

ORDER OF STATION

- ✿ Begin the Station with a visit to the Blessed Sacrament in St Patrick's Basilica.
 - ✿ Go to St Patrick's Cross near the Basilica; kneel, and say one Our Father, one Hail Mary and one Creed. Kiss the Cross.
 - ✿ Go to St Brigid's Cross on the outside wall of the Basilica; kneel, and say three Our Fathers, three Hail Marys and one Creed. With your back to the Cross, stand with arms fully outstretched, and say three times "I renounce the World, the Flesh and the Devil".
 - ✿ Walk slowly, by your right hand, four times around the Basilica, while praying silently seven decades of the Rosary and one Creed at the end.
 - ✿ Go to St Brigid's Bed (1). (If there is a queue please join it before going to the Bed.)
 - ✿ At the Bed
 - a) walk three times around the outside, by your right hand, while saying three Our Fathers, three Hail Marys and one Creed;
 - b) kneel at the entrance to the Bed and repeat these prayers;
 - c) walk three times around the inside and say these prayers again;
 - d) kneel at the Cross in the centre and say these prayers for the fourth time.Repeat these exercises at
 - ✿ St Brendan's Bed (2),
 - ✿ St Catherine's Bed (3),
 - ✿ St Columba's Bed (4).
- Walk six times around the outside of the large Penitential Bed, which comprises St Patrick's Bed (5) and that of Saints Davog and Molaise (6), while saying six Our Fathers, six Hail Marys and one Creed.

- ❁ Kneel at the entrance to St Patrick's Bed (5) and say three Our Fathers, three Hail Marys and one Creed. Walk three times around the inside while repeating these prayers. Kneel at the Cross in the centre and say them again.
- ❁ Kneel at the entrance to the Bed of Sts Davog and Molaise (6) and say three Our Fathers, three Hail Marys and one Creed. Walk three times around the inside while repeating these prayers. Kneel at the Cross in the centre and say them again.
- ❁ Go to the water's edge (7); stand and say five Our Fathers, five Hail Marys and one Creed. Kneel and repeat these prayers. Make the Sign of the Cross with lake water as a reminder of your Baptism.
- ❁ Return to St Patrick's Cross; kneel and say one Our Father, one Hail Mary and one Creed.
- ❁ Go to the Basilica and conclude the Station by reciting Psalm 16 (or by saying five Our Fathers, five Hail Marys and One Creed), for the Pope's Intentions.



HAIL MARY

Hail Mary full of grace
the Lord is with thee.

Blessed art thou among women
and blessed is the fruit
of thy womb, Jesus.

Holy Mary, Mother of God,
pray for us sinners, now
and at the hour of our death.
Amen.

OUR FATHER

Our Father, who art in heaven,
hallowed be thy name.
Thy kingdom come.
Thy will be done on earth, as it is in heaven.

Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass against us,
and lead us not into temptation,
but deliver us from evil.
Amen.

THE APOSTLES CREED

I believe in God, the Father almighty,
creator of heaven and earth.
I believe in Jesus Christ, his only Son, our Lord.
He was conceived by the power of the Holy Spirit
and born of the Virgin Mary.
He suffered under Pontius Pilate,
was crucified, died, and was buried.
He descended to the dead.
On the third day he rose again.
He ascended into heaven,
and is seated at the right hand of the Father.
He will come again to judge the living and the dead,
I believe in the Holy Spirit,
the holy catholic Church, the communion of saints,
the forgiveness of sins,
the resurrection of the body, and the
life everlasting.
Amen.



PSALM 16

Preserve me, God, I take refuge in you.
I say to the Lord: You are my God.
My happiness lies in you alone.

He has put into my heart a marvellous love
for the faithful ones who dwell in his land.
Those who choose other gods increase their sorrows.
Never will I offer their offerings of blood.
Never will I take their name upon my lips.

O Lord, it is you who are my portion and cup;
it is you yourself who are my prize.
The lot marked out for me is my delight:
welcome indeed the heritage that falls to me!

I will bless the Lord who gives me counsel,
who even at night directs my heart.
I keep the Lord ever in my sight:
since he is at my right hand, I shall stand firm.

And so my heart rejoices, my soul is glad;
even my body shall rest in safety.
For you will not leave my soul among the dead,
nor let your beloved know decay.

You will show me the path of life,
the fullness of joy in your presence,
at your right hand happiness for ever.

Give praise to the Father Almighty,
to his Son Jesus Christ the Lord,
to the Spirit who dwells in our hearts,
both now and forever.

Amen.



LOUGH
DERG

BRINGING YOU THE GIFT OF HOPE



THE LOUGH DERG
PILGRIMAGE

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A WELCOME FROM THE PRIOR

Welcome to Lough Derg, a special place of peace and personal challenge, which has been receiving pilgrims continuously for at least 1000 years.

In earlier times, the monastery nearby offered hospitality and protection. Today, Lough Derg is still a safe place, reaching out to all in need, offering them the gift of hope. Whatever their creed, background, social circumstances or religious practice, all are made welcome.

There are no outsiders here: bare footed everyone is equal. Pilgrims journey together: they share each other's joy, feel each other's pain. We try to ensure that everyone's story is heard and that help is offered: in short, we commit ourselves to being with you on life's journey.

In welcoming you I pray that this pilgrimage will help you get in touch with your real authentic self and so find forgiveness, healing and strength.

Cúirim fáilte romhat.

Monsignor Richard Mohan

ADMISSION

Pilgrims agree to undertake the Pilgrimage Exercises in bare feet and to abide by the rules of the Pilgrimage Fast. Pilgrims must be at least 15 years old, able to walk and kneel unaided and free from any illness aggravated by fasting. Warm and waterproof clothing is recommended.

NOT PERMITTED AT LOUGH DERG

- Food, sweets and chewing gum
- Alcoholic and non-alcoholic drinks
- Cameras, mobile phones, radios & electronic devices
- Instruments and games
- Articles and literature to sell or distribute

THREE-DAY PILGRIMAGE

CHECK IN AT RECEPTION

- Proceed to the dormitory
- Remove all footwear
- Collect outdoor clothing, valuables, spectacles, beads, medication and waterproofs
- Go to St Patrick's Basilica. Use cloakroom at Davog House for all items except valuables

Your first visit?

Ask for directions or assistance any time

PILGRIMAGE FAST

- The fast begins at 12 midnight on the First day and ends at 12 midnight on the Third day
- One 'Lough Derg meal' is allowed each day
- Otherwise, a complete fast is observed from all food and drink for three days

Lough Derg Meal – available from 1.15pm to 8.15pm		
Day1	Complete First station before meal	Black Tea/ Coffee Dry Bread/Toast/ Oatcake
Day2	Meal at any time from 1.15-5.45pm	
Day3	One meal similar to above any time after leaving the Island & soft drinks throughout the day.	
Water and prescribed medication allowed at all times. Coeliacs: Contact Reception re meals & Communion.		

PILGRIMAGE EXERCISES

- Nine stations are completed over three days
- Pilgrims make the Fourth to Seventh Stations together in the Basilica
- Details in Order of Exercises and Order of Station (overleaf)
- Pilgrims gather in the Basilica for Liturgy/Prayer when bell is rung

THE VIGIL (10.00pm Day One to 10.00pm Day Two)

This central penitential exercise of the Pilgrimage involves each pilgrim staying completely and continuously awake for 24 hours.

LOUGH DERG – PLACE OF PRAYER

The atmosphere of peace and quiet, particularly near the Basilica and Penitential Beds, is a precious part of the pilgrimage experience.

COUNSELLING

Professional Counsellors are available on the Island to offer a listening ear in a compassionate, Christian way. If you have any worry or concern that you would like to talk about you are welcome to avail of this ministry; times are displayed at Reception.

DORMITORIES

Day1	Closed 4.00pm-7.30pm	Open 7.30pm-9.00pm (for pre-vigil rest & extra clothing)
Day2	Open 7.30pm-11.00am	Closed 11.00am-7.30pm

FACILITIES

- Basilica – Public Worship, Stations, Vigil
- St Mary's Chapel – Adoration of the Blessed Sacrament, Stations of the Cross, petitions
- Davog House – Group work, prayer guidance, quiet time
- Labyrinth – Reflection, meditation
- Shop – audio material, religious objects, souvenirs and basic toiletries
- First Aid Station – Medical assistance

HEALTH AND SAFETY

Note position of fire alarms and observe fire-safety regulations in the event of an emergency. Smoking is permitted only in certain areas outside. Ashtrays are provided, as are bins for recyclable material and litter.

ORDER OF EXERCISES

FIRST DAY

12.00 midnight	Begin fast Pilgrims arrive as early as possible (any day from 1st June to 13th August) register and await boat. Boats run regularly between 10.30am and 3.00pm.
11.00am	Begin Station - Complete 3 Stations before 9.15pm
6.30pm	Opening Mass
9.20pm	Night Prayer and Benediction

THE VIGIL

10.15pm	Introduction to Vigil
11.45pm	Rosary
12.30am	Fourth Station
2.00am	Fifth Station
3.30am	Sixth Station
5.00am	Seventh Station
6.30am	Morning Mass
8.30am	Sacrament of Reconciliation followed by Eighth Station
12.00 noon	Renewal of Baptismal Promises
3.00pm	Way of the Cross
6.30pm	Evening Mass
9.20pm	Night Prayer and Benediction
10.00pm	Conclusion of Vigil

THIRD DAY

6.00am	Bell for rising
6.30am	Closing Mass
7.30am	Ninth Station
9.45am	Departure of boats

IMPORTANT

ISLAND LOCATIONS

- 01 PIER
- 02 RECEPTION
- 03 WOMEN'S DORMITORY
- 04 MEN'S DORMITORY
- 05 CLOISTER
- 06 DINING ROOM
- 07 STAFF HOUSE
- 08 SHOP
- 09 ST MARY'S CHURCH
- 10 BELL TOWER
- 11 PENITENTIAL BEDS
- 12 FIRST AID
- 13 THE BASILICA
- 14 THE LABYRINTH
- 15 FLOOD ROOM
- 16 CLOAK ROOM
- 17 DAVOG HOUSE
- 18 SAINTS ISLAND

