



Sensing the Spirit

A Whole Body Experience of Pilgrimage with the Senses



Suggested Supply List

- Journal (or print the prompts here)
- Access to a camera (your phone is just fine!)
- Access to a music service (Spotify, YouTube, etc.)
- Ideas for where you can pray with those outside your "in group"

Once you settle on a spiritual destination for travel:

- Scents associated with your spiritual destination (oils, candles, incense, etc.)
- Flavors associated with your spiritual destination (think about shops you can visit that may carry foods associated with where you are traveling with God: spice stores, ethnic markets and shops, etc.)