

# A PILGRIM'S WAY

Sunday September 25 – Thursday September 29, 2022



The Sorrento Centre is on the traditional and unceded lands of the Secwépemc First Nation. Since time immemorial, the Secwepemc people have practiced virtues of harmony and generosity.

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## Facilitators

Ken Gray  
Phil McIntyre-Paul  
Michael Shapcott

## Our daily round

Breakfast 07:30  
Worship and preparation 09:00  
Set out 09:30  
Lunch *en route*  
Return to Centre 15:00  
Worship and conversation 16:30 (or evening)  
Dinner 18:00  
Quiet time

## Around the province

During the Season of Creation 2022  
*Walks are scheduled as follows (subject to update)*

June 25	Day event	Camp Caledonia	Louise Peters <a href="mailto:peters57@telus.net">peters57@telus.net</a>
Aug 28 - Sept 4	7 days	Southern Vancouver Island	Wally Eamer <a href="mailto:weamer@bc.anglican.ca">weamer@bc.anglican.ca</a>
Sept 3	1-6 pm	St Thomas and Holy Cross, Vancouver	Alecia Greenfield <a href="mailto:aleciadgreenfield@gmail.com">aleciadgreenfield@gmail.com</a>
Sept 10	Afternoon	North Vancouver pilgrimage	Elizabeth Mathers <a href="mailto:mathers@telus.net">mathers@telus.net</a>
Sept 10	Afternoon	St George Ft Langley	Roy Cline <a href="mailto:clineroy@gmail.com">clineroy@gmail.com</a>
Sept 24	Provincial Synod	Sorrento Centre	Ken Gray <a href="mailto:grayintheforest@shaw.ca">grayintheforest@shaw.ca</a>
Sept 25 - 29	5 days	Sorento Centre	Ken Gray <a href="mailto:grayintheforest@shaw.ca">grayintheforest@shaw.ca</a>
Oct 1	All day	St Dunstan's Aldergrove	Alecia Greenfield <a href="mailto:aleciadgreenfield@gmail.com">aleciadgreenfield@gmail.com</a>



## Introduction

Responding to increasing and widespread interest in ecological justice issues throughout our ecclesiastical province, the Social and Ecological Justice Working Group (SEJ) prepares both programmes and materials to explore the foundational relationship between Christian faith, justice and the environment. While our remit includes both social and ecological justice, our members presently focus on ecological justice issues, most appropriately in light of the Climate Emergency.

We do so knowing that our call to steward the gift of creation, both individually and collectively, has been in many cases ignored, even opposed. “The recovery of creation as the horizon of biblical theology encourages us to contribute to the resolution of the ecological crisis,” writes Old Testament scholar Walter Brueggemann.

The [Fifth Mark of Mission of the Anglican Communion](#) (and the sixth baptismal promise) encourages and challenges us “to strive to safeguard the integrity of creation, and sustain and renew the life of the earth.”

The 2022 Pilgrimages strive to connect Anglicans, those of other denominations (or of no affiliation or experience), those who wish to experience creation, grace and peace by intentionally moving through creation in the regions of our Province.

Welcome to our shared endeavour.



## Why Pilgrimage? Why now?

It was Good Friday, 1979. I had made a pilgrimage with approximately 30 other walkers from the west coast of Britain to the east coast. We stood on the shore across from the ancient monastic pilgrimage destination called Holy Island, or Lindisfarne. We were joined by fellow pilgrims from Edinburgh and Newcastle, in total about 150 walkers, mostly students, accompanied by clergy, friends and hiking enthusiasts. Some were devoutly religious; others were curious adventurers. We had travelled just south of the Scottish Border, near the town of Berwick Upon Tweed; we had followed the Pennine Way and had traversed part of Hadrian's Wall. We were together with each other, with history, with creation and with God.

We had travelled some 125 miles over six days. Carrying full packs we were tired; our feet were sore; in some cases emotions were raw; we were grubby and smelly. Yet despite all that, there we stood viewing the island glimpsed by Saints Cuthbert and Aidan; we stood on the edge of the unsettling world of the North Sea -- crashing waves, cold wind, salty spray -- and the causeway passable only at low tide on certain days in particular seasons.

We pilgrims joined those who over centuries sought release from the ordinary in order to glimpse and experience the extra-ordinary, a metaphysical taste of God in all divine fullness, a real presence in our lives, invigorating our faith, inspiring our loves,



Not all pilgrimages are so romantic, historic, dynamic or emotive. They don't have to be. During the pandemic many joked about the pilgrimage from the home office to the kitchen and back. My own household was blessed with a young Labradoodle, who pandemic or not, needed her own pilgrimage to the rolling hills of Kamloops.

A few years ago I enjoyed the movie *The Way*, starring Martin Sheen. Determined to finish his late son's Camino journey, he carries cremated remains in an act of sacred disposition. The path followed is the historic pilgrimage to Santiago de Compostela, a route and practice increasingly

popular for many Canadians who seek time and space for a deeper engagement with life, love and the beauty of Creation. Many have been richly blessed by that particular historic walk. They identify the walk as both an invitation and a reward. The Camino however is not the only accessible pilgrimage. We can walk anywhere, anytime, especially throughout beautiful British Columbia, which many will during 2022 as part of a special Anglican Pilgrimage initiative.

There are many reasons to make a pilgrimage, alone or in community. Pilgrimages can be long or short -- a half day, to a week or months. Some break walks into short sections depending on their availability; others have the opportunity for longer periods of time and travel. Time or circumstance are not the most important factors in making a pilgrimage. Intention and it's first cousin, desire, are the most important requirements for a fruitful pilgrimage.



So ask yourself a simple question -- can you separate yourself for a time, from pressing commitments, from work or other activity, from the delights and demands of family life and friendship circles, just for a time, intentionally? As with much religion and spirituality, the intention to live and love differently, even briefly, will provide the necessary detachment to enter into a different creative, thoughtful or prayerful space.

A second feature of pilgrimage, in fact one of its greatest gifts, is the opportunity to discover in a new way your place in a messy, mucky world, by taking yourself out of the action, for a time and for a reason – personal, social and spiritual refreshment. An intentional walk/pilgrimage shaped by a director can increase self-awareness and help you reflect upon and cherish all your connections – with people, with nature and beauty, with all creation and with God-in-Jesus.

Another reason people pursue pilgrimage is to reckon in a new way with demanding life situations, with health concerns, with changing relationships. Pilgrimage is not therapy, though its benefits and yield therapeutic results. Slowing life down, to a walking pace, governed more by breathing than by external demands of obligations steadies the heart and mind, offering time for

thought deeper than what is possible in normal circumstances. Step by step, the transition from one foot to another will connect in a visceral way with the transitions of life.

These pilgrimages we now promote are specially designed to refurbish our respect for, delight in and engagement with creation. We do so knowing very well that creation itself is injured; God's world is in the critical care ward, crying for health and recovery. We know the effects of the climate emergency in our front and back yards. A deep engagement with the earth, mobilized by the physical discipline of walking, from one physical point to another, with a clear destination in sight, with other like-minded and heart-equipped pilgrims will generate hope and resilience in a new community with other travelers.

If you asked a Camino traveler about their greatest memory of their particular pilgrimage, all would mention the path and the place of the journey. Years afterward most will go further, saying that it is the conversations and the stories shared along the way that stay in the memory best.

The trailhead awaits . . . may these words constitute an invitation to a particular adventure, in faith, hope and love, through pilgrimage.





## Readings

### **The Art of Pilgrimage: The Seekers Guide to Making Travel Sacred** Phil Cousineau (1998)

*An invitation to the spiritual practice of pilgrimage through poetry, art and personal stories.*

### **The Sacred Journey (2010)**

Charles Forster

*Biblically grounded romp through the elements of pilgrimage from a male perspective.*

### **Wanderlust: A History of Walking (2001)**

Rebecca Solnit

*Not a specifically spiritual book. The chapters on pilgrimage connect spiritual practice and protest walks. This book acknowledges that women and people of colour may experience walking in public through the lens of past and present harms.*





## Daily Rites

### IN THE MORNING

O Lord, open our lips  
**and our mouth shall proclaim your praise.**  
May Christ the daystar dawn in our hearts  
**and triumph over the shades of night.**

Blessed are you, creator of all,  
to you be praise and glory for ever.  
As your dawn renews the face of the earth  
bringing light and life to all creation,  
may we rejoice in this day you have made;  
as we wake refreshed from the depths of sleep,  
open our eyes to behold your presence  
and strengthen our hands to do your will,  
that the world may rejoice and give you praise.

Blessed be God, Father, Son and Holy Spirit.  
**Blessed be God for ever.**

The night has passed, and the day lies open before us;  
let us pray with one heart and mind.  
**As we rejoice in the gift of this new day,**  
**so may the light of your presence, O God,**  
**set our hearts on fire with love for you;**  
**now and for ever. Amen.**

### AT EVENTIDE

O Lord, open our lips  
**and our mouth shall proclaim your praise.**  
Visit us with your salvation  
**and sustain us with your gracious Spirit.**

Blessed are you, Sovereign God, creator of all,  
to you be glory and praise for ever.

**You founded the earth in the beginning  
and the heavens are the work of your hands.**

In the fullness of time you made us in your image,  
and in these last days you have spoken to us  
in your Son Jesus Christ, the Word made flesh.

**As we rejoice in the gift of your presence among us  
let the light of your love always shine in our hearts,  
your Spirit ever renew our lives  
and your praises ever be on our lips.**

Blessed be God, Source of all being,  
**Eternal Word and Holy Spirit. Amen.**

#### LITURGY FROM THE IONA COMMUNITY

*A pilgrimage is a journey whose destination is ultimately the same as that  
from which you set out: through it, you are asking God to show you your life,  
your home, your place, in a new light.*

The day is coming  
when things will change.  
**The day is coming when we will set out.**

The day is coming to cross the sea, to touch the earth,  
to plant a seed, to trust ... and not look back.  
**To trust and not look back.**

The day has come when Christ sets out.  
**The day has come for food and friendship.**

The day has come, not to flee but to embrace;  
not to escape but to welcome;  
not to shut out but, in safety and in community,  
to trust and not look back.  
**To trust and not look back.**

Soon we will set out.  
We will find our ways converge  
and come together  
for no one can always travel alone.  
Strangers will cross our path.  
But so will angels.  
And there's the risk.

*So we take time now to consider a person/people alongside whom we might like to walk in prayer. For them, we give up some time, some effort, some space ...*

*Time for silent prayer - Prayer action: Passing a stone or cross amongst the group while praying aloud for people or situations, ending with silence.*

God, who brings us together,  
re-member us and all we care for.  
Add your prayer to ours –  
for this land, this world,  
and our daily lives. **Amen.**

**Downtrodden Christ,**  
**as we set out in sandals, boots and runners;**  
**on wheels, and borne by angels;**  
**Be our leader and our guide,**  
**Holding our back;**

**Shouldering our patience,**  
**With each other,**  
**With each creature,**  
**With ourselves,**  
**With God's good intent**  
**all around us**  
**On our way. Amen**

*A prayer for the journey*

Journeying with you, Creator God,  
is to journey in your world,  
full of marvels and such beauty.  
**To glimpse eternity in sky and sea,**



to feel the earth and rock beneath my feet.  
Journeying with you, brother Jesus,  
is to journey with your friends.  
**To meet and travel a while together,  
then part at the crossroads,  
knowing you are with us all.**

Journeying with you, Holy Spirit,  
is to journey with the wind.  
**To move to your wild music  
then try to sing your song  
so others may hear.**

#### EUCHARISTIC PRAYER

The Lord is here.  
**God's Spirit is with us.**

Lift up your hearts.  
**We lift them to the Lord.**

Let us give thanks to the Lord our God.  
**It is right to offer thanks and praise.**

It is our duty and our joy  
to give you thanks and praise, O God,  
creator and sustainer of the universe.

We give you thanks  
for sun and sea and sky, for bush and birds,  
for phases of the moon, for stars at night,  
and planets in their courses.  
All you make is very good.

For the universe we praise you  
**we worship and adore you.**

We give you thanks  
for our creation and our calling,  
for friendship and community,  
for love and laughter,  
tears and pain of growth.

For your gift of life we praise you  
**we worship and adore you.**

We give you thanks with those who went before us,  
with saints and martyrs,  
evangelists and prophets.

With all who stand before you in earth and heaven,  
from every culture, land and tongue,  
we praise you, giving voice to every creature,  
as we join the never ending hymn:

**Holy, holy, holy Lord,  
God of power and might,  
heaven and earth are full of your glory.  
Hosanna in the highest.  
Blessed is the One who comes in the name of the Lord.  
Hosanna in the highest.**

Blessed are you, most Holy, in Jesus Christ,  
who came among us as a servant and a friend  
to reconcile us to yourself.  
We thank you for that life of love,  
the good news of your reign,

and the promise of a banquet  
where all your children shall be free.

For your gift of Christ we praise you  
**we worship and adore you.**

To you indeed be glory, almighty God,  
because on the night before he died,  
your Son, Jesus Christ, took bread;  
when he had given you thanks,  
he broke it, gave it to his disciples, and said:  
Take, eat, this is my body  
which is given for you;  
do this to remember me.

After supper he took the cup;  
when he had given you thanks,  
he gave it to them and said:  
This cup is the new covenant in my blood  
poured out for you;  
do this as often as you drink it  
to remember me.

For new life in Christ we praise you  
**we worship and adore you.**

Therefore, loving God,  
recalling now Christ's death and resurrection,  
we ask you to accept  
this our sacrifice of praise.  
Send your Holy Spirit upon us  
and our celebration,



that we may be fed with the body and blood of your Son  
and be filled with your life and goodness.

Strengthen us to do your work,  
To walk in your ways,  
and to be your body in the world.  
Unite us in Christ  
and give us your peace.

For the peace of Christ we praise you  
**we worship and adore you.**

Through Christ our Redeemer,  
in the power of the Spirit,  
all praise and thanks be yours, Creator God,  
now and for ever.

**Amen.**



## Questions for pilgrims

### *Questions for discussion, journaling or reflection before walking*

These pilgrimages have been introduced with a heart for social and ecological justice. We pray that as we walk our footsteps into the earth that this is also a time to listen to for God the world.

- What hopes and expectations do I have about this pilgrimage?
- How do I hear God's Word in the world?
- What are my expectations about the justice issues of the place I will walk?

### *Questions for discussion, journaling or reflection after walking*

- What places of beauty did I witness? What do I learn about God in beauty?
- What places of injustice did I witness? What do I learn about myself in injustice?
- What places of justice did I witness? What do I learn about God in justice?

### *Ongoing discussion*

- How might we the church be transformed by taking our bodies out of the church into the world?
- How is your attention in the world (and with God) different when you are formally in pilgrimage?
- What will you take from this time forward as we journey towards the kingdom of God?

## Scriptures for walking

### **The discipline of letting go (Luke 9:57–62)**

Along the way, someone said to Jesus, 'I'll go anywhere with you!' Jesus said, 'Foxes have dens, and birds have nests; but the Son of Man doesn't have a place to call his own.'

Jesus told someone else to come with him. But they said, 'Lord, let me wait until I bury my father.' Jesus answered, 'Let the dead take care of the dead; whilst you go and tell about God's kingdom.' Then someone said to Jesus, 'I want to go with you, Lord; but first let me go back and take care of things at home.' Jesus answered, 'Anyone who starts ploughing and keeps looking back isn't worth a thing to God's kingdom.'

### **Costs and rewards of walking Christ's way (Mark 10:30)**

Jesus said: 'You can be sure that anyone who gives up home or brothers or sisters or mother or father or children or land for me and for the good news will be rewarded. In this world they will be given a hundred times as many houses and brothers and sisters and mothers and children and pieces of land, though they will also be ill-treated.'

### **On the Road to Emmaus (Luke 24:13-15)**

Now that same day two of them were going to a village called Emmaus, about seven miles[a] from Jerusalem. They were talking with each other about everything that had happened. As they talked and discussed these things with each other, Jesus himself came up and walked along with them.

### **A song of ascents. (Psalm 121)**

I lift up my eyes to the mountains—  
where does my help come from?

My help comes from the Lord,  
the Maker of heaven and earth.



He will not let your foot slip—  
he who watches over you will not slumber;

indeed, he who watches over Israel  
will neither slumber nor sleep.

The Lord watches over you—  
the Lord is your shade at your right hand;

the sun will not harm you by day,  
nor the moon by night.

The Lord will keep you from all harm—  
he will watch over your life;

the Lord will watch over your coming and going  
both now and forevermore.



## Reflections and features

### **The Existential Toolkit - A Growing Hub of Resources for Climate Justice Educators – Elin Kelsey**

With feelings of climate anxiety and eco-grief on the rise, educators across disciplines need resources to help students develop the emotional resilience to stay engaged in the work of climate justice. This toolkit helps educators and students navigate the long emergency ahead without becoming overwhelmed by despair. The resources in this project have been crowdsourced from an international community of scholars, educators, and climate justice leaders focused on addressing the emotional impact of climate disruption.

<https://www.existentialtoolkit.com/>

### **Kateri Tekakwitha, known as the Lily of the Mohawks**

First North American Aboriginal person elevated to sainthood (born in 1656 at Ossernenon in Iroquois country, now Auriesville, NY; died 17 April 1680 at the St. Francis Xavier Mission at Sault St. Louis, New France, now Kahnawake).

*Kateri, if you walked among us, what scents would tickle your nose?*

*The sweetgrass, the crisp autumn leaves, the damp earth in springtime,  
the fire that crackles and brings family together...*

*We are all responsible for safeguarding our common home,  
Creation and its creatures.*

*Let us listen to the wisdom of your Peoples,  
who are guardians of the lands and the waters.*

<https://crc-canada.org/en/with-your-eyes-kateri/?fbclid=IwAR1ts3Si6WrpCnhA0Bv0higyMYFZTuUAKj7dj6umNfZhlWnzRk4weFhyvGQ>

### **Praying for Good Hunting in the Fall**

How Indigenous Cree Spirituality Teaches Us Repentance That Leads to Life -  
By Ray Aldred

*When I relate this story, sometimes people ask, "How do you know it was good hunting?" I replied, "If you make it through the winter alive, it was good hunting."*

<https://sojo.net/articles/faith-action/praying-good-hunting-fall>

## Hymnal and Songs

Who would true valour see,  
let them come hither;  
those here will constant be,  
come wind, come weather.  
There's no discouragement  
shall make them once relent  
each from a vowed intent  
to be a pilgrim.

Those who beset them round  
with dismal stories  
cannot the brave confound:  
their strength the more is.  
No lion can them fright,

they'll with a giant fight,  
but each will have a right  
to be a pilgrim.

Hobgoblin nor foul fiend  
can daunt their spirit:  
they know they at the end  
shall life inherit.  
Then fancies fly away;  
they'll scorn what people say,  
and each work night and day  
to be a pilgrim.

Australian Hymn Book

<https://youtu.be/IiSAjwtpFUc>

**Lord Jesus, of you I will sing as I journey.**

I'll tell all my friends about you where ever I go.  
You alone are our life and our peace and our love.  
Lord Jesus, of you I will sing as I journey.

Lord Jesus, I'll praise you as long as I journey.  
May all of my joy be a faithful reflection of you.  
May the earth and the sea and the sky join my song.  
Lord Jesus, I'll praise you as long as I journey.

As long as I live, Jesus, make me your servant.  
To carry your cross and to share all your burdens and tears.  
For you saved me by giving your body and blood.  
As long as I live, Jesus, make me your servant.

I fear in the dark and the doubt of my journey;  
but courage will come with the sound of your steps by my side.  
And with all of the family you saved by your love,  
we'll sing to your dawn at the end of your journey.

[https://youtu.be/wYv9mh\\_3Dzg](https://youtu.be/wYv9mh_3Dzg)



**Lord, whose love in humble service**  
ore the weight of human need,  
who upon the cross, forsaken,  
worked your mercy's perfect deed:  
we, your servants, bring the worship  
not of voice alone, but heart;  
consecrating to your purpose  
ev'ry gift which you impart.

Still your children wander homeless;  
still the hungry cry for bread;  
still the captives long for freedom;  
still in grief we mourn our dead.  
As you, Lord, in deep compassion  
healed the sick and freed the soul,  
by your Spirit send your power  
to our world to make it whole.

**Come and journey with a Saviour**  
who has called us from our birth,  
who has washed us in the waters,  
and who loved us on the earth.  
COME AND JOURNEY, COME AND JOURNEY  
WITH A SAVIOUR WHO HAS COME.  
WE ARE ALL GOD'S SONS AND DAUGHTERS;  
IN THE SPIRIT WE ARE ONE.

Come and journey, journey inward,  
come and seek him deep within,  
where he meets us in our living,  
in our striving and our sin.  
COME AND JOURNEY

Come and journey, journey outward,  
telling others of his name,  
telling others of his glory,  
of his cross and of the shame.  
COME AND JOURNEY

As we worship, grant us vision,  
till your love's revealing light  
in its height and depth and greatness  
dawns upon our quickened sight,  
making known the needs and burdens  
your compassion bids us bear,  
stirring us to ardent service,  
your abundant life to share.

Called by worship to your service,  
forth in your dear name we go,  
to the child, the youth, the aged,  
love in living deeds to show;  
hope and health, good will and comfort,  
counsel, aid and peace we give,  
that your servants, Lord, in freedom  
may your mercy know and live.  
<https://youtu.be/xc-xpUOaqUw>

Come and journey, journey outward,  
where that cross calls us to care,  
where injustice and where hunger  
and the poor call us to share.  
COME AND JOURNEY

Come and journey, journey upward.  
Sing his praises, offer prayer.  
In the storm and in the stillness  
find his presence everywhere.  
COME AND JOURNEY

Come and journey, journey onward;  
all our gifts we now shall bring  
to the building of a city  
that is holy, Christ its King.  
COME AND JOURNEY  
<https://youtu.be/xc-xpUOaqUw>

**Come and find the quiet center**  
in the crowded life we lead,  
find the room for hope to enter,  
find the frame where we are freed:  
clear the chaos and the clutter,  
clear our eyes, that we can see  
all the things that really matter,  
be at peace, and simply be.

Silence is a friend who claims us,  
cools the heat and slows the pace,  
God it is who speaks and names us,  
knows our being, touches base,  
making space within our thinking,  
lifting shades to show the sun,  
raising courage when we're shrinking,  
finding scope for faith begun.

In the Spirit let us travel,  
open to each other's pain,  
let our loves and fears unravel,  
celebrate the space we gain:  
there's a place for deepest dreaming,  
there's a time for heart to care,  
in the Spirit's lively scheming  
there is always room to spare!  
<https://youtu.be/xpUOaqUw>

**Beauty for brokenness**  
Hope for despair  
Lord in the suffering  
This is our prayer  
Bread for the children  
Justice Joy Peace  
Sunrise to sunset  
Your Kingdom increase

Shelter for fragile lives  
Cures for their ills

Work for the craftsman  
Trade for their skills  
Land for the dispossessed  
Rights for the weak  
Voices to plead the cause  
Of those who can't speak

GOD OF THE POOR  
FRIEND OF THE WEAK  
GIVE US COMPASSION WE PRAY  
MELT OUR COLD HEARTS

LET TEARS FALL LIKE RAIN  
COME, CHANGE OUR LOVE  
FROM A SPARK TO A FLAME

Refuge from cruel wars  
Havens from fear  
Cities for sanctuary  
Freedoms to share  
Peace to the killing-fields  
Scorched earth to green  
Christ for the bitterness  
His cross for the pain

Rest for the ravaged earth  
Oceans and streams  
Plundered and poisoned  
Our future, our dreams  
Lord, end our madness  
Carelessness, greed  
Make us content with  
The things that we need  
GOD OF THE POOR  
FRIEND OF THE WEAK

GIVE US COMPASSION WE PRAY  
MELT OUR COLD HEARTS  
LET TEARS FALL LIKE RAIN  
COME, CHANGE OUR LOVE  
FROM A SPARK TO A FLAME

Lighten our darkness  
Breathe on this flame  
Until your justice burns  
Brightly again  
Until the nations  
Learn of Your ways  
Seek Your salvation  
And bring You their praise

GOD OF THE POOR  
FRIEND OF THE WEAK  
GIVE US COMPASSION WE PRAY  
MELT OUR COLD HEARTS  
LET TEARS FALL LIKE RAIN  
COME, CHANGE OUR LOVE  
FROM A SPARK TO A FLAME

**I want Jesus to walk with me.**  
I want Jesus to walk with me.  
All along my pilgrim journey,  
Lord, I want Jesus to walk with me.

In my trials, Lord, walk with me.  
In my trials, Lord, walk with me.  
When my heart is almost breaking,  
Lord, I want Jesus to walk with me.

When I'm in trouble, Lord, walk with me.  
When I'm in trouble, Lord, walk with me.  
When my head is bowed in sorrow,  
Lord, I want Jesus to walk with me.

<https://youtu.be/QL7rLD1H3g0>