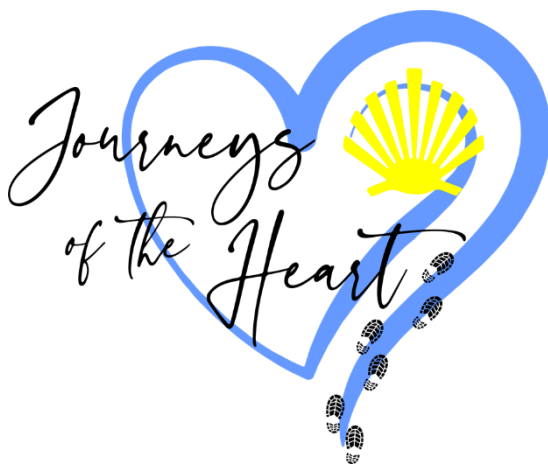


St. James Day Celebration Program

July 24-27, 2025

Saint Mary's College, South Bend, IN



Date/Time	Event	Location
THURSDAY July 24	Day's Theme: Your EXPECTATIONS vs. Your INTENTION about your Camino experience	
1:00-7:00pm	Check-in	Le Mans Hall Lobby
2:30-4:30pm	Guided Walk from Saint Mary's College to University of Notre Dame (distance?)	Le Mans Hall West Entrance
4:30-5:15pm	Two Minute Talks (members of Celebration Committee)	Rice Commons
5:15-6:15pm	Welcome Wine Social	Rice Commons
6:15-7:00pm	Dinner – featuring some Spanish inspired dishes	Noble Family Dining Hall
7:15-8:00pm	<ul style="list-style-type: none">• Celebration Opening Ceremony• Local Chapter Director• Joe Curro - American Pilgrims Chair• Jeff Jarnecke – Visit South Bend Representative• Celebration Team	Carroll Auditorium
8:00-8:30	Two Minute Talks (Celebration attendees)	Carroll Auditorium
8:45-9:30	Mindfulness Circles Small groups of 25 discuss the daily theme Led by Celebration Team members/volunteers	Various locations around campus

Date/Time	Event	Location
FRIDAY July 25	Day's Theme: Why did you go/are you going on Camino?	
6:30-7:00am	Early Risers coffee	Outside the Dining Hall
6:45-7:15	Early Morning Stretch Is there space available	
7:00-8:15am	Breakfast	Noble Family Dining Hall
8:15-10:45am	Guided Walk (Choose 1) <ul style="list-style-type: none"> Camino St. Mary's Primitivo (3.4 miles) Camino in the Bend/Camino White Water (6.2 miles) Camino du Lac/Our Lady of the Lake (3.4 miles) Labrinth Meditation Walk (?) 	Meet outside Le Mans Hall
11:00-11:50am	Breakout Sessions (Choose 1) <ul style="list-style-type: none"> Anne Borne: Georgianna Goddard King: Pioneer American Pilgrim Anne is a New York based writer, photographer and author of <u>If You Stand Here: A Pilgrims Tour of the Cathedral of Santiago de Compostela</u>, <u>Buen Camion: Tips from an American Pilgrim</u> and <u>Buen Camino: Tips from a Winter Pilgrim</u>. Anne's poetry has appeared in the Newtown Literary Journal, Silver Birch Press, and PAN-O-PLY Story & Art Michiana. Her essays about the Camino are featured by the Fundación Jacobea and the Georgiana Goddard King Project. Look for her work on both TheBackpackPress.com and TumbleweedPilgrim.com Anne's presentation: In the years before WWI, an intrepid, virtually unstoppable American college professor Georgiana Goddard King arrived in Spain looking for medieval churches to share with her Bryn Mawr students. What she found was the Camino de Santiago, and with her three-volume book, <u>The Way of St James</u>, published in 1920, she became the first American Camino author. Foot Care on the Camino Jeff Niespodziany (nes-pa-Johnny) will talk about the importance of foot and ankle health, including how to prevent foot and ankle injuries such as sprains, blisters and sore feet. His presentation will include information about proper socks, shoes, the use of ankle braces and possible need for orthotics. There will also be time for questions from participants. Jeff is a newly retired Podiatrist, having served with the South Bend Clinic for 39 years. He has been a runner since he was 12 years old. He has run 41 marathons and many 5k, 10k, and half marathons. Jeff has hiked about 2/3 of the Appalachian trail in bits and pieces. He hiked the Camino from Sarria last year to celebrate his 65th birthday. 	<div>TBD</div> <div>TBD</div> <div>TBD</div> <div>TBD</div>
MORNING SESSIONS CONTINUED ON NEXT PAGE		

	Led by Celebration Team members/volunteers	
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Date/Time	Event	Location
SATURDAY July 26	Day's Theme: What did you get/hope to get out of your Camino experience?	
6:30-7:00am	Early Risers Coffee	Outside the dining hall
6:45-7:15	Early Morning Stretch (Is there space available)	
7:00-7:55am	Breakfast	Noble Family Dining Hall
8:00-10:15am	Guided Walk (Choose 1) <ul style="list-style-type: none"> • Camino St. Mary's Primitivo (3.4 miles) • Camino in the Bend/Camino White Water (6.2 miles) • Camino du Lac/Our Lady of the Lake (3.4 miles) • Labrinth Meditation Walk (?) 	Meet outside of LeMans Hall
10:30-11:50pm	Give Back to South Bend Community Service Projects (Choose 1) This is your opportunity to "Live the Camino Spirit" by giving back to the community of St. Mary's College.	TBD

12:00-12:50pm	Lunch	Noble Family Dining Hall
1:00-1:50pm	<p>Breakout Sessions (Choose 1)</p> <ul style="list-style-type: none"> Walking the Wisconsin Way: An American Pilgrimage in the Spirit of the Camino Stacey Wittig is an award-winning travel writer and author who is celebrating 20 years of walking Caminos in Spain, Italy, France, and—surprisingly—Wisconsin. Yes, Wisconsin! Who knew the land of cheese curds and Packers fans could double as a spiritual hotspot? Her latest book, <u>Spiritual and Walking Guide: The Wisconsin Way</u>, introduces readers to this uniquely American pilgrimage route inspired by the Camino de Santiago. Discover The Wisconsin Way, a soulful 150-mile pilgrimage route stretching from the only Church-approved Marian apparition site in the U.S. to the stunning twin spires of Holy Hill. In this session, you'll learn how this uniquely American journey echoes the spiritual rhythms of Europe's famed Camino routes—while carving its own path through Wisconsin's glacial landscapes and quiet country trails. Explore how the route blends old railways and the Ice Age Trail to connect sacred hotspots and get insider tips and the latest updates. Whether you're a seasoned Wisconsin Way pilgrim or just curious, this talk will spark your Wisconsin wanderlust and give you the tools to start your own transformative journey. Bring the Camino Home: Your ideal scene for everyday life Presented by Soul-Centered Life Coach, Kathy Kehe, this fun, interactive session will walk you through a step-by-step process to recall the best of the Camino and pull threads on it into your everyday life. Chapter Coordinators Round Table (NEED SOMEONE TO FACILITATE) Chapter Coordinators are invited to gather to share ideas about projects and events happening at their local chapters. Share what's working in your area. What challenges are local chapters facing in recruiting new members and retaining current members? Secret Sellos Along the Way: Mapping Memory Through Poetry of Place Part One - Presentation by Megan Muthupandiyam, pilgrim poet and phenomenology scholar. In this presentation, Pilgrims will be invited to learn how observational journaling can be used as a tool to create poems of place and experience along "the way". These alternative sellos can be developed and compiled, creating an alternative, and no less meaningful Compostela of one's journey. 	<p>TBD</p> <p>TBD</p> <p>TBD</p> <p>TBD</p>

2:00-2:50pm	<p>Breakout Sessions (Choose 1)</p> <ul style="list-style-type: none"> Secret Sellos Along the Way: Mapping Memory Through Poetry of Place Part Two – Interactive session with Megan Muthupandiyar, pilgrim poet and phenomenology scholar An interactive companion to Part One, participants will engage in observational journaling, develop and share their own sellos-style poems. YOU DID NOT HAVE TO ATTEND PART 1 TO PARTICIPATE IN PART 2 A Taste of Spain with Chef Carlos Rivero Chef Carlos is the owner of Don Quiote Restaurant, Indiana's only authentic Spanish restaurant. He was born and raised in Spain, not far from the Camino. He will share his experiences as a Camino Pilgrim, as well as his Spanish cooking talents. Rhythms of the Camino with Bob McLeaish In different cultures, the drum is a sacred tool connecting the rhythm of the world order. When drummers practice their art, it's as if they too, are changing the world and touching the human spirit through the rhythm of the drum. In this interactive session, lifelong percussionist, Bob McLeaish, will share his knowledge about and joy for drumming and its cultural significance with session attendees. Bob and his wife Linda walked the Camino Francès in September/October 2024. LIMITED TO 25 PARTICIPANTS How good does my Spanish Really Need to be on the Camino? Get the basics in this fun, interaction session. (TBD) 	<p>Same as Part 1</p> <p>TBD</p> <p>Madelia 205</p> <p>TBD</p>
3:00-3:50	<p>Breakout Sessions (Choose 1)</p> <ul style="list-style-type: none"> Rhythms of the Camino with Bob McLeaish In different cultures, the drum is a sacred tool connecting the rhythm of the world order. When drummers practice their art, it's as if they too, are changing the world and touching the human spirit through the rhythm of the drum. In this interactive session, lifelong percussionist, Bob McLeaish, will share his knowledge about and joy for drumming and its cultural significance with session attendees. Bob and his wife Linda walked the Camino Francès in September/October 2024. LIMIT OF 25 PARTICIPANTS Walking the Lesser-known Caminos Veteran Camino Pilgrim Jim Lorocco has walked a dozen different Camino trails, some of them you may not be familiar with. After Jim's presentation you may want to try them for yourself Journaling on the Camino Journaling on the Camino is a great way to sort through the thoughts and feeling you may experience "along the way". In this interactive session, led by Laura Sumner (Boston Chapter Co Coordinator and Co-Owner of Camino Yoga Retreats), participants will create their own journals, choosing daily prompts to help them organize their ideas in a more mindful and insightful way. All supplies will be provided. Limit of 20 participants Let's Talk About Hiking Bags with Scott Schultz From daypacks to multi-day backpacks and everything in between, Scott will tell us about what features to look for (capacity, fit, suspension systems, pockets and hydration compatibility). He will go over how to choose the right size for your trip, how to properly make adjustments for comfort and support and how to organize your gear for easy access on the trail. 	<p>Madeleva 205</p> <p>TBD</p> <p>TBD</p> <p>TBD</p>

4:00-4:45	Yoga Is there time/space for this	
5:00-6:00pm	Wine Tasting with Andrew Teall, Certified Sommelier Andrew Teall is the general manager and sommelier at a tasting restaurant in South Bend called Roselily. He is a certified sommelier, or level two, and is currently studying for his advanced sommelier exam next year. His passion for educating those around him comes from his five years as a fifth grade teacher before pursuing his passion for wine. When he isn't enjoying a glass, he loves to spend his time with his wife and two dogs.	Carroll Auditorium Or Rice Commons
6:00-7:00pm	Dinner	Noble Family Dining Hall
7:30-9:30pm	2 Minute Talks A Night of Spanish Dancing: La Rosa Spanish Dance Theatre This South Bend Flamenco Dance troupe returns to the Celebration Stage after they thrilled the American Pilgrims at our 2021 Saint James Day Celebration. The evening will include: <ul style="list-style-type: none"> • Flamenco Dance Lessons • Flamenco Dance Performance • Spanish Dance Party 	Carroll Auditorium
9:30-10:15pm	Mindfulness Circles Small groups of 25 discuss the daily theme Led by Celebration Team members/volunteers	TBD

Date/Time	Event	Location
SUNDAY July 27	Day's Theme: How do/will you integrate your Camino experience into your daily life?	
6:30-7:00am	Early Risers Coffee	Outside dining hall
7:00-8:00am	Breakfast	Noble Family Dining Hall
8:15-10:00	Guided Walk (Choose 1) <ul style="list-style-type: none"> Camino St. Mary's Primitivo (3.4 miles) Camino in the Bend/Camino White Water (6.2 miles) Camino du Lac/Our Lady of the Lake (3.4 miles) Labrinth Meditation Walk (?) 	Meet outside of Le Mans Hall
10:15-10:40	Shell Ceremony Our Shell Ceremony will be officiated by Rev. Jackie Saxon. Rev. Saxon lives in Des Moines, Iowa area and has walked several Caminos since 2013. In addition to being a Lifetime Member, trained hospitalera and former American Pilgrims Board Member, she has also served as a National Gatherings Chair and is an author and clergy person. Please attend and help us celebrate our pilgrims heading off on their first Camino.	Le Mans Hall Chapel
10:45-12:00	Celebration Closing Program <ul style="list-style-type: none"> The Power of Intention and Mindfulness On and Off the Camino (Tom, Sarah and Laura to lead discussion/Q&A) Mindfulness Circle (Large Group/participants sharing) Celebration Stamp on Your Heart 	Carroll Auditorium
12:00	Farewell Lunch Buen Camino	Noble Family Dining Hall