

CHRISTUS REX SOCIETY Inc.

PO Box 63
Collins Street West
Victoria 8007 Australia



AD 2010

Dear Pilgrims,

Please find enclosed the registration form and information for the
20th ANNIVERSARY of the CHRISTUS REX PILGRIMAGE!!!

REGISTRATIONS will be available both online and by post. Please visit www.crex.org to register online or to download a printable form. One form per family (for children under 18yrs). You will note an increase in pilgrimage fees this year made necessary by increasing expenses. Please note the **deadline** for registrations: **Friday, 15th October 2010.**

To assist in the promotion of this year's historic occasion of the 20th Anniversary Pilgrimage please download the flyer from the website to email your friends or contact your state contact if you would like to receive printed flyers to distribute.

Camping is strongly encouraged for all pilgrims, as there is very limited sleeping space in the overnight halls. **CAMPING WILL AGAIN BE COMPULSORY FOR ALL MEN** (except those travelling with young children). Men (and all campers) must bring their own tents, or arrange to share with others. The limited space in the community halls along the way will be for families with young children and women not able to camp.

As the pilgrim numbers increase so does the need for volunteers! Please consider volunteering full time or for a morning / afternoon or day. All volunteers must first contact Francesca to register as a volunteer & be assigned a particular task before registering for the Pilgrimage. Please see page 4 for further information.

The Pilgrim's Primer will be available at a cost of \$10.00 – please indicate on the registration form how many you require.

The Children's Chapter daily sessions will again be a part of the Pilgrimage this year. Please indicate on the registration form if your children would like to participate in the daily sessions.

If you are planning to arrive in Ballarat on the evening of Thursday, 28th October by train or bus, we will be providing a private shuttle bus service from the Ballarat Railway Station to St Patrick's Cathedral Hall (from 6.00pm to 10.00pm **only**). Please indicate on the registration form whether you require this service and, if so, your time of arrival. **For any queries on the day or changes to your time of arrival, please phone Melissa on mob: 0431 315 339.**

In this 20th anniversary year of the Christus Rex Pilgrimage, we also celebrate the canonisation of Australia's first Saint, Mother Mary of the Cross. Christ preserving His Pilgrimage through these 20 years and blessing our country with it's first Saint, are sure manifestations of His love, protection and Kingship in our country and the world. Please come and be a part of this pilgrimage celebration, to walk and do penance for Christ the King. In the words of Pope Benedict XVI: *"Let us strive to follow closely in the footsteps of Christ the Servant King and bear constant witness to his merciful love and his saving truth!"*

Simon Takita

President

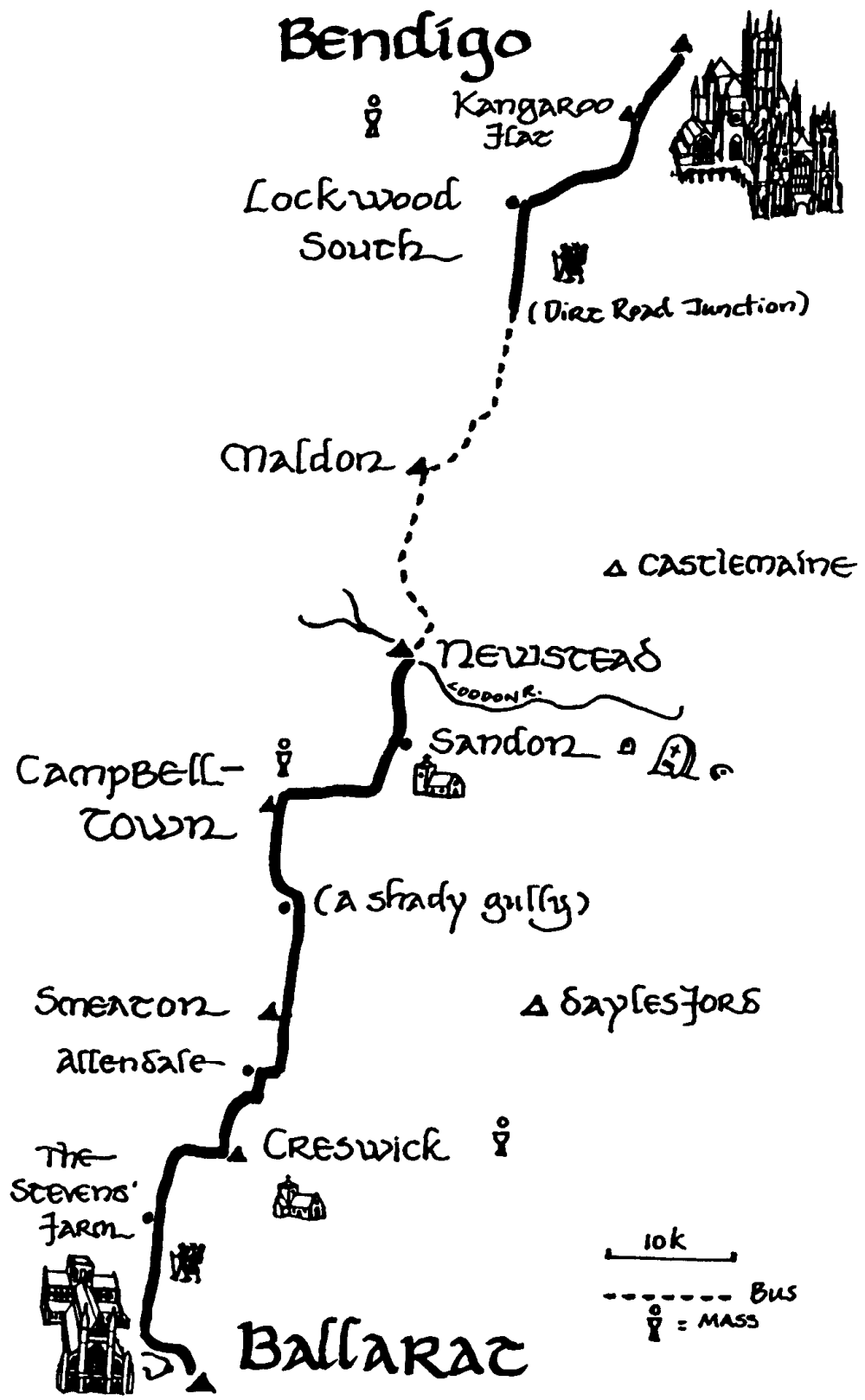
Christus Rex Society Inc.

CHRISTUS vincit! CHRISTUS regnat! CHRISTUS imperat!

www.crex.org



Pilgrimage Route



XXth CHRISTUS REX PILGRIMAGE ITINERARY

Thursday 28th October 2010

6.00 – 9.00 pm **Pilgrimage Registrations** **St Patrick's Cathedral Hall, 3 Lyons St, Ballarat**
Accommodation for women & families – St Patrick's Cathedral Hall
Accommodation for men – St Andrew's Hall, Dawson St Nth (*across from St Patrick's*)
(*Note: no camping facilities available at these venues*)

Friday 29th October 2010 (Day 1)

5.30 am Registration continues – St Patrick's Cathedral Hall
Breakfast & walk to the Cathedral
6.15 am Announcements in front of Cathedral
6.30 am Prayers & Pilgrims' Blessing – St. Patrick's Cathedral
7.15 am Pilgrimage commences
9.45 am Morning tea and Homily – Roadside Gillies Rd
10.15 am Pilgrimage continues (*Children's Chapter session at Creswick*)
12.30 pm **Solemn Mass – St. Augustine's Church, Creswick** (Votive Mass of the Holy Cross)
Lunch – Creswick School Supper Room
3.00 pm Pilgrimage continues
5.00 pm Afternoon tea – Allendale
5.30 pm Pilgrimage continues (*Children's Chapter session at Smeaton*)
7.00 pm **Overnight Accommodation – Smeaton Bowling Club & Recreation Facility**
Campers – Smeaton Primary School Oval
Dinner – Smeaton Bowling Club Dining Room
9.30 pm Sung Compline – Smeaton Bowling Club Dining Room
All Night Adoration of the Blessed Sacrament – Smeaton Bowling Club Dining Room

Saturday 30th October 2010 (Day 2)

6.00 am Breakfast – Smeaton Bowling Club Dining Room
7.00 am Pilgrimage continues
9.00 am Morning tea and homily – Creswick Road
9.30 am Pilgrimage continues (*Children's Chapter session at Campbelltown Hall*)
11.45 am **Solemn Mass – Campbelltown Hall Grounds** (Votive Mass of the BVM)
Lunch – Campbelltown Hall
1.45 pm Pilgrimage continues
4.30 pm Prayers for the Dead – Sandon Cemetery
Afternoon Tea – St Laurence O'Toole Church Grounds, Sandon
5.15 pm Pilgrimage continues (*Children's Chapter session at Newstead*)
7.00 pm **Overnight Accommodation – Newstead Community Centre**
Campers – Newstead Football Grounds
Dinner – Newstead Community Centre Dinning Room
9.30 pm Announcements & Sung Compline – Newstead Community Centre Dinning Room

Sunday 31st October 2010 (Day 3)

6.00 am Breakfast – Newstead Community Centre Dinning Room
7.15 am Assemble and Board Bus – Newstead Community Centre
8.00 am Bus drop off – Dirt road junction – Pilgrimage continues
9.30 am Morning tea and homily – Lockwood South Reserve
10.00 am Pilgrimage continues (*Children's Chapter session at Kangaroo Flat*)
12.30 pm Lunch – Gateway Rotary Park, Kangaroo Flat
1.45 pm Pilgrimage continues
3.00 pm **Pontifical Solemn Mass of Christ the King, Sacred Heart Cathedral, Bendigo**



Pilgrimage Booking Fees

All Pilgrimage registrations must be received by **no later than Friday, 15th October 2010** (*late fee will apply*)

Pilgrim attending entire pilgrimage (3 days)	\$ 150
<i>[Early-bird rate (for bookings prior to 17th September 2010)]</i>	\$ 130]
Pilgrim attending 2 days + 2 night's accommodation	\$ 100
Pilgrim attending 2 days + 1 night accommodation	\$ 80
Pilgrim attending 1 day + 1 night accommodation	\$ 50
Pilgrim attending 1 day (no accommodation)	\$ 40

†Family Rates:

Parents:	\$ 110 each
Children:	under 2: free
	2-8yrs: \$ 40
	9-12yrs: \$ 60
	13-17yrs: \$ 80

†(For families with 5+ children, please contact us for a family rate)

Volunteers:

To apply for a part time/full time volunteer rate and to register as a volunteer, please contact Francesca on email: volunteers@crex.org or mob: 0407 394 920

Family Participation

The *Christus Rex Society* welcomes and encourages families to participate in the Pilgrimage. Young children under the age of 12 yrs must be in the company of **two adult guardians**, on the understanding that one guardian will always be supervising the children and that the responsibility for their safety remains entirely with the guardians. Children aged between 12 and 17 yrs must be accompanied by one adult guardian. Please include the names of the guardians on the registration form.

Accommodation

We strongly encourage ALL PILGRIMS to consider camping. Camping is compulsory for all men, unless accompanying young children. Campers are required to bring their own tents (or arrange to share with others). Due to limited sleeping space for ladies and young families in the community halls (sleeping on the floor) **Important:** Remember to bring warm clothes especially for the campers – overnight temperatures can be extremely low.

Food

Reflecting the penitential character of the Pilgrimage, simple food will be provided for all meals. Supplementary supplies (i.e. chocolate, muesli bars, etc.) for consumption on the road and between meals are strongly recommended. They have been found necessary in past years.

Luggage

Luggage, other than your day packs, will be transported for you between the overnight rest points. It is your responsibility, however, to load it, on time, each morning into the vehicle provided. Coloured luggage tags will be provided at registration to tie onto your bags for easy identification at accommodation stops. Pilgrims are encouraged to carry their day packs while walking.

Health and Safety

The Pilgrimage is physically demanding and penitential in character, but it is *not* meant to be about extending yourself beyond your physical capabilities. If you need to withdraw from the walk or take a temporary rest from walking, there will be back-up vehicles close at hand to transport you to the place of the next scheduled break. You are strongly encouraged to make use of this transport if you feel exhausted or ill.

First Aid

Safety first! Preventing injuries in the first place is your own responsibility. We advise you to bring personal first-aid items, such as blister pads, sun screen lotion, pain killers, deep heat cream and elastic bandages. St. John's Ambulance officers will accompany the walkers. However, in case of more serious injuries that require a hospital visit, pilgrims should have an ambulance subscription current for their state or territory. Otherwise, the pilgrim is responsible for any costs incurred.



Checklist of What to Bring:

The following are essential items that pilgrims need to bring for themselves:

✓ Overnight Bag

- Sleeping Gear (sleeping bag / foam rubber mat or air mattress / pillow)
- Tent (for those camping)
- Warm sleeping clothes
- Towel
- Toiletries
- Sufficient clothing for 3 days (including warm jumpers / jacket)
- Unbreakable bowl (e.g. plastic)
- Unbreakable plate (e.g. plastic)
- Knife, fork, spoon
- Tea towel
- Solid (worn-in) walking shoes

✓ Day Backpack

- Water bottle (**We ask that every pilgrim carry a water bottle!**)
- Large unbreakable drinking mug (for soup & drinks)
- Pilgrim Primer (if you have one – copies will be available at registration)
- Raincoat or waterproof jacket
- Broad-brimmed hat
- Sun cream lotion
- Personal first-aid equipment (e.g. blister packs, chafing cream, Panadol etc.)
- Additional food for on-road use (e.g. chocolate/muesli bars etc.)

The following items are not essential but are still desirable:

- Pilgrimage Cutlery Bag (to carry your plate, bowl & cutlery)
- State flag / spiritual banner



Bringing a Vehicle on the Pilgrimage

Only authorised vehicles can accompany the Pilgrimage. The Pilgrimage requires a number of vehicles to help carry out essential Pilgrimage activities, such as marshaling, venue management and pilgrim support. If you would like to "volunteer" your vehicle or need to bring a vehicle for any other reason (e.g. in the case of a family with small children or non-walking volunteers), please contact Francesca (details below). If your vehicle is not an authorised Pilgrimage vehicle, you have two options:

- 1. Leave your vehicle in the Bendigo Quarry Hill car park** on Thursday night, from where a bus will transport you to Ballarat. This bus is an extra **\$25 pp** – please select this on your registration form. You will be able to collect your vehicle after the Mass on Sunday ***OR***
- 2. Leave your vehicle at Ballarat.** You will have to make your own private arrangements to collect your vehicle at the end of the Pilgrimage.

NOTE: The Pilgrimage organisers will **NOT** be providing transport back to vehicles at the end of each day or at the end of the Pilgrimage, with the exception of those parked at Quarry Hill, Bendigo. If you would like to volunteer your vehicle, obtain authorisation to bring your vehicle, or, if any of the above is unclear, **please contact Francesca on email: volunteers@crex.org or mobile: 0407 394 920.**

Where to Park in Bendigo

For those wishing to leave their cars in Bendigo for the duration of the Pilgrimage, space will be available at **St. Joseph's Catholic Church, 44 Russell Street, Quarry Hill**. Cars should be parked in the lot behind the Church and Presbytery. **NOTE:** Parking is entirely at your own risk.



FAQs for the Christus Rex Pilgrimage

Who do I contact if I want to help in the pre-Pilgrimage preparations (catering preparations, Pilgrimage promotion, purchasing of supplies etc.)?

Call or email your state contact (refer pg. 10). If they can't help, they will put you in touch with the organising committee.

What happens when I get to Ballarat on Thursday night?

All Pilgrims are asked to register from 6 - 9 pm on Thursday at St Patrick's Cathedral Hall, 3 Lyons St, Ballarat. Women and families will be accommodated in the Cathedral Hall. Men will be accommodated at St Andrew's Hall (across the road from St Patrick's). As the Pilgrimage does not formally commence until Friday morning, you are free to do as you wish. Dinner is not provided on Thursday evening but there are a number of restaurants, bars, cafes and take-away places close to the Cathedral in Ballarat. Visit www.ballarat.com and scroll down to 'Dining Out' for further details. The Pilgrimage commences early the next morning, so when returning for bed please be courteous of other pilgrims who have already retired for the evening.

When can I register if I am not able to get to St Patrick's Cathedral Hall on Thursday night?

The Registration desk will be open again on Friday morning at St Patrick's Cathedral, Ballarat, before the pilgrims begin walking. If you miss these opportunities, the Registration desk will be open again Friday evening in the accommodation hall. You are encouraged to register as soon as you arrive so you can receive your Itinerary, obtain luggage tags, follow the daily Mass and prayers in the Pilgrims Primer and to ensure that you are fed!

What happens on the Friday morning?

After breakfast, pilgrims are asked to load their luggage on the luggage trucks (campers' luggage will be transported separately) and gather at the front of St Patrick's Cathedral for official announcements at 6:15am with prayers and the blessing commencing at 6:30am. Following this ceremony we will commence our pilgrimage.

What do I do with my car during the Pilgrimage?

There are a couple of options (also refer pg. 5):

- 1) Leave your car at Quarry Hill, Bendigo on Thursday evening and catch the Pilgrimage bus to Ballarat. You can collect your car after the final Mass in Bendigo.
- 2) Volunteer your car to the Pilgrimage organisers. We will use your car throughout the Pilgrimage and return it, full of petrol, at the end of the Pilgrimage. Note: Your car will **NOT** be available for your own use throughout the Pilgrimage.
- 3) If you are using your vehicle to support your family, you can bring your car on the Pilgrimage but we do ask you to inform us prior to the Pilgrimage. We have some basic car safety rules that you will need to follow to keep all Pilgrims safe.

What do we do while we are walking?

The Priests and pilgrim leaders will be leading hymns, litanies, Rosaries, songs and meditations throughout the day in a chapter format. We encourage you to participate as this will assist you to continue walking as well as adding to the spiritual atmosphere of the Pilgrimage. If you wish to spend time in silent contemplation, we would suggest you walk towards the back of the chapter so you are not disturbed. A Priest is usually available at the back of the chapter for confession or spiritual guidance while we are walking. Of course, there are plenty of opportunities for chatting with your fellow pilgrims. Make those around you feel welcome! Take advantage of the chance to form great friendships!

Do I need to bring any food on the Pilgrimage?

Although you are provided with all meals during the Pilgrimage, we do encourage you to bring your own nibbles for along the route and to supplement meals.

Who do I go to if I have a question or concern during the Pilgrimage?

There will be designated Pilgrim Information Officers on the Pilgrimage visible by their red shirts. Please approach one of these officers for assistance.



What if I can't walk the whole way?

If you feel you are unable to continue walking during the Pilgrimage, inform an orange-vested marshal immediately and they will arrange a support vehicle for your pick-up and drop-off to the next destination. Do not feel you must walk every step of the way if you are in agonising pain. Know your limits and make your decision accordingly. There are opportunities to volunteer along the way, so you can continue your pilgrimage through service to the other pilgrims. The Pilgrimage is physically arduous, so if you haven't been before, arrange to volunteer part-time. That way, you spread out your walking and you will find that you can walk part of each day and not collapse in the afternoon of the first day!

Can I volunteer part-time?

Absolutely! Combine your walking with service to the other pilgrims through volunteering. There are very rewarding opportunities such as catering, venue set up / clean up, marshaling (driving & walking) and support vehicle driving. The Pilgrimage cannot happen without volunteers. You can play your part in making sure the Pilgrimage keeps on the road and continues giving honour to Christ the King!

Can I volunteer for the whole of the Pilgrimage?

Of course! The Pilgrimage cannot operate unless some pilgrims volunteer for the whole period. Reduced fees are offered for those who wish to volunteer. Please contact Francesca to register as a volunteer by email: volunteers@crex.org or mobile: 0407 394 920.

What if I need to go to the toilet during the Pilgrimage?

Portaloos are available at regular intervals along the road and at all breaks.

What happens after Mass on Sunday?

As the Pilgrimage formally finishes after 3 pm Solemn Mass at Sacred Heart Cathedral, Bendigo, you are free to do as you wish. If you have left your car in Bendigo, announcements will be made on the steps of the Cathedral after Mass regarding arrangements for you to collect your car from Quarry Hill. As many pilgrims stay in Bendigo on Sunday evening, all pilgrims are invited to an informal Post-Pilgrimage dinner at the Queens Arms Hotel, 25 Russell Street, Quarry Hill, Bendigo, from 6:00 pm onwards. Please note there may be some delay in service and seating due to the large numbers. On the Monday morning, a Mass is celebrated in the Cathedral at 9.00 am (TBC) followed by a final pilgrim gathering for breakfast at The National Hotel Motel, www.nationalhotelmotel.com.au 182-186 High St, Bendigo (from 10.00 am onwards) for a full buffet breakfast (continental + cooked) @ \$18 per person (\$13 for children 12yrs & under).

Where can I stay on Sunday night in Bendigo after the Pilgrimage?

Pilgrims are responsible for organising their own accommodation for the Sunday night. There are a number of places to stay, all of which can be found by visiting: www.bwc.com.au/tourism or www.bendigotourism.com.au/pages/accommodation-information/



How can I still be a part of the Pilgrimage if I am not able to attend?

If you are not able to attend the Pilgrimage for whatever reason, we would still encourage you to unite yourself with the pilgrims during the three days by joining us in prayer. You may also like to consider making a donation towards the Christus Rex Society or to assist in sponsoring a Priest, seminarian or religious to attend the Pilgrimage.



TRAIN/BUS INFORMATION

HOW TO GET TO THE PILGRIMAGE (THURSDAY)

V/Line Trains (Melbourne to Ballarat)

Departs Melbourne (Southern Cross Station)

5.03 pm
5.49 pm
6.25 pm *R
7.25 pm
8.25 pm
Coach Service 9:45 pm *R
9.55 pm

Arrives Ballarat (Railway Station)

6.17 pm
6.56 pm
7.40 pm
8.47 pm
9.46 pm
11:25 pm
11.13 pm

Tickets: One-way Single \$14.90 (\$10.40 off-peak) One-way Concession/Child \$7.40 (\$5.20 off-peak) Family saver fares available.

*R = reservation required. Book tickets on-line at: www.vline.com.au or telephone V/Line on: 13 61 96

Airport Shuttle Bus (Melbourne Airport to Ballarat)

Departs Melbourne Airport

(Ground Floor, opposite International Terminal)

5.00 pm
7.15 pm
9.00 pm

Arrives Ballarat

(Railway Station)

6.45 pm
8.45 pm
10.30 pm

Tickets: One-way Single \$30 (under 16 yrs – One-way \$16).

Bookings are essential. Contact: (03) 5333 4181 or book on-line at www.airportshuttlebus.com.au

Private Pilgrimage Bus from Bendigo to Ballarat (pre-booked)

Pilgrimage organisers will arrange a private bus from Bendigo to Ballarat on the night of Thursday, 28th October, at a cost of **\$25 per person**. This will allow pilgrims to park their cars in Bendigo for collection at the end of the Pilgrimage. Booking is **absolutely essential** as numbers will determine the size of the hired bus. If you wish to use this service, please indicate on the registration form under 'Application for Places on Thursday Night Buses' and **register prior to 15th October to ensure you get a seat on the bus.**

As the bus will be small, this service is intended mainly for car drivers – where practical, non-drivers should be dropped at Ballarat earlier on Thursday evening or should travel to Ballarat by other means. For details of the parking location in Bendigo, please refer to page 5 under the section 'Where to Park in Bendigo'. **Please arrive at Quarry Hill no later than 8:30 pm as the bus must leave at 9.00 pm.** If you are likely to miss the bus, please contact **Dom Morton on mob: 0429 961 943**. If you arrive after the bus has left, you will need to drive your own vehicle to Ballarat and be responsible for it during the pilgrimage.

THE BUS WILL LEAVE THE CAR PARK AT QUARRY HILL, BENDIGO AT 9.00PM – NO LATER!

HOW TO GET BACK FROM THE PILGRIMAGE (SUNDAY)

V/Line Trains (Bendigo to Melbourne)

Departs Bendigo (Railway Station)

4.35 pm
5.35 pm *R
6.21 pm *R
8.40 pm

Arrives Melbourne (Southern Cross Station)

6.31 pm
7.33 pm
8.28 pm
10.33 pm

Tickets: One-way Single \$15.80 One-way Concession/Child \$11.20. Family saver fares available.

*R = reservation required. Book tickets on-line at: www.vline.com.au or telephone V/Line on: 13 61 96

Airport Shuttle Bus (Bendigo to Melbourne Airport)

Departs Bendigo

(Bay 1, Bendigo Railway Station)

3.45 pm
Monday: 6.00 am
8.30 am
10.45 am

Arrives Melbourne Airport

(Tullamarine Airport)

5.45 pm
8.00 am
10.30 am
12.45 pm

Bookings are essential. Tickets: One-way Single \$38 (Child 3 - 12 yrs One-way \$15).

Contact: (03) 5444 3939 or book on-line at: www.bendigoairportservice.com.au





Rules of Conduct

The Pilgrimage is meant to be penitential in character and a Christian witness to the world. Pilgrims are, therefore, expected to observe Christian modesty in dress and behaviour, so as not to give scandal or offence to fellow pilgrims or the people of the towns we walk through.

All pilgrims agree to be bound by the following rules and regulations:

1. All pilgrims are to walk on the left side of the road and off the bitumen. No one is to walk in front of the leading support vehicle or behind the last support vehicle.
2. Vehicles travelling with the Pilgrimage must not slow down or stop to pick up, or communicate with, pilgrims at any point between the leading support vehicle and the last support vehicle, unless acting under the direction of the marshals.
3. Pilgrims must observe promptly all directions given by the Pilgrimage organisers and marshals including, without limitation, any direction to move off the road or to stop walking for any reason.
4. Lights out at 10.00 pm. For the consideration of fellow pilgrims, everyone must be in bed by 11.00 pm.
5. Children under the age of 12 yrs must be under the supervision of one of their guardians at all times (with the exception of children's chapter sessions).
6. Pilgrims are responsible for their own safety, health and property.



STATE CONTACTS

FOR MORE INFORMATION ABOUT THE PILGRIMAGE:

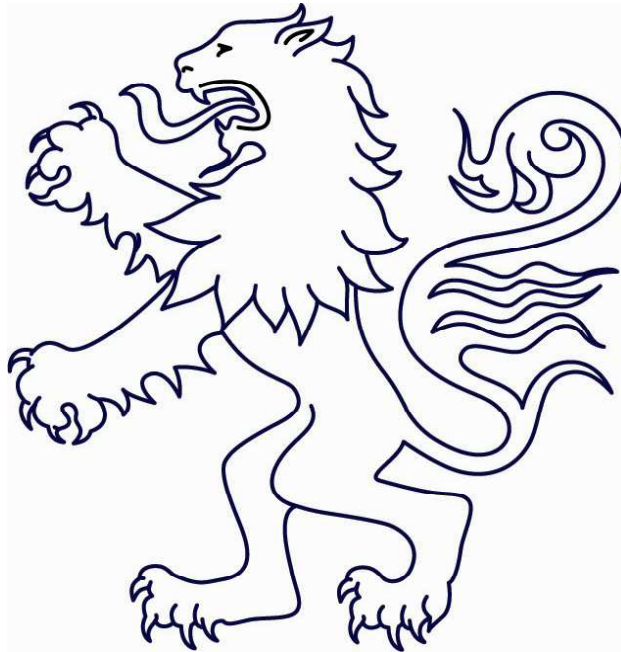
ACT: Tony Pead 0415 605 544 act@crex.org	SA & NT: Robert Marsh 0417 877 423 sa@crex.org
NSW: Natasha Marsh 0431 237 613 nsw@crex.org	VIC: James Stewart 0419 515 330 vic@crex.org
Mary Jankovic 0430 809 253 nsw@crex.org	Marty Corboy 0414 564 876 vic@crex.org
QLD: Teresa Balogh 0407 010 774 qld@crex.org	TAS: Simon Greener (03) 6239 6397 0418 396 391 tas@crex.org
WA: Fr Michael Rowe (08) 9444 9604 wa@crex.org	NZ: Ruth Russell (+64) 2261 28314 nz@crex.org

Please Note:

Any important announcements
will be posted on the Pilgrimage website at

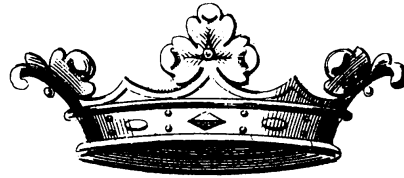
www.crex.org





Novena to Christ the King

(Novena dates: 20th - 28th October 2010)



*Recite One Our Father, One Hail Mary and One Glory Be
per day followed by the Novena Prayer:*

O Lord our God, Thou alone are the Most Holy King and Ruler of all nations.
We pray to Thee, Lord, in the great expectation of receiving from Thee, O Divine
King, mercy, peace, justice and all good things.

Protect, O Lord our King, our families and the land of our birth.

Guard us we pray Most Faithful One.

Protect us from our enemies and from Thy Just Judgment

Forgive us, O Sovereign King, our sins against Thee.

Jesus, Thou art a King of Mercy.

We have deserved Thy Just Judgment

Have mercy on us, Lord, and forgive us.

We trust in Thy Great Mercy.

O most awe-inspiring King, we bow before Thee and pray;

May Thy Reign, Thy Kingdom, be recognised on earth.

Amen.

CHRISTUS REX SOCIETY INC.

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Email: info@crex.org Website: www.crex.org