

# *Ultreia et Suseia! The Newsletter.*

Vol 2. No 2. [www.chchcamino.net](http://www.chchcamino.net) [chchcaminogroup@gmail.com](mailto:chchcaminogroup@gmail.com)

**Cancellation of May Meeting:** Due to the prevalence of Omnicron currently in the community we have cancelled the May Meeting. Hopefully we will be meeting again in August.

## **May, 2022, Christchurch Camino Group Newsletter**

'Pilgrimage is a powerful metaphor for any journey with the purpose of finding something that matters deeply to the traveller.' Phil Cousineau.



### **Editorial**

#### **The Smart Camino: Pilgrimage in the Internet Age**

Nancy Frey notes in her article 'Leaving Home and Coming Back,' that one of the biggest changes to the Camino experience in the last 25 plus years, apart from the explosion of pilgrim numbers, has been the growth of the availability, and pilgrim uptake, of connection via the internet/mobile phone. She discusses the impact of this on the pilgrim experience. Over time I had become aware of the effect this was having on my, and others' experience. On the Camino I had noticed pilgrims seated in a corner engaged in animated conversation with someone from their 'other world' whilst ignoring the people around them. As well, others were absorbed by what was on their screens. Whole *islands of individuals*, and at times I was guilty too.

I was made aware of the value of connection on my first Camino six years ago. I was approaching Torres del Rio when I received a phone call which would change everything! In essence I was advised to come home immediately if I wished to see Dad alive! I terminated my Camino, took a taxi to Logrono and began the long flight home. I was rewarded with 7 precious days with my father. So connection is a useful tool. And I would recommend every solo traveller have the Spanish police emergency number on speed dial.

For my last Camino in 2019 I deliberately set out to limit my mobile use, with a modicum of success. Well a fail really! Since then I've been ruminating. **How to stay connected, and at the same time leave room to work on my inner journey?** Almost all of us have responsibilities which necessitate the need to stay in touch. Maybe a discussion with our loved ones will come up with a solution that meets everyone's needs? A check of App notifications, and silencing those which could be deemed unnecessary for the journey could be helpful too. Food for thought, and an important future Christchurch Camino Group discussion topic!

Ultreia Philip

Reference: Nancy Frey, 'The Smart Camino: Pilgrimage in the Internet Age.' [www.walkingtopresence.com](http://www.walkingtopresence.com)

This website is an excellent resource on the Camino with well researched articles on topics of direct relevance for pilgrims.

### **This Newsletter Includes:**

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### **Noticeboard**

#### **Scheduled 2022 Christchurch Camino Group Meeting Dates:**

The following are the remaining scheduled meeting dates for 2022: Monday 8 August, Monday 7 November.

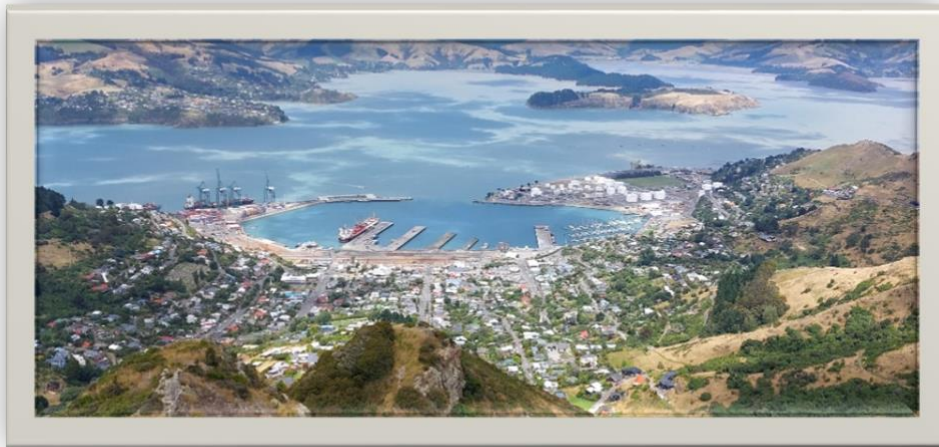
#### **Christchurch Camino Group Website**

Our website is gradually taking shape. A big thank you to Alan for your work on this. Check out the website [www.chchcamino.net](http://www.chchcamino.net)

## Newsletter Camino Items of Interest

Please submit any items of Camino interest for consideration of inclusion in our quarterly Newsletter to Philip at: [chchcaminogroup@gmail.com](mailto:chchcaminogroup@gmail.com) Time these to arrive at least a week before a scheduled meeting.

## Christchurch Camino Walking Group



The Christchurch Camino Walking Group meets on the third Sunday of the month, usually at 10 am. The walks are a mixture of flat and hill walks around Christchurch and surrounding areas. They provide an opportunity to try out new walks, and exercise with people who share a love for the Camino.

Walks are usually completed by around 3 pm. These walks are for people who share an interest in all things Camino.

Please contact Cecilia for more information and to join the separate mailing list: [chchcaminogroup@gmail.com](mailto:chchcaminogroup@gmail.com) Image: Lyttelton Harbour, Dave.

## Meeting Contributions Request ~ August

### Making Use of Technology on the Camino Journey: What am I gaining/losing by being connected?

A *small group discussion* regarding the real possibility of inadvertently allowing internet connection intrude on our experience and what might be done to mitigate this. NB. This is not about omitting to carry mobile phones. Rather the focus is on **raising awareness** regarding the impact of connectivity on our Camino journey.

#### Questions for consideration

1. What part did being connected play in your Camino journey/s?
2. List/consider some examples of use: Pilgrim to home, home to pilgrim, phone, emails blogging, pilgrim to pilgrim, pilgrim to accommodation, pilgrim to work, pilgrim to responsibilities computer banking etc.
3. Being connected and solving issues. Were any unforeseen issues resolved via the internet?
4. Ordinary mobile versus Smart phone?
5. Implications of being connected on your physical/interior journey?
6. Ideas for utilising connectivity while limiting its possible downside/downstream effects.
7. How would you handle "connectivity and your Camino" next time?

While this discussion might touch on apps as guide books this could be another topic.

If you have any other **ideas** regarding meetings please contact Philip at the above email.

### **Advice Given to Pilgrims**

We wish to emphasise that all information and answers given by our presenters, organisers and meeting participants are provided in good faith, and have been found to work for them/us on that particular occasion.

The information provided is a starting point for your research so that there is a range of possibilities to investigate and can be adapted to suit individual circumstances.

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### **Christchurch Camino Walking Group Report**

The following is an account of the walking group's activities since our last meeting.

**Image** ~ Walking from Gebbies Valley.



The Christchurch Camino Walking Group has continued with its monthly walks. The group's year ended in December with a celebratory pot luck dinner hosted by one of our fellow walkers. It was heartwarming to be greeted and guided by a yellow arrow! In the New Year the following walks have been completed: 16 January Urumau Loop Track, 20 February, Mt Cass Walkway, Waipara, 19 March, Bealey Spur Track, Arthur's Pass National Park ~overnight stay, 17 April, Captain Thomas Track and beyond.

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### **Some Things to Do While Waiting to Walk Your Camino**

#### **1. Christchurch City Libraries**

The Christchurch City Libraries network has a comprehensive collection on "Pilgrimage" and "Camino." A recent acquisition is Bebee Bahrami's guide to the Camino Frances, 'Camino de Santiago, Sacred Sites, Historic Villages, Local Food and Wine.' The library has 4 copies, 3 of these on the shelf when I checked. 'Returning from Camino,' by Alexander John Shaia is another great book before leaving for the Camino. The library has 1 copy (currently languishing on the shelf at New Brighton library.)

#### **2. Photography**

Find out more about the workings of your photographic device/s. Check out You Tube and how to improve image composition etc.

#### **3. Christchurch Camino Group Website**

Check out our website [www.chchcamino.net](http://www.chchcamino.net)

#### **4. Ivar's Camino de Santiago Forum**

Read Ivar's forum ([www.caminodesantiago.me](http://www.caminodesantiago.me)) and stay abreast of the latest developments. The "search" function is available to seek answers to your own questions.

#### **5. Christchurch Camino Walking Group**

Join the walking group and maintain fitness levels while participating in Camino conversations.

## Featured Article

### Making Use of Technology on the Camino Journey: What am I gaining/losing by being connected?

#### Featured Article Explanation

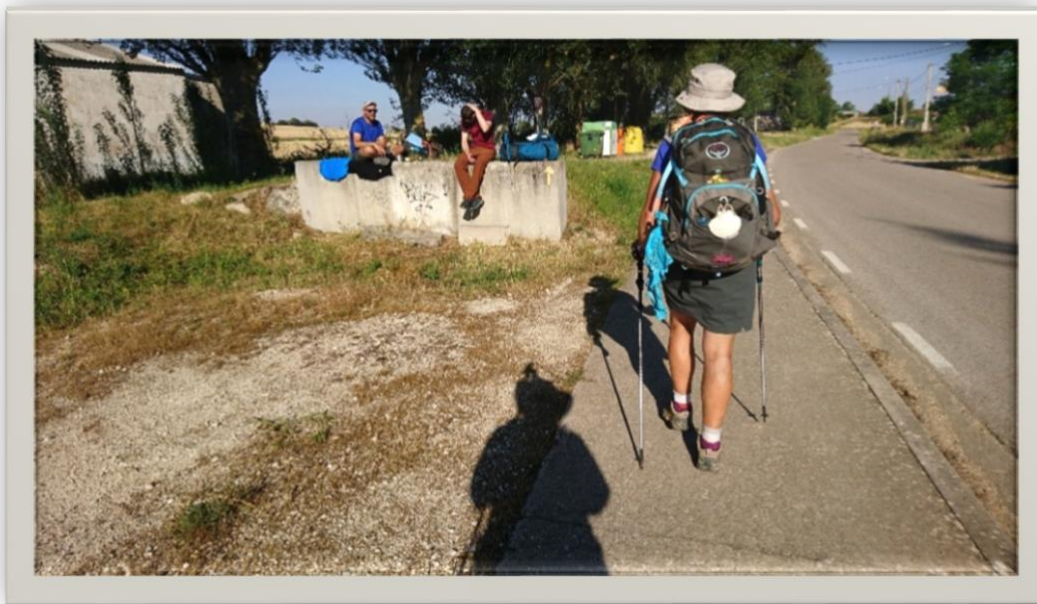
This article has been included in this newsletter as background information for the main topic at our August meeting, **'Making Use of Technology on the Camino Journey: What am I gaining/losing by being connected?'**

- A smaller group discussion regarding the real possibility of inadvertently allowing internet connection intrude on our experience and what might be done to mitigate this.

We could also discuss the advantages of being connected and how with intentional awareness, we might minimise any distractions connectivity might cause.

## Digital Detox

Are you up to solving issues without resorting to high tech? Are you willing to feel the power of solitude whilst walking? What about boredom? Do we look to ourselves to solve the issue or depend on the internet to find a solution? What happened to trusting the road, and silence,



solitude and struggle! Are we in fact hampering the likelihood of inner transformation by reversing the 'letting go' process and filling our newly freed up head space? Is over planning and resorting to Google eliminating meeting and dealing with setbacks and uncertainties, thus stunting growth opportunities?

**'Leaving Home and Coming Back: Reflections on Doing the Camino Pre- Internet, and in 2018,'** Nancy Frey [www.walkingtopresence.com](http://www.walkingtopresence.com)

This profound and deeply personal article manages to raise questions about my past Caminos and connection via the internet. It prompts reflection regarding how much my internet connectivity limited both my inner and outer journeys. It is well worth reading.

### **Reading Further – see [www.walkingtopresence.com](http://www.walkingtopresence.com)**

One of the joys of this reference list is that it has live links to the article. I found the references under the sub-title, 'Articles Specific to the Camino,' particularly useful.

The following book is a wonderful example of a pilgrim who is unclear about his reason for walking. He realizes he is on the cusp of a radically new experience. However he, and his well meaning friends do everything in their power albeit unwittingly to sabotage any hope of Simon experiencing something wondrous. (Mind you he does have a great time!)

**'There's Something Going On! Walking the Camino de Santiago,'** Simon Donlevy, 946 DON, Christchurch City Libraries, [5 copies]

This memoir told in 156 pages is an interesting read. The author recounts his journey chronologically with enough detail to bring memories to mind. Blisters, snoring, wonderful international friendships all get a mention. There are daily face time conversations with various friends and family members, playing of favourite playlists, podcasts and audio books and meeting up to walk briefly with friends who had organised to keep him company and walk for several days with him. Perhaps if he had left his usual life behind whilst walking his Camino there might have been space for personal transformation?

Overall there's not too much out of the ordinary going on!

### **Further Camino Connectivity Advice**

Alexander John Shaia in his book, 'Returning From Camino,' Chapter 2 "Before You Leave," on p359 (Kindle edition) under the heading "Use of Smartphone or Tablet," has some useful advice where he lays out pros and cons regarding devices on the Camino.

Christchurch City Libraries has one copy of, 'Returning From Camino,' which is a book I wish had been written before my first Camino!

### **You Tube**

**'Lisa & Josh,' Channel**

**'Has Covid ruined Hostels Forever? Camino de Santiago - Palas de Rei to Melide,** You Tube [13.44]

Josh has a chat around [7.41] about the influence of connectivity on the Camino experience today, and compares it with back packing 10 years ago.

### **Digital Detox Why we're so distracted these days – and how to fix it**

**Driven to Distraction,** by Sally Blundell ~ New Zealand Listener February 26 – March 4 2022

This is a long form article about English writer, Johann Hari's recent book 'Stolen Focus: Why you can't pay attention - and how to think deeply again,' Bloomsbury, \$34.99. In it Blundell discusses the author's background and the reasons for his mixed reputation. She examines the thesis of his book that social media is addictive and to resolve this may require government intervention, or social media becoming subscription only services. 'But worst of all, in Hari's view are the "pings and paranoia" of social media and the constant lure of the phone or laptop screen that continues to drill into our attention span...there never seems to be enough stillness - enough cool, clear space – to stop and think.'

A thought provoking article.

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## **Article**

### **Useful Camino Podcasts**

A pleasurable way to stay in contact with the Camino is to listen to Camino podcasts. Currently there is one which drops weekly while the rest have less frequent updates. I have found the first two to be consistently interesting and informative and the Camino Café consistently delivers.

#### **My Camino – the podcast**

This podcast (over 262 episodes) is hosted by Australian Dan Mullins. His podcasts began 4 years ago. A scroll through the titles reveals a 'who's who' of the Camino as well as ordinary people often with extraordinary tales. It is really worth checking out the very first episodes to become more familiar with the host's back story. (His first episode backgrounds his first Camino and a couple of others focus on before and after interviews of his second Camino conducted by friend Bill Bennett, who leaves no stone unturned.)

One thing which intrigues and amazes me is Dan's ability to write a different and erudite introduction each week. [Accessing this podcast via Apple Podcasts is assisted by date order headings]

#### **The Camino Podcast**

The Camino Podcast is hosted by American lecturer and guide book writer, Dave Whitson. This podcast focuses on pilgrimage, the Camino de Santiago routes, and others. Stories from the road are shared and the more technical aspects of pilgrimage are discussed. Dave has led numerous pilgrimages for his students, and has co-written a pilgrim guide for the Camino Nordt. He posts infrequently, and at the time of writing has posted 59 episodes.

#### **Camino Café**

The host for this podcast is Leigh Brennan. Most of these podcasts are also available on YouTube. The aim is to inspire those who want to walk and to nurture the Camino essence for those who have already walked. Leigh has the ability to engage in deep conversation with her guests and elicit useful and interesting information. She now lives on the Camino. Quite a gem!

#### **El Camino de Santiago Pilgrims' Podcast**

Until recently this podcast was hosted (73 episodes) by British pilgrim Bradley Chermiside, author of 'The Only Way is West: A Once In a Lifetime Adventure Walking 500 Miles On The Camino de Santiago.' His mission was to draw out from returned pilgrims training tips, places to eat, sleep and things to pack amongst other things. One commentator has analysed episodes and suggested his questioning followed the Hero's Journey. Bradley featured on Dan Mullin's My Camino - the podcast two years ago, (28<sup>th</sup>, May, 2019.) The interview focused on 'The Only Way is West,' [Kindle], where he revealed much about the spiritual aspects of his own Caminos. His successor host is American Andrew Baker.

NB. Bradley has resumed hosting this podcast and has indicated new episodes will appear fortnightly. In fact new episodes are appearing infrequently.

#### **Spirit of the Camino**

Husband and wife Nick and Wendy host a Camino podcast on their 'Spirit of the Camino' website. Series One (7 episodes) focuses on the Portugueses. Series Two 'More Portuguese Ways.' (11 episodes). Episode 11 sees them complete their Camino in Finisterre. They currently reside in Lisbon. For more on Portuguese Caminos visit; [www.spiritofthecamino.com](http://www.spiritofthecamino.com)

### **Coffee and Camino**

The host of this podcast is Australian Luke Mills. To date there are 7 episodes. His mission is to chat to pilgrims young and old from around the world who have walked a Camino or one of the ancient trails. 'Tips, handy hints, songs and memorabilia are discussed as pilgrims reminisce about their Camino adventure.' So far all of his guests have been Australian, the most notable being authors of 'Two Steps Forward,' Graeme Simsion and Anne Buist. [ 'Two Steps Forward,' Graeme Simsion, Anne Buist, Christchurch City Libraries, SIM, (16 copies )] I found the episodes held in cafes less than satisfactory due to the background noise.

### **Clear Skies Camino Podcast - all about the Camino de Santiago**

A podcast featuring interviews with pilgrims who have walked the many paths to Santiago de Compostela. The host is David Smith and there are currently 10 episodes. Ceased production? David was interviewed on My Camino - the podcast on 1 August, 2017.

### **El Camino People – The Podcast**

This podcast premiered on 4 February 2020, and is hosted by Jose M Ardanaz and now has over 40 episodes. It is broadcast in English one week and Spanish the next. I listened to Episode 6 and the guest was Australian Camino writer Margaret Caffyn author of 'Walking Back Home: Finding Clarity on the Camino.' She has also featured on 'My Camino – the podcast.' A treat awaiting exploration!

### **Sacred Steps Podcast**

This podcast series now in its second season is hosted by Kevin Donahue. There are some interesting titles. I just haven't been able to get past the introduction! Also available on You Tube.

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## **Preparing for a Healthy Camino**

Here are some exercises to work on as part of your Camino preparation. The basic activity on the Camino is walking. To do this it is best to remain injury free. Once an injury develops it is difficult to provide the rest required and pilgrims often resort to pain killers. Best to be physically prepared!

### **'Plantar Fasciitis Stretches & Exercises – Ask Dr Jo,'** You Tube, [6.20]

Dr Jo has a series of very practical injury prevention You Tube videos. It is a much better strategy to prevent injury on the Camino. Once injured it is very easy to cause further injury when the gait changes to compensate. As Dr Jo says any issues need to be referred to a professional. I had several sessions with Ushma Cromarty at MoveWell Christchurch. (movewell.net.nz) prior to my last Camino. She checked out my muscle development and gave me a unique set of exercises which I continue performing. I was able to walk 1600 km without painful injury.  
Easy to follow.

### **'8 Plantar Fasciitis Massages You Can Perform Yourself – Healthline.'**

This is a very useful set of stretches to perform at home as part of your Camino preparation. I came across this injury on my first Camino. As it surfaced in the form of incredible heel pain I assumed it was a sore heel. I purchased some heel raising cushions from a pharmacy. (This altered my foot position in my footwear and led to a blister forming. Unfortunately I didn't know to stop immediately to put tape over the forming hotspot!). Luckily I took other measures like RICE which included walking very short days and so the condition didn't have time to develop into a chronic injury. Before my next Camino I religiously performed the recommended stretches

and avoided a recurrence. And I purchased a polystyrene ball from a "2 dollar" shop for massage purposes.

Great.

healthline.com > health

**'Exercises to Help Avoid Plantar Fasciitis,'** Dave Bugg, Camino de Santiago Forum

This is a reprinting of some exercises prior to walking. They are designed to help prevent the onset of this painful injury.

**'Shin Splints Stretches & Exercises - Ask Dr Jo,'** – You Tube, [4.36]

This video demonstrates how to perform these exercise. Chopping a noodle to size would make a light weight valuable addition to the injury prevention kit. As Dr Jo says any issues need to be referred to a professional. I had several sessions with Ushma Cromarty at MoveWell Christchurch. (movewell.net.nz).She checked out my muscle development and gave me a unique set of exercises which I continue performing. My next Camino, (1600 km) was my first without painful injuries.

Useful knowledge.

**'How to Reduce the Risk of Shin Splints While Walking a Camino,'** by Dave Bugg, Camino de Santiago Forum

Dave provides useful Camino centred suggestions for avoiding shin spints.

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### **More Camino Vloggers**

Here is another Camino Vlogger to add to the list featured in the May 2021 newsletter.

#### **Sara Dhooma**

Sarah has kept a vlogging record of an impressive list of Camino journeys; Camino Frances (2104), Portuguese (2015), Camino Ingles, (2017), Camino del Norte ~ Irun to Bilbao, (2017), Camino Connector from St Jean Pied de to Irun, (2017)Via de la Plata Camino, (2018), Camino de Madrid, Ruta de la Lana Camino, (2018), Malaga Mozarabe Camino, (2018) 2019, Camino de San Salvador (2019), Camino Primitivo, (2019), Alternative Muxia and Finisterre Camino 2019 (via Mariana), Camino de Invierno, (2019), Almeida Mozarabe Camino, (2020), Vezelay Camino in France, (2020)

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### **Things to Do In:**

#### **Pamplona**

- Marvel at the moat, walls and draw bridge encountered at the entry of the old town.
- Visit the cathedral
- Partake of tapas in the central square.
- Wander the streets of the old Town in the early evening. Hopefully encounter a street Fiesta.
- Photograph the 'Running of the Bulls' sculpture (Monumento al Encierro) in the centre of the main street.
- Partake of refreshments in Plaza del Castillo while people watching.

## Camino Poem

### Pamplona

Twentieth century suburbs surrender to towering walls  
and fortress ramparts.

Crossing the drawbridge reveals  
a pulsating heart of a medieval city.

A bastion of Navarre culture.

Families of several generations  
gather in leafy parks  
to mix and mingle,  
making the most of late afternoon sunshine.

Black refugees tout their bracelets and handbags  
in the city square,  
while residents and pilgrims relax  
over a pre-dinner glass of red wine.

As night falls narrow cobbled streets abound  
with fun-loving people,  
As exuberant revelers spill onto flagstones.

King Carol 111, and his queen,  
depicted as alabaster effigies  
lie before the cathedral altar in stony silence,  
adding to the gravitas of the evening mass.

© Philip 2013.



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## Camino Story

### A Memorable Moment on the Camino Frances

I was in the habit of entering every open church. What one was likely to encounter was always a mystery, pot luck! Sometimes there was a woman arranging flowers, maybe a wall of gold. All



had the 14 Stations of the Cross and a statue of the Holy Mother, both represented in many different styles. There was no hint from the outside though, that on this occasion I was about to have a memorable experience. After stepping over the threshold I heard the music, an oft repeated classic, emanating from a cassette player. I noted the peaceful atmosphere, an ocean of cool tranquility.

As always I headed for the altar. After surveying the statue of the Virgin Mary I turned and proceeded towards the exit. There at a small desk was a bespectacled nun. She was speaking quietly with a pilgrim. I waited. And then it was my turn. Immediately I was aware that this encounter was special. The nun, focusing all her attention on me, carefully stamped my credential and quietly explained in great detail the symbols on the stamp, in Spanish! She then carefully placed a medallion around my neck and gave me a kiss on either cheek. I thanked her and made my way towards the exit, tears streaming down my face, my being enveloped in grace. I had been in the presence of a remarkable human being! The medal is a gift from Catherine Laboure (1830), it accompanies us, and protects us on the Way.

Picture - Ermita de la Virgen de Monasterio, Rabe de las Calzadas, near Burgos.

## **Camino Tip**

### **Keeping Track of Useful Route Information**

A paper version of the route guidebook is the perfect place to jot useful information. It will be there automatically when the 'night before reading,' occurs. Purchasing the guide as soon as the latest version is available allows notes to be made throughout the planning phase.

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### **Memorable Camino Memoir**

**'Into the Thin, A Pilgrimage Walk Across Northern Spain,'** Stephen Drew, 946 DRE, 2020, Christchurch City Libraries, (3 copies.)

This review appeared in the November, 2021 newsletter. It has been republished with details of the latest podcast interview with the author. This is a very well written Camino memoir and very worthy of your attention.

"This memoir is very well written and will bring back memories as Stephen describes his Camino journey. As promised in the title he does deliver regarding his inner journey."

Stephen discusses his book in the following podcasts.

**Episode 47 - Into the Thin,** The Camino Podcast, [54.14]

An interview with Stephen Drew. A walk towards love and away from guilt and shame.

**Stephen Drew, - 'How the Camino helps us process grief and life's many challenges,'**

Camino Café podcast, July 3, 2021, [56 min]."

**'American pilgrim and writer Stephen Drew's book is called, 'Into the Thin,'** 29 March, 2022, My Camino – the podcast, [1hr. 2min]

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## **Camino Resources**

### **Christchurch City Libraries**

Try accessing the library catalogue utilising 'pilgrimage,' in the subject line. This will produce a comprehensive list of the library network's holdings on the topic. This includes books, e-books, and DVDs.

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## **Reviews**

### **Books**

**'A Pilgrimage to Eternity, From Canterbury to Rome in Search of a Faith,'** Timothy Egan, 2019, Christchurch City Libraries, 263 EGA, [1 copy]. Also available as an audiobook and eBook.

Timothy Egan writes about his pilgrimage along the Via Francigena. Near the beginning of his account he states his terms of engagement: 'My plan is to travel the whole route of the Via Francigena, about twelve hundred miles on foot, two wheels, four wheels, or train – so long as I stay on the 'ground.' During the course of the journey he takes a break and returns to the USA. This book encompasses far more than the journey. We learn about the history of Christianity and Timothy's struggles with the religion of his devoutly Catholic family. He visits sites where there are still reminders of the persecution of those who questioned the direction and motives of the Catholic church over the centuries. Much more than a memoir, and beautifully written.

**'The Kiwi Sisters' Camino Portugues,'** Sue Dwan, Rakuten Kobo, \$NZ 2.74 ~a bargain! This is an account of Catherine and Sue's Portuguese pilgrimage from Lisbon to Santiago de Compostela in 2012. Once again Sue's writing style is conversational and is a brilliant read. The Introduction ~ Similar and yet different, is packed with useful information. Sue tells the story of their pilgrimage along Portugal's central route, and on into Spain. Her final paragraph in Chapter 6 – Post-walk reflections, regarding achieving a state of mindfulness, and the benefits this brings to the pilgrim, for me was the cherry on top of the cake. From our own Sue Dwan, this volume is a literary treasure!

**'Two Steps Onward,'** Graeme Simson, Anne Buist, 2021, Christchurch City Libraries, SIM (15 copies)

Written as a novel, central characters from 'Two Steps Forward,' Martin and Zoe, reunite and make their way to Rome, this time in the company of friends and a relative. As before Simson and Buist write alternate chapters. It's interesting where the narrative overlaps, and we the readers are privy to both interpretations of events. There is enough Camino detail to appreciate their Camino journeys as the story unfolds. To enjoy the story fully it would be best to read 'Two Steps Forward,' first.

A welcome change of format from the usual Camino memoir.

**'Madrid,'** Adam Hopkins, 2018, **'Eye Witness Travel series,** Christchurch City Libraries, 946.41 HOP, (6 copies)

Considering flying in to Spain? Why not visit the capital city Madrid before and after your Camino?

This easy to read guide abounds with maps, illustrations, photographs and text boxes covering all the must see sights. Included are guides to nearby places like Segovia and Toledo. There are also suggested itineraries for 2, 3 and 5 days in Madrid.

**'I'm Off Then, Losing and Finding Myself on the Camino de Santiago,'** Hape Kerkeling, 2006, \$NZ 17.00 Book Depository.

This book by famous comedian Hape Kerkeling introduced the Camino to Germans in much the same way the movie, 'The Way' popularized the Camino Frances in the United States of America. Kerkeling walked in June 2001 over 36 days. I didn't care for his style of humour.

## **You Tube**

**'Finding Our Way – The Caminos de Santiago 2021 Documentary,'** Lisa and Josh, You Tube, [1:20:14]

A very interesting "fly on the wall" account of their Camino Frances. Due to schengen time constraints they opt to omit the meseta. St Jean Pied de Port to Logrono, and Sarria to Santiago de Compostela. Their reaction to their arrival in Santiago is interesting. And luckily saved by them locating Pilgrim House.

**'The Entire Camino in 10 Minutes,'** Homemade Wanderlust, Sept 2020 You Tube, [10 .00]

An excellent overview of a Camino on the Camino Frances to Finisterre.

**Canadian Company of Pilgrims, Camino Sanabres, [29.31]**

An interview with Mary Virtue.

**'Beyond the Way, Beyond, the End'– 00211 [13.57]**

The final episode! In this episode Andrew walks from Finisterre Via Lires to Muxia. Excellent cinematography and thoughtful commentary.

**01|Via Podensis 2021 | Chemin de Saint Jacques, Efren Gonzalez [30.30]**

(Premiered Jan 04, 2022) [from Le Puy-en-Velay]

Efren Gonzalez walks the Via Podensis in August. He immediately captures the commencement of the pilgrimage with breathtaking sequences of the cathedral and monastery buildings flowing on to capture the pilgrim mass and then the unfolding and revealing of the special exit staircase populated by the departing pilgrims. His craft is well honed and he knows how to capture representative scenes, (markets, churches, pilgrim statues etc.). As is his practice his commentary is from a walking adventure, compared with a pilgrimage, point of view.

This time he utilises a very efficient luggage service, and books his accommodation. (It is in the time of Covid-19.) Thus he walks with minimal gear on his back. Once again he employs his drone and his selfie stick to great effect. While viewing this series might take away some of the surprises on balance the knowledge gained could be utilised to get an overall feel for the journey and perhaps a headstart. He has his reflecting umbrella and I heard mention of a quilt. (Perhaps discussed in his "Travelling" episode.)

## **Podcast**

**My Camino – the podcast. Nancy Frey Spain based US anthropologist, 27 March, 2018 [50 mins]**

After discussing various Camino legends regarding St James, Nancy discusses the Camino, the pilgrim and internet connection (at 35 mins) and its negative impact on creating crucial mental space. She gives a caution about keeping your head out of the iCloud. Nancy also hints at the dangers of over planning blunting the Camino experience.

Both interesting and thought provoking.

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## **Index of Newsletter Main Topics**

Via de la Plata, main topic, Vol 1. No 1

Things to Do in Santiago de Compostela, Vol 1. No. 1

Camino Lessons main topic Vol 1. No 2.

Useful Camino de Santiago Resources, Vol 1. No 2

'A Pilgrim's Guide to the Camino de Santiago, Camino Frances, St Jean Pied de Port – Santiago de Compostela. The Ancient pilgrim path also known as The Way of St James,' John Brierley, Vol 1. No 2.

Camino Life Lessons, Vol. 1 No. 3.

36 Camino Memoirs by Routes, Vol 1. No 3.

Featured Topic: Thresholds and Liminality on the Camino de Santiago Vol. 2. No. 1.

Useful Historical Resources for the Camino Frances, Vol 2. No 1.

Historical Sites on Camino Frances, main topic, Vol 2. No 1.

'Sacred Sites, Historic Villages, Local Food and Wine,' Beebe Bahrami, 2019, 498g.  
Christchurch City Libraries, 946 BAH, (4 copies). Vol. 2 No 1.  
Featured Topic: Liminality on the Camino de Santiago Vol. 2 No. 1.  
Featured Topic: Making Use of Technology on the Camino Journey: What am I gaining/losing  
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'Doing the Camino de Santiago can function as excellent therapy to disconnect from  
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