

LENT | MARCH 5, 2012

# Lenten labyrinth walk planned



**Myra Smith**

Seattle Christian Spirituality Examiner



<http://www.examiner.com/christian-spirituality-in-seattle/lenen-pilgrimage-poster-photo>

Lenten Pilgrimage Labyrinth Walk  
Poster

**Credits:**

Stillpoint At Becksides spiritual retreat center

The public is invited to follow the footsteps of Jesus to the cross on an ancient prayer path during Lent. All are invited to attend **“A Lenten Pilgrimage: Walking the Labyrinth and Praying the Scriptural Stations of the Cross”** on Saturday, March 24, 2012, at **Stillpoint At Becksides** (<http://www.stillpointatbecksides.com/>) spiritual retreat center, 1625 Huntley Rd., in Bellingham, WA.

The event will be facilitated by Linda Conroy, MA and Myra Smith, Veriditas Certified Labyrinth Facilitator. The walk will have an open house format from 9:00am-12:00noon with a brief introduction to labyrinth walking and the Stations pilgrimage at 9:00am. RSVPs are requested to [Ind.conroy@gmail.com](mailto:Ind.conroy@gmail.com)

<mailto:Ind.conroy@gmail.com?subject=RSVP%20for%20Stations%20walk%20via%20Examiner.com>

. There is no fee to attend; however, a love offering to [Heifer International](http://www.heifer.org) (<http://www.heifer.org>) is welcome.

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 a booklet created by the event facilitators 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.

*“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.” – Linda Conroy, Stillpoint At Becksides, Bellingham, WA*

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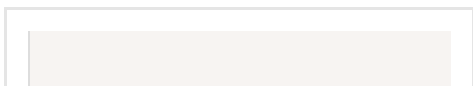
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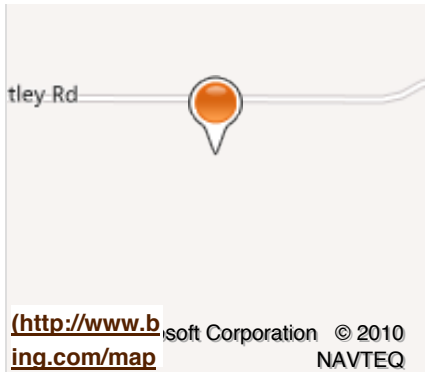
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**Location:** 1625 Huntley Rd.,  
Bellingham, WA 98226

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 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.



**By Myra Smith**  
**Seattle Christian Spirituality Examiner**

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

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