



TYNDALE

• SEMINARY •

Course Syllabus

Spring/Summer 2013

**LEADERSHIP PILGRIMAGE ON THE CAMINO DE SANTIAGO
LEAD 0670**

MAY 12 – 24

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I. COURSE DESCRIPTION

The Way of St. James (Camino de Santiago) pilgrimage route in Spain is integrally related to leadership. James (one of the sons of Zebedee) was in the inner circle of disciples and an apostle credited with bringing the Gospel to Spain. During the last millennium, numerous leaders walked this route (including Francis of Assisi, Dante Alighieri, Brigid of Sweden). People find their callings to be leaders on this path and learn invaluable lessons of leadership too: listening to the journey of others; sharing leadership; challenging oneself physically, mentally and emotionally; encountering God in unexpected ways; walking by faith; staying focused on a goal while working with others; building community and trust; and working collaboratively.

Over eight days, students will walk the last 120 kilometers of the Camino de Santiago and be eligible for the much-coveted Compostela certificate offered by the Santiago Cathedral.

II. LEARNING OUTCOMES

Upon successful completion of the course the student will demonstrate:

- I. biblical, theological, and imaginative reflection on pilgrimage as a literal and metaphorical theme for Christian leadership formation.
- II. biblical reflection on the life leadership lessons of James (Santiago)
- III. listening to other pilgrims: classmates, pilgrims along the way, and historical pilgrims.
- IV. collaboration with others in a team setting.
- V. leadership in a new, challenging, unpredictable, and unfamiliar context.

III. COURSE REQUIREMENTS

A. REQUIRED TEXTBOOKS

Boers, Arthur Paul. *The Way is Made by Walking: A Pilgrimage Along the Camino de Santiago*. Downers Grove IL: InterVarsity, 2007. ISBN 978-0-8308-3507-2

Wright, Tom. *The Way of the Lord: Christian Pilgrimage Today*. Grand Rapids, MI: Eerdmans, 1999.

IV. ASSIGNMENTS AND GRADING

1. Reading Texts Prior to Class: 10% of final grade.

Students read the required texts, both in preparation for the pilgrimage and to be able to reflect on the texts as we journey.

2. Class Participation: 30% of final grade.

All students participate fully in discussions, experiential exercises, corporate worship, and the chores of making such a pilgrimage a success (e.g., sharing tasks related to meals).

3. Journals: Due **60 days after our return**; 30% of grade.

Students keep a journal every day of the pilgrimage, writing in it for approximately thirty minutes per day. These journals are intended for reflection and integration. They are not meant to be a day-by-day description or listing of what occurred. Rather students reflect on the themes of the day – either as posed by the professor or what emerges from their own prayers or conversations with others. Write one final entry after completing the book analyses (see

next assignment). It will be 3 to 5 pages of integration summarizing: what one learned from the course as a whole, what one found challenging, what one hopes to remember well, how this course may impact one's future ministry and leadership.

4. Analyze Two Approved Books from the Selected Bibliography: Due **60 days after our return;** 30% of grade.

Students choose one approved book (i.e., marked with an asterisk in bibliography) each from two of the following areas: Camino de Santiago—General; Camino de Santiago—Humorous, Secular, “Spiritual but not Religious,” and other; Leadership and Pilgrimage; Pilgrimage—Anthropological, Historical and Other Perspectives; Pilgrimage—Christian; Pilgrimage—Secular and Other Narratives; Pilgrimage—Theology and History; Walking and Hiking—Christian; Walking and Hiking—History and Theory; Walking and Hiking—Narratives. (Do not pick both books from the same section.) Write a three-page double-spaced analysis of each book.

Your paper will include the following elements:

- up to one fourth is a careful and objective summary of the book
- up to one fourth delineates strengths and weaknesses of the book and its theory
- up to one fourth reflects on theological and biblical perspectives that are sparked by this book.
- up to one fourth reflects on how you would like what you have learned to inform your own developing ministry/leadership.

V. GENERAL GUIDELINES FOR THE SUBMISSION OF WRITTEN WORK

An excellent guide to writing is Thomas Cronin's *The Write Stuff: Writing as a Performing and Political Art*, Second Edition (Upper Saddle River, NJ: Prentice-Hall, 1993). His first sentence reads: “Leaders are often writers, and great writing is a potent form of leadership; it can heighten consciousness, outrage us, encourage us to protest or even to wage war.” Another fine resource is George Orwell's essay, “Politics and the English Language.”

Papers should meet graduate level academic research standards of Tyndale. Use Turabian/Chicago for formatting, title page, footnotes, bibliography (see the [Chicago-Style Quick Guide](#) or the full edition of the [Chicago Manual of Style Online](#), especially [ch. 14](#)).

Academic Integrity

Integrity in academic work is required of all our students. Academic dishonesty is any breach of this integrity, and includes such practices as cheating (the use of unauthorized material on tests and examinations), submitting the same work for different classes without permission of the instructors; using false information (including false references to secondary sources) in an assignment; improper or unacknowledged collaboration with other students, and plagiarism. Tyndale University College & Seminary takes seriously its responsibility to uphold academic

integrity, and to penalize academic dishonesty. Consequences of plagiarism can range from failing an assignment to failing the entire course.

Students should consult the current Academic Calendar for academic policies on Academic Honesty, Gender Inclusive Language in Written Assignments, Late Papers and Extensions, Return of Assignments, and Grading System. The Academic Calendar is posted at <http://tyndale.ca/registrar>. An excerpt is attached with this syllabus for ease of reference.

Practicalities

As well as submitting hard copy papers, *always simultaneously submit papers as Word.doc attachments to the professor by email (aboers@tyndale.ca)*. This facilitates checking for plagiarism. Papers not submitted both in hard and soft copies will not be graded.

Students are encouraged to print papers double-sided.

Grades for papers submitted late without advance permission are lowered at the rate of one grade per week or fraction thereof (i.e. 7 days late moves grade from A- to B-).

VI. SUMMARY OF ASSIGNMENTS AND GRADING

Evaluation is based upon the completion of the following assignments:

Required Reading	10 %
Class Participation	30 %
Journals	30 %
Two Book Analyses	30 %
Total Grade	100 %

V. SELECTED BIBLIOGRAPHY

(Books marked with an *asterisk are suitable for studying and analyzing for your coursework.)

CATEGORIES/GENRES:

CAMINO DE SANTIAGO—CHRISTIAN ACCOUNTS

CAMINO DE SANTIAGO—FICTION

CAMINO DE SANTIAGO—FILMS

CAMINO DE SANTIAGO—GENERAL

**CAMINO DE SANTIAGO—HUMOROUS, SECULAR, “SPIRITUAL BUT NOT RELIGIOUS,”
AND OTHER**

LEADERSHIP AND PILGRIMAGE

PILGRIMAGE—ANTHROPOLOGICAL, HISTORICAL, AND OTHER PERSPECTIVES

PILGRIMAGE—CHRISTIAN

PILGRIMAGE—FICTIONAL

PILGRIMAGE—PLANNING

PILGRIMAGE—SECULAR AND OTHER NARRATIVES

PILGRIMAGE—THEOLOGY AND HISTORY

WALKING AND HIKING—CHRISTIAN

WALKING AND HIKING—HISTORY AND THEORY

WALKING AND HIKING—NARRATIVES

WALKING AND HIKING—“OTHER” SPIRITUALITIES

CAMINO DE SANTIAGO—CHRISTIAN ACCOUNTS (Since you already read a Christian account of the Camino, analyze books from other genres.)

Boers, Arthur Paul. *The Way is Made by Walking: A Pilgrimage Along the Camino de Santiago*. Downers Grove: InterVarsity, 2007.

Codd, Kevin A. *To the Field of Stars: A Pilgrim’s Journey to Santiago de Compostela*. Grand Rapids: Eerdmans, 2008.

Egan, Kerry. *Fumbling: A Journey of Love, Adventure, and Renewal on the Camino de Santiago*. New York: Broadway Books, 2004.

Hoinacki, Lee. *El Camino: Walking to Santiago de Compostela*. University Park: Penn State Press, 1996.

Rupp, Joyce. *Walk Gently as You Go: Life Lessons from the Camino*. Maryknoll NY: Orbis, 2005.

Schell, Maria and Donald Schell. *My Father, My Daughter: Pilgrims on the Road to Santiago*. New York: Church Publishing House, 2001.

CAMINO DE SANTIAGO—FICTION

Jecks, Michael. *The Templar's Penance*. London: Headline, 2003.

Newman, Sharan. *Strong as Death*. New York: Tom Doherty Associates, 1996.

Tremayne, Peter. *Act of Mercy*. London: Headline, 1999.

CAMINO DE SANTIAGO—FILMS

Sticky Fingers. Written and Directed by Ken Scott. Montreal: Remstar Distribution, 2009.

The Way. Written and Directed by Emilio Estevez. Santa Monica: Artwork, 2011.

CAMINO DE SANTIAGO—GENERAL

*Frey, Nancy Louise. *Pilgrim Stories: On and Off the Road to Santiago*. Berkeley: University of California Press, 1998.

Gitlitz, David M. and Linda Kay Davidson. *The Pilgrimage Road to Santiago: The Complete Cultural Handbook*. New York: St. Martin's Griffin, 2000.

Lozano, Millán Bravo. *A Practical Guide for Pilgrims: The Road to Santiago*. 8th edition. Trans. Sara Keane. Madrid SP: Editorial Everest, 2002.

CAMINO DE SANTIAGO—HUMOROUS, SECULAR, "SPIRITUAL BUT NOT RELIGIOUS," AND OTHER (You may analyze one book in this section as a way of broadening your understanding of how some are reflecting on spirituality in our era.)

*Christmas, Jane. *What the Psychic Told the Pilgrim: A Midlife Misadventure on Spain's Camino de Santiago de Compostela*. Toronto: Greystone Books, 2007.

*Coelho, Paul. *The Pilgrimage*. New York: HarperOne, 2008.

*Hitt, Jack. *Off the Road: A Modern Day Walk Down the Pilgrim's Route into Spain*. New York: Simon & Schuster, 1994.

Kenney, Sue. *Confessions of a Pilgrim*. Washago ON: Stone by Stone Productions, 2007.

* _____. *Sue Kenney's My Camino*. Toronto: Hushion House, 2004.

*Kerkeling, Hape. *I'm Off Then: Losing and Finding Myself on the Camino de Santiago*. Trans. Shelley Frisch. Toronto: Free Press, 2006.

*Kevin, Tony. *Walking the Camino: A Modern Pilgrimage to Santiago*. Victoria AUS: Scribe Publications, 2009.

MacLaine, Shirley. *The Camino: A Journey of the Spirit*. New York: Atria Books, 2001.

*Rudolph, Conrad. *Pilgrimage to the End of the World: The Road to Santiago de Compostela*. Chicago: University of Chicago Press, 2004.

*Sibley, Robert C. *The Way of the Stars: Journeys on the Camino de Santiago*. Charlottesville VI: University of Virginia Press, 2012.

Thatcher, Guy. *A Journey of Days: Relearning Life's Lessons on the Camino de Santiago*. Renfrew ON: General Store Publishing House, 2008.

*Ward, Robert. *All the Good Pilgrims: Tales of the Camino de Santiago*. Toronto: Thomas Allen, 2007.

_____. *Virgin Trails: A Secular Pilgrimage*. Toronto: Key Porter Books, 2002.

LEADERSHIP AND PILGRIMAGE/INTENTIONAL JOURNEY

*Adams, Richard. *Watership Down: A Novel*. New York, NY: Avon, 1972. (Novel)

Alexander, Caroline. *The Endurance: Shackleton's Legendary Antarctic Expedition*. New York: Alfred A. Knopf, 1999.

_____. "The Pastor as Spiritual Orienteer: A Pastoral Theology Approach." In *The Heart of the Matter: Pastoral Ministry in Anabaptist Perspective*. Edited by Erick Sawatzky. Telford, PA: Cascadia Publishing House, 2004.

*Bridges, William. *Managing Transitions: Making the Most of Change*. New York: Addison-Wesley Publishing Company, 1991.

* _____. *Transitions: Making Sense of Life's Changes*. Update Edition. New York: Da Capo Press, 2004.

Dunning, Bruce. *God of Adventure: Exploring How God Teaches through Adventure and Calls Us to do the Same*. Belleville ON: Essence Publishing, 2012.

*Geoffrion, Timothy C. *One Step at a Time: A Pilgrim's Guide to Spirit-Lead Living*. Herndon VA: Alban, 2008.

Lane, Belden. *Desert Spirituality and Cultural Resistance: From Ancient Monks to Mountain Refugees*. Winnipeg: Canadian Mennonite University Press, 2011.

Mandela, Nelson. *Long Walk to Freedom: The Autobiography of Nelson Mandela*. London ENG: Little, Brown, and Company, 1994.

*Manion, Jeff. *The Land Between: Finding God in Difficult Transitions*. Grand Rapids, MI: Zondervan, 2010.

Morrell, Margot and Stephanie Capparell. *Shackleton's Way: Leadership Lessons from the Great Antarctic Explorer*. Toronto: Viking, 2001.

*Quinn, Robert E. *Building the Bridge as You Walk on It*. San Francisco, CA: Jossey-Bass, 2004.

*Rendle, Gilbert R. *Leading Change in the Congregation: Spiritual and Organizational Tools for Leaders*. Herndon, VA: Alban, 1998.

Robinson, Greg. *Adventure and the Way of Jesus: An Experiential Approach to Spiritual Formation*. Bethany OK: Wood 'N' Barnes, 2009.

*Ruf, Frederick J. *Bewildered Travel: The Sacred Quest for Confusion*. Charlottesville VA: University of Virginia Press, 2007.

Tolkien, J. R. R. *Lord of the Rings* trilogy. Toronto: HarperCollins, 1991.(Novels)

PILGRIMAGE—ANTHROPOLOGICAL, HISTORICAL, AND OTHER PERSPECTIVES

*Badone, Ellen and Sharon R. Roseman, eds. *Intersecting Journeys: The Anthropology of Pilgrimage and Tourism*. Chicago: University of Illinois Press, 2004.

Hitchcock Susan Tyler and John L. Esposito. *Geography of Religion: Where God Lives, Where Pilgrims Walk*. Washington DC: National Geographic, 2004.

Ivakhiv, Adrian J. *Claiming Sacred Ground: Pilgrims and Politics at Glastonbury and Sedona*. Indianapolis: Indiana University Press, 2001.

La Corónica: A Journal of Medieval Spanish Language, Literature, and Cultural Studies. Theme: "The Road to Santiago and Pilgrimage." Vol. 36.2. Spring 2008.

*Post, Paul *et al.* *The Modern Pilgrim: Multidisciplinary Explorations of Christian Pilgrimage*. Leuven Belgium: Peeters, 1998.

Turner, Victor and Edith Turner. *Image and Pilgrimage in Christian Culture*. New York: Columbia University Press, 1978.

Yeoman, Peter. *Pilgrimage in Medieval Scotland*. London UK: B.T. Batsford Ltd, 1999.

PILGRIMAGE—CHRISTIAN

Dowse, Ivor R. *The Pilgrim Shrines of England*. London: Faith Press, 1963.

Du Boulay, Shirley. *The Road to Canterbury: A Modern Pilgrimage*. Harrisburg PA: Morehouse, 1994.

*Egeria. *Egeria: Diary of a Pilgrimage*. Trans. George E. Gingras. New York: Newman Press, 1970.

*George, Christian. *Sacred Travels: Recovering the Ancient Practice of Pilgrimage*. Downers Grove IL: InterVarsity, 2006.

*Green, Hannah. *Little Saint*. New York: Random House, 2000.

HAMPL, Patricia. *Virgin Time*. Toronto: Ballantine, 1992.

Keller, Rosanne. *Pilgrim in Time*. Collegeville: Liturgical Press, 2006.

*Kraybill, J. Nelson. *On the Pilgrims' Way: Conversations on Christian Discipleship During a Twelve-Day Walk across England*. Waterloo ON: Herald, 1999.

*Maddix, Tom. *Running Scared: The Call of Pilgrimage*. Ottawa: Novalis, 2005.

McPherson, Anne. *Walking to the Saints: A Little Pilgrimage in France*. Ottawa: Novalis, 2005.

Ogilbee, Mark and Jana Riess. *American Pilgrimage*. Brewster MA: Paraclete, 2006.

Pilgrim. *The Way of a Pilgrim and The Pilgrim Continues His Way*. Trans. Helen Bacovcin. Toronto: Doubleday, 1978.

Shrady, Nicholas. *Sacred Roads: Adventures from the Pilgrimage Trail*. San Francisco: HarperSanFrancisco, 1999.

Sugden, Keith. *Walking the Pilgrim Ways*. Devon UK: David & Charles, 1991.

Taylor, Daniel. *In Search of Sacred Places: Looking for Wisdom on Celtic Holy Islands*. Saint Paul MN: Bog Walk Press, 2005.

Weavings. Theme: "The Road." Vol. 16.6. November/December 2001.

PILGRIMAGE—FICTION

Chaucer, Geoffrey. *The Canterbury Tales*. Toronto: Bantam Books, 1964.

_____. *The Canterbury Tales: A Retelling*. Toronto: Penguin, 2009.

Hesse, Herman. *The Journey to the East*. Trans. Hilda Rosner. London UK: Peter Owen, 2007.

PILGRIMAGE—PLANNING

Dublin Diocesan Jubilee Committee. *A Pilgrim's Handbook*. Dublin Ireland: Columba Press, 1999.

Scaperlanda, María Ruiz and Michael Scaperlanda. *The Journey: A Guide for the Modern Pilgrim*. Chicago: Loyola Press, 2004.

Sellner, Edward C. *Pilgrimage: Exploring a Great Spiritual Practice*. Notre Dame IN: Sorin, 2004

Welch, Sally. *Every Place is Holy Ground: Making a Pilgrimage through Everyday Places*. Norwich UK: Canterbury Press, 2011.

PILGRIMAGE—SECULAR AND OTHER NARRATIVES

*Cousineau, Phil. *The Art of Pilgrimage: The Seeker's Guide to Making Travel Sacred*. Berkeley CA: Conari Press, 1998.

*Gilbert, Elizabeth. *Eat Pray Love*. London UK: Bloomsbury, 2006.

Gover, Katherine, ed. *Solo: Writers on Pilgrimage*. Toronto: McClelland and Stewart, 2004.

*Mahoney, Rosemary. *The Singular Pilgrim: Travels on Sacred Ground*. New York: Houghton Mifflin, 2003.

Noteboom, Cees. *Roads to Santiago: Detours and Riddles in the Lands and History of Spain*. New York: Harcourt Brace & Company, 1999.

*Peace Pilgrim. *Peace Pilgrim: Her Life and Work in Her Own Words*. Santa Fe NM: Ocean Tree, 1991.

PILGRIMAGE—THEOLOGY AND HISTORY

*Bartholomew, Craig and Fred Hughes, eds. *Explorations in a Christian Theology of Pilgrimage*. Burlington VT: Ashgate, 2004.

*Bartholomew, Craig. *Where Mortals Dwell: A Christian View of Place for Today*. Grand Rapids MI: 2011.

Bunyan, John. *The Pilgrim's Process*. Toronto: Penguin, 1987.

Dietz, Maribel. *Wandering Monks, Virgins, and Pilgrims*. University Park PA: Pennsylvania State University Press, 2005.

*Forest, Jim. *The Road to Emmaus: Pilgrimage as a Way of Life*. Maryknoll NY: Orbis, 2007.

*Foster, Charles. *The Sacred Journey*. Nashville: Thomas Nelson, 2010.

Harpur, James. *Sacred Tracks: 2000 Years of Christian Pilgrimage*. Berkeley: University of California Press, 2002.

Hume OSB, Cardinal Basil. *To Be a Pilgrim: A Spiritual Notebook*. Toronto: Harper & Row, 1984.

*Inge, John. *A Christian Theology of Place*. Burlington VT: Ashgate, 2003.

*Jones, Alan. *Passion for Pilgrimage: Notes for the Journey Home*. Toronto: Harper & Row, 1989.

Merton, Thomas. "From Pilgrimage to Crusade." In *Mystics and Zen Masters*. New York: Delta, 1967.

Sugden, Keith. *In the Footsteps of Pilgrims*. Andover UK: Pitkin, 1997. (Booklet)

Verdon, Jean. *Travel in the Middle Ages*. Notre Dame IN: University of Notre Dame Press, 1998.

Walsh, Michael. *Warriors of the Lord: The Military Orders of Christendom*. Grand Rapids: Eerdmans, 2003.

Ward, Benedicta. *Pilgrimage of the Heart*. Oxford UK: SLG Press, 2000. (Booklet)

*Webb-Mitchell, Brett. *Follow Me: Christian Growth on the Pilgrim's Way*. New York: Seabury, 2006.

*_____. *School of the Pilgrim: An Alternative Path to Christian Growth*. Louisville, KY: Westminster John Knox Press, 2007.

Wright, Tom. *The Way of the Lord: Christian Pilgrimage Today*. Grand Rapids, MI: Eerdmans, 1999.

WALKING AND HIKING—CHRISTIAN

Corbett, Jim. *Goatwalking: A Guide to Wildland Living, a Quest for the Peaceable Kingdom*. Toronto: Viking, 1991.

Hasler, Richard A. *Surprises Around the Bend: 50 Adventurous Walkers*. Minneapolis: Augsburg, 2008.

Mundy, Linus. *Prayer-Walking: A Simple Path to Body-and-Soul Fitness*. St. Meinrad IN: Abbey Press, 1994.

*Savage, Scott. *A Plain Life: Walking My Belief*. New York: Ballantine, 2000.

WALKING AND HIKING—HISTORY AND THEORY

*Amato, Joseph A. *On Foot: A History of Walking*. New York: New York University Press, 2004.

Gilbert, Roger *et al*, eds. *The Walker's Literary Companion*. Halcottsville NY: Breakaway Books, 2000.

*Nicholson, Geoff. *The Lost Art of Walking: The History, Science, Philosophy, and Literature of Pedestrianism*. New York: Riverhead Books, 2008.

Soderstrom, Mary. *The Walkable City: From Haussmann's Boulevards to Jane Jacobs' Streets and Beyond*. Montreal: Vehicule Press, 2008.

Speck, Jeff. *Walkable City: How Downtown Can Save America, One Step at a Time*. New York: Farrar, Strauss and Giroux, 2012.

*Solnit, Rebecca. *Wanderlust: A History of Walking*. Toronto: Penguin, 2000.

Sussman, Aaron and Ruth Goode. *The Magic of Walking*. New York: Simon & Schuster, 1967.

Thoreau, Henry David. *Walking*. San Francisco: HarperSanFrancisco, 1994.

WALKING AND HIKING—NARRATIVES

Berger, Karen and Daniel R. Smith. *Where the Waters Divide: A Walk Along America's Continental Divide*. New York: Harmony Books, 1993.

Block, Lawrence. *Step by Step: A Pedestrian Memoir*. New York: HarperCollins, 2009.

*Bryson, Bill. *A Walk in the Woods: Rediscovering America on the Appalachian Trail*. New York: Broadway Books, 1998.

*Ferguson, Will. *Beyond Belfast: A 560-Mile Walk Across Northern Ireland on Sore Feet*. Toronto: Viking Canada, 2009.

*Fletcher, Colin. *The Man Who Walked through Time*. New York: Vintage Books, 1967.

*Francis, John. *Planetwalker: How to Change Your World One Step at a Time*. Point Reyes Station CA: Elephant Mountain Press, 2005.

Joyce, Rachel. *The Unlikely Pilgrimage of Harold Fry: A Novel*. New York: Random House, 2012.

Matthiessen, Peter. *The Snow Leopard: The Astonishing Spiritual Odyssey of a Man in Search of Himself*. Toronto: Bantam, 1978.

Peacock, Doug. *Walking It Off: A Veteran's Chronicle of War and Wilderness*. Spokane WA: Eastern Washington University Press, 2005.

Sinclair, Iain. *London Orbital*. Toronto: Penguin, 2002.

Stewart, Rory. *The Places in Between*. Toronto: Harcourt, 2006.

Strayed, Cheryl. *Wild: From Lost to Found on the Pacific Crest Trail*. New York: Alfred A. Knopf, 2012.

Wilkins, Charles. *Walk to New York: A Journey Out of the Wilds of Canada*. Toronto: Viking Canada, 2004.

Wren, Christopher S. *Walking to Vermont: From Times Square into the Green Mountains – A Homeward Adventure*. Toronto: Doubleday, 2004.

WALKING AND HIKING—“OTHER” SPIRITUALITIES

Altschuler, Stephen. *The Mindful Hiker: On the Trail to Find the Path*. Camarillo CA: DeVors Publications, 2004.

Hanh, Thich Nhat. *A Guide to Walking Meditation*. Nyack NY: Fellowship Publications, 1985.

_____. *The Long Road Turns to Joy: A Guide to Walking Meditation*. Berkeley CA: Parallax Press, 1996.

Kortge, Carolyn Scott. *The Spirited Walker: Fitness Walking for Clarity, Balance, and Spiritual Connection*. San Francisco: HarperSanFrancisco, 1998.