

« Fin'Amor e Paratge »

a pilgrimage tour in the lands of the Cathars, the Troubadours and the Magdalene

PROGRAMME 8 – 17 september 2019

Sunday 8th Arrivals – transport provided from Carcassonne airport or station, (before 5pm) to Sougraine - 'Le Jardin de la Sals' where we stay for all 9 nights, breakfasts and evening meals included.

Dinner at 7.30 and a round of introductions.

Monday 9th 9am meet for short talk on the Cathar heritage and planning for the 3 days

10am leave for the enigmatic church at Bugarach

Lunch at Rennes-le-Château with time to explore the Church and Museum

Magdalene meditation in Rennes with David Bailey on piano.

5pm talk on the Cathar faith at Sougraine

Tuesday 10th & Wednesday 11th

Your choice of part day walks on the 'Sentier Cathar' and/or visits to the nearer Châteaux.

Le Jardin de la Sals can provide pick-nics, or we can stop at small shops or restaurants.

Options being worked on :

- Sentier Cathar from Duilhac to Cucugnan – about 4km, relatively flat, with swimming possible at Mill dam - with the alternative of a visit to the Château of Peyrepertuse – a climb, but an impressive site – followed by group visit to the Château of Queribus.

- Sentier Cathar from Camps-sur-Agely to Cubères and on through the Gorge de Galamus, visiting the Hermitage, about 8km, some hill, then on the gorge road – alternative visit to the Château of Puilaurens.

- Sentier Cathar through the Gorges de Frau, or in the Labyrinthe Vert at Nebias, alternative visit to the Château of Roquefixade.

- We are walking and planning other alternatives in spring 2019.

Thursday 12th 9am leave for the Château of Puivert and to the Musée de Quercorb with its

Troubadour instruments.

Then on to Montsegur village for lunch, after to the monument in honour of this emblematic stand of the Parfaits who consciously saw through death. Time to go up to the Château or a stroll on the 'Sentier'.

At dinner Jehanne and Rai join us.

Friday 13th **Workshop of the Beloved Companion** starts

– buffet lunches provided these 3 days.

09:00-16:30 Jehanne de Quillan

History and practice of the community that has for so long safeguarded this Gospel

Introduction to one of its meditation practices.

Examination of the teachings and philosophy in the Gospel.

16.30-18.30 Rai d'Honoré

'Paratge' - the high values of Occitan society, equality and respect.

Saturday 14th

09:00-16:30 Jehanne :

Cathar faith and the message in the Gospel of the Beloved Companion.

The practice and meaning of the Cathar Consolamentum

What is 'Unitive Consciousness' or the 'Kingdom of God'.

16:30-18:30 The history, philosophy, and art of the Troubadours with Rai

Evening concert recital from the group '**La Rosa Trobadoresca**'

Sunday 15th

10:00-13:00 Jehanne & Rai: Discussion & Q&A

What the Gospel teaches us as spiritual practice in today's world.

Afternoon free.

Monday 16th A quiet day to walk to the Fontaine Salé, or the Fontaine d'Amour,

or to visit Rennes-les-Bains and hot springs, or to exchange healings.

Return to Rennes-le-Château for 3pm meditation on the Magdalene with the piano of David Bailey.

Late afternoon a last sharing before dinner.

Tuesday 17th Departures. Transports provided to Carcassonne, arriving before 11am.

You may book extra nights at Sougraine, or in Carcassonne if you want to visit the Cité, or in Toulouse if flying from there.

Transport will be by small coach or cars and mini-bus, depending on numbers.

The two and a half day workshop on 'The Beloved Companion' with Jehanne and Rai can be taken on its own, and non-resident. Apply for prices.

Association Les Bonshommes will make every effort to ensure your comfort and well-being and offer you this full programme, but reserves the right to make changes when necessary.

See separate documents for :

the Beloved Companion Workshop, Payment details, insurance statement, and suggested reading.