

An Emmaus journey on West Cork's Wild Atlantic Way

"Did not our heart burn within us as he talked with us along the way"

We started our journey with an input on discipleship, based on the scripture account of the disciples on the road to Emmaus, along with reflections on Laudato Si, Pope Francis' encyclical letter on care of our Common Home, both of which were led by Br. Martin. Reading and listening to the journey of disciples while we were on the beach gave us a great experience of reflecting and praying with nature.

The first day's insight from our morning prayer on the beach with Br. Martin's input still stays with me. He looked at the sea, mountains and sky and he said that the sky is like the roof of a beautiful Cathedral, the mountains are the walls and the sea and land are floor. This for me felt so true and real, as I listened to the sounds of the sea and birds in the air, as I felt the sand and stones under my feet, and as I felt embraced by the mountains around me.

Prayer and reflections formed part of all our activities during our experience. It was a spiritual experience of God's wonderful creation. This is mainly because we prayed through nature and connected with God through nature.

