The pilgrim's typical week

Seven days at Casa Kerigma Jerusalem, on the events of the Upper Room, in the places where they happened.

The week we propose here retraces the events of the Upper Room where they happened: from listening to the kerygma on the Mount of Olives to the mission to the ends of the earth. The programme is tailored to the story and needs of the people welcomed.

	First day Listening to the kerygma, on the Mount of Olives	**Second day** The discourses at the Temple, the pool of Saint Anne	**Third day** Gehenna; the Upper Room: the Eucharist and the washing of feet	**Fourth day** Passion and solitude: Gethsemane, Gallicantu	**Fifth day** The Via Dolorosa, the Holy Sepulchre	**Sixth day** The Consoler, the nascent Church, Mary	**Seventh day** The mandate, the Ascension, the mission
Morning	Listening to the kerygma: the eschatological discourses on the Mount of Olives. The handing over of the Our Father. Baptismal catechesis.	The discourses at the Temple, near the Esplanade.	Crossing Gehenna.	The time of passion and solitude: from the Upper Room to the Garden of Olives (Gethsemane).	Towards Calvary: along the Via Dolorosa, from the Flagellation to Calvary.	The Upper Room and Christian Zion. Mercy and the Consoler. The nascent Church under the action of the Spirit.	The proclamation of the kerygma: the mandate to preach. On the Mount of Olives: the Ascension.
Afternoon	The entry into Jerusalem: prayer for sceptics and non-believers (Dominus Flevit).	The pool and the sign of healing (Saint Anne).	The Upper Room and Christian Zion: the Eucharist as memorial. The washing of feet as a style.	The time of passion and solitude: from the Garden of Olives to the cave of imprisonment (Saint Peter in Gallicantu).	The Holy Sepulchre. The empty tomb: absence and resurrection.	The community life of the apostles and the presence of Mary as an ecclesial style.	Mission to the ends of the earth.

This is the outline published by Attendiamoci for Casa Kerigma Jerusalem: the order of the stages adapts to the feasts, the group and the situation in the city. At Casa Kerigma Ephesus the week has the same rhythm, in the places of Paul, John and Mary: the Basilica of Saint John, the House of Mary, ancient Ephesus. The programme is built with the house.

A day at Casa Kerigma

A simple rhythm, between prayer, holy places and fraternal life.

The day opens with prayer and unfolds in the alternation of shared moments and personal time. The house offers a space in which to listen, study, rest and share life, taking part also in the everyday gestures of welcome.

6:30 Lauds and Holy Mass — Prayer
Entrusting the day to the Lord and letting oneself be accompanied by his Word.

7:15 Breakfast — The table
Breakfast together, before the day begins.

8:00 Morning activities — Holy places and service
Chores in the house, visits to the holy places and personal prayer, according to the agreed path.

12:15 Preparing lunch — Caring for the house
Those who stay in or return to the house help in the kitchen and at table.

13:00 Shared lunch — The table
A simple time of encounter and familiarity.

14:00 Rest — Personal time
Room for quiet and recollection.

15:00 Personal time and afternoon activities — Personal time
Study, spiritual reading, service, prayer in the holy places or agreed conversations.

18:00 Community prayer — Prayer
Vespers and, according to the programme, biblical lectio, adoration or a moment of prayer inspired by the events of the Upper Room.

19:30 Preparing dinner — Caring for the house
Taking care together of the life of the house.

20:00 Community dinner — The table
Sharing the table and the experiences of the day.

21:00 Fraternity — Fraternity
Conversation, exchange, the story of the day and moments of play.

22:30 Compline — Prayer
Prayer closes the day and leads into rest.

AS IN A FAMILY

One lives as in a family: cooking together, sharing the cleaning and looking after the common spaces. Respecting the times of silence and a discreet use of the phone help keep a climate of listening.

LEGEND

- Prayer
- Holy places and service
- Caring for the house
- The table
- Personal time
- Fraternity

The times are a reference and are adapted to the celebrations, the outings and the needs of the personal and community path.