



*Walking through Lent*  
2022

*By Julie Ward*

## Walking through Lent

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*Pilgrimage is a journey to a sacred site for redemption, enlightenment, or personal discovery. Take a gentle journey this Lent and explore the sights and encounter new knowledge along the way.*

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Journeys are part of everyone's story. We have actual journeys, going from one place to another, like a holiday or moving house. We have learning journeys where we start unable to do the skill or understand the knowledge and end when we achieve competency or understanding. People of faith will often describe their spiritual journey from unbelievers to believers. Sometimes people have a personal journey associated with a physical or mental health issue that changes their lives. Journeys are numerous and varied, and unique.

This Lent, we are going the walk through the 40 days. A slow journey so we can appreciate the world around us, connect with our communities and have time to reflect.

Walk our labyrinth on the forecourt at St Barnabas.



Reflect, pray, listen.

## What is involved?



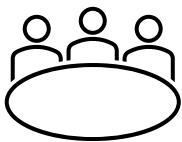
Recordings of daily readings. This year it is a selection of Psalms accompanied by Journey stories written by parishioners.

Listen to a Psalm and read the Journey story.

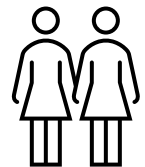


This document is the Study guide for Walking through Lent. It follows Reflect, Think, Explore pattern each week.

Additional material for leaders of groups will be available.



Join a study group or start one up.



OR find a pilgrim partner to share the journey

OR take the journey your own



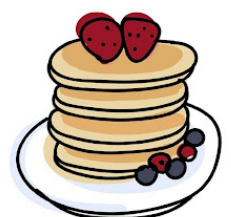
Sharing food on the way – subject to COVID health precautions.

Get ready to begin.

Your journey starts Shrove Tuesday, 1 March 2022.

Shrove Tuesday is a classic preparation day for fasting during Lent. Use up the eggs and fats and get ready for a simple diet. Most of us associate pancakes with that day, but I'm not sure how many of us see it as a time of removing treats and rich foods from our fridges and pantries. But if you were going away for 40 days, you might make sure that there are no perishables left behind—food like eggs, milk, cold meats, cheese, fresh fruit and vegetables.

*Shrove  
Tuesday*



Pilgrimages usually take some time to complete, so think of Shrove Tuesday as the day you make sure your house is in order for when you return.

What do you need to do today?

- ◇ Make pancakes to use the perishable foodstuffs
- ◇ Bookmark recorded daily readings and stories
- ◇ Decide if you are joining a Lenten Study Group OR
- ◇ If you are going to work through the study on your own OR
- ◇ With a pilgrim partner
- ◇ Commit to attending an Ash Wednesday service, either at 9.30 am at St Swithun's, Lesmurdie or 7.00 pm at St Barnabas, Kalamunda.

Ash Wednesday, 2 March 2022.



On Ash Wednesday, 2 March 2022, come to church for an Ash Wednesday service, where you will be marked with the sign of the cross on your forehead with ashes. Take that as a sign of the beginning of the Lenten journey, the start of you walking through Lent.

What do you need to do today?

- ◇ Attend an Ash Wednesday service.
- ◇ Listen to Day 1 of the recordings.
- ◇ If you have not yet decided how you will walk through Lent, now is an excellent time to look at the options.
  - You can join a parish Lenten Study Group OR
  - Zoom groups will be available subject to demand
  - You can work through the study on your own OR
  - You can work with a pilgrim partner
- ◇ Think about what your journey will be like. There are different types of journeys, for example:
  - Pilgrimage – religious
  - Pilgrimage – secular sacred site, e.g. Kokoda
  - Challenge – Bibbulmun track
  - Tourist – visiting a place
  - Backpacking – the experience the culture and visit
  - Daily walk – exercise
  - Aesthetic walk – to a beautiful spot
  - Escaping – leaving a dangerous or unhappy situation
  - Others...

Don't forget the daily readings online every day except Sunday.



And our labyrinth. Join us on the forecourt of St Barnabas 3.00 pm Saturday 5 March to explore walking the labyrinth.

Something to think about before the Week 1 study:

Medieval pilgrims often wore a scallop shell as a sign that they had completed their journey to St James in Compostela, Spain. Today, the Camino, The Way of St James, uses the scallop shell to sign post the walk, much like the Bibbulmun Track uses the Waugal as a trail marker. Both the scallop shell and the Waugal are used because of their connection to the location and to the people of these places. The scallop and the Waugal have meaning. What has meaning for you? What could you use as a symbol of your pilgrimage?

Write or draw your ideas below:

## Week 1. First Sunday in Lent to Saturday 12 March.

What do you need to do this week?

- ◇ Listen to the daily psalm recordings and read the journey stories, from Monday to Saturday
- ◇ Reflect, think and explore below
- ◇ Take part in a study group in person or on Zoom OR
- ◇ Work through the additional study material by yourself OR
- ◇ With your pilgrim partner

Walk the labyrinth on the forecourt at St Barnabas

◇

### Reflect

This year, we invite you to join us in walking through Lent as we go on a forty-day journey. Before we do, there is planning and preparation. In the days when we went on big overseas holidays, there would be a level of excitement and anticipation throughout the whole planning process. Poring over ideas found on the internet, travel brochures, books, or television programs we would make lists and look at maps. Can we do this? Can we go there? What is the best time of the year to go? What about the exchange rate?

What preparation do you like to do? How much prereading about a place do you do? Or what weblinks have you saved on your phone, or apps have you downloaded?



We also make plans about what we are leaving behind. Someone needs to look after the pets, and maybe the garden will need watering or lawns mowed. How about the overflowing letterbox or the bins? However, the planning might differ if it is a sudden trip to visit a sick relative or another family or work emergency. Some journeys are painful.

Likewise, there might be personal preparation. Some people like to pick up some conversational language skills, to be able to ask where the train station is or how much is that scarf? I visit the airport newsagent and buy a novel and a puzzle book with plenty of cryptic crosswords.

The Gospel for the First Sunday in Lent is Jesus going alone into the wilderness and encountering the devil. The ending to this reading is Jesus, filled with the Holy Spirit, returning to begin his ministry. It is a story of his preparation and pilgrimage.

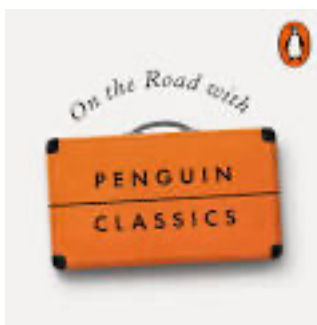
Lent is about being drawn on a journey with a sense of the inevitable catastrophe. Of course, we know the story. We know the outcome is the joy of Easter Day, but we have to go through the mundane and the profane and the sacred to get there.

## Think

- ◇ What do you need to “use up”, or what are you prepared to do without this Lent?
- ◇ What does your symbol of your pilgrimage mean?
- ◇ Journeys can be from something or to something, this Lent, are you being pushed or pulled?
- ◇ Are you leaving something behind or being drawn to something?
- ◇ Does it make a difference to your planning or your emotions about the journey?

## Explore

Read a book about going on a pilgrimage, for example, *The Canterbury Tales*.



If you listen to podcasts, the *On the road with Penguin Classics*, Season 1, Episode 2, is on *The Canterbury Tales*.

The poet and performer Patience Agbabi, author of *Telling Tales* (2014), makes a pilgrimage from Southwark to Canterbury with Henry. They discuss *The Canterbury Tales* by Geoffrey Chaucer as they travel by train, stopping off at Dartford and Rochester, covering Chaucer's life and times, poetry and pilgrims, including the Knight, the Miller, the Wife of Bath and the Pardoner. In Canterbury they meet David Herd, co-founder of

Refugee Tales, an annual public walk that raises awareness around indefinite immigration detention.

Read any book or watch any movie about going on a journey.

Come up with other suggestions.



## Week 2. Second Sunday in Lent to Saturday 19 March.

What do you need to do this week?

- ◇ Listen to the daily psalm recordings and read the journey stories, from Monday to Saturday
- ◇ Reflect, think and explore below
- ◇ Take part in a study group in person or on Zoom OR
- ◇ Work through the additional study material by yourself OR
- ◇ With your pilgrim partner
- ◇ Walk the labyrinth on the forecourt at St Barnabas

### Reflect

The Camino de Santiago, The Way of St James, takes about 30 days to walk from Saint Jean Pied de Port, France, to the Cathedral of Santiago de Compostela in Galicia, Spain. Historically, a Christian pilgrimage the trail is now a significant tourist attraction with the sights, personal challenge, camaraderie and shared experiences drawing many people.



Whilst on the pilgrimage, you form a community of travellers. Many local communities encounter and interact with travellers as they move along the path.

We are not walking the Camino, but we are trying to enter into that thinking.

Imagine this. You have been walking all day and are feeling tired. You want to go home. The group you started with are full of people you don't know. Now you arrive at the place for the night. Evening comes, and everyone gathers around the table. The bread and soup arrive. Smells divine, and there is plenty for everyone to have seconds or thirds. Fresh and dried fruits accompany the

cheese board for dessert. There is wine aplenty.

You start to relax and talk about who you are and why this pilgrimage is essential for you to do. Stories come from each part of the table.

After dinner, a guitar comes out, and people start singing. Tomorrow you get up and walk again. You might feel a little more at ease now that you have learnt something about your group; your companions on this journey.

Now, look at what we are doing as we walk through Lent with daily Psalms, stories, and Lenten study. In other words, sing songs, tell stories, spend time together, and all the while move forward to that final destination on Easter Day.

In the Gospel reading for Lent 2, Jesus laments over Jerusalem and talks of his journey toward that city.



We have started on our journey, and it is time to explore some of the thinking that goes with pilgrimage.

## Think

It is time to take note of how your different communities are faring.

**First, your fellow travellers.** The third year of a global pandemic is tiring, so be kind, be adaptable and walk alongside the weary and help them over the next hill. Tell stories as you go.

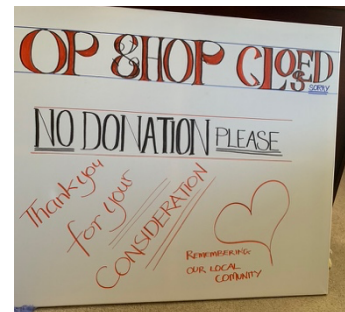
**Second, your church.** It has been challenging with closure, reopening with limited numbers, check-ins, hand sanitisers, no common cup for communion, and face masks. If you listened to the daily psalms, you would have heard four lament psalms from Ash Wednesday to Saturday. So, let us gather and sing songs.

**Third, the community where you live.** If the weather is kind, take a walk and acknowledge others out walking.

If you joined the Hospitable Kingdom study last Lent, you might recall the coffee shop story.

Mason and Bird are still part of our daily routine, and the dogs have joined in too. They are great people watchers.

**Finally, how are you travelling?**



## Explore

If you are a walker, find a new walk. The Heritage Trail on the old railway line is an easy flat walk in many parts, or try the start of the Bibbulmun.

Go online and look at the Aussie Camino Pilgrimage in Victoria and South Australia, inspired by Saint Mary of the Cross MacKillop.



In Perth, the Pilgrim Trail, Subiaco to New Norcia following Dom Rosendo Salvado, has been a growing interest since 2009.

Read a book or watch a movie on the Camino.

*The Pilgrimage* by Paulo Coelho is an example of one of many books about walking the Camino.

*The Way* is a movie starring Martin Sheen and is a father's journey.

Come up with other suggestions.

## Week 3. Third Sunday in Lent to Saturday 26 March.

What do you need to do this week?

- ◇ Listen to the daily psalm recordings and read the journey stories, from Monday to Saturday
- ◇ Reflect, think and explore below
- ◇ Take part in a study group in person or on Zoom OR
- ◇ Work through the additional study material by yourself OR
- ◇ With your pilgrim partner
- ◇ Walk the labyrinth on the forecourt at St Barnabas

### Reflect

The parable of the barren fig tree in the Gospel reminds us of the importance of tending to the nutritional and nurturing needs of living things. Let us then have a rest day to soak our feet, wash our clothes, have a look around and maybe buy some more chocolate.

It is also time to review your pilgrimage, starting with the recordings and stories.

Go back and listen and read any you have missed or want to revisit.

There is a pattern to the choice of psalm and focus of the story for each day.

Ash Wednesday has the first of four Psalms of Lament and Journey stories focused on moving to another country to live.

Sixteen Psalms of Pilgrimage and Journey stories about holidays or adventures begin from the First Sunday in Lent.

A collection of fourteen Psalms of Creation and Journey stories experiencing God's creation take us up to Passion/Palm Sunday.

Holy week is another four Psalms of Lament and Journey stories with loss.

All the Journey stories are real-life, physical movements from one place to another. Still, pilgrimage is also about our spiritual journey.

It is unusual to be untouched by a trip. Sometimes it is as insignificant as a piece of new knowledge or much more monumental, like a spiritual awakening through a change in understanding the world or yourself.

The next part of Walking through Lent 2022 will focus on our inner journeys. To prepare, reflect on the words of the Prayer Book, particularly the Communion Service.

The Communion service focuses on gathering, feeding and sending out the faithful, a bit like our pilgrimage. Next Sunday, listen with the ears of a pilgrim and hear the words that mirror togetherness, shared stories and meals, and expectations of the destination.

Here is your bingo card: fellowship, us, come, bread of life, table, neighbours, share, eat and drink, company, follow, brought us home.

Then there is this post-communion prayer:

Living God,  
In this holy meal you fill us with new hope.  
May the power of your love,  
Which we have known in word and sacrament,  
Continue your saving work among us,  
Give us courage for our pilgrimage,  
And bring us to the joys you promise.

(APBA, 1995, p.143.)

## Think

Is there is a piece in the Bible about a journey that you particularly like?

What do you need to do on the rest day?

*Footprints in the Sand* is a well-known and much-loved spiritual poem.

If you had that conversation with God, could you recognise the good and the bad times?

What would be your response?



## Explore

C. S. Lewis and J.R.R. Tolkien were both members of the *Inklings*, a group of writers and academics who met in a pub to share stories.

Lewis wrote the *Narnia Chronicles* with many life-changing journeys embedded in the tales.

Likewise, Tolkien's *Lord of the Rings* Trilogy is one of the most fantastic road trips with friends ever written.

Both the *Narnia Chronicles* and *The Lord of the Rings* Trilogy are available as movies and the original books.

Revisit or read one of these books or watch one as a movie.

Watch a trailer for *The Lion, the Witch and the Wardrobe*

<https://youtu.be/usEkWtuNn-w>

Or a trailer for *The Fellowship of the Ring* <https://youtu.be/V75dMMIW2B4>

Come up with other suggestions.

## Week 4. Fourth Sunday in Lent to Saturday 2 April.

What do you need to do this week?

- ◇ Listen to the daily psalm recordings and read the journey stories, from Monday to Saturday
- ◇ Reflect, think and explore below
- ◇ Take part in a study group in person or on Zoom OR
- ◇ Work through the additional study material by yourself OR
- ◇ With your pilgrim partner
- ◇ Walk the labyrinth on the forecourt at St Barnabas



### Reflect

Finally, we have a journey story in the Gospel for the Fourth Sunday in Lent. The younger son takes his inheritance and travels to a distant land. He grapples with difficult external and internal issues and returns home a changed person. So it is with us this year in our Lenten journey.

We have learned the daily routines at this point in the walk and are comfortable with the pattern. Breakfast, gather to leave, walk to the next stop, find your bed, dinner, fellowship, and sleep. Repeat.

Time and space for the inner reflection come when the routine is settled and predictable. Lace on those softened, dusty boots, pick up the perfectly balanced backpack, and find that sturdy walking pole and forge on.

The labyrinth in the forecourt of St Barnabas works on the same principle. The monotony of the circles is to free your mind from thinking ahead to possible problems. Moving towards the centre is accompanied by you shedding the world and drawing closer to God. So too with pilgrimages. The physical act of walking away from the known toward the unknown can lead to that inner journey of becoming closer to your true self. There comes the time when you are in the middle of the labyrinth or the Crypt of St James in the Cathedral of Santiago de Compostela, and you stand exposed in God's presence.

Remember, pilgrimages are a personal challenge and a sign of your willingness to repent, turn away, and change your heart. Ponder afresh on your Lenten experience. Does it include some of the following: listening to the Psalm and reading the Journey story for the day, attending church, planning to attend Holy Week services, and participating in the Lenten study, either in a group, with a partner, by yourself, or on Zoom. It is a personal and unique journey for each person. Make sure you have walked the labyrinth to the centre and out again.

The younger son came home and expressed his remorse and sought forgiveness. Our understandings do not have to be that dramatic, but something should be new.

## Think

The younger son had to deal with famine and its impact on him. Can you identify the external issues impacting you?

Likewise, the son pondered on the quality of his life and what he had previously taken for granted. Ponder on your inner life and what has changed.

Are there any new spiritual resolutions you will set?

## Explore

Next week is the last session. Take some time to think about how you can share something from your pilgrimage.

Some ideas – prayers, poems, short stories, drawing, photos, a new book or movie, anything that expresses your inner journey that developed during the time of Lent. It could be something related to the labyrinth.

Prepare and bring with you to the Lent 5 session.





## Week 5. Fifth Sunday in Lent to Saturday 9 April.

This is the final week of the study groups.

|                                   |
|-----------------------------------|
| What do you need to do this week? |
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- ◇ Listen to the daily psalm recordings and read the journey stories, from Monday to Saturday
- ◇ Reflect, think and explore below
- ◇ Take part in a study group in person or on Zoom OR
- ◇ Work through the additional study material by yourself OR
- ◇ With your pilgrim partner
- ◇ Walk the labyrinth on the forecourt at St Barnabas
- ◇ Come and make Palm crosses.
- ◇ Attend Passion/Palm Sunday service.

### Reflect

There comes the point on a journey when the number of days past are greater than those left, and you might start thinking about those things you didn't get to do or the sights unseen. There is that moment when the suspension of reality ends and the mundane intrudes into our lives once more. As we approach that moment, look around, take photos, write in your travel journal, but keep moving towards the goal.

The Camino is also known as the Way of St James, referencing the crypt in the Cathedral of Santiago de Compostela thought to hold the remains of St James the



Apostle. UNESCO recognises the cultural and historical significance of the pilgrim routes to the Cathedral for Christians, local communities and others. Trails like the Camino were means of passing on new ideas, trading goods, and spreading news.

The Bible has many walking and journey stories, including the Gospel for the Fifth Sunday in Lent. Jesus has walked to

Bethany to visit good friends and share a meal. It sounds like a gathering of disciples and followers with small groups sitting around with food, wine, and storytelling. Mary anoints Jesus' feet as an act of hospitality, but I think she also offered extra encouragement to finish his journey. Sit a while, rest, eat, and I will tend to your feet. Tell stories, sing songs, share a meal, nurture those parts that hold you up.

Our pilgrimage does not finish until Easter Sunday. So, as we approach Holy Week, we need to prepare ourselves. The week leading to Passion/Palm Sunday is the time



for reflecting on the journey so far, knowing that more days are behind us than before us in our walk.

Passion/Palm Sunday heralds the start of an awkward week, like those last few days of holiday when you might be finishing up food, packing suitcases or moving to another hotel. Maybe you are leaving friends and family to embark on the trip home. The daily Psalms return to the theme of Lament and the Journey stories to loss. Easter Sunday is in sight, but maybe there is a final small mountain to walk.

## Think

Revisit your symbol for your pilgrimage. Do you feel like it is time to claim it?  
What got left undone or unseen in your journey?  
What help do you need to get over that final small mountain?

## Explore

This week is the last session, and you need to bring something to share from your pilgrimage.

It does not have to be perfect or even understood by others. It just needs to have meaning for you.

Some ideas – prayers, poems, short stories, drawing, photos, a new book or movie, anything that expresses your inner journey that developed during the time of Lent. It could be something related to the labyrinth.

Prepare and bring with you to the Lent 5 session.



## Holy Week. Sunday of the Passion/Palm Sunday to Maundy Thursday.

|                                   |
|-----------------------------------|
| What do you need to do this week? |
|-----------------------------------|

- ◇ Listen to the daily psalm recordings and read the journey stories, from Monday to Thursday
- ◇ Attend the Maundy Thursday service
- ◇ Attend the Good Friday service
- ◇ Reflect below
- ◇ Walk the labyrinth on the forecourt at St Barnabas
- ◇ Attend a Easter Sunday service

### Passion/Palm Sunday

The juxtaposition of the triumphal entry in Jerusalem to the devastating Passion reading makes for a jarring start to Holy Week. Hosannas, at the beginning, followed by the cries for crucifixion, the service ends with a long shadow cast over the coming days. It is like finally arriving at your destination, only to find the hotel lost your booking, or the weather has obscured the world-renowned view.

In preparation, join others to make the palm crosses and then attend Passion/Palm Sunday service to receive a cross. Walk the Labyrinth again. Walk in and around, at the centre reflect on your pilgrimage, walk back around out and into the world.

### Maundy Thursday

Maundy is a word not found in everyday speech. It is from the Latin 'mandatum' for command and refers to Jesus giving the new commandment to his disciples at the Last Supper.

Maundy Thursday services traditionally include the receiving of communion, foot washing and removal or covering of any decorative or eye-catching objects in the sanctuary and the church's body. Removing any reserved sacrament from the aumbry and switching off the red sanctuary light is a common practice. These actions indicate the absence of the presence of Christ.

Often a shared meal is part of the observance of Maundy Thursday. This meal could re-enact the Last Supper with foot washing and Communion. Other times, there is a Communion Service in the Church, maybe with foot washing, but either way, both are followed by the ritual of preparing the worship space for the following day, Good Friday. Taking part in the stripping of the Altar can help our minds bridge that gap of triumph one day and despair the next. In addition, there is usually no dismissal at the end of the service. Take that as a sign of unfinished business. There is more to come.

## Good Friday

Today is the last day of the recordings and the Journey Stories. This week's focus is loss and sadness, and today we gather for the Good Friday service. There is no greeting to begin, and it is like we have been here all night in a vigil. The service also ends without a dismissal. This time, take this as a sign of hope that the story does not end at the Cross.

The final part is the experience of Easter Dawn with the proclamation "Christ is Risen!" and our response, "He is Risen indeed Alleluia!"

This point is where I, as your pilgrimage guide, leave you.