

LENTEN LABYRINTH

FRIDAYS IN LENT 12 NOON-1 PM

FEBRUARY 24, MARCH 3, MARCH 10, MARCH 17,
MARCH 24 & MARCH 31

AT THE LANTERN
35 BARNES RD.



**LABYRINTH FACILITATION BY SUE
CUMMINGS AND ROBYN LAMSWOOD**

ADMISSION BY FREE WILL OFFERING

**Have you ever walked a labyrinth,
or been curious about walking one?**

Walking the labyrinth is a very reflective experience and a beautiful practice to include in your Lenten journey. In fact, “journey” is the key word here. The labyrinth is a little pilgrimage really, a pilgrimage commemorating the journey Jesus made to Jerusalem. The labyrinths in the great medieval Notre Dame Cathedrals of Europe were once popularly called “New Jerusalems”.

All are welcome! If this is new for you, we can provide the very simple directions necessary for you to participate. There will be quiet music and others to provide a supportive presence as we walk together.

It can take about 20 minutes or so to walk the labyrinth. Then there will be an opportunity to journal and/ or actively reflect with others in quiet sharing.

To finish on time, we will not host anyone on the labyrinth after 12:30pm., so do aim to come around noon to enjoy this reflective community practice of walking meditation.

While you may wish to hold an awareness of the Lenten theme of Journeying toward Transformation, a Journey of Courage and Renewal, there is no requirement to make this your focus.

Come-- bring some dry footwear, experience the labyrinth and explore this practice for yourself.