

JOIN US FOR A LENTEN PILGRIMAGE

Consider setting aside some time during your Lenten journey to join us for a Lenten Labyrinth Pilgrimage. We will be using the ancient pattern of the labyrinth as a walking meditation, to walk a little closer to and/or with Jesus. He asks us to *be still*, set aside time to pray with Him, as He requested of His apostles in the Garden of Gethsemane. (Matthew 30:36-46). Can you stay with Him for one hour to pray? You will have a final opportunity during Holy Week to quiet your mind in a unique sacred space. Let the walk and experiential prayer activities transform and renew your faith as you prepare for the solemn Triduum and the Glory of Easter.

Schedule of Walks

The Labyrinth will be in Multipurpose Room C of the McMullen Building during the Triduum. A brief presentation on the Christian History and Use of the Labyrinth will be offered **daily at noon, 3pm and 6pm**

Wednesday - April 12th **Labyrinth will open following set up - 9pm**

****The Labyrinth will be set up following the 9am Mass;
helping hands are welcome to help set up!****

Experiential stations available for personal reflection on the Passion of Christ

Holy Thursday - April 13th **Labyrinth will be open 10am - midnight***

*Experiential stations available from for personal reflection on the Passion of Christ
(10am – 5pm)*

Following 7pm Mass, the labyrinth will re-open as the Blessed Sacrament will be processed to the McMullen Building, followed by Adoration. We will close with Night Prayer 11:45pm

Good Friday - April 14th **Labyrinth will be open 10am - 9pm***

Experiential stations available for personal reflection on the Passion of Christ.

*The Labyrinth needs to be swept, folded, and packed away when finished Good Friday,
helping hands are once again, welcome!*

**The Labyrinth will not be available for walking during the 7pm Services on Holy Thursday and Good Friday. It will reopen following each Service. Times may change due to change in other scheduled activities.*

SOCKS - I will have some socks available for use, but, it would be helpful if you could bring a pair of clean white or light colored socks if you plan to walk on the canvas labyrinth.

You may walk at any time during these hours, and you may spend as much or as little time as you desire. To ensure a prayerful atmosphere, children are welcome provided they are able to respect the sacredness of the space and are with an adult at all times. Those needing assistance may walk with another.

For questions, please contact: *Nickie Lynn*, Labyrinth Facilitator 678-860-6425

**This Prayer Opportunity will be at St. John the Baptist Catholic Church, Covington,
McMullen Building in Multipurpose Room C.**