

Ash Wednesday:

What little thing can I do for love?

Scripture Reading: Genesis 3:19

Remember you are earth and earth you shall become.



Labyrinth Meditation

Blessed Creator, As we journey through Lent, help us to embrace your boundless **love**. May we open our hearts to your grace, allowing it to transform us. Let your **love** shine through our actions, that we may put the care of all your good gifts at the heart of our common life. Let our acts of *Earth-loving kindness* serve as an embodied prayer as we travel towards the hope of sharing resurrection life for ourselves and for all of creation.

Walking the Labyrinth

A labyrinth walk is very simple.

There is no right or wrong way to walk.

Every labyrinth walk is different.

"You just begin, and the doing teaches what you need to know." Barbara Brown Taylor

You may find this guideline helpful:

- ④ Find the open entrance and slowly follow the twisting and winding path to the center.
- ④ Once in the center, remain standing or sitting as long as you desire.
- ④ When ready, start back out the path and follow it to where you first entered.

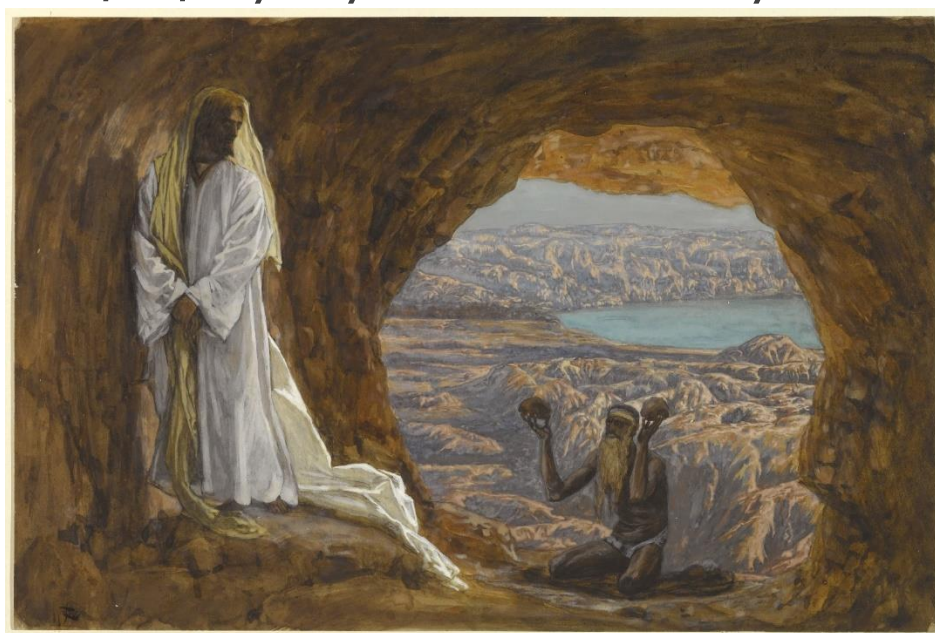
For More Info contact:

Labyrinth@stjohnsec.org

Lent One: **O Love, How Deep**

Lent I Scripture Reading: Luke 4:1-2a

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, where for forty days he was tested by the devil..



“Jesus Tempted in the Wilderness” by James Tissot

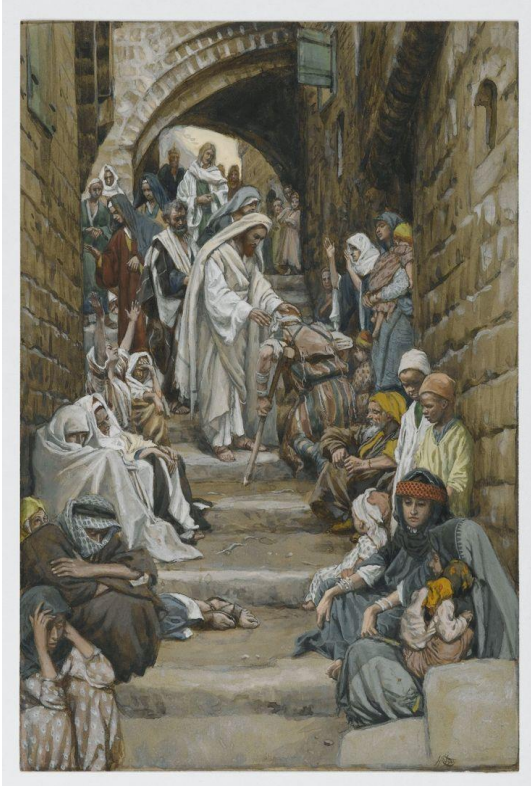
Labyrinth Meditation

O love, how deep, how broad, how high!

For us he was baptized, and bore
His holy fast, and hungered sore;
For us temptations sharp he knew;
For us the tempter overthrew.
wilderness to be tempted by the devil.

~Thomas a Kempis

Lent Two: O Love, How Broad



James Tissot

Lent 2 Scripture Reading: Luke 13:32

*Listen, I am casting out
demons and performing cures
today and tomorrow, and on
the third day I finish.*

Labyrinth Meditation

For us he prayed, for us he taught,
For us his daily works he wrought,
By words, by signs, and actions, thus
Still seeking not himself, but us.

O love, how deep, how broad, how high!

~Thomas a Kempis

Lent Three: **Let my heart overflow**

Lent 3 Scripture Reading: Isaiah 55:1,3

*Hear, all you who are thirsty,
come to the waters...*

*Give ear and come to me;
Listen, that you may live.*



Labyrinth Meditation

Fountain of Life and Love, however we thirst may we come to the springs of water you so freely and abundantly provide. May we drink deeply to refresh hearts and souls. **Let my heart overflow with love** for everyone, with every intention of my will and with every deed which I perform. In Christ's name we pray, Amen.

Lent Four: **Generous Hearts**

Lent 4 Scripture Reading: Luke 15:24

*For this son of mine was dead
and is alive again; he was lost and is found!*



"Return of the Prodigal Son" Rembrandt

Labyrinth Meditation

God of patient love, you await the return of the wayward and wandering and eagerly embrace them in pardon. Give us **generous hearts** to welcome all who seek a place at the table of your unconditional love. We ask this through Jesus Christ our Lord. Amen.

Lent Five: **Turned toward Love again!**

Lent 5 Scripture Reading: Isaiah 43:19

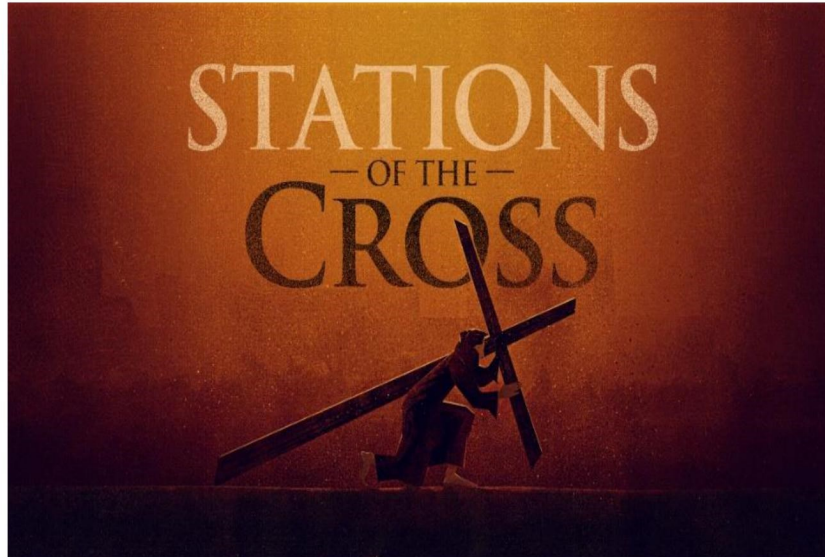


Labyrinth Meditation

O God who makes all things new, new stars, new dust, new life; take our hearts, every hardened edge and measured beat, and create something new in us.

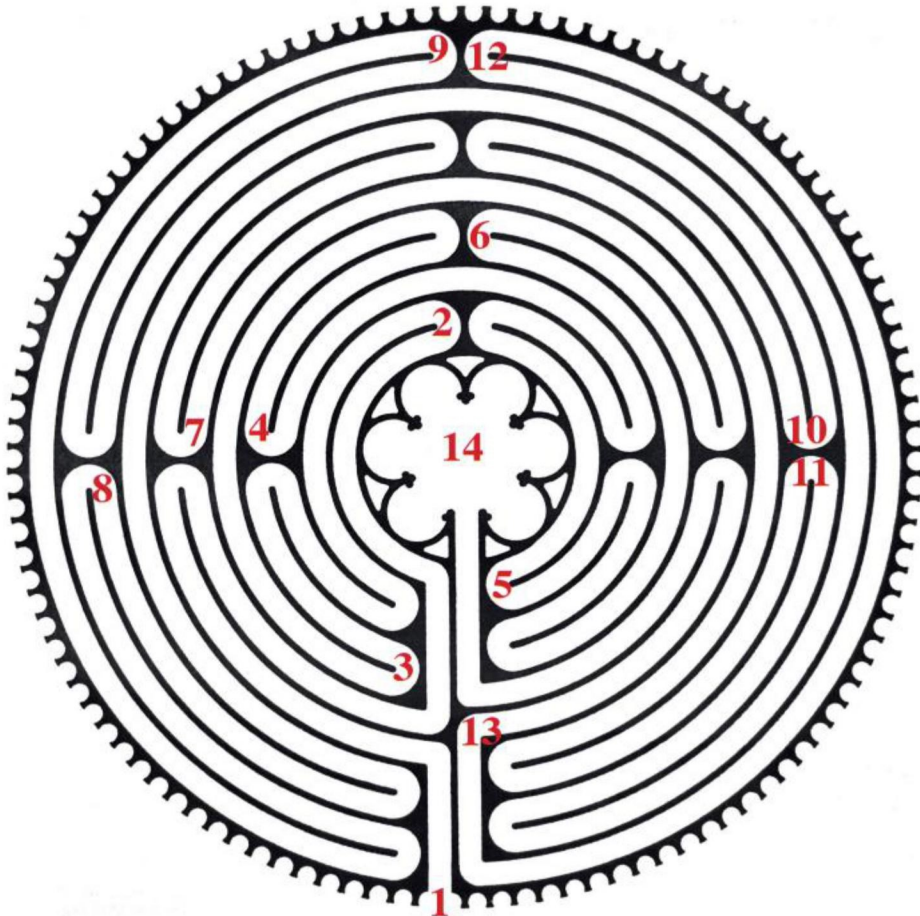
We need your newness, God, for the rough parts to be made smooth; for the stagnant to be stirred; for the stuck to be freed; for the unkind to be forgiven. And then, by the power of your Spirit, we will be turned toward Love again. Amen.

Stations of the Cross Labyrinth Walk



Historically, the Labyrinth pre-dates the Stations by several hundred years. Medieval Christians walked the labyrinth as an alternative to taking a hazardous pilgrimage to Jerusalem to walk in the “footsteps of Christ.”

11- Circuit Chartes-style
Labyrinth Stations Layout



While there is no right or wrong way to walk the labyrinth, this guideline may be helpful:

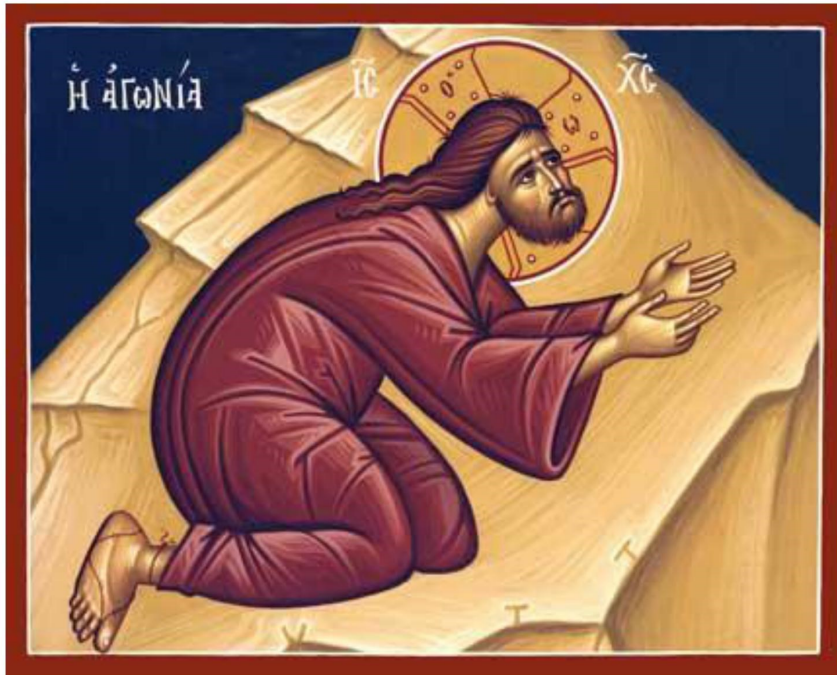
- ⑥ Find the open entrance and slowly follow the twisting and winding path to the center.
- ⑥ The 14 Stations are distributed over the labyrinth path and indicated with Roman Numerals: At each station consider the artwork and meditation.
- ⑥ Once in the center, remain as long as you wish.
- ⑥ When ready, start back out the path and follow it to where you first entered.

Opening Prayer:

God of power and mercy, in love you sent your Son that we might be cleansed of sin and live with you forever. Bless us as we reflect on his, suffering and death that we may learn from his example the way we should go. We ask this through the same Christ, our Lord. Amen.

First Station

Jesus in the Garden of Gethsemane

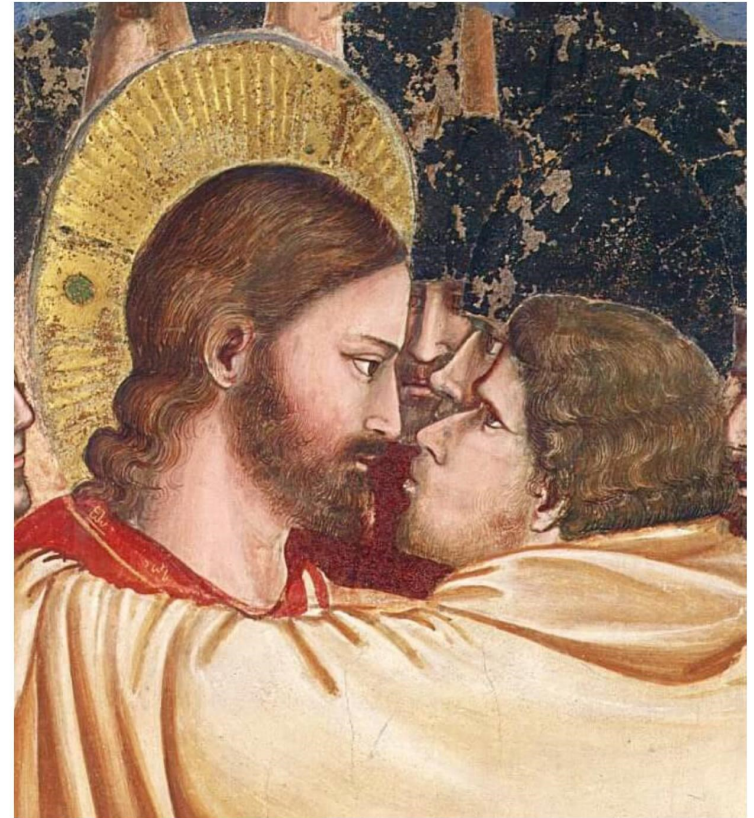


Icon of Christ in the Garden of Gethsemane, Glenn H. Teal

~~Lord, grant us your strength and wisdom,
that we may seek to follow your will in all things.~~

Second Station

Jesus is Betrayed by Judas



"Kiss of Judas" by Giotto di Bondone 1266

~~Lord, forgive us for the times we pledged
our love for you but did not live it.~~

Third Station

Jesus is Condemned by the Sanhedrin



"Jesus Condemned by the Sanhedrin" Glenn H. Teal

*~~Lord, grant us the vision to see you
for who you really are, in all your glory.~~*

Fourth Station

Jesus is Denied by Peter



"Peter's Denial" by Adam De Coster 1586-1643

*~Lord, grant us the gift of honesty
that we may not fear the truth.
Help us to be faithful when tested and humble always.~*

Fifth Station

Jesus is Judged by Pilate



"What is Truth? Christ and Pilate" by N.N. Ge 1831-1894

~~Lord, grant us discernment
that we may see as you see,
not as the world sees.~~

Sixth Station

Jesus is Scourged and Crowned with Thorns

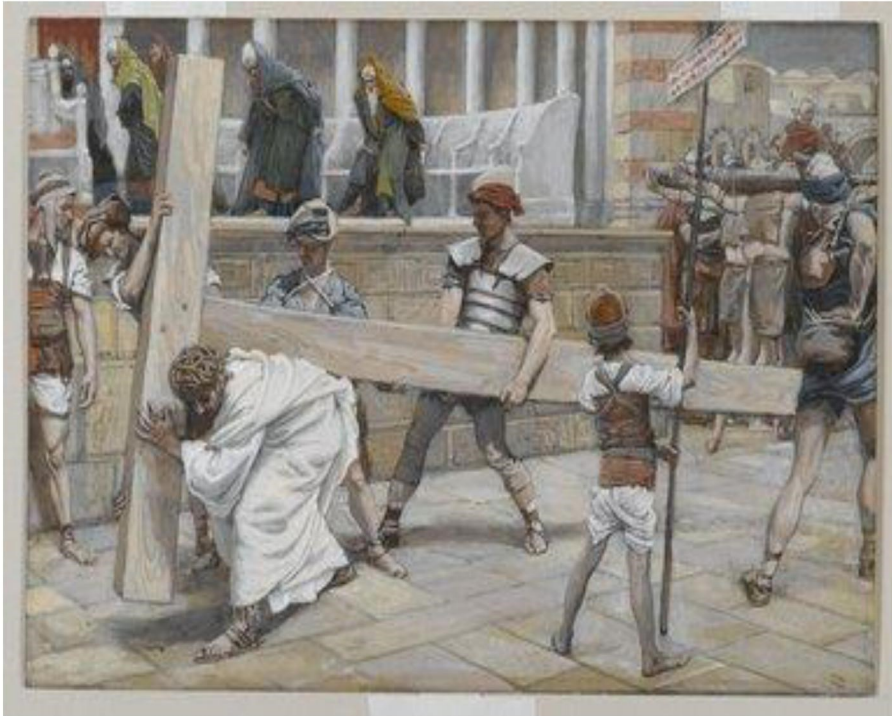


"Christ Bound and Crowned with Thorns" Andrea Solario 1509

~~Lord, grant us patience in times of suffering
that we may offer our lives as a sacrifice of
praise.~~

Seventh Station

Jesus Bears the Cross



"Jesus Bearing the Cross" James Tissot

~~Lord, grant us strength of purpose
that we may faithfully bear our crosses each day.~~

Eighth Station

Jesus is Helped to Carry the Cross



"Carrying the Cross" Hieronymus Bosch" 15th Century

~~Lord, grant us twilling spirits that
we may be your instruments on earth.~~

Ninth Station

Jesus Meets the Women of Jerusalem



Jesus Meets the Women of Jerusalem, Pauca Verba

~~Lord, grant us gentle spirits
that we may comfort those who mourn. ~~

Tenth Station

Jesus is Crucified

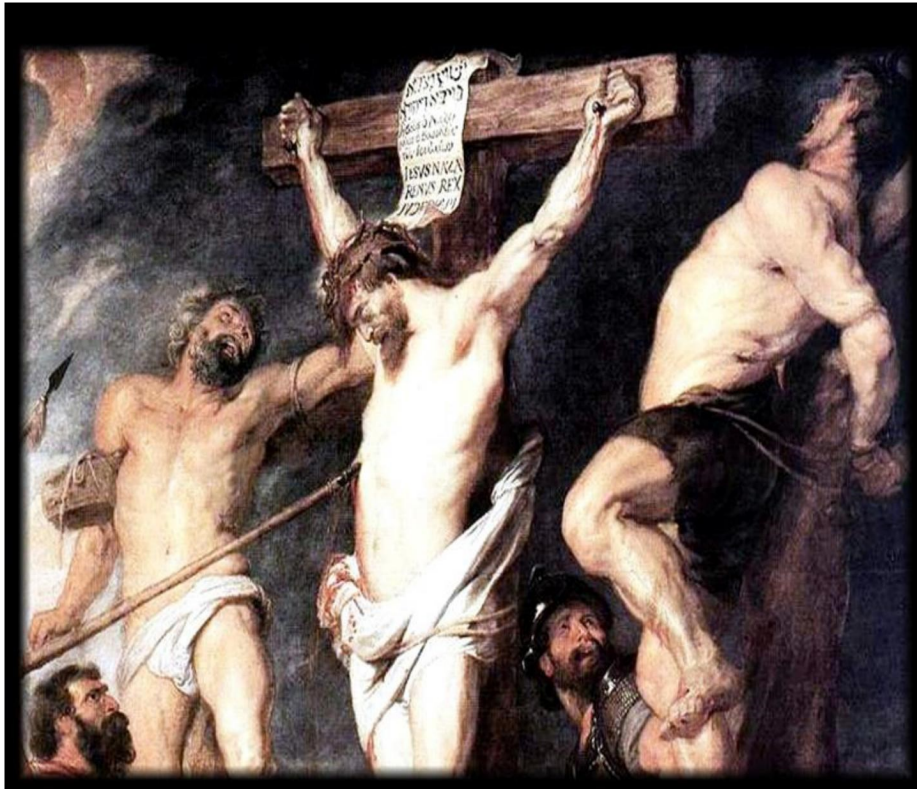


"Crucifixion?" By Carol Aust

~~Lord, grant us merciful hearts that we may bring
your reconciliation and forgiveness to all.~~

Eleventh Station

*Jesus Promises His Kingdom
to the Good Thief*



"Christ on the Cross" by Peter Paul Rubens 1620

~~Lord, grant us perseverance
that we may never stop seeking you.~~

Twelfth Station

*Jesus Speaks to His Mother
& the Disciple*



"What Our Lord Saw from the Cross" by James Tissot 1826-1902

~~Lord, grant us constancy that we may be
willing to stand by those in need.~~

Thirteenth Station

Jesus Dies on the Cross



"Christ Crucified" by John Petts 1964

*~~Lord, grant us trust in you
that when our time on earth is ended~~*

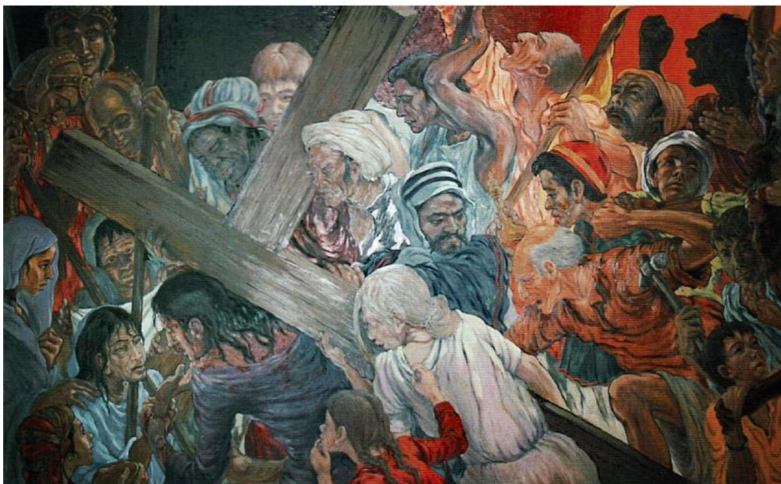
Fourteenth Station

Jesus is Placed in the Tomb



"Christ Carried Down to the Tomb" by Eugene Delacroix

*~~Lord, grant us your compassion that we
may always provide for those in need~~*



Lord Jesus Christ, your passion and death is the Sacrifice that unites earth and heaven and reconciles all people to you. May we who have faithfully reflected on these mysteries follow in your steps and come to share your glory in heaven where you live and reign, forever and ever. Amen.



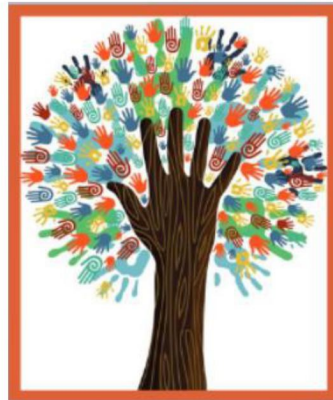
From early Christianity, when pilgrims came to Jerusalem, they visited sites where Jesus was known to have been. Following in the footsteps of the Lord, along the way of the cross, became a part of the pilgrimage visit.

The traditional stations came about during the crusades, when it was no longer safe to visit the holy sites. In the 1500s, villages in Europe created “replicas” of the way of the cross, commemorating the places along the route in Jerusalem. Eventually, the traditional set of 14 stations was placed in almost every Catholic church in the world.

For More Information about

St. John's Labyrinth Ministry, walks, and programs,
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