Whether you are setting out on a physical pilgrimage or embarking on a pilgrimage within your soul, Christine Valters Paintner’s eight practices for the journey within will help you along the way.

1. The Practice of Hearing the Call and Responding
2. The Practice of Packing Lightly
3. The Practice of Crossing the Threshold
4. The Practice of Making the Way by Walking
5. The Practice of Being Uncomfortable
6. The Practice of Beginning Again
7. The Practice of Embracing the Unknown
8. The Practice of Coming Home

Explore each of these practices more deeply in Christine Valters Paintner’s The Soul of a Pilgrim. Learn more at www.avemariapress.com/pilgrim.