

FATHER KAPAUN  
+  
PILGRIMAGE SERIES

STUDY GUIDE

Episode One:  
On Pilgrimage: Walking with Father Kapaun

# COPYRIGHT

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As part of the Father Kapaun Guild, Kapaun's Men is dedicated to spreading devotion to Servant of God Emil Kapaun and inspiring others to imitate his example in their own lives. For more information on Father Kapaun and his cause for Beatification and Canonization, visit the Father Kapaun Guild's website, [www.FatherKapaun.org](http://www.FatherKapaun.org). If you have questions or would like assistance with this series, please contact us at the information at the bottom of this page.

Video Production: Many thanks to Abby Arnold for directing and producing this series, to Nick Dellasega for his help in planning the series, and to Juan Andres Coriat and Alejandro Serruto for their great camera and editing work. We appreciate all of your hard work and your vision to help capture the joy and spirit of the Kapaun Pilgrimage! We also would like to thank all those who were interviewed for the series, especially Joe Farris, who shared our enthusiasm for this project even though it demanded much more from him than our previous work, Dr. Andrew Swafford, Deacon Dana and Debbie Nearmyer, and Sister Altar of Sacrifice. Thank you to all those who appear in the videos and the many more people we interviewed who we were not able to feature.

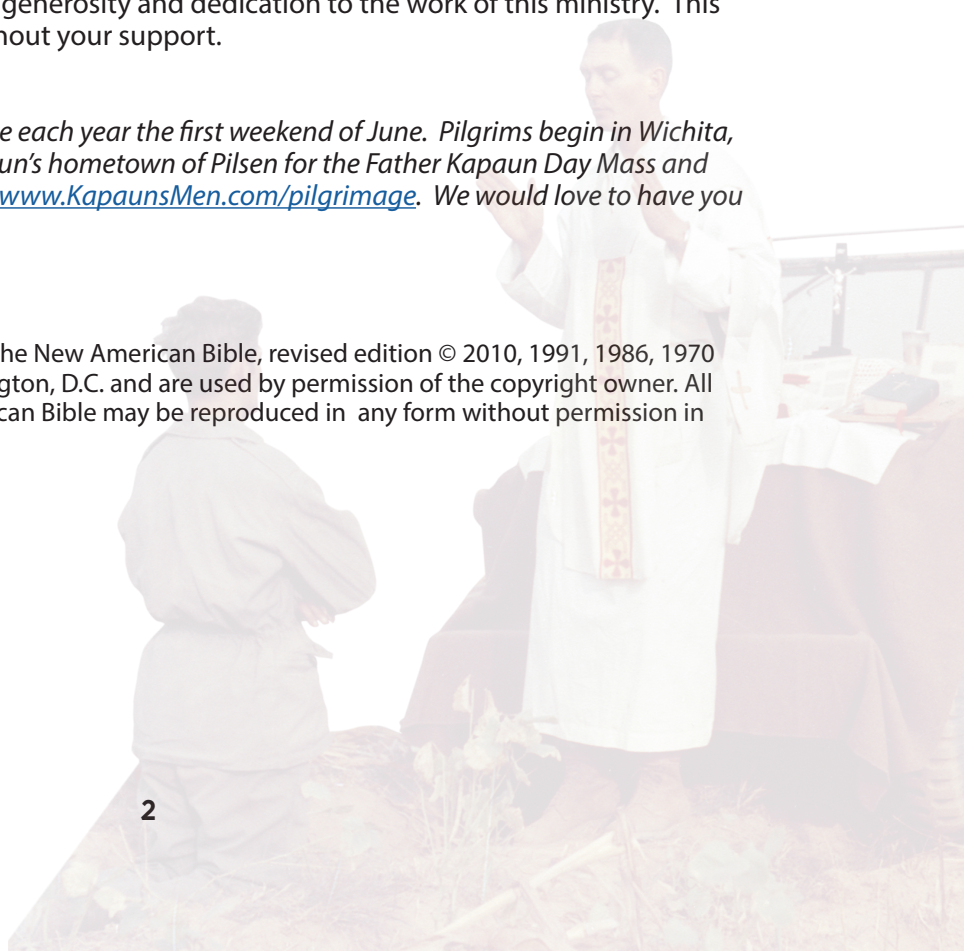
Much gratitude goes to Father Eric Weldon for his dedication to Father Kapaun's story and inviting so many people to enter more fully into their own pilgrimages to heaven. We appreciate your priestly ministry and helping lead the Pilgrimage every year. Thanks also to JP and Audrea Brunke for their hard work coordinating the Pilgrimage, as well as for all the volunteers who help us along the journey. We appreciate your support and dedication, and we couldn't walk without you!

Finally, a debt of gratitude is owed to the Bob Casper family, the Mark Dellasega family, and all our other benefactors. We appreciate your generosity and dedication to the work of this ministry. This series wouldn't have been possible without your support.

*The Father Kapaun Pilgrimage takes place each year the first weekend of June. Pilgrims begin in Wichita, Kansas and walk 60 miles to Father Kapaun's hometown of Pilsen for the Father Kapaun Day Mass and Celebration. For more information go to [www.KapaunsMen.com/pilgrimage](http://www.KapaunsMen.com/pilgrimage). We would love to have you join us!*

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# EPISODE ONE

## *On Pilgrimage: Walking with Father Kapaun*

### OPENING PRAYER

Lord Jesus, in the midst of the folly of war,  
your servant, Chaplain Emil Kapaun,  
spent himself in total service to you  
on the battlefields and  
in the prison camps of Korea,  
until his death at the hands of his captors.

We now ask you, Lord Jesus,  
if it be your will,  
to make known to all the world  
the holiness of Chaplain Kapaun  
and the glory of his complete sacrifice for you  
by signs of miracles and peace.

In your name, Lord, we ask,  
for you are the source of peace,  
the strength of our service to others,  
and our final hope. Amen.

Chaplain Kapaun, pray for us!



### 2 CORINTHIANS 5:1-2, 6-10

For we know that if our earthly dwelling, a tent, should be destroyed,  
we have a building from God, a dwelling not made with hands, eternal in heaven.  
For in this tent we groan, longing to be further clothed with our heavenly habitation.

So we are always courageous, although we know that while we are at home in the body  
we are away from the Lord, for we walk by faith, not by sight.

Yet we are courageous, and we would rather leave the body and go home to the Lord. Therefore,  
we aspire to please him, whether we are at home or away.

For we must all appear before the judgment seat of Christ, so that each one may receive  
recompense, according to what he did in the body, whether good or evil.

### FATHER KAPAUN'S WISDOM

"How many times does not Holy Mother Church tell us that our life on this earth is a journey?  
This earth is not our lasting home. God created us for a higher, a much more perfect home, our  
home in heaven with the joy of God."

- From a Homily by Father Kapaun

## VIDEO NOTES

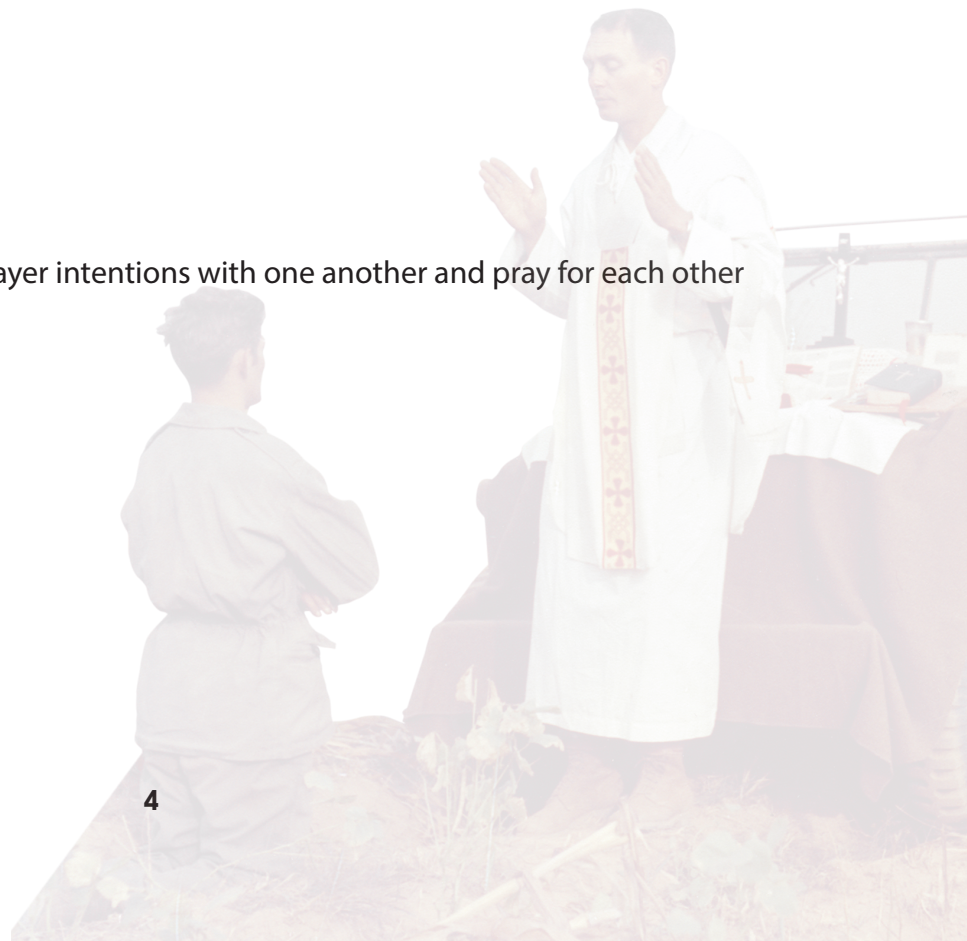
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## DISCUSSION QUESTIONS

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1. Do you view your life as a pilgrimage to heaven? What would be different about your life if you did?

2. Why do you walk? Share your prayer intentions with one another and pray for each other this week.



3. "If you have joy, live it." What is a joy in your life that has been buried under challenges or the daily grind?

4. A pilgrimage is a very active experience. What can you do to become more active in your spiritual life?

5. Each footstep is a prayer; what are some of the normal, everyday things in your life that God is inviting you to offer as a prayer?

## WEEKLY CHALLENGE:

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Be a pilgrim. Walk at least 10 minutes a day and allow the Lord to enter into your journey as you enter into His.





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# PILGRIMAGE SERIES

## STUDY GUIDE

Episode Two:  
Invitation

Presented by



# EPISODE TWO

## *Invitation*

### OPENING PRAYER

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### JOHN 1:35-42

The next day John was there again with two of his disciples,  
and as he watched Jesus walk by, he said, "Behold, the Lamb of God."  
The two disciples heard what he said and followed Jesus.

Jesus turned and saw them following him and said to them, "What are you looking for?" They said to him, "Rabbi" (which translated means Teacher), "where are you staying?" He said to them, "Come, and you will see." So they went and saw where he was staying, and they stayed with him that day. It was about four in the afternoon.

Andrew, the brother of Simon Peter, was one of the two who heard John and followed Jesus. He first found his own brother Simon and told him, "We have found the Messiah" (which is translated Anointed). Then he brought him to Jesus. Jesus looked at him and said, "You are Simon the son of John; you will be called Cephas" (which is translated Peter).

### FATHER KAPAUN'S WISDOM

"And his servants went out into the roads and gathered all whom they found both good and bad; and the marriage feast was filled with guests." (Matthew 22:10) In the Holy Gospel, Our Saviour addressed the people and explained to them about the Kingdom of heaven. He said the Kingdom of heaven is like to a king who made a marriage feast for his son. He invited many people to this marriage, but they would not come....God invites all people to the everlasting joys of heaven. But, sad to say, how many people there are who do not heed the invitation?"

- From a Homily by Father Kapaun



## VIDEO NOTES

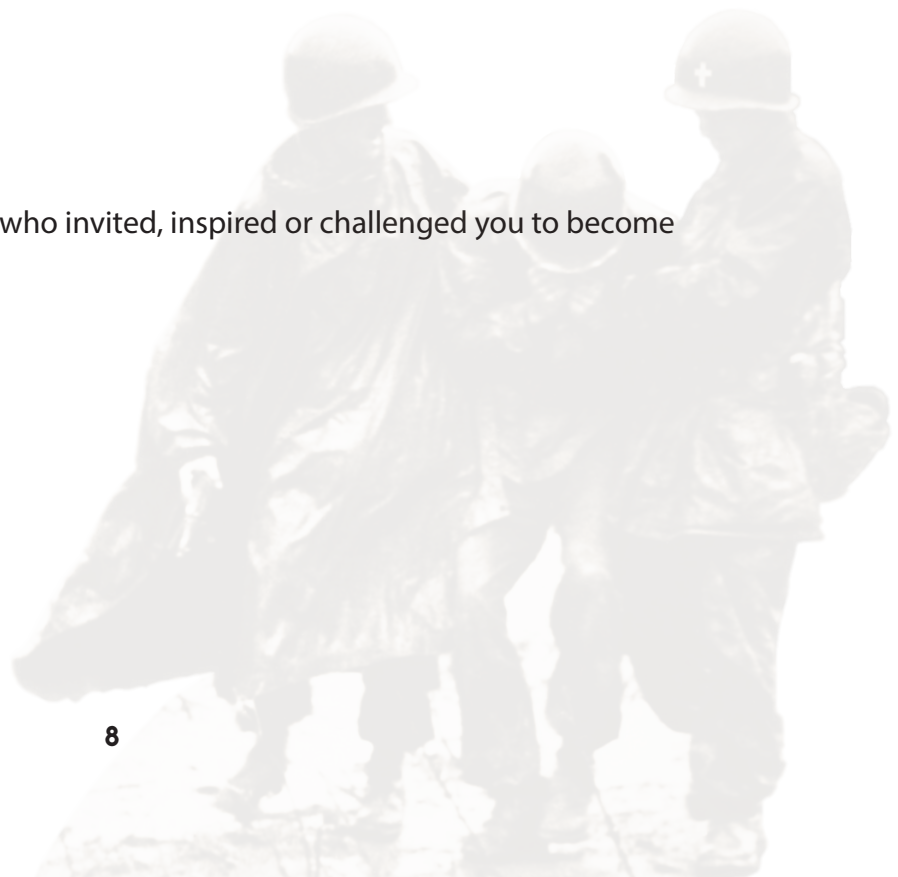
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## DISCUSSION QUESTIONS

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1. What was your "4 o'clock moment" in life? When did you realize God was inviting you personally to journey with him?

2. Has there been a person in your life who invited, inspired or challenged you to become something more?





3. Why did you accept the invitation to be a part of this Pilgrimage Series? What do you think God's invitation to you might be?

4. What would accepting God's invitation to go "all in" look like for you?

5. Do you believe that God simply wants to love you, to forgive you, to make you into a saint?

## **WEEKLY CHALLENGE:**

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Continue to walk 10 minutes a day.  
Focus on how the Lord has invited you in the past and how He might be calling now.

Extend one walk to 30 minutes.



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# PILGRIMAGE SERIES

## STUDY GUIDE

Episode Three:  
Simplicity

Presented by





# EPISODE THREE

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## *Simplicity*

### OPENING PRAYER

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your servant, Chaplain Emil Kapaun,  
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and our final hope. Amen.

Chaplain Kapaun, pray for us!

### MATTHEW 13:18-23

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"Hear then the parable of the sower. The seed sown on the path is the one who hears the word of the kingdom without understanding it, and the evil one comes and steals away what was sown in his heart. The seed sown on rocky ground is the one who hears the word and receives it at once with joy. But he has no root and lasts only for a time. When some tribulation or persecution comes because of the word, he immediately falls away. The seed sown among thorns is the one who hears the word, but then worldly anxiety and the lure of riches choke the word and it bears no fruit.

But the seed sown on rich soil is the one who hears the word and understands it, who indeed bears fruit and yields a hundred or sixty or thirtyfold."

### FATHER KAPAUN'S WISDOM

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"A true Christian should realize that there is only a small comparison between the treasures of this world and the treasures of heaven. Also he should realize that it is far wiser to work for the treasures of heaven rather than to put his heart and soul only in treasures of this world. Likewise the person who has been blessed with many earthly possessions should realize that someday he will have to part with all of them. However until that day of parting, that day of death, does come, he can use these earthly possessions to gain treasures in heaven. Truly wise is the man who appreciates the full value of earthly things in comparison to things of heaven. This man realizes that earthly things are precious for him only in so far as they are used to obtain blessings of heaven."

## VIDEO NOTES

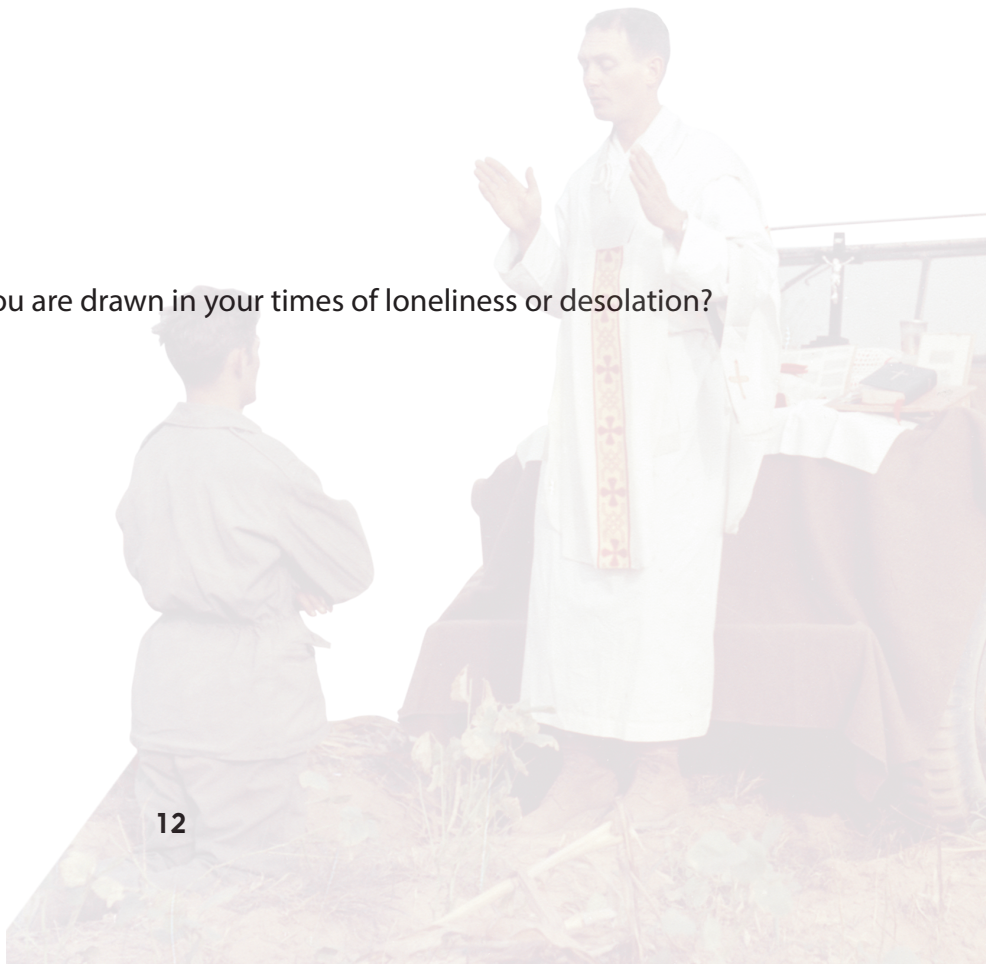
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## DISCUSSION QUESTIONS

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1. What is the beast you are chasing or feeding in life?

2. What are the things to which you are drawn in your times of loneliness or desolation?





3. On pilgrimage what matters most to us often rises to the surface. What matters most to you? What desires or pursuits have distracted you from this?

4. The pilgrim carries only what he or she needs and so is free to hear, to see and to pursue the Lord. Have you ever experienced a freedom that came from simplifying your life?

5. What is one concrete thing that you can do this week to simplify your life and focus on what matters most to you?

## **WEEKLY CHALLENGE:**

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Continue to walk 10 minutes a day, with one 30 minute walk. Take your walks with no distractions- without phones or gadgets.

Discern how you can simplify your life and embrace a spirit of detachment.



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# PILGRIMAGE SERIES



## STUDY GUIDE

Episode Four:  
Accompaniment

Presented by





# EPISODE FOUR

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## *Accompaniment*

### OPENING PRAYER

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Chaplain Kapaun, pray for us!



### SCRIPTURE

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Bear one another's burdens, and so you will fulfill the law of Christ. (Galatians 6:2)

Let us hold unwaveringly to our confession that gives us hope,  
for he who made the promise is trustworthy.

We must consider how to rouse one another to love and good works.

We should not stay away from our assembly, as is the custom of some,  
but encourage one another, and this all the more as you see the day drawing near.

(Hebrews 10:23-25)

### FATHER KAPAUN'S WISDOM

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"My outfit is a training unit, and in case of war we will go first. It makes me feel good to think I can go right along with them." - Letter from Father Kapaun in Japan, May 1950

"God has been very good to me. He chose me for some reason or another to be with the soldiers in this war." - Letter from Father Kapaun in Korea, October 1950

"He inspired people by truly accepting and undergoing their hardships and trials, which to say the least were very, very trying at this time." - Testimony of a fellow soldier from Korea

## VIDEO NOTES

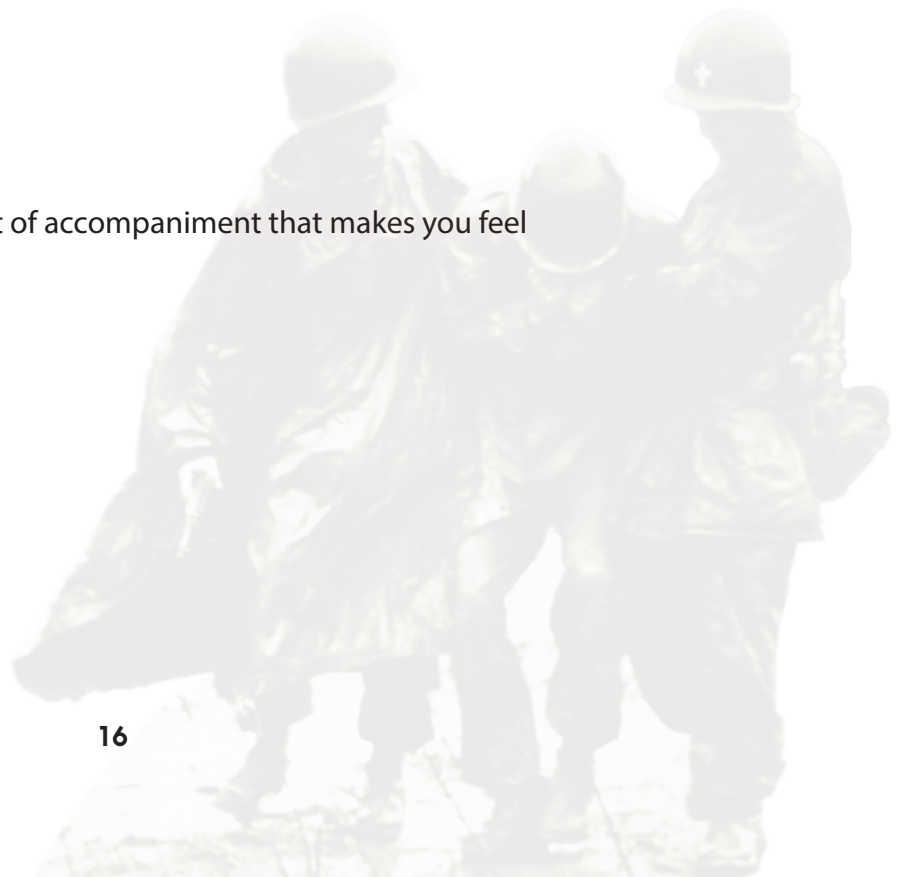
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## DISCUSSION QUESTIONS

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1. Are you in touch with your need for love and communion, or do you avoid it?

2. Is there anything about the concept of accompaniment that makes you feel uncomfortable?





3. How can you be more uplifting, consistent and vulnerable in your relationships with others?

4. Do you have an anchor- outside of your spouse- who you can go to for support? Are you an anchor for anyone?

5. Who has been placed in your life at this moment that God is asking you to accompany at a deeper level?

## **WEEKLY CHALLENGE:**

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Continue to walk 10 minutes a day. Take one long walk (30-60 minutes) with someone who has accompanied you in your life or with someone who needs you to accompany them.



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# PILGRIMAGE SERIES

## STUDY GUIDE

Episode Five:  
Receiving

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KAPAUN'S  
MEN



# EPISODE FIVE

## Receiving

### OPENING PRAYER

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### 1 JOHN 4:9-11, 16, 18-19

In this way the love of God was revealed to us: God sent his only Son into the world so that we might have life through him. In this is love: not that we have loved God, but that he loved us and sent his Son as expiation for our sins. Beloved, if God so loved us, we also must love one another.

We have come to know and to believe in the love God has for us.  
God is love, and whoever remains in love remains in God and God in him.  
There is no fear in love, but perfect love drives out fear because fear has to do with punishment, and so one who fears is not yet perfect in love.  
We love because he first loved us.

### FATHER KAPAUN'S WISDOM

"People are always seeking to be happy. In their souls God placed the living desire to be happy. And this desire in the soul can be fulfilled by no one else than God....In the world today, the people who are humble receive God's blessings. They are the ones who are made happy; they are the ones who receive true joy."

"In receiving Holy Communion we share in the endless love which God has for us, and we receive strength to live our lives amid the trials and hardships which come every day....Let us make frequent use of this great treasure God has placed in this world for us."

- From Homilies by Father Kapaun

## VIDEO NOTES

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## DISCUSSION QUESTIONS

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1. Does your relationship with God begin with an attitude of receiving his love, or do you focus primarily on your actions- on doing what is “right” or “expected”?

2. How can you cultivate a spirit of humility, gratitude and wonder in your daily life? Which of God’s daily gifts are you especially aware of? Which ones do you forget about?





3. "To receive requires humility, which is one of the hardest parts of the spiritual life because it involves surrender." Is there a time when you had to humble yourself and receive the care of others?

4. Think of a difficult or unpleasant time in your life. What is one way God was good to you even in this difficulty?

5. Do you view the sacraments as gifts from God?

## WEEKLY CHALLENGE:

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Continue your daily walks. Take one long walk (30-60 minutes) reflecting on how you receive gifts from others. Pray for the humility to accept gifts from others, and thank them and the Lord for these gifts.



FATHER KAPAUN

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# PILGRIMAGE SERIES

## STUDY GUIDE

Episode Six:  
Fortitude

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# EPISODE SIX

## Fortitude

### OPENING PRAYER

Lord Jesus, in the midst of the folly of war, your servant, Chaplain Emil Kapaun, spent himself in total service to you on the battlefields and in the prison camps of Korea, until his death at the hands of his captors.

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### HEBREWS 12:1-4, 12-13

Therefore, since we are surrounded by so great a cloud of witnesses, let us rid ourselves of every burden and sin that clings to us and persevere in running the race that lies before us while keeping our eyes fixed on Jesus, the leader and perfecter of faith.

For the sake of the joy that lay before him he endured the cross, despising its shame, and has taken his seat at the right of the throne of God.

Consider how he endured such opposition from sinners, in order that you may not grow weary and lose heart. In your struggle against sin you have not yet resisted to the point of shedding blood. So strengthen your drooping hands and your weak knees. Make straight paths for your feet, that what is lame may not be dislocated but healed.

### FATHER KAPAUN'S WISDOM

"From the beginning of his capture, Father Kapaun stepped up to his calling to serve his men. I would compare him to a marathon runner, if I may; he would practice these Christian virtues day after day after day, just as a marathon runner must practice day after day after day. It is relatively easy to go out of your way and be good when it is convenient to do so or to do it one day and the next day you go back to focusing on yourself. Father Kapaun was not like that. He was very purposeful in following Christian virtues, it was not something he did once a day. He practiced these virtues constantly. This is much more difficult than a decision to help once or occasionally."

- Testimony for Father Kapaun's Cause for Sainthood

## VIDEO NOTES

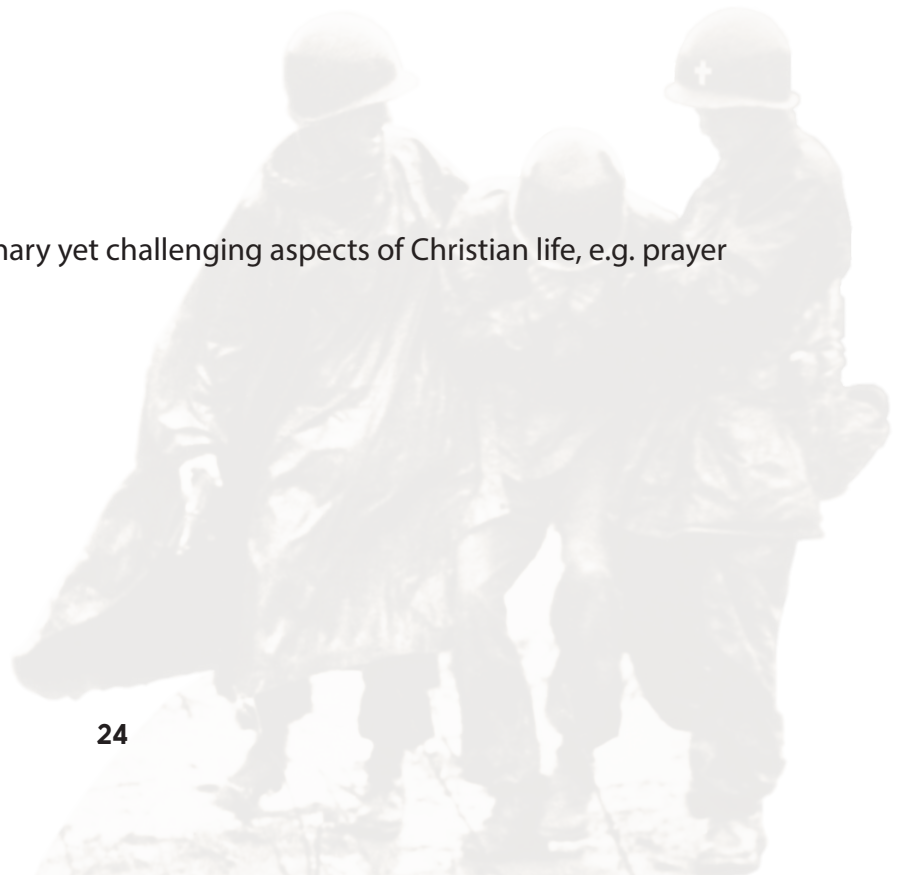
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## DISCUSSION QUESTIONS

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1. When have you seen God overcome your weaknesses or other major obstacles in your life? How does confidence in God's love and grace help you to have courage?

2. Are you willing to embrace the ordinary yet challenging aspects of Christian life, e.g. prayer and fasting?



3. What are some of the daily or weekly disciplines you employ that help you remain faithful?

4. What motivates or inspires you to keep taking the next step on your pilgrimage through life?

5. What is one fault that up to this point you have not had the courage to address? How can you cooperate with grace to overcome it?

## **WEEKLY CHALLENGE:**

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Continue to walk. Pray a rosary each day on your walk this week. Ask Mary and Father Kapaun to assist you with fortitude for the struggles on your journey.





FATHER KAPAUN

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# PILGRIMAGE SERIES

## STUDY GUIDE

Episode Seven:  
Openness to God

Presented by



# EPISODE SEVEN

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## *Openness to God*

### OPENING PRAYER

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### JEREMIAH 29:11-14a

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For I know the plans I have for you, says the LORD, plans for welfare and not for evil, to give you a future and a hope.

Then you will call upon me and come and pray to me, and I will hear you.

You will seek me and find me;

when you seek me with all your heart, I will be found by you, says the LORD.

### FATHER KAPAUN'S WISDOM

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"God deals with the humble of heart, the poor. Rather than entrust His mission upon the haughty powers of the world, He chose to send the word of the Lord to John in the desert.... John received the word of the Lord, and he gladly did what the Lord asked of him. He preached the word of the Lord and at the same time he lived it."

- From a Homily by Father Kapaun



## VIDEO NOTES

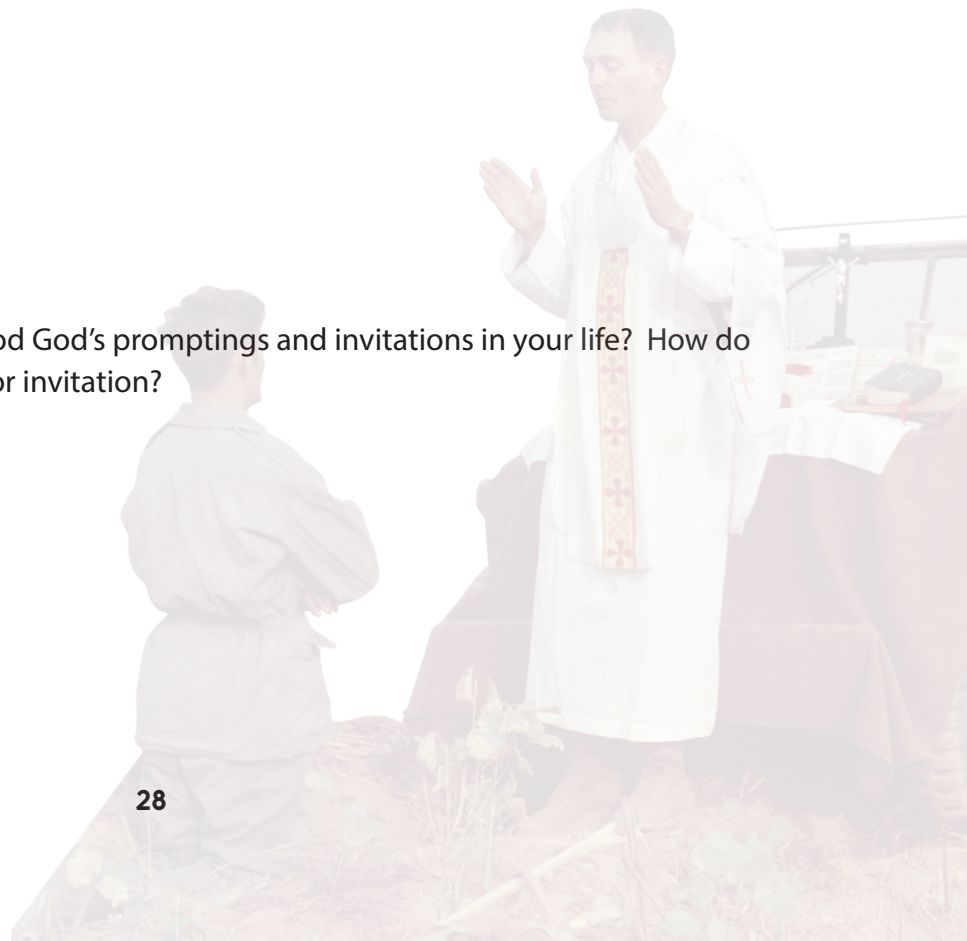
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## DISCUSSION QUESTIONS

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1. Do you believe that God is at work in your daily life? In what ways- big or small- do you see him as an active, real presence in your life right now?

2. Do you think you have understood God's promptings and invitations in your life? How do you personally recognize his voice or invitation?



3. What obstacles stand in your way to having a disposition of openness?

4. Where can you build in time for silence in your daily routine, even if just for a few minutes?

5. God knows the desires of your heart and constantly invites you to respond. In what new areas will you give him permission to act?

## WEEKLY CHALLENGE:

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Continue to walk and extend one walk to an hour. Pray for the Lord to remove any obstacles that keep you from being open to Him. Meditate on the words, “Thy will be done.”





FATHER KAPAUN

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# PILGRIMAGE SERIES

## STUDY GUIDE

Episode Eight:  
Go Forth

Presented by



# EPISODE EIGHT

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## *Go Forth*

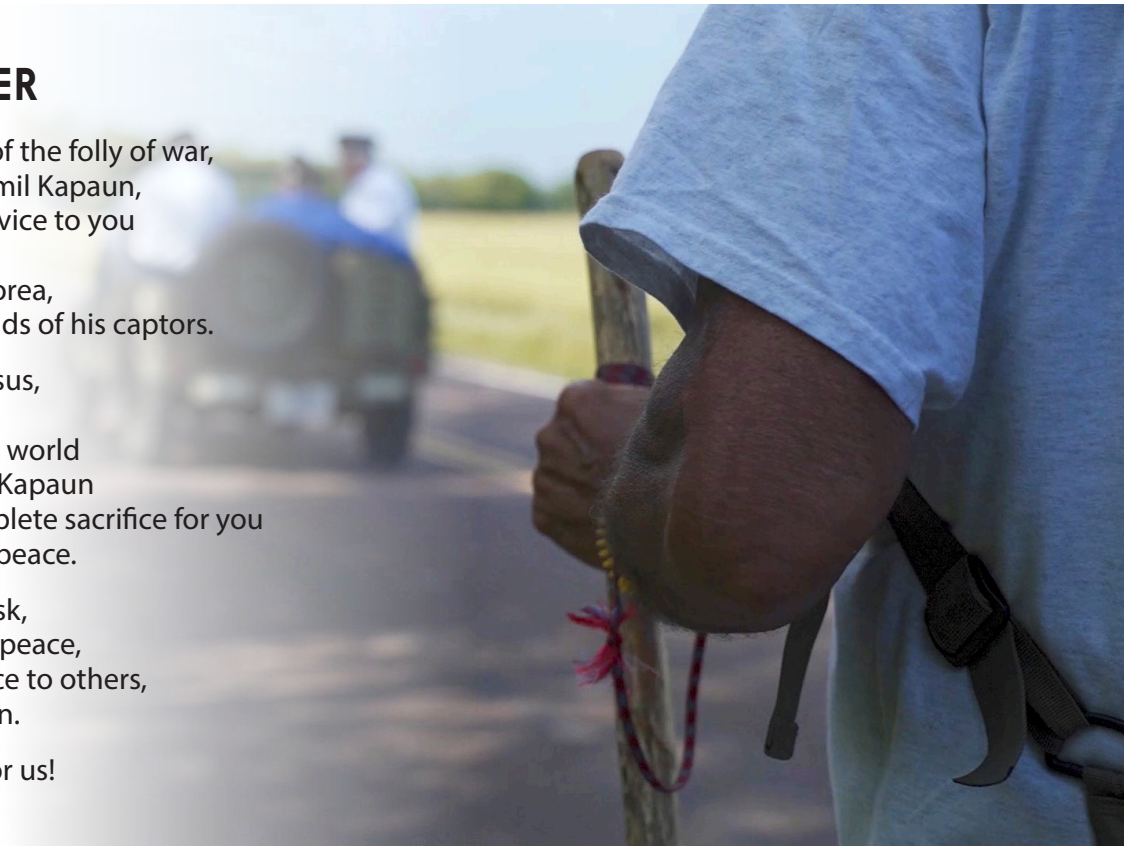
### OPENING PRAYER

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### ACTS OF THE APOSTLES 1:6-8

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When they had gathered together they asked him, "Lord, are you at this time going to restore the kingdom to Israel?"

He answered them, "It is not for you to know the times or seasons that the Father has established by his own authority. But you will receive power when the holy Spirit comes upon you, and you will be my witnesses in Jerusalem, throughout Judea and Samaria, and to the ends of the earth."

### FATHER KAPAUN'S WISDOM

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"Our work with the soldiers is sometimes strenuous, sometimes dangerous, but always worth the effort. My outfits are scattered over a long distance of jungles and mountains... Our personnel are being shipped out rapidly so that the units here have small numbers of men. Hence, in covering long distances we really reach only a few. However, the few are as precious as many, and I believe that a priest who would refuse to go out just for a few would be seriously neglecting his duty. My farthest unit was 170 miles from my office."

- Father Kapaun's Letters from Burma, 1945



## VIDEO NOTES

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### DISCUSSION QUESTIONS

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1. Several of the pilgrims spoke about how evangelization stems from our relationship with Jesus: the more you experience His love, the more you want to share it with others. Does your relationship with Jesus move you this much? Why or why not?

2. What is the greatest gift about your faith that you would want others to share in?



3. Joe Farris shared that some missionaries would spend 6 months listening after arriving in a new mission territory before talking about the faith. If you opened your heart to listen to those around you, what do you think you might hear?

4. What does “going forth” look like for you?

5. What has God shown you about yourself during this series? What insight will best serve you as you continue your pilgrimage through life?

## WEEKLY CHALLENGE:

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Go forth.

Share this series with someone and continue to use your pilgrim’s disposition of simplicity, openness, fortitude and joy to lead others closer to Christ.

