



SAINT JOAN  
ROMAN CATHOLIC

FRANCISCAN FRIARS OF THE HOLY SPIRIT + ST. MARY'S HIGH SCHOOL + ST. TIMOTHY LIFE TEEN + ST. JOAN OF ARC

# WEST COAST WALK FOR LIFE 2017 FINAL DETAILS

*"The fundamental human right, the presupposition of every other right, is the right to life itself. This is true of life from the moment of conception until its natural end. Abortion, consequently, cannot be a human right — it is the very opposite. It is a deep wound in society."  
Pope Benedict XVI*

## PILGRIMAGE ITINERARY

### **WEDNESDAY 1/18 - TRAVEL**

- 6:00PM St. Timothy's Teens Load Bus @ St. Timothy's School (2520 S. Alma School Rd.) & travel to St. Mary's H.S.
- 6:45PM All other teens meet at St. Mary's High School (2525 N. 3rd Street) in the Virginia Piper Auditorium
- 7:00PM Meet & greet leaders, prayer, & rules in Auditorium
- 7:30PM Load Bus & Depart for San Francisco

### **Thursday 1/19 - Tourism Day**

- 7:00AM Arrive at Star of the Sea Catholic Parish
- 8:30AM Mass
- 9:30AM Breakfast (provided)
- 10:00AM Depart for Pier 39 (lunch on own)
- 12:30-3:00PM Tour of Alcatraz (tickets included)
- 3:00-7:00PM Free time at Pier 39 (dinner on own)
- 7:00PM Return to Star of the Sea/Leisure time until lights out

### **Friday 1/20 - Pilgrimage Day**

- 7:30AM Breakfast (provided)
- 8:30AM Tour St. Ignatius Church @ 650 Parker Ave., SF
- 10:00AM Tour Mission Dolores @ 3321 16th Street, SF
- 12:00PM Tour Porziunocola Nouva @ 624 Vallejo St., SF (sack lunch provided)
- 2:30PM Twin Peaks Bay View
- 4:30PM Vigil for Life @ St. Dominic's Church with the Sisters of Life (Vespers, Mass, Benediction)
- 6:45PM Pier 39 (dinner on own)
- 9:15PM Meet at Ghiradelli Square @ 900 North Point St. #52, Return to Star of the Sea

### **Saturday 1/21 - Walk for Life**

- 7:30AM Breakfast (provided)
- 9:30AM Mass at St. Mary's Cathedral @ 1111 Gough St., SF
- 11:00AM Walk to event starting location @ Civic Center Plaza (sack lunch provided)
- 12:30PM Rally for Life, Walk for Life event
- End Walk at Justin Herman Plaza (1.8 miles), Bus return to Star of the Sea, pack up
- 5:00PM Vigil Mass at Star of the Sea
- 6:00PM Parish BBQ
- 7:00PM Depart for Phoenix

### **Sunday 1/22 - Travel**

- 9:00AM Estimated return time to St. Mary's H.S.
- 9:30AM Estimated return time to St. Timothy's school

### **Emergency Contact Information:**

Meagan Martinez, YM Cell:

480-428-9332

Star of the Sea Parish:

360 9th Ave, San Francisco, CA; 415-751-0450

Ryan Ayala, St. Mary's Campus Minister/Trip organizer:

602-341-8380

## PACKING LIST

### WHAT TO BRING...

- ONE SUITCASE
- ONE BACKPACK (TO CARRY ON THE BUS & AROUND THE CITY)
- MONDAY FOR MEALS ON YOUR OWN (ESTIMATED \$50)
- I.D. (DRIVER'S LICENSE AND/OR STUDENT ID)
- CELL PHONE & CHARGER (OPTIONAL: BATTERY EXTENDER)
- WARM CLOTHING TO LAYER (SF IS OFTEN VERY WINDY AND CHILLY, WE WILL BE OUTSIDE A LOT!)
- WALKING SHOES (SOMETHING WITH TREAD, NON-DRESS SHOES)
- SLEEPING BAG AND OPTIONAL: SLEEPING MAT (MEN AND WOMEN WILL BE HOUSED SEPARATELY, ON PARISH/GYM FLOORS, POOL RAFTS ARE A CHEAP OPTION)
- PILLOW & BLANKET FOR THE BUS
- REFILLABLE WATER BOTTLE
- DAILY TOILETRIES (TOOTHBRUSH/PASTE, DEODORANT, ETC.)
- HYGIENE TOILETRIES (WE WILL NOT HAVE ACCESS TO SHOWERS, BABY WIPES, WASHCLOTHS/HAND TOWELS & DRY SHAMPOO ARE RECOMMENDED, SINKS WILL BE AVAILABLE FOR THOSE WHO WISH TO BRING SHAMPOO)
- Personal Medication (Meagan will carry a 1st aid kit at all times, including basic medications like Advil and Pepto-Bismol. A Medical Release form must be completed in order for any medication to be given. Teens may retain over the counter medications but should discuss any prescriptions with Meagan to determine whether those should be collected)
- SLEEPWEAR (SLEEPING AREAS WILL BE GENDER SPECIFIC BUT NOT PRIVATE, PLEASE BE RESPECTFUL AND MODEST)
- BIBLE, ROSARY, JOURNAL, SPIRITUAL READING
- READING MATERIAL, DECK OF CARDS, DVDS (NO R RATINGS), ETC. FOR THE BUS
- RAIN GEAR (TRAVEL PONCHOS PACK WELL AND ARE MORE HELPFUL THAN UMBRELLAS IN A CROWD)
- SNACKS FOR THE BUS (AVOID JUNK FOOD IF POSSIBLE)
- OPTIONAL: SMALL LOCK FOR YOUR BACKPACK (COMBINATION RECOMMENDED)
- OPTIONAL: SPENDING MONEY (FOR ITEMS OTHER THAN FOOD)

### WHAT NOT TO BRING...

- Expensive electronics (items will either have to be left at Star of the Sea with 200 other pilgrims lodged there, or carried around the city in high traffic areas)
- DVD players/video game systems (there will be lots of other teens to meet, don't seclude yourself with electronics)
- Dress clothes/shoes (while we will be attending Mass daily, casual attire is appropriate as pilgrims)
- Drugs, Alcohol, Tobacco or Weapons OF ANY TYPE (Possession of these items will result in immediate removal of the teen from the pilgrimage at the parent's expense)

### TRAVEL TIPS...

- Tourists are easy prey for pick pockets, be aware of your behavior and language which may make you a target. Do not flash money around. Keep tight track of any debit cards/cell phones. Do not share specifics about our group or itinerary with strangers.
- Take care of yourself. Eat well, rest when able, drink water. Your body won't survive well (or for very long) on junk food and caffeine.
- Fast from Social Media. You will be allowed to retain your phone but be intentional about limiting your use, especially of social media and choose to be present to the world and people around you. Let others know you'll be away and when you will return so that they can plan on not contacting you as much.
- This group will include teens from 4 different parish/school groups. All group leaders will work together to lead the full group and teens are expected to be obedient to all of the group leaders.
- Label your things, especially your suitcase. This will make loading and unloading for the whole group easier. If you choose to label your personal backpack, do so in a way that your name is not easily visible while you are in the city.
- There is a 1 hour time difference between AZ and CA.
- Entrust yourself to Jesus! Pilgrimage is a time for simplicity and openness. Invited the Lord into your travel, your plans, your frustrations, your lack of comfort, and your conversations. Ask Him what He wants for you in this journey!