



Carrying Stones: A Spiritual Journey on El Camino

Marcia Whitney-Schenck

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In 2014, Marcia Whitney-Schenck walked 500 miles alone on the ancient path of El Camino to Santiago de Compostela, Spain. She walked slowly, stopped often to think, prayed, and wrote thirty-three meditations. As many pilgrims, she picked up a stone at the beginning of the pilgrimage, which represented the burdens, the fears, and anxieties that we all carry within ourselves at times. The meditations are meant to be an invitation to journey inward, using El Camino as an inspiration to explore why we carry stones and which ones we need to leave behind.

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