thought the Gold Trail was more suited to cyclists. The stages were long without facilities along the way, and there was additional walking to the 'off trail,' accommodation. They felt the scenery also lacked variety on this track.

Liz walked the **Kepler Circuit Track** (60 km) earlier this year. During her most informative presentation she showed a pamphlet which had a profile map and several photographs of the terrain etc. She recommends this walk, with the proviso that it is tough going in places.

Following a 3 minute iMovie on the latest **Christchurch Camino Walking Group** March to May walks, Cecilia presented a summary of activities since February. Walks included: February; Te Ara Otakaro Avon River Walk to New Brighton, March; Harry Ell, Worsley's Spur, Adventure Park Circuit, April; Pettigrew Track, Banks Peninsula, May; Urumau Loop Track, Lyttelton.

Our **Whole Group Presentation** focused on the **Via de la Plata Camino.** Murray walked from Zamora to Finisterre on the Via de La Plata and Sanabres Caminos in June and July of 2019. While this Camino commences in Seville, making it 1000 km approximately, he recommends beginning at Zamora. The first stages have little infrastructure making long

days with less than inspiring landscapes. This Camino has fewer pilgrims, with good facilities, great landscapes and historic towns and cities. He also recommends taking a bus for a visit to the historic town of Salamanca prior to commencing in Zamora. The town of Ourense has a stunning cathedral and portico, and the 100 km walk from there to Santiago de Compostela is beautiful. His presentation included impressive images of the things he sees as being essential for a great Camino; inspiring landscapes, historic churches, wayside crosses, wild flowers, interesting people and stained glass. He met Gerald Kelly who wrote a Via de la Plata guidebook, (donation), and an app (for a small fee) which is continuously updated.

Murray showed some clips from Nalutia's 'Silent Struggle, Via de la Plata and Camino Sanabres [2 hrs 34 mins], to illustrate the point that it is unwise to attempt this journey during the height of summer. Murray heartily recommends this Camino.

The evening concluded with '**Small Group Discussion,**' which provided a time for asking questions, sharing information and reminiscing in a smaller setting, and supper. This evening attendees opted for; Things to Do in Santiago de Compostela, Packs, and the Camino Portugues.

Featured Articles

A Selection of You Tube Documentary Producers/Vloggers

Here are some of the Camino You Tube directors/vloggers to watch out for, or indeed 'follow.

David Wen

David's documentaries are current, based on his September, 2019 Camino Frances journey. His 'Camino de Santiago - September 2019 | Camino Frances | 33 Days | 500 Miles (800km),' is a professional looking documentary. He has a collection of videos covering a multitude of Camino topics. His Q and A [17m 51s] is very useful particularly for first timers. 'Why Walk 500 Miles Across Spain? | Lessons Learned on the Camino de Santiago | September 2019,' [12m 11s], gives more insight into the effect his Camino on him since his arrival in Santiago de Compostela.

Professional and succinct.

Efren Gonzalez

Efren is a 'professional' through hiker and Travel Adventure vlogger. He has a series of vlogs about his long distance walks. Of particular relevance are his day by day vlogs on the Camino Frances, Camino Portugues, Camino del Norte, Camino Finisterre, and via Francigena. All of his vlogs focus solely on him. It's rare to see a pilgrim in shot! His website (efrengonzalez.com) is an easy way of accessing his material. He has hinted that three 'back to back' Caminos are on his 2021 list if the Spanish border opens. And that he will close out this year with the Shikoku trail in Japan.

Great production values.

Will Sueiro - World Towning

The World Towning vlog is produced by Will Suerio the father, in the family of four who decided to walk the Camino Frances and broadcast in 43 videos two years ago, and 3 days on the Chemin Le Puy-en-Velay, one year ago.

A family living and learning together.

Stingy Nomads – Alya and Campbell stingynomads.com

A very informative series which covers, (2018), the Portugues from Lisbon, Primitivo, del Norte, Finisterre and Muxia, (2019), Via de la Plata (from Seville to Merida), Ingles,

Frances. Their website provides extensive coverage of the Nomad's experience on the Camino regarding; accommodation, food, costs etc.

Kiwi Backpacker

'Kiwi Backpacker' will get you to the You Tube channel. This is the quintessential kiwi vlog! Our host is disarmingly honest. Her Camino begins with a beginning reminiscent of that of 'The Way,' except she survives! This series is unfortunately filmed in 'Portrait,' which is limiting for her 'not to camera' scenes. Scroll down to the end for the Camino Frances vlog posts, or through to the Multiple Playlist section to the 'Camino de Santiago Series' of 22 videos, depending on your screen view. Disarmingly Kiwi!

Santiago de Compostela

The culmination of the pilgrimage is the arrival in Praza Obradoiro. Once the photographs have been taken in front of the cathedral what next? Here are some suggestions.

15 Things to Do In Santiago de Compostela

- Visit the **Pilgrim Office** for your Compostela (free) and 'Certificate of Distance,' (small fee). You will require your credential. First 10 pilgrims receive a voucher for a free lunch at the Parador and in 2019 Philip received a free ticket to the refurbished Portico Glory.
- Attend **Pilgrim Mass** in the Cathedral (maybe held elsewhere in Covid times). (No packs nowadays).
- Watch the **Botafumeiro** swing at the conclusion of some masses.
- Visit the **cathedral**, best time when it opens and before the tourist buses arrive. Seek out the Chapel of La Corticela which is a separate parish church dedicated to pilgrims, strangers and Basques. Over the centuries the cathedral expanded to envelop it.
- Hug the **statue of St James**, above the alter, visit the tomb of St James beneath the alter.
- Attend the **Vigil** service after evening mass in the cathedral on a Saturday evening.
- Tour the **Cathedral museum**, tour the roof, visit the Portico of Glory (doorway), a Romanesque sculpture from the 12th century, the work of Master Mateo. See background Wikipedia 'Santiago de Compostela.' Highly recommended. A recently restored masterpiece.
- Attend the **Pilgrim Mass in English** held in a side chapel of the cathedral or chapel on the ground floor of the Pilgrim office building.
- Visit the Faithful Companions of Jesus nuns in the **English Speakers' Room** above the Pilgrims' office for a chat, refreshments (donation and Camino debrief. Well worthwhile.)
- Visit **Pilgrim House Welcome Centre**, Rua Nova 19 - just a stone's throw from the cathedral. They have a meditation/reflection lounge, a restful back garden, a ticket printing facilities, cup of tea coffee (donation), and a daily Camino debrief session. pilgrimhousesantiago.com
- Visit the **Pilgrim Museum**, adjacent to the horse fountain in front of the cathedral side door. (take your credential for a Pilgrim discount.)

- Visit **Alameda Park** and the most admired viewpoint, Paseo da Ferradura, on the eastern slope of Santa Susana hill. From there, there is a spectacular view of the cathedral. Recommended both day and night.
- Locate the **statue of the Two Marias** just inside the park.
- Visit **San Martin Pinario church and museum**, a former Benedictine Monastery whose construction commenced in the 10th century.
- Enjoy **Breakfast** at San Martin Pinario hotel. A real treat! (Opposite the cathedral.) Stay on the cheaper tariff pilgrim floor (book a few days out) and breakfast is complimentary.

Vigil Service, Santiago de Compostela Cathedral

The Saturday evening Vigil service is a wonderful opportunity to appreciate the cathedral in the quiet of the evening when it is closed to tourists. It's best to attend the preceding mass to ensure entry! The Vigil, taken by the Dean of the cathedral, involves prayers at places of interest to pilgrims through the ages. It begins in the cloister where participants are invited to burn a black card, a symbol of past sins being let go, moves around the cathedral until finally everyone is invited to share pilgrim stories while seated in the choir seats by the altar.

A rare treat! (And hopefully continued by the recently appointed Dean.)

Quiet Time With the Faithful Companions of Jesus

I have found spending time in the company of the English Chaplaincy Team staffed by nuns from the Faithful Companions of Jesus to be very worthwhile, and a fitting end to the physical journey. Members of the congregation from the English Speakers' morning mass are invited upstairs at the conclusion of the service for a cup of tea, a biscuit and a chat. At 2pm there is a quiet reflection circle. During this time pilgrims are invited to participate in some form of reflective activity and share their stories. As a solo traveller I have found this supportive contact a very helpful aid in processing my thoughts and feelings.

Camino Poem

Romanesque Camino Gem

A place of silence,
A space for reflection.

Madonna and child sit in serenity
drawing pilgrims into an octagonal
sanctuary of peace,
allowing time to tend to the inner journey.

Diffuse light from opaque windows
provides illumination.
Overhead, ceiling designs symbolise the
Compostela.
Enuate, a twelfth century jewel of the
Camino!

A place of silence,
A space for reflection.

© Philip, 2014



[The church of Saint Mary of Eunate (image above) is listed as a detour from the Camino Frances, but this was not a big deal and doesn't require back tracking. This venue is now managed by an authority. In return for the small admission charge there are regular opening hours, which is most satisfactory for the pilgrim visitor.]

Camino Stories

Three Day Spiritual Retreat at Monastery de San Salvador del Monte Irago, Rabanal del Camino

Halting a 1600 km pilgrimage to participate in a 3 day retreat at a monastery is no small decision. Was it worth it? That would be an unqualified, 'yes.' There were sacrifices. The rhythm of daily walking was interrupted, and the Camino family disappeared over the horizon. In return for agreeing to a few basic rules like attending all services, and avoiding unnecessary talking, participants were given the key to the front door of the guest house. Daily life was structured around compulsory attendance at the services held throughout the day in the chapel across the square, and meals, either in the refectory or at the guest house. A feature of the services being the glorious Gregorian chanting. Apart from that the time was ours. And this is the part I could try improving. How to make best use of one's time! That seemed to be up to me. My pilgrimage was drawing to a close so after two months on the road this was an ideal opportunity to be as silent and contemplative as possible. I decided to spend quiet time in the guest house library reading parts of several books about Benedictine monastery life and spiritual retreats! There was a quiet cloistered garden with a restful fountain which was a great place to savour periods of silence and solitude and also avoid the heat of the day, as was the chapel itself. There was plenty of time. All work was undertaken by the monks, helping appeared to be off limits. I still have vivid memories of lifting my feet as a monk clad in work clothes cleaned under them! By a stroke of luck I was present for the St James Day celebrations. This involved the hosting of the order's governing 'bishop' and a convent of out of town nuns in the chapel, and afterwards in the Guest House garden, and formal dining room. The evening concluded after Compline with the hosting of refreshments for local villagers in the square outside the chapel.

What were my take aways? A memory of having a Benedictine monastery 'rule' read out during the otherwise silent meal, respect for the monks and their dedication to the order and living out their 'rule' as an example to all of personal kindness.

'All the guests who present themselves to the Monastery are to be welcomed as Christ, for He himself will say one day: "I was a stranger, and you welcomed me." Rule of Benedict.'

Spiritual guidance is available and needs to be arranged prior to the retreat.

Philip

Website: monteirago.org/en/hospitalidad/acogi

Walking 1600 km Without Injury

In 2019 I walked from Le Puy en Velay to Finisterre, 1600 km almost injury free. (I did have a heat rash, and one tiny blister.) And yet on previous shorter Caminos I had heel pain, one of the symptoms of plantar fasciitis, and shin splints. I wore the same brand of socks and trail runners and carried a slightly lighter pack. So what was done differently? Prior to this Camino I visited a massage therapist, and explained what was ahead. This led to extensive checking of the various muscles and their working before the actual massage commenced. The masseuse then set about working on freeing up the muscles. I remember asking if I could have at least a few minutes of pleasant massaging to encourage a return visit! I was given at least 5 exercises to work on which were designed to strengthen 'lazy muscles' so that work load wasn't transferred to other parts of the body. Other exercises were designed to stretch various muscles. I considered this money well

spent. (I made a follow up visit once home just to check everything was still functioning and in alignment. I was impressed when she said one visit was sufficient.)

I religiously followed the exercise programme and continued with most of the stretches whilst walking on the Camino. I also kept up my fluids, was careful to limit my daily mileage to around 25 km maximum, avoided hard surfaces where possible, and rested with my shoes and socks off over the lunch break.

The massage therapist's name is Ushma Cromartie from Movewell. (She also massaged some old surgical scars which had been in need of some attention.) Ushma spoke at our November meeting in 2019.

Philip

Camino Tip

Fruit Purchases

When purchasing fruit, shop at a green grocer where possible. Let them select fruit which is ready to eat. Avoid touching the produce prior to purchase. This is a no no in Spain! Eating fresh fruit adds to water consumption. It's best to eat the heaviest fruit first if you are pack weight conscious.

Resources

Pilgrim House: Debriefing and Journaling Questions resources

pilgrimhousesantiago.com

Pilgrim House, Rua Nova, 19, 15705 Santiago de Compostela, is a church backed space for pilgrims. It is a place of welcome and refreshment for pilgrims within a stone's throw of the cathedral, and in my opinion well worth a visit. One of the useful resources I brought back with me is their 'Pilgrim House Debriefing and Journaling Questions,' guide which is downloadable from their website.

The recent '**The Camino Podcast, Episode 52, Tales from Two Houses in Santiago,**' features an extended interview with the founders, Nate and Faith. In it they discuss their history, reasons for being in Santiago and the services they hope to continue offering pilgrims. I (Philip) found it a very restful place after coming off the Camino and into a bustling city.

An interesting place to visit.

Gronze (Spanish) Camino Website

Another excellent resource is the Gronze website. (Just press the English tab and it the text will convert from Spanish.) It contains valuable information on the following Caminos: Frances, Portugues, del Norte, Via de la Plata, Primitivo.

Each stage includes an outline of the terrain, walking distance and accommodation including prices for dorms and private rooms, plus availability of meals including prices. Just click on the title for services provided, bed numbers etc. The Gronze website is especially important now as it is constantly updated due to the impact of Covid. There is also a blue 'Booking' tag which links directly with booking.com

elcaminoconcorreos.com/en/accommodations

This is a website promoted by the Spanish postal service focused on accommodation available on the main Camino routes. Just enter the town in the search engine and a photograph plus the capacity and services available for each venue in the town is displayed.

Christchurch City Library

Try accessing the library catalogue utilising 'pilgrimage,' in the subject line, as well as 'Camino de Santiago.' This will produce a comprehensive list of the library network's holdings on the topic. This includes books, e-books, and DVDs.

Reviews

Books

Towards Compostela, Walking the Camino de Santiago Catharina van Bohemen (2020) Christchurch City Libraries 946 Van, (2 copies).

Catharina walked the Camino in 1998. Her dearest possession accompanying her was her journal. Many years later she has drawn upon this to write a beautiful, literary account of her pilgrimage.

Refreshingly different.

'The Road to Santiago, Walking the Way of St James,' Rene Freud, Christchurch City Libraries, 941.6048 FRE (2 copies).

This book was first published in 2006 as, 'On Foot to the End of the World.' Rene and his wife Barbara commenced their walk in Le Puy-en-Velay, France on 22 September, 1998. At only 131 pages for a 1500 km journey this account of the physical journey is written beautifully and economically.

Fits into the travel adventure category.

'Paris to the Pyrenees, A Sceptic Walks the Way of St James,' David Downie, 944 DOW Christchurch City Libraries, (3 copies).

A scholarly work which weaves into a rich tapestry various strands of the history of the area David and his wife Alison are walking through complemented by detailed accounts of their experiences. However I chose not to complete it. I felt it was more of a record of an historical walk than a pilgrimage. Does David remain a sceptic? Do read the Epilogue though for the answer, and some excellent reflections if like me you find the dense prose of the earlier chapters a step too far.

A test of staying power!

'The Day Was Made for Walking, An Aussie's Search for Meaning on the Camino de Santiago,' Noel Braun, 2013, Christchurch City Libraries, 946 BRA, (4 copies), and available in eBook.

Noel was 77 years of age when he began the Chemin Le Puy. The first half of his well written book covers his pilgrimage to St Jean Pied de Port. A year later he returns to walk to Santiago de Compostela and on to Finisterre. He is walking to evaluate his life following the death by suicide of his wife of forty two years, Maris. As well as describing the route and the people he meets, he spends much time reflecting on his inner journey.

A satisfying read, (with no mention of blisters or shin splints!)

You Tube

'The Hero's Journey of Self-Discovery,' Gaia, Great Minds, October, 2020. [29 min.16 secs]

A straight forward account of Joseph Campbell's Hero's Journey. Really a well illustrated talk. Can you see your journey on the Camino within this model?

A great introduction to the basic storyline of so many adventures.

Camino de Santiago - July/August 2020 Camino Frances 780 km. Afonso Rodrigues [13.05 secs]

Beautifully filmed in Cinemascope screen dimension. Wonderful drone photography combined with great 'on the ground' camera angles. No commentary, the landscapes speak for themselves. Note the relative absence of pilgrims (filmed during Covid). Drone photography captures a familiar landscape from a different viewpoint.

'A Camino de Santiago Story: To The End of The World.' Hank Leukart.

[35.04 min.]

'A well filmed documentary on the Camino Frances. Hank discusses the deeper elements and aspects of walking a Camino. Excellent Camino viewing. (Philip)' I previously reviewed this documentary in February last year. Great sequence on the San Bol nature Spring. Well worth a second viewing. Ticks all the boxes.

Highly recommended!

(There is a series of Camino essays on his website: withoutbaggage.com)

'Catedral de Santiago de Compostela y Praza do Obradoiro' Efren Gonzalez, [1.55 secs] for great drone views.

Websites

Australian Friends of the Camino www.afotc.org

This is the website for Australian Friends of the Camino. Of particular interest is their newsletter, 'Camino Chronicle,' which has been produced since 2012. There is a handy Index which lists the issue number, writing type, contributors' name, state, title.

Unfortunately there are no live links so to gain access the appropriate issue needs to be downloaded.

Fun finding hidden gems amongst the 34 issues.

'Bunk Bed Yoga Stretches,' Elle Bieling. PilgrimageTraveler.Com

A free book by a pilgrim who is also a registered nurse. Download onto your phone and begin learning the stretches and poses which apply to your health needs while waiting for your Camino. A photograph illustrates each movement/pose.

Another proactive health option.

Podcasts

The Camino Podcast Episode 48 Rewalking the Pilgrimage to Finisterre and Muxia.'

[1 hr 13 min]

In this episode Dave Whitson explores with two pilgrims the continuation of the pilgrimage from Santiago de Compostela onwards to Finisterre and Muxia. Each contributes their highlights of the trail, including cafes to visit, and great places to stay. The podcast ends with a conversation about the special features and sights to see in Muxia and Finisterre. Everything you need to know in one place!

The Camino Podcast Episode 51 Re-walking the Camino Ingles [51 mins 58 secs]

Dave Whitson is joined by Johnnie Walker (author of 16 Camino guidebooks), and Sean Hampton as they share remembrances regarding their many pilgrimages along the Camino Ingles. This includes the authenticity of the route, detour through A Coruna, sights to watch out for, places to stay and comments on the terrain.

Loads of essential information in one place!

The Camino Podcast, Frances Revisited Episodes.

This series of 4 podcasts involves Dave Whitson in conversation with a number of pilgrims. Each podcast is confined to a different segment of the journey on the Frances: Episode 15 Part 1, Episode 21 Part 2, Episode 22 Pt 3, Episode 25 Pt 4, Episode 49 Pt 5.

My Camino – the podcast, Bill Bennett, Noel Braun, host Dan Mullins.
Scroll through the 220 plus podcasts for 5 podcasts involving Bill Bennett, and two featuring Noel Braun.
Reviews by Philip

'May the stars light your way
and may you find the interior road.
Forward!'
Traditional Irish Farewell



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