

Lenten Labyrinth Walk

Redemptorist Renewal Center



It seems like we just made that journey to Bethlehem and now, we are being asked to go to Jerusalem. How are these journeys different? How is kneeling in Bethlehem different than kneeling in Jerusalem? What does Lent mean to you? Is it about “giving up and giving in” or is it about “letting go and letting in”? Why not take a day this Lent to reflect on these questions? Join us for a day of reflection on this ancient prayer path. Hear about the history and use and experience the mystery.

WHEN: Saturday, March 31, 2012

TIME: 9:00 a.m — 3:00 p.m.

WHERE: Redemptorist Renewal Center

COST: \$45.00 with lunch

WHAT IS A LABYRINTH

“As I move along the path...I am often aware of God’s compassionate presence with me.” —Jill Geoffrion, author, *Christian Prayer and Labyrinths*

“The labyrinth is an archetype of wholeness, a sacred place, that helps us rediscover the depths of our souls. It is a walking meditation, a path of prayer.” —The Rev. Dr. Lauren Artress, Creator of the Labyrinth Project, Grace Cathedral, San Francisco

The retreat conductor is Helen Russel. Helen is a wife, mother and grandmother; and delights in sharing her love of the labyrinth as a prayer practice with others. She is a certified labyrinth facilitator through Veriditas at Grace Cathedral, San Francisco where she trained with Rev. Dr. Lauren Artress. She is part of the faith formation team and a women’s retreat facilitator in her parish, Corpus Christi in Tucson, AZ. She is a graduate of the Hesychia School of Spiritual Direction and is the author of the book, **Walking a Woman’s Path – A Woman’s Faith Journey**.