

DAY 1 · SATURDAY 10 OCTOBER · HEATHROW – MADRID – TOLEDO

Pilgrims of Love

Our pilgrimage began at Heathrow, where we met our group leaders and flew together to Madrid. From there the coach carried us across the plain of Castile to Toledo, our home for the first two nights, and to dinner together that evening.

Teresa knew this city. She came to Toledo in 1569 to found a new Carmel, trusting that God would provide what she lacked. Eight years later, in 1577, she began to write *The Interior Castle* here.

A pilgrimage begins before the first church is visited. It begins in the leaving: in airports and queues, and in the names of strangers who will soon be companions. Pilgrims of love travel light, ready to meet God in one another along the way.

PAUSE AND PRAY

What have you left behind to make this journey, and what are you carrying that you could lay down?

Let nothing disturb you, let nothing frighten you. All things pass; God never changes. Patience obtains all things. Whoever has God lacks nothing. God alone suffices. — St Teresa of Jesus