

CHRISTOPHER NEWPORT UNIVERSITY

**Religious Studies 370**

# **Pilgrimage in Spain: Camino de Santiago**

**Instructor: Dr. Kip Redick**

**Office: McMurrin 261**

**Phone: 594-7801**

**Email: [kredick@cnu.edu](mailto:kredick@cnu.edu)**

**Fax: 594-7349**

**Secretary: Tara Dixon**

**Phone: 594-8827**

## ***Introduction to the Course:***

Pilgrims have been walking Los Caminos de Santiago (the way of Saint James) since the 8th century, when the Apostle's Tomb was said to have been discovered in Northern Spain. Various routes were established all over Europe, including the so-called "Camino del Norte" from France to Santiago de Compostela. Though numbers of pilgrims declined during the enlightenment, the way has again become populated by those seeking spiritual renewal in the late 20th century. Pilgrims include both old and new world Roman Catholics as well as many who are affiliated with no established religious tradition. This class will be an experiential exploration, walking the French Way to Santiago de Compostela, from Saint Jean Pied de Port in France through the Pyrenees into Spain and then more that 700 kilometres to the Tomb of Saint James. We will spend about five weeks walking.

Class members will explore the connection between spiritual journeys and this established pilgrimage, comparing and contrasting their experience of walking with readings of others who have engaged in spiritual journeys, and communicating with those who are themselves not in the class but walking for their own reasons. In addition, the way passes through towns and villages wherein class members will encounter the culture of the Spain. Class members will learn, through reading, journal writing, and interpersonal communication, how those on spiritual journeys experience *communitas* in relation to both persons and their environment..

Prior to hiking the trail each class member will read Victor and Edith Turner's study of pilgrimage titled *Image and Pilgrimage in Christian Culture*. In addition members will read Arthur Paul Boers account of his own pilgrimage titled *The Way Is Made by Walking*. The class will engage in ethnographic research and everyone will keep a camino journal. After returning home everyone will write a paper and submit it.

### ***Goals:***

The means and media for coming to an understanding of the pilgrimage to Santiago will be reading, writing, interpreting, analyzing, critically evaluating and/or experiencing the Way itself, various texts, handouts, images, interviews with hikers, and engaging in informal discussions. The following are general goals that individuals should incorporate into the learning experience (note that each goal should be preceded by the statement "the improvement of"): reading comprehension, interpretation skills, analytical ability, critical thinking, evaluation of problems, ability to synthesize, writing both formally and informally, and participation in group discussion and problem solving. Specific goals related to Spain are (again, each goal should be preceded by the statement "the improvement of"): an understanding of ethnographic research, an understanding of symbolic communication, an understanding of sacred place/space, an understanding of sacred time, an understanding of spiritual journey and pilgrimage.

### ***Objectives:***

Students will learn to recognize the existence of cultural and environmental differences; to acknowledge the perspective of others; and to compare the physical, social, and cultural environments. The following objectives are closely related to the general goals listed above; they are simply a distillation of those goals. Keep these short statements outlining the course objectives in mind as a way of reminding yourself of the goals listed above. I will list the statements below and then offer a brief explanation of each.

1. Developing the skill of clearly expressing ideas orally and in writing.
2. Gaining a broader understanding and appreciation of intellectual/cultural activity.
3. Acquiring an interest in learning more by asking questions and seeking answers.

One objective of this course is to help you develop the skill of clearly expressing your ideas orally and in writing. This class requires discussion, as well as informal and formal writing. Acquiring an understanding of concepts related to this class requires an ability to clearly communicate your ideas. A second objective of the course is to gain a broad understanding and appreciation of intellectual/cultural activity. In the case of interpreting the Camino de Santiago, we will be attempting to understand the landscape within the context of the intellectual and cultural activity associated with traditional spiritual journeys. A third objective of this humanities course is that the student begins to move away from a teacher centered learning environment to the kind of learning that is driven by the student's desire to gain knowledge through discovery. Learning by discovery requires skills of asking good questions and seeking answers. This is an upper level course and the student should work to sharpen skills that have been developed up to this point.

***Course Texts:***

Turner, Victor and Edith . *Image and Pilgrimage in Christian Culture*.

Boers, Arthur P. *The Way Is Made by Walking*.

Benson, Bruce Ellis and Norman Wirzba. The Phenomenology of Prayer. New York: Fordham Univ. Press, 2005.

***General Policies:***

**Grading:**

Participation during the hike will involve discussions and conversations amongst class participants, as well as interviews of hikers who are not in the class. Participation will comprise 30% of the course grade. Each student will keep a journal and it will comprise 35% of the course grade. Finally, each student will submit a paper that will make up 35% of the course grade.

***Assignments:***

**Reading and Reflection Journal:**

Each student will keep a reading and reflection journal. Journal entries will be considered informal writing assignments and as such will be graded more in relation to content than style. Journal entries will contain questions, answers to questions, and reflections which relate to daily discussions, conversations, assigned readings, and interviews with hikers who are not in the class. Each journal entry should be dated. Each day's journal entries will be divided into two sections: ethnography and personal reflection. The ethnography section is mostly objective writing and will include a narrative that describes interviews with hikers and reflections resulting from the student connecting the class readings to phenomena encountered on the trail. The personal reflection section is subjective and will be composed of personal thoughts about the

student's own interaction with the trail, characterizations of the people the student meets and the places we all journey through, each student's own thoughts directed toward themselves. This class journal will reflect the quality of the student's daily class participation and will be graded with this in mind.

### **Paper:**

Research papers will conform to the MLA Handbook and are to be ten pages, typed with 12 point font, double-spaced, and have a bibliography. They will be written on a topic of choice that has been approved. The student must have at least five bibliographic sources not including encyclopedic, dictionary, or required texts. Students may use Internet sites as a source but they will only count as one source. The student is responsible for choosing a topic and getting it approved. The student is encouraged to write a personal reflection of at least a page within the body of the paper.

### **Hiking, Discussions, and Interviewing**

We will be on the trail, walking and talking with each other, twenty-four hours a day for five weeks. We are not "in the classroom" for that whole period. The discussions and interviews that we have will be both in the class setting as well as outside that setting. Walking on the trail with a good attitude is important. Conversing with hikers who are not in our class is also important.

### **Equipment**

Each student will be required to supply their own equipment and food. Below is a list of suggested items and an estimate of their cost. The overall weight of your load is of primary importance. It is possible to carry everything you need and have a pack that weighs between 25 and 40 pounds. The less weight one carries, the more pleasant the experience.

The most basic equipment needed will be:

1. Backpack with hip belt, either internal or external frame, and places to strap things to the pack. This will cost between \$150 and \$300.
2. Sleeping bag, light weight, rated down to 40 degrees. This will cost between \$80 and \$200.
3. Hiking boots that give your ankles good support. If your boots are new, start wearing them to class now and break them in. Some hikers walk in sandals and others wear running shoes. You may consider a low top hiking shoe as long as your ankles are strong. This will cost between \$40 and \$300.
4. Good hiking socks, at least 3 pair: get these at a backpacking store, and get high-tech socks, you won't regret it. Socks will cost about \$10 a pair.
5. A tent is optional. If a third of the class members have tents, it will be possible to share. A tent will cost between \$40 and \$200.

6. Water bottles, carry at least two two-liter bottles, there are many types and sizes. They will cost about \$10 each.

7. Cooking utensils, there are many options but weight is the most important consideration. This will cost between \$20 and \$50.

8. Clothing, do not wear cotton. Most people have clothing made out of synthetic material. There is probably no need to buy anything.

9. Rain gear, poncho or rain suit, costs between \$10 and \$40.

### **Food**

You don't really need to carry much food. Food will add weight to your pack, so watch what you pack. I am taking about five days of food to reduce cost. Various kinds of noodles, dried fruit, nuts, oatmeal, and other kinds of light weight food work well. Below is a menu for 5 days of hiking. I also bring powdered milk, soy powdered milk works just as well and this is a great source of protein. I also buy some things in bulk and then package individual meals in zip lock bags; things such as brown rice, the quick cooking kind. You can buy packaged dry sauces to go with plain noodles or rice. Dried instant tea, hot chocolate and coffee also works well. If you don't like tea, try instant sports drinks, etc.

Days:

1: Dried fruit, oatmeal/granola mix, peanut butter and tortillas, instant potatoes.

2: Figs, oatmeal/granola mix, ramen, beef jerky, Lipton teriyaki noodles.

3: Oatmeal/granola mix, rice, Knorr Pesto Pasta Sauce, instant potatoes.

4: Dried apples, oatmeal/granola mix, ramen, tuna and tortillas.

5: Figs, oatmeal/granola mix, Knorr Four Cheese Pasta Sauce and noodles, peanut butter and tortillas.

The following is a list of things that I have carried on past hikes.

This is probably more than each person would need. I carry some extra stuff for emergencies. The general idea is that you don't carry what you won't use. I did not use some of these things and would normally not carry those things that I rarely use.

Light weight wind shell

1 button-up shirt

1 long-sleeve-pullover windbreak jacket

1 pair of shorts (not cotton)

1 pair of long trousers, convertible to shorts (not cotton)

1 fleece vest

1 watch cap

1 t-shirts (not cotton)

2 pair of wool socks

scarves (dew raggs)

All of this was kept in a waterproof compression stuff sack.

Item and item weight

Total weight

Water proof jacket/shell (14 oz).

6lbs 9oz

Pack cover (8oz)

7lbs 1oz

Hammock Tent (2lbs 5oz)

9lbs 6oz

8 Tent stakes (4oz)

Insulated sleeping pad (1lbs)

10lbs 10oz

Sleeping bag (2lbs 1oz)

12lbs 11oz

1 pair of sandals (2lbs)

14lbs 11oz

Trekking shoes (2lbs 6oz)

17lbs 1oz

Waldies (11oz)

17lbs 12oz

Water gear (water weighs 6 lbs per gallon)

1 2 liter platypus (5lbs 12oz)

1 one liter nalgeen (2lbs 10oz)

1 water filter (13oz)

26lbs 13oz

Stove (13oz)

Wind shield (2oz)

Fuel and bottle (1lbs 4oz)

1 one qt pot for cooking (7oz)

Drinking cup (5oz)

Spoon

29lbs 12oz

Food Stuff

Water proof sack (8oz)

39lbs 12oz

First Aid

1 first aid kit

extra packs of mole skin

vasaline (1oz)

sun screen (1oz)

Other miscellaneous stuff:

Camp chair (11oz)

flash light (3oz)

2 Caribeaners (2oz)

4 straps (4oz)

1 scrub pad

2 small rolls of toilet paper

1 packet of clean wipes

extra batteries

1 mosquito net for my head (1oz)

duck tape

Knife Plyers set (7oz)

tooth brush

Floss (1oz)

matches (1oz)

needle and thread (2oz)

insect repellent

harmonica

tie slips (1oz)

3 bungee cords (highly useful)