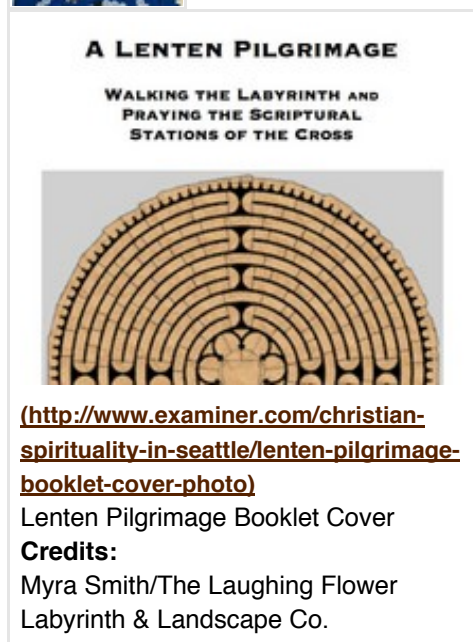


Free Lenten labyrinth pilgrimage booklet offer



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Two members of the board of the directors of [Stillpoint at Beckside](http://www.stillpointatbeckside.com) retreat center in Bellingham, WA recently completed an update on an ecumenical Lenten labyrinth pilgrimage booklet. Electronic copies of the booklet are being offered free of charge, with an optional donation of \$10 to the Stillpoint scholarship fund.

The booklet was compiled by Linda Conroy, MA, a spiritual director, and Myra Smith, a Veriditas-Certified Labyrinth Facilitator. Drawing from Episcopal, Christian Church (Disciples of Christ), Catholic, Lutheran and other sources, the booklet seeks to provide pastors, retreat leaders, labyrinth facilitators and labyrinth walkers with a modern resource for an ancient pilgrimage. The booklet contains images of Chartres Cathedral, inspiring quotes, and easy guides for using the booklet either in the comfort of an armchair, or on a 7- or 11-circuit Chartres labyrinth.

The Stations of the Cross has been an important devotion used in Lent for about 800 years, a means of enabling Christians who could not go to Jerusalem personally to follow in Jesus' footsteps on Good Friday. Using the booklet as a guide, participants may walk with Jesus (literally around the labyrinth) from his condemnation by Pilate, through his suffering and death, and finally to the tomb. A 15th has been added to the traditional 14 stations – to remind us that Jesus' life does not end in death but in the triumph of the Resurrection.

Historically, the Labyrinth pre-dates the Stations of the Cross by several hundred years. The Chartres Labyrinth was constructed in the stone floor of Chartres Cathedral, France in 1201 AD. Medieval

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Christians visited Chartres (and other cathedrals) and walked the labyrinth as an alternative to taking a hazardous pilgrimage to Jerusalem to walk in the footsteps of Christ. Based on stories and drawings from that time, is thought that medieval monks may have entered the labyrinth during Lent on their hands and knees as a sign of penitence, and that pilgrims danced on the labyrinth to celebrate Easter. Modern pilgrims walk the labyrinth as one of many tools to enhance prayer, contemplation, meditation, and/or personal growth.

"We are so grateful to the international labyrinth community for their assistance with this booklet, namely Jeff Seward/www.Labyrinthos.net (<http://www.Labyrinthos.net>) and Warren Lynn/www.wellfedspirit.org (<http://www.wellfedspirit.org>), for their generosity in sharing images. Over the past two years, the booklet has been distributed to over 100 labyrinth facilitators from dozens of Christian denominations in ten different countries around the globe. We have even heard that it will be translated into Japanese. We will truly be walking as One using this booklet this Lent." –Myra Smith, [The Laughing Flower Labyrinth Co. \(http://www.laughingflowerlabyrinth.com\)](http://www.laughingflowerlabyrinth.com), Bellingham, WA

The Stations and Labyrinth are offered together as a pilgrimage, and an opportunity to experience the passion of the Christ on a personal and transformational level in an ancient, yet new way.

To request a copy of the free booklet, email myra@laughingflowerlabyrinth.com ([mailto:myra@laughingflowerlabyrinth.com?](mailto:myra@laughingflowerlabyrinth.com) [subject=Request%20for%20Stations%20booklet%20from%20Examiner.com](mailto:myra@laughingflowerlabyrinth.com?subject=Request%20for%20Stations%20booklet%20from%20Examiner.com)). To make a donation to the scholarship fund at Stillpoint At Becksideside spiritual retreat center, send a secure online donation of \$10 using your PayPal account to ind.conroy@gmail.com (<mailto:ind.conroy@gmail.com>) or send a check to Attn. Scholarship Fund, Deb Steinkamp/Treasurer, Stillpoint At Becksideside, 908 W. Indiana St., Bellingham, WA 98225.



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Myra Smith is a labyrinth artist and owner of Labyrinth Company. Myra is a certified labyrinth

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