

Book recounts 1300-mile trek

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A BOOK recounting a memorable 1300-mile journey which ended at Moray's Pluscarden Abbey is now available.

Back in the summer of 2017, a group of strangers followed in the footsteps of the medieval monks who, nearly 800 years ago, walked north from their priory in France to found the monastery.

Memoir of a Pilgrimage for Eight is a light-hearted and sometimes laugh-out-loud account of the modern day adventure.

Its pages feature several well-known local folk who took part in the walk.

Among others, there are Al Monkman, the former commanding officer at RAF Lossiemouth, retired lawyer Robbie Young, hairdresser Olga Jasek and Buckie mum-of-10 Maria Byron.

The book's author is Phillip Adamo, an American academic.

He said: "It's a tale of how people from diverse backgrounds and cultures undertook a journey that challenged us all physically, emotionally, and spiritually.

"Our newly-created travelling 'family' experienced the joys and



The group together in France in 2017.

trials of communal life. We also formed deep friendships that have lasted well beyond the 1300-mile trek."

Phillip Adamo is a retired professor of medieval history at the University of Augsburg in Minneapolis.

He's also the world's leading authority on the Valliscaulian order of monks who founded Pluscarden Abbey.

One of the reviews for *Pilgrimage*

for *Eight* comes from Anselm Atkinson, the current abbot.

He writes: "Informative, amusing and deeply moving by turns, Phil takes us on his own spiritual journey in the midst of continual physical and emotional challenges."

An online book launch will be held at 6pm on Sunday, November 1, on Phillip's Facebook site. Proceeds from its sale will go to Pluscarden Abbey's South Range Appeal.



Following in the footsteps of the monks.



Phillip Adamo is a retired American academic.