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LA CONCHA

Newsletter of American Pilgrims on the Camino

Summer 2013

The Camino Kid

By Bryce Moulton, Natchitoches LA

Hi, my name is Bryce Moulton. I am 13 years old, and my family and I finished the Camino Primitivo on June 3. I learned many lessons on our pilgrimage and I would like to share a few with you.

"At the end of a hard day's walk a warm bed awaits." To me, this means if you work hard and accomplish things in your life you will have a greater sense of accomplishment and peace in the end.

"A weathered body and a smooth soul." I got the inspiration for this phrase after I saw how the older men of the Spanish countryside are worn and weathered on the outside but are joyful and energetic on the inside.

"Let history guide your path." I thought on this phrase as we followed the ancient Roman roads and Celtic paths to Santiago. This saying also means that some things can be avoided by simply knowing the faults and mishaps of history and finding the good things to try to repeat them.

"Bells in the mountain mist."

This phrase came to me when we were hiking up one of the largest of the mountains and we heard the tinkling of bells and saw the shapes of cows trotting and playing up the side of the mountain in the thick fog. This phrase means something you don't expect to find may come in the most unexpected places

I noticed that throughout the journey I was the only kid on the trail. This awareness made me happy that I was able to have a unique experience. I started this journey unsure but determined. I learned to trust God to lead the way and teach me what I need to know. ♦



*Bryce with his credential and with his parents on the Camino
Photos by Mike Moulton.*

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Save the Date

American Pilgrims
Annual Gathering

Fierce Landscapes: The
Inner & Outer **CAMINO**
Experience

St. Louis MO
~April 3-6, 2014~

Dear Fellow Pilgrims,

There is a medieval dictum with which I am in complete agreement: before you depart from home on your pilgrimage, be sure that all your affairs are in order. In the Middle Ages, this was important because you would be away for a long time and might never return home. In our postmodern consumer society, it means allowing yourself “time set apart from normal everyday life.”

You are leaving home behind, not taking it with you. So leave it behind.

In 1987, when the Camino was declared the first European Cultural Route by the Council of Europe, nobody had a cell phone, let alone iPod, tablet, or GPS. And yet, people walked to Santiago, never thinking that they had to be in touch every waking moment with everywhere else in the world. To the contrary, they marginalized themselves – like pilgrims of every century before – from normal everyday life, and lived immersed in their present moment and place.

There is a delightfully ironic scene in the film *Saint-Jacques...la Mecque*. After a long day’s walk, upon arriving at their simple, isolated *gîte*, an entire group of pilgrims immediately congregates under the one tree in sight to try to get a cell phone signal. In every case, the call home accomplishes nothing but to drag the pilgrim back to problems at home.

Anything that takes you away from where you are, on your external and internal journey, serves to diminish your pilgrimage.

Last year I taught a class built around the theme of pilgrimage. My favorite assignment had the students go 24 consecutive hours without electronic communication – no phone, no radio, no TV, no computer. Afterwards, they analyzed



*Carlos in a hail storm on the Camino San Salvador.
Darn smartphone was wrong again about the weather!*

their experience. As you might expect, there was a lot of moaning about being out of touch and feeling psychologically off balance.

But what I found most memorable was one student’s epiphany. He wrote, “After lunch I went outside on a run and it was different not having any music to run to. I felt refreshed after running to the sounds of nature. I heard dogs barking, birds chirping.” He got it. In those few words, he summed up one of the most beautiful gifts that pilgrimage can offer us. ♦



i Ulteia!

Carlos Mentley

Chair



*The nights might be chilly-
Camino Primitivo
Photo by Austin Kent Moore,
Rocklin CA*



International Associations Important to Xacobeo

At the end of 2012, Jose Paz Gestoso was named the new Director-Xerente of the S.A. de Xestión do Plan Xacobeo. Energetic and forward thinking, he received American Pilgrims Board member Cherie Pagett in May as she completed her Amigo service in the Pilgrims' Office in Santiago. He was eager to acknowledge the importance of the international associations of friends of the Camino and their contribution to the increasing numbers of other-than-Spanish pilgrims arriving in Santiago. He specifically wished to reaffirm the importance of the continuation and strengthening of American Pilgrims' long-term collaboration with the Xacobeo, to include the attendance by Xacobeo representatives at our annual Gathering.

Santiago continues under the pall of last month's horrific passenger train tragedy. We have sent messages of condolence to our friends, both institutional and personal, in Santiago; and the Board is investigating ways in which we might send meaningful assistance to the city which many of us hold so dear. ♦



Cherie Pagett and Jose Paz Gestoso

Unique Opportunity to Give Back

We are excited to announce the fall search for two or three members to serve on American Pilgrims' all-volunteer Board of Directors. Board members have the unique opportunity to give back to the Camino while helping fulfill our mission as written on page 22 of this issue of *La Concha*.

There is a specific need for experience in the following areas:

- Non-profit board experience
- IT knowledge, with focus on web tools and new media
- Background in human resource management
- Fluency in Spanish - spoken and written - is critical this year (since two fluent Spanish speakers rotate off the Board in December).

Active Board service would begin January 1, 2014, and continue for three years with the option to renew for a second, three-year term. Board members are expected to support the goals of the organization with their time, treasure, and talent. This is a working Board on which members serve as chairs or members of committees, thus, there can be significant work involved.

If you can envision yourself playing an important role in the future of American Pilgrims, please request an application by contacting Herbert Medina at boardnominations@americanpilgrims.com

The **deadline for requesting an application is 20 September 2013**; the deadline for submission of a completed application will be 30 September 2013. ♦

Chapter News

To preserve the spirit and camaraderie of the Camino, American Pilgrims members have formed 17 chapters across the country, with chapters located from the Pacific Northwest to Florida, from New England to the desert Southwest, and many places in between. If you would like to get together with fellow pilgrims during the year for a variety of adventures, visit our [Local Chapters](#) web page to see if there's a chapter near you. If there isn't and you would like to explore the possibility of forming one, contact our Chapter Liaison at chapters@americanpilgrims.com. Below are reports of what several of our chapters have been doing. ♦

Alamo

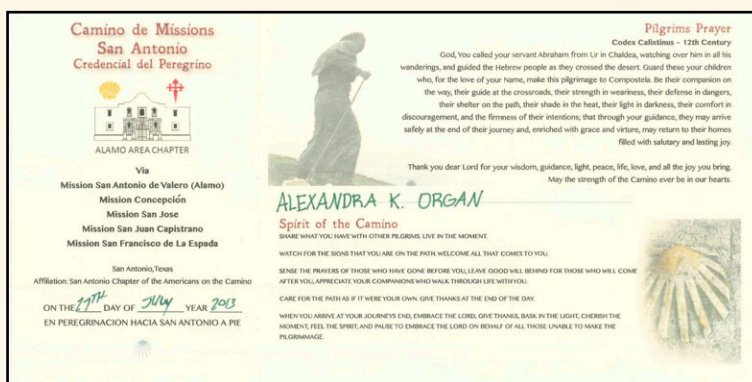
The new Alamo chapter held its first event on Saturday, July 27, to commemorate the Feast Day of St. James with a mini-Camino that took walkers to San Antonio's five historic Spanish missions.

Chapter members and friends assembled at the Alamo (Mission of San Antonio de Valero) early in the morning to avoid the seasonal heat. Each participant was given a Camino de Missions tri-fold Credential del Peregrino that contained photos of the missions, prayers of promise and thanksgiving, and a map with the mission locations. The back of the credential had spaces for special stamps depicting sites the peregrinos would visit en route.

As they walked, peregrinos collected special stamps at designated stamp stations at landmarks marked with strategically placed banners to remind them to do so. As in Spain, small yellow arrows on blue background were placed along the trail to

guide walkers. At trail's end the walkers gathered for lunch, reflection, well wishes and discussion, and suggestions about future events. A final stamp was provided by the San Antonio Missions National Historic Park, and all who walked received a special document as a keepsake. ♦

Danny Organ & Angeles Lehmann – Co-Coordinaors



Northern California

Northern California pilgrims have recently enjoyed a variety of events: a sunny day hiking the East Bay hills above Berkeley, a challenging hike through old-growth redwoods, a St. James Day potluck picnic at the beach, a day on historic Angel Island in San Francisco Bay, and a Sacramento-area *tertulia*. In addition to having fun, all of these events provided opportunities for soon-to-be pilgrims to get answers to their questions and



Angel Island bikers

experienced pilgrims to share their Camino experiences. Thanks to all the volunteers who made these days possible. Since 45 Northern Californians received their scallop shells in February, a party is planned for October to welcome home both our 2013 peregrinos and our volunteer hospitaleros. ♦

Rennie Archibald & Bob Holm – Co-Coordinaors

Southern California

Forty-one people from Ventura, Los Angeles, Orange, San Diego and Riverside Counties came out for our quarterly walking event, a 12-mile walk from Lake Forest to San Juan Capistrano.



The walk started at the Santiago de Compostela Church in Lake Forest. After many walkers viewed the inside of the church and gathered for a group photo, we observed a moment of silence as we sent prayers to all involved with the Santiago train accident and heard a reading of "Blessings on Your Journey." Upon arriving in San Juan Capistrano, most people headed for the Cedar Creek Inn and continued to share the Camino spirit and enthusiastic talk evident throughout the day. About 75% of our walkers plan to head for the Camino in the coming months, and everyone appreciated others' input about their Camino experiences. A potluck planned for early in 2014 will give returning pilgrims an opportunity to share their Camino stories.

Anita has also been leading Q & A trainings in her home to share information and experiences about various aspects of the Camino. ♦

Anita Baroldi & Marla Keesee – Co-Coordinators

Valley of the Sun

We extend our condolences to the pilgrims, family, and friends of the tragic train accident in Santiago.

Our chapter continues to grow even as outdoor events are temporarily on hold because of the heat. Our indoor events have been successful. We had a wine/movie event and watched *Camino-The Journey to Santiago* and *Saint-Jacques...La Mecque*, celebrated

the feast of St. James with a beautiful prayer service, shells, wine, and food, with 30 pilgrims attending. Thank you, Deacon Ron and Curt, for playing the St. James Hymn. Now as many pilgrims return from the Camino, they will make presentations over the next few months until temperatures improve for outdoor events. On September 7, we are celebrating the First Birthday of our chapter! On September 24, Aleida will depart for Spain to be an Amigo, and we wish her a wonderful journey. Thank you, Santiago, for connecting so many of us. ♦

Aleida Howard and Laura Prato – Co-Coordinators

Colorado Front Range

Since the Colorado Front Range chapter became official in the early spring we have had an event every month. We started off in April with a moving shell ceremony for those walking for the first time in 2013 with 27 about-to-be *peregrinos* receiving shells and a blessing. May had us on an easy (meaning flat) *Camino del Canal de High Line* and in June we had something considerably more challenging in Colorado's new Staunton State Park. Nineteen of us did the latter hike which started at 8,200 ft (2,500 m) and topped out above 9,400 (2,875 m), numbers that will make for interesting conversation when discussing Camino training



regimens! Finally, in July we had a slightly belated Santiago's Feast Day potluck picnic with 50 veterans and soon-to-be veterans in attendance. Oh, yes, and five tartas de Santiago! ♦

Gene McCullough – Coordinator

Amigos

By Michael Burriss, Anderson SC

I remember arriving in Santiago for the first time after so many kilometers, so much blood, sweat and tears. The only thing I wanted to do was explore the city that my heart had so yearned to see. The last thing I would have wanted was to wait in line for hours in a hot office. Fortunately, with the advent of the Amigos Welcome Service, that is no longer an issue. According to John Rafferty, the coordinator of the Amigos program, the average, pre-Amigos wait time for a pilgrim to obtain a Compostela was two or three hours. Now, that wait is approximately 30-40 minutes.

I remember vividly one pilgrim who, at first glance, seemed to be in a foul mood. When I, volunteering this summer as an Amigo, ushered him through the door, he seemed to grunt. I thought he was angry but I still said "Bienvenido y felicidades." Upon leaving, he put his hand on my shoulder and smiled. There was honest gratitude in his eyes, not toward me, but due to the fact that the goal toward which he had been working so long was finally completed. I was glad that, in some small way, I was able to share that moment with him.

My time as an Amigo was priceless. At the end of my two week stint I had said, according to the data that Rafferty provided, *Bienvenido, Felicidades* about 15,096 times! My language abilities enabled me to start conversations and make people feel more at ease. However, one does not have to know many

languages to participate in this program. If you have received your Compostela and you enjoy greeting pilgrims with a smile, then this is an ideal way to give back to the Camino, which I am sure, has given so much to you.

I refer to this experience as an alternative Camino because, even though I did not walk the Camino this year, during my time as an Amigo I experienced similar emotions as I do on the trail. Just like the Camino, you may start the Amigos program alone but you quickly find the spirit of camaraderie and love that you feel when you walk.

Editors Note : ¡AMIGOS! Welcome Service: With six weeks remaining in this season's Amigos program, we've had very positive reports from our participating volunteers as well as from many pilgrims who were welcomed when they obtained their compostelas. Following evaluations, we'll report on our first year's involvement as well as possibilities for next year. ♦



Street view from Pilgrims' Office - where the queue sometimes stretched around the corner and farther!

Amigos in Santiago and Elsewhere

By Dayton Hypes, London ON Canada

I met Francisco and Jeanette Chacon at the Pilgrims' Office in Santiago in May. They were doing a wonderful job as volunteer Amigos welcoming pilgrims. They provided order, enthusiasm, and a welcoming smile to ALL the pilgrims anxiously awaiting their Compostelas. We saw them again, out of the blue, in Madrid a few days later. Go figure!! ♦



Happy Amigos make happy pilgrims - Santiago de Compostela, May 2013



Franc, Karen Hypes, and Jeanette - a chance encounter in Madrid

Walk THIS Way: Walking with Your Disability

By Carol Clupny, Hermiston OR
with contributions by Leslie Edmiston, Henderson CO

July 7, 2012. "The Family" leaves Portomarín and each member settles into their walking speed, which means I am left in the dust. Husband Charlie is a little distance back, relishing quiet prayer time without the Clupny 10/C-TEAM. Moving half the pace of a snail is fine with me. I am just happy to be here, and even more so that we are only a few days from Santiago.

Footsteps behind me - "Buen Camino!" I hear a woman call. "Where are you from?" Aha, an American accent. "Oregon," I reply. "There are a lot of pilgrims from Oregon, and you know what? There is a family walking and the mom has Parkinson's disease!" Trying hard not to laugh I say "Well, that mom would be me." She looks me over and replies "NO WAY!" After hearing my story (which I hope brings encouragement to all pilgrims) she walks on, shaking her head in amazement.

I may have Parkinson's disease but I refuse to let it "have me."

I returned to the Camino in April 2013. My plan was to retrace the Camino Francés at my own pace. The Camino had a different plan. Instead of Spain, I landed in France and found my way to Montcuq. There I rendezvoused with Leslie Edmiston, whom I met on the American Pilgrims forum. She had walked from Le Puy and would end her journey at Finisterre, over 1000 miles later. Having degenerative neurological diseases (she MS and I Parkinson's) we were well matched for our 200 miles together on Chemin Le Puy.

Some thoughts from our combined experiences:

- Light pack. Pack light!
- Two trekking poles. Learn how to use them properly.
- Footwear! Consider your disability when shopping.
- Medication: Take extra. E-mail yourself prescriptions and have pictures of bottles on your phone. Have some at home ready to express mail if the farmacia cannot help. Plan medication adjustment for 7-9 hour time difference.

- Alcohol is intensified by medications. Balance issues become more problematic. Be careful!
- Toilet issues: Don't hold - go! If you wait until you "gotta go," there may not be facilities. Be prepared to "go" outdoors. While training, practice.
- Toilets, showers, baths, stairs, ladders, bunks etc. may not be designed for people with disabilities.
- Mud: March. Take long steps. Move quickly! Power with your poles.
- Break long stages into smaller bites.
- Accept help graciously.
- Cherish every moment, every step. ♦



*Leaving Zubiri
Photo by Layne Goldsmith,
Snobomish WA*

¡Buen Provecho!

One of the special foods to enjoy on the Camino Primitivo is found in the bakeries of the town of Salas. *Carajitos del Profesor* are delicious hazelnut cookies with an interesting tradition going back to the early 20th century. The story goes that a Cuban came into the Casa El Profesor in Salas and ordered a *café con leche* and “some of that crap,” referring to the hazelnut cookies. But when the bakers registered the name, they didn’t want to use a profanity so called them “carajitos.” Whatever the story, they are easy to make and great to eat! ♦

From the Kitchen of Cheryl Grasmoe, North Oaks MN

Carajitos del Profesor de Salas

6 cups coarsely ground raw hazelnuts (pulse in a food processor)
2½ cups sugar
5 egg whites, beaten until just foamy

- Preheat oven to 375 degrees. Mix the ground hazelnuts with the sugar and gradually add the egg whites until well mixed. Using a spoon, drop batter onto a baking sheet covered with parchment paper or non-stick baking mat (Silpat). Each cookie should be about an 1/8 cup.
- Bake until cookies start to brown, about 18 minutes. Don’t overbake. Cool on the baking sheet before removing. Makes 24 cookies.

¡Buen provecho!



Apps Along the Way: Please Help Identify Camino Apps

By Rob Nickerson, Oakland CA

Do you walk the Camino with a smartphone? Do you use smartphone apps when you walk to help you find your way, locate accommodations, identify restaurants, provide cultural and historical information, or anything else related to the Camino experience? Do you have favorite apps that you use on the Camino or do you find the available apps lacking? What features would you like to have in a Camino app?

A graduate student and I are conducting a research study of smartphone apps to be used while walking the Camino, and we need your help. We are going to examine a large number of Camino apps to identify their characteristics and features and prepare summaries to help pilgrims pick the best apps for their needs.

Even if you haven’t used a smartphone or apps on the Camino, we want your feedback. We hope to publish the results of our research on the American Pilgrims website for the benefit of all pilgrims.

To help us get started, please send me by email information on smartphone apps for the Camino that you have used or know of. Just the name of the app will be enough, but any other information you can provide about the app will be much appreciated.

We are also going to survey American Pilgrims members for their experience on the Camino with smartphones and apps. We will be sending an email in the fall with a website link to an anonymous online survey. Please watch for the email and take the time to complete the survey.

If you have any comments or suggestions, please contact me at the email address below. Thanks and ¡Buen Camino!

Rob Nickerson
Professor of Information Systems
San Francisco State University
RNick@sfsu.edu ♦

At the Albergue in Carrión de los Condes

By Lynn Talbot, Blacksburg VA

Last night, the good nuns had an *encuentro* where we were invited to come sing songs. We started with *Viva la Gente* (oh, yes, that peppy tune of many years ago - *Up, Up With People*), but which in Spanish translation and in that setting, didn't sound anywhere near as sappy as I had remembered it.

Then we were asked to introduce ourselves and say why we were walking the Camino. The first lad, a lanky Québécois said he was looking for himself. The next three, all German and French women who had had some terrible loss - husband, parents, siblings - dissolved into tears, as did many of the rest of us. Then my turn, after that, all seemed inconsequential, so I mumbled something about having to stop walking in Carrión last year. It was quite moving to hear all the different reasons for walking and the countries of origin.

We then sang in French, Italian, and German.

The South Koreans were asked to sing a song, and as there were seven of them, they did a good job. The nuns introduced themselves - Augustinian sisters, 3 Peruvian and 1 Hungarian, who spoke about five languages and did lots of translating, as well as the two hospitaleros, both Spanish. Afterwards, we had a "surprise," basically a tapas party - very nice!

At 8, there was Mass and a pilgrim's blessing. Our nuns led the singing, which was quite beautiful. The church was full, mostly because of the pilgrims. Non-Catholics were in the minority or else there were lots of "don't ask, don't tell Protestants." After Mass, we were invited up for the blessing, with each one blessed individually, which took a while because there were at least 100 of us. One of the nuns played the flute while all this took place. ♦

This Land is Your Land

apologies to Woody Guthrie

By Jane Carter, Seattle WA

This land is your land, this land is my land

From Roncesvalles to Santiago;

From the Cruz de Ferro to O Cebreiro

This land was made for you and me.

I've roamed and rambled, followed yellow arrows

Climbed up and down hills, walked the straight and narrow

And all around me a voice was sounding:

This land was made for you and me. ♦

Editor's Note: Jane Carter and her husband Dick served as hospitaleros this summer at the Albergue Parroquial de Santa María del Camino in Carrión de los Condes, written about above by pilgrim Lynn Talbot. In addition to being inspired to write new lyrics to well-known American melodies, Jane experienced a ceremony that recognizes hospitaleros' contribution, as she writes below: Ceremonies for hospitaleros are part of the daily morning prayer service. On the morning of your

last day there is the beautiful hand washing ceremony. Some of the sisters sing while others wash your hands and then we say goodbye with a kiss, hug, and tears. I don't know the origin of the tradition, but I would guess it comes from the time when Jesus washed the feet of his disciples, commemorated in many churches on Maundy Thursday. Hands are such a powerful symbol of service and love. To wash someone's hands at the end of their service is a beautiful act. ♦



Hand washing ceremony – Jane with Sisters Diana and Susana

Broken Back to Walking The Way to Physical and Spiritual Health

*Condensed By Kathleen McGuinness, Potomac MD
from an article published in The Washington Post, July 11, 2013.*

From May 19 until June 23, 2013, Kathleen McGuinness, 61, of Potomac, Maryland walked 500 miles of the Camino Francés, this despite the fact that she had broken her back in four places just one year earlier. Most Camino stories begin when pilgrims leave their homes intent on completing the journey to Santiago de Compostela, but Kathleen says

Chad's, a restaurant in Washington DC, so he could bring dinner home while he helped her recover. In January 2013, she decided she would try to make the pilgrimage. "I'm a goal-driven person and I needed a goal to physically keep working my back. I love a good challenge and wanted some time alone to think about the next 10 years." This would be a rare break from a long career and a purposeful opportunity.

When she told her adult children of her plans, they expressed concern regarding her ability to carry a backpack so soon after her accident; so they decided to help and supervise! Her 29-year-old son, Ryan Mahoney, travelled the first 100 miles with her. Her daughter, Morgan Mahoney, 24, joined her in Sarria for the final 80-mile stretch.

"What an amazing gift to have my children with me for parts of this incredible journey!" Kathleen walked the 300 miles in between solo. Yes, there were a few rainy days when, traveling alone, she wanted to quit for a variety of reasons. However, the Camino provided special new friends that kept her going - the people were amazing! She enjoyed unique experiences and special surprises, such as, the Cruz de Ferro and staying at El Molino, as did the cast of the movie *The Way*.



*Kathleen and daughter Morgan,
Albergue La Bodeguina,
Mercadoiro*

After she overcame her initial fears - being a woman walking alone, not speaking the language, and occasionally being lost (but always found) - she loved it! She was a seasoned world traveler, but never before had she experienced a journey as powerful, spiritual, and transformational as El Camino. ♦



*Kathleen and son Ryan, Zubiri
Photo by David Heggie, Australia*

she began her journey on May 28, 2012 in Montana at a dude ranch. "A horse and I disagreed on which way to go, and I got ditched."

Kathleen spent eight days in the hospital, several months in a body brace, and six months rehabilitating in a hospital bed at home. Luckily, Joe McGuinness, her husband, owns

Camino Words

By Steve Martin, Henderson KY

Last year I was a reader poring over any word I could find about the Camino de Santiago. I was starving for every morsel of information on the pilgrimage path, its spiritual nature, physical highlights, obstacles, weather, history, etc. Thousands of words soaked into me as I attempted to understand my desire to walk the Way.

As I walked, I collected my own words. On the Camino your words blossom, one footstep at a time. But not one word captures or explains your Camino. That is left behind in the footsteps. In the end you long for something that transpired along the way. You look to your words, photographs, and sketches, and recognize that what transpired along the Camino resides only in the heart.

With some desire and a degree of willfulness you will overcome the inconveniences of tendonitis, shin splints, blisters, fatigue, and the occasional snoring pilgrim. You will find yourself hiking up and down every day despite guidebook promises, and you will always

walk a westerly direction with the sun in front of you each afternoon. As with all human endeavor, a day comes when there is no more Camino in front of you. It is a moment we reach physically and metaphorically. The end of the road... a Monty Python moment when you can no longer deny the parrot is dead.

We flew home on a flight from Madrid. On the back of the seat in front was a small monitor playing flight information. Flight speed was 860 km per hour. In one hour that plane covered the distance we just spent 37 days walking. Did this deflate our effort? Not in the least. I quickly calculated it would take that plane over 10 hours at that speed to match the distance this pilgrim might walk in a year.

A change of perspective slips up on an aging, wide-eyed pilgrim. The whole planet changes as you walk the Camino. The world will never be the same because we

peregrinos will never ever see it quite the same again.

Now I am home. My son sent me an email link about a march across America to draw awareness to climate change. He suggested I participate. Here is a newly found faith in what his old man can do... maybe he could even walk all the way from Los Angeles to Washington.

Yes. The world certainly changed, and no word exists to explain it. ¡Buen Camino!

Steve Martin was a small part of the Way for 37 days in May and June of 2013, traveling from Saint-Jean Pied-de-Port to Finisterre. ♦



Pilgrims' Steps

By Robert Hodum, Port Jefferson NY



Pilgrims' peace of St. James
Swallows' flight unseen
In the light of a pale moon passing,
Let fall life's stones of blame, guilt
And years of disbelief

Along this road that pulls us forward.
Leave angry words, mistrust
And yearnings ill-conceived
In the shadows along the Way this eve.
And find pilgrims' peace in Santiago.

Written 7/25/2007. Inspired by Luis Pastor and Joao Alfonso
First published in *Pilgrims' Steps*© by Robert Hodum. Reprinted with permission.

Grandma's on the Camino

Reviewed by Annette Argall, Baltimore MD

Grandma's On The Camino is Mary Wyman's account of the Camino she walked from Saint Jean Pied-de-Port to Santiago in 48 days during the 2010 Holy Year. Wyman was 70 at the time and wrote the book as a record for her young granddaughter, then five. Wyman's Camino is described through a set structure for each day: the daily post card she wrote to her granddaughter, her journal entry, and a subsequent reflection she wrote upon returning home. Her reflections include many apt quotes from spiritual and religious figures and from world literature.

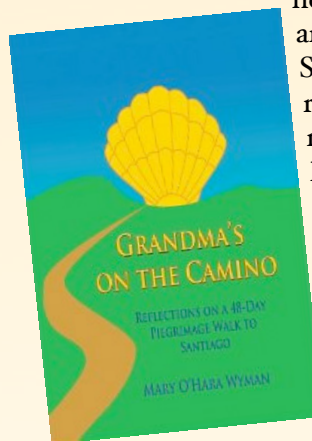
Grandma's on the Camino

By Mary O'Hara Wyman

Authorhouse, 2012

Walking 500 miles by yourself at the beginning of your eighth decade is not an exercise for sissies, and Wyman's first-person account shows that this grandma has both gumption and a sense of humor, shown in her memorable descriptions – a harrowing fall in the early days that might easily have left her far more seriously injured than it did and potentially stop her Camino; the night she needed to remove other pilgrims' unwanted appendages that had strayed onto her mattress from too-close albergue beds; her persistence and courage when she found no room at the inn after the exhausting climb to O Cebreiro.

As Wyman observes, people traverse the Camino in different ways – solo, in pairs, on



horseback, donkey, and bicycle, and her story shows us her way. She preferred to walk alone to reflect, pray, observe, remember beloved people in her life, and take in all the sensory experiences, but she was neither an aloof loner nor a curmudgeon. A practitioner of centering prayer, she shares an extensive lesson of that method with a Swiss

teacher of world religions who expressed an interest. Her generosity of spirit is revealed when she comforts and quickly forgives a horrified cyclist who has almost knocked her down on a narrow path. With those and other acts, she dispels the stereotype people might have of lone walkers.

While Wyman was writing a Camino memoir for her granddaughter, she was also writing a Camino story for the rest of us, and she may have tried to do too much. Reprinting the text of each postcard and journal entry followed by later reflection included unnecessary repetition that was more distraction than enhancement. Reading several misspelled place names made this reader wish she had engaged a more exacting proofreader.

Mary Wyman gives us a unique perspective – poignant, reflective, and funny – on lessons we might all take from the Camino and life. ♦

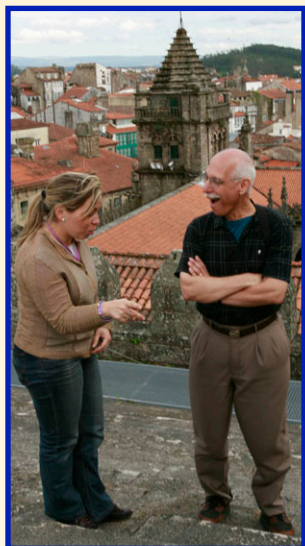
Contributors

A special thank you to all the writers, photographers, and artists who contributed to this edition of *La Concha*. Your talents are much appreciated. ♦

- | | | |
|-----------------------------|-----------------------------|-----------------------|
| ♦ Susan Alcorn | ♦ Santiago Teodoro Escobedo | ♦ Susan Mann |
| ♦ Annette Argall | ♦ Layne Goldsmith | ♦ Steve Martin |
| ♦ Monica Armanino | ♦ Cheryl Grasmoe | ♦ Kathleen McGuinness |
| ♦ Richard Baldwin | ♦ George Greenia | ♦ Austin Kent Moore |
| ♦ Margaret Brasuel | ♦ Marcel Gutierrez | ♦ Bryce Moulton |
| ♦ Michael Burriss | ♦ David Heggie | ♦ Mike Moulton |
| ♦ Jane Carter | ♦ Robert Hodum | ♦ Rob Nickerson |
| ♦ Carol Clupny | ♦ Dayton Hypes | ♦ Cherie Pagett |
| ♦ Celia Tonkinson Dollmeyer | ♦ David Jennings | ♦ Marty Robinson |
| ♦ Leslie Edmiston | ♦ Deirdre Magner | ♦ Michael Romo |
| | | ♦ Lynn Talbot |

The Camino as Research Laboratory

By George Greenia, Williamsburg VA



In May and June of 2013 a team of nine faculty and undergraduates from the College of William & Mary traveled to Galicia as pilgrims and field researchers. They walked the traditional Camino Inglés from Ferrol, then undertook some highly original projects that were fine-tuned to the history and living culture of pilgrimage.

Kathleen Jenkins spent countless hours interviewing arriving

pilgrims who are the adult children who accompany their parents on pilgrimage to Santiago. She explored how their travel might be shaped by the unexpected demands of caretaking, communication, and relationship building.

George Greenia and Burt Westermeier translated the papal bull “Deus Omnipotens,” which placed Rome’s formal stamp of approval on the freshly recovered remains of the Apostle, which had been concealed by their guardians against English raiders in the sixteenth century and then lost, and declared them worthy of renewed pilgrimage.

Physiologist Brennan Harris saw in the Camino a curious combination of relatively mild but exceptionally prolonged exertion for modern walkers and examined the true energy costs made on a normal body forced to walk 20+ kilometers per day and carry an unaccustomed weight and other the physiological demands pilgrims experience.

Art historian Cristina Stancioiu studied sacred remains apart from those of St. James himself. The Cathedral of Santiago’s vast accumulation of additional relics have much to tell us about

which saints held special importance to women vs. men, and how each gender revered its preferred holy intercessors.

Ben Boone studies the dynamics of faculty who mentor original student research as part of a study abroad program and is tracking the challenges and rewards for researchers who make the foreign experience a laboratory for their students.

Claire Glisson recognized the iconic convergence of the star of Bethlehem and the star that marked the forgotten tomb of St. James in Galicia and also studied the Galician *cruceiros* which mark the diverse *caminos* toward Compostela.

Linguist Evan Fulton studied the Galician language as a source of local pride and identity. Without leaving home, Galicians fend off Castilian and other tongues, sometimes becoming slinguistic exiles on their own soil.

Erin Gregory studied how the pulpits of the Cathedral sanctuary may have taken inspiration from the small bronzes and artists’ model books that traveled throughout the Mediterranean in the fifteenth and sixteenth centuries in the pockets of Italian pilgrims and pilgrims returning from Italy.

Burt Westermeier latched on to the overlooked truth that the so-called “English Route” was also the preferred path for pilgrims from Nordic lands, the Low Countries and Ireland and is revealing how the Sons of St. Patrick also turned their steps toward Spain.

Reports of the above research projects and more will be presented at the annual Fall [Symposium for Pilgrimage Studies](#) held at the College of William & Mary October 4-6, 2013.



George Greenia is founder of the William & Mary Institute for Pilgrimage Studies and a specialist in medieval Iberia. Undergrads and graduate students in any field may apply for the 2014 summer program. [here](#) ♦

Camino Signs

There is no end to the variety of yellow arrows on the Camino. Whether their maker is well-known or unknown, they all have the same purpose: to guide pilgrims. ♦



*Yellow arrow at the beginning of Camino San Salvador
Photo by Marty Robinson,
Friday Harbor WA*



*This way
Photo by Susan Mann, Lugo, Spain*



*Marker on the Via Tolosana
Photo by Dayton Hypes,
London ON Canada*



*Scallop shell on the Madrid Hotel
Photo by Dayton Hypes, London ON Canada*



*On the Via Gebennensis
Photo by Susan Alcorn, Oakland CA*

Arriving at Santiago At Last: Pilgrim Mass Now and Then

By Celia Tonkinson Dollmeyer, Columbus IN

After thirty years of contemplating walking the Camino Francés, the long-awaited day had arrived – I was entering Santiago de Compostela on foot! Although I had read that Pilgrim Mass at the cathedral could be a mob scene and antithetical to the peaceful experience of the long distance pilgrimage, I wasn't fully prepared.

Arriving over an hour before Mass, I got one of the last seats in a pew in the area cordoned off for worshippers. My weary body was exhilarated by the exuberance of the main altar and the dimensions of the Romanesque naves; my mind raced back in time as I thought of the millions of pilgrims who had passed through the cathedral before me.

A loud and stern voice brought me abruptly back to the 21st century. This woman, wearing a neon green vest, was responsible for keeping the crowds under control. She reminded us that this place of worship demanded silence and she made countless futile attempts to prevent people from taking photos with flash. A few minutes before Mass another official announced that the use of cameras, cell phones, and videos was prohibited during Mass, a request ignored by most when the *tiraboleiros* prepared the ritual flight of the incense burner. When the crowd applauded as the *botafumeiro* was brought to a halt, the priest reprimanded the crowd stating that this was a religious ceremony, not a show.

Although we may suspect that this carnival atmosphere could only exist today, documents from the past suggest otherwise. The *Liber Sancti Jacobi*, the twelfth century document that contains what is considered to be the first guidebook for the pilgrimage route to Santiago, describes the mayhem that reigned in medieval times. Gathered in groups by nationality, pilgrims held vigil in the cathedral the night of their arrival, singing songs in their native tongue and playing instruments. As they vied for places near the altar, national rivalries became apparent and sometimes fights broke out, occasionally resulting in bloodshed

or even death. Following a bloody confrontation that profaned the cathedral, the Pope conceded in 1207 to simply bless the cathedral rather than require it be consecrated once again, evidence that these incidents must have been somewhat common. The chaos I experienced in the cathedral in 2013 seems quite tame in comparison! ♦



Photo by Cherie Pagett, Alexandria VA

Plaque from the Camino Portugués that says "Place, where according to legend 'The Apostle' was present, and the first fruits of the year were given to him."

Photo by Deirdre Magner, Jarrettsville MD



The Pilgrims' Mass

By Santiago Teodoro Escobedo, Jr., San Antonio TX

I am not a devout man nor do I follow any religion faithfully. As a Vietnam combat veteran, I have been suspicious of good deeds and guilty when I did feel good. In my past I have ruined relationships along with friendships, I am estranged from my family, and I only accompanied my wife to the Camino to keep her company and be of any assistance I could. And as for my life, I am very lucky to have the life I now enjoy.

There was no motive on my part for the trip, other than to visit this religious site and compare the Spanish Colonial architecture with the architecture of the San Antonio Mission churches. There have been occasions that made me feel glad to be among human beings.

One such occasion was the Pilgrims' Mass,

where I felt a friendly human bond with strangers. I had gone to the Mass with my wife, and I wanted to take photos of the swinging incensor. Part of the Mass consists of giving each other the peace wish, shaking hands and wishing each other "Peace be with you." To see this message among the attendees repeated over and over as hands from strangers reached out to grasp yours was a joyful feeling. But to hear the same phrase expressed in so many different languages by so many people, I now believe there is a common bond among the human race and that bond is cemented with a wish to live a peaceful life.

I also learned why my father was named Santiago Teodoro Escobedo. ♦

An Angel in White

By Michael Romo, Los Angeles CA

After a rest day in León I started walking alone and soon met up with a group of Irish peregrinos in the suburbs of León. After walking for close to an hour we stopped at the church of La Virgen del Camino. Built in 1961, the Church is ultra modern



Church of Virgen del Camino

and built on the site of the shrine where an early sixteenth century shepherd saw a vision of the Virgin who told him to throw a stone and then build a church on the spot where it landed. The church has become a pilgrimage site in its own right because of the miracles performed there. That day, it was to be the site of a special blessing.

Each member of our group was sitting or kneeling in the church praying and alone with their thoughts. During this time I noticed that a young

priest was doing some of the work that's done after the Mass. I immediately went up to him and asked for a blessing for our group.



The "Angel in White" (center), the author (right), and three Irish pilgrims

He took us to the chapel at the back of the church and gave us all a fantastic blessing! It was the standard beautiful blessing from twelfth Century, in Spanish, that all peregrinos have heard at one time or another, but he took it to another level by putting his hand on our foreheads and hugging each and every one of us. I truly felt blessed.

It turns out the priest, who was dressed in a white Dominican habit, spoke a little English because he had lived in Cork, Ireland, where Theresa in our group is from. He spent time talking to each and every one of us, asking where we were from. We had a very pleasant time chatting but soon had to continue on our way.

My son later emailed me and said that the priest was "an angel in white," and I agree. ♦

© Michael Romo 2013

The Timing Could be Really Good

By Richard Baldwin, Winter Park FL

This could be a great time for Americans to trek the Camino! In fact, right now might be the best time ever to set out on the adventure of a lifetime. Here's why:

Summer is near gone for this year – The best times to take the Camino are always the late spring and early fall. In late spring, cold weather is mostly gone from the mountains of the Camino's beginning and end – and the lower elevations are more comfortable as well. The

summers can be hot, crowded and fatiguing.

Early fall, similar to late spring, can feature warm days, cool evenings, and restful sleeping.



*Iglesia Santa María de
Ascensión at Rabanal*

Pilgrims are getting older - While this is purely anecdotal, some folks believe the average pilgrim age is rising these days. This is especially true in late spring and early fall when school is in session. One reason is the wave of some 78 million American Baby Boomers who are

healthy, wealthy, active, and who want vigorous adventure – and they are discovering El Camino de Santiago in growing numbers. As Baby Boomers show up in more places, the Camino included, they bring changes that are positive and evident. Boomers want interesting experiences, good service, good food, good wine, and good places to stay – all of which are found today along the Camino.

Investment is evident along the Camino It appears to this writer that entrepreneurs are investing in facilities designed and placed to serve 'more mature' Camino pilgrims. Along the way, there are new places to stay, improved restaurants, and attractive accommodations of all sorts. Increasingly, there is a comfortable blend of the old and new, the basic and the more comfy, and a surplus of food and drink options.

Kathy Kennerly, 59, Portland OR, Richard Woodruff, 37, San Francisco CA, and I, 67, Orlando FL all had a spectacular experience along the Camino in late May/early June this year. Think about setting out on your own adventure - right now? There is a good chance the timing could be just right for you to get up out of your chair and experience El Camino de Santiago!

¡Buen Camino! ♦

Aborted Camino and Silver Linings

By Margaret Brasuel, Rio Rancho NM

Dateline: June 8, 2013, Madrid. I said this would be my last Camino - and it is! I think our Lord is telling me something. As we finished our second day walking, I stumbled on a rock and broke my left humerus (runs from shoulder to elbow) at the crown. (NOT very humorous!) I was taken to the hospital in Ponferrada. You should have seen the boys riding in a Guardia Civil squad car, lights flashing. The boys are my grandsons who were on the Camino with me: Christopher and Michael Lucero, 15 and 11, and Leo and Max Brasuel, 14 and 12.

Following five days in and around Ponferrada and Santiago, we then flew to Madrid and changed our flights to leave on Monday. So many people have gone out of their way to do things for us: beginning with the two Guardia Civil, as well as Ponferrada Police Chief Arturo and his wife Pilar,

and our guardian angels here in Madrid - Luis, Reme, and their daughter Naomi. Today the boys and I took the Metro to El Retiro Park; and tomorrow, after Mass in Luis and Reme's *barrio*, we will take a city tour.

The X-rays show that I need surgery when I get home. I'm not too happy with St. James right now. But Max said that maybe he DID help because the very first person on the scene when I fell was a medic! The boys have been real troopers. helping me in so many ways - I couldn't ask for better! I am hoping that they got a taste of the Camino and will want to return on their own someday. God bless them!

Update August 2013: I'm recovering nicely, still attending PT sessions, and functioning at about 60%. And I'm no longer upset with St. James! ♦

Rexistro Exhibition

By Susan Mann, Lugo Spain

It has been another wonderful year living on the Camino in Galicia, and we are very grateful to all those who helped to make some very special experiences possible. In June we were fortunate to be included as the Inauguration Event for the 1st Camino Film and Television Festival where we opened our first Global Pilgrims' Photography and Video Exhibition in the Parador de Los Reyes Católicos in Santiago de Compostela.

The exhibition was inspired by a chance meeting with Paulo Coelho and Christina Oiticica at Christina's Art Exhibition, Xacobeo July 2010. Paulo was very gracious to personally introduce me to Julio Castro Marcote, Director of the Parador in Santiago, an introduction that three years later would provide the opportunity for us to share in another special celebration of the Camino Spirit through Germán Limeres' Rexistro 108 Vilei project. Rexistro 108 Vilei captures the faces of the global pilgrims as they pass Germán's family's historic, 150+-year-old country farm house just outside Sarria. With just 108 km to go, the pilgrims stop to have their picture taken and share with us on video some of what the Camino means to them.

I was fortunate to meet Germán in September 2011, soon after he began to document the pilgrims.

The Camino invites participation in life – those who hear and accept the invitation will be amazed.

We hope to documenting more pilgrims as they make their way on the Camino. In the future, we hope to meet more members of the American Pilgrims family and experience more of the Camino spirit as we take the exhibition around the world.

Through many years of amazingly connected global synchronicities and wonderful coincidences, I am grateful to all who have helped me to follow the Camino in heart, mind, and spirit. Who knows where this Camino will lead? I do know it will be interesting and I will be continuously guided by my Camino Angels. Have fun looking for your signs as you make your Camino Journey in Life! Sending smiles from the Camino and Galicia. ♦



Camino Graffiti
Photos by David Jennings & Monica Armanino,
Kings Ranch CA

Things I'll Remember About the Camino

By Marcel Gutierrez, Tampa FL

As we wind down our Camino and prepare to return home, I've begun to think about just what these five days have meant to me. Beyond an amazing adventure and a spiritual journey, it is a summation of many things:

- Starting out the first day, looking for the yellow arrows to lead us out of Sarria
- Seeing our first limping peregrino, even before the first yellow arrow
- The first time someone said "Buen Camino" to us
- The huge group of peregrinos at the first watering hole -- unsure newcomers, like us and old hands who had been walking for weeks
- Getting our first *sellos*
- The determination on Beth's face to make it to the end of the first hard climb
- The pleasure on her face when she looked back and saw where she had been
- The feel of the sun on my back and the wind in my face
- The sting of the wind driven rain
- The heat and dust of the first 2 days; the mud and rain of the next 3 days
- Being shocked at how long it takes clothes to dry when you have nothing clean to wear
- The helpful nature of most everyone we met
- Pilar and Francisco at the Casa Benilde in Palas de Rei
- The flavor of fresh eggs fried quickly in olive oil
- The strong black coffee that started our days and fueled our afternoons
- The tender, loving and kind things that peregrinos had left by the Way
- The graffiti in most inappropriate places
- The cairns and memorials people had left as remembrances of loved ones
- The tears we shed when we left our own
- The makeshift arrows to show the direction in confusing areas
- Seeing a deer cross the forest trail
- The wonderful Danish women we shared dinner with last night
- When the Monte do Gozo came into view
- The anxiety on Beth's face when she thought my heart would pop on some hill
- The joy on Beth's face today when we finished
- And so many more people and things ♦

*Pure Joy
Photo by Anonymous
Scottish Pilgrim.*





Welcome, New Members!

We are pleased to welcome the following new members who joined American Pilgrims on the Camino from June through August of this year. We look forward to meeting all of you at future Gatherings and events. ♦

- | | | | |
|-----------------------------------|-------------------------------|----------------------------|-----------------------------|
| ♦ Lizbeth Adams | ♦ Caleb Garza | ♦ Anita Lizzi | ♦ Christine Schloss |
| ♦ Gillam & Donghee Ahn | ♦ Edwin Giron | ♦ Robert Loeb | ♦ Margaret Schmit |
| ♦ Richard Aizpuru | ♦ Dave Gleason | ♦ Bob Loew | ♦ Meghan Schmit |
| ♦ Daniel Anderson | ♦ Joseph Gomez | ♦ Stephen Lyons | ♦ Mary Claire Schmit |
| ♦ Elizabeth Angilette | ♦ Nancy Gomez | ♦ Alan Manack | ♦ Martin Schmit |
| ♦ David Archer | ♦ Felipe Gomez | ♦ Bill Manderfeld | ♦ Robert Selander |
| ♦ Greg Archer | ♦ Eugenio Gomez | ♦ Jeff & Anna Marquardt | ♦ Erika Shaw |
| ♦ Jacqueline Bacon | ♦ Alejandra Gomez | ♦ Frances Marrero | ♦ Jack Shubert |
| ♦ Jennifer Bae | ♦ Norma Gomez | ♦ Charles Robin Marrs | ♦ Linda Shubert |
| ♦ Brett & Nataly Bartels | ♦ Barbara Goode | ♦ Maureen McCarron | ♦ Laura Simmons |
| ♦ Frederick Bealefeld | ♦ Lawrence Graves | ♦ Michael McClatchey | ♦ Robert & Susan Simpson |
| ♦ Eugene Bigelow | ♦ Randy Graves | ♦ Bruce McDonald | ♦ Catherine Singer |
| ♦ Elizabeth & Thomas Brandt | ♦ Michelle Halderman | ♦ James McElvain | ♦ Bruce Smith |
| ♦ Connie Breakfield | ♦ Tom Halter | ♦ Kathryn McGowan | ♦ Richard Smith |
| ♦ Kim Brittain | ♦ Mark R Halton | ♦ Arthur Scott Melvin | ♦ Timothy Smitley |
| ♦ James Burr | ♦ Dana Hart | ♦ Dale & Arlene Metcalfe | ♦ Stella Steffen |
| ♦ Sheilah Cahill | ♦ Nicholas Havel | ♦ Ron Miller | ♦ Sherle Jill Stevens |
| ♦ Dawn Cerrone | ♦ Cyrilla & Randall Haverkamp | ♦ Cindy Mueller | ♦ Francine Stuckey |
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| ♦ Dorean & Allen Corson | ♦ Wade Hsu | ♦ Tom Parkman | ♦ Lynn Teague |
| ♦ Jody Curtis | ♦ Megan Hsu | ♦ Russell Parry | ♦ Charles & Maria Tomlinson |
| ♦ Fal de Saint Phalle | ♦ Robert Hsu | ♦ Paul Patenaude | ♦ Amy Treverton |
| ♦ Francisco & Teresa del Castillo | ♦ Doris B Hudak | ♦ Thomas Frederick Pease | ♦ Kristi Tripp |
| ♦ Beth Derringer | ♦ Katharine Imwalle | ♦ Andrew Pohl | ♦ Cheryl Tyiska |
| ♦ James & Holly Dotson | ♦ Charlene Janzen | ♦ Thomas Porter | ♦ Miguel Valencia |
| ♦ Nancy Fee | ♦ James Jones | ♦ Fran Price | ♦ Jonni Vann |
| ♦ Mark Fisher | ♦ Nisbet "Ken" Kendrick | ♦ Christiane & James Quinn | ♦ Mark Vaughn |
| ♦ Sandra Fisher | ♦ Christina & Steven Kennelly | ♦ Yvan & Francielie Quinn | ♦ William Vinhage |
| ♦ Jonathan Fisher | ♦ Donna Kernes | ♦ Barbara Record | ♦ Pamela von Kleist |
| ♦ Candace Fisher | ♦ Jeffrey Konzet | ♦ Richard Reid | ♦ Annette Walker |
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| ♦ Steven Gardner | ♦ Toni M Kutchan | ♦ Mark Ryavec | ♦ Marsha Whitney |
| | ♦ Jane & Paul Leingang | ♦ Peter Schloss | ♦ Nancy Wiggins |
| | | | ♦ Gerald & Frieda Worrall |
| | | | ♦ Michael Yeas |

Association News

Farewell and Thanks to Marlena Lambert and Bob Holm

It is with sadness that the American Pilgrims Board bids farewell to two hard-working, energetic Board members, Marlena Lambert and Bob Holm, as they leave the Board to focus on other responsibilities. Multi-talented Marlena began her Board service in 2009. She chaired the 2011 Gathering and served as volunteer coordinator, which included key involvement with hospitalero training. Marlena has walked the Camino in France and Spain and last year walked to Assisi in Italy.

Bob joined the Board at the beginning of 2012, and it was during his tenure that the number of chapters experienced such explosive growth. A

one-time Peace Corps volunteer and retired from a career in management, Bob brought his talents as a manager and his penchant for organization to the Board, and the Board benefited from it. Together with co-coordinator Rennie Archibald, Bob helped found the Northern California Chapter and plans to continue to devote much time and energy to that role.

Best wishes, Marlena and Bob, as you pursue your other interests. Thank you both for all you have given and continue to give to American Pilgrims. ♦

Martha Crites Joins American Pilgrims Board

American Pilgrims on the Camino is excited to welcome Martha Crites to its Board of Directors! Martha will be responsible for chapter coordination, which is a huge and important responsibility as the number of chapters has grown dramatically, a trend that is expected to continue.

Martha first walked the Camino in 2008 from León to Santiago—thinking that would be



Martha in Zamora

the end of it. She has returned every year, first to complete the French Route, then to serve as an hospitalera in Rabanal (2010) and Zamora (2012) and sample other routes in France and Spain. She and co-coordinator Becky Andrews formed the first local chapter of American Pilgrims in the Puget Sound area in 2010. Martha works as a mental health counselor at Harborview Medical Center in Seattle. ♦

Raffle Donations

The 2014 annual Gathering — *Fierce Landscapes* — will be here before you know it. If you have items that you would like to donate to the raffle or auction, please contact gatherings@americanpilgrims.com or send items to 1514 Channing Avenue, Palo Alto, CA 94303. Your donation may be tax deductible.

In 2013 we raised \$1300.00 dollars from raffle sales. Funds raised help support our grant program. Thank you for your donations. ♦



*The mission of American Pilgrims on the Camino
is to foster the enduring tradition of the Camino by supporting its infrastructure,
by gathering pilgrims together, and by providing information
and encouragement to past and future pilgrims.*

Do You Have Camino Impressions to Share?

With every issue we are delighted anew by the quality, variety, and abundance of submissions – and especially by the fact that so many are from first-time contributors. Your enthusiasm for the Camino and for *La Concha* as a medium for sharing that enthusiasm keeps us going!

So, please keep telling us, in **400 words or fewer**, about *your* Camino. Consider a photo, a poem, or a new found understanding of an idea – a pilgrim's perspective. We have refined our guidelines, so please visit [Newsletter](#) on our website for suggestions and our new guidelines.

The submission deadline for the next issue is October 21, 2013. We welcome your questions, comments, and submissions at newsletter@americanpilgrims.com. You can also submit to the street address provided below.

¡Buen Camino!

*Cherie Pagett, Annette Argall,
Zita Macy, & Mona Spargo*
Team La Concha

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Cheryl Grasmoen
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Cherie, Annette & Zita
Cherie, Annette, Zita & Mona
Herbert
Zita
Martha & Bill
Zita
Cheryl, Mona, & Zita

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