

# Walking to Bethlehem

## A Labyrinth Journey

This Advent season we invite you to reflect on Mary and Joseph's journey to Bethlehem through the experience of Elder Care Ministries' new labyrinth.

Walking a labyrinth is an ancient spiritual practice used by many different faiths for prayer and contemplation. The labyrinth represents a journey, a pilgrimage, an intentional time to seek God.

Our labyrinth will be available for individuals and groups of all ages from ABCORI congregations to walk at a time they select and at a pace that is meaningful for them. There will be labyrinth-related resources, along with several self-guided stations, to help participants reflect on the walk to Bethlehem.

We invite you to drop by and use the labyrinth, which will be located in ABCORI's Meadowwood Conference Center (54 Exeter Road, Exeter), during any of the following windows of time:

- \* 5:00-7:30 p.m. on Friday, December 15
- \* 11:00 a.m.-2:00 p.m. on Saturday, December 16
- \* 3:00-6:00 p.m. on Sunday, December 17
- \* 1:00-3:30 p.m. on Monday, December 18

For more information, including the possibility of scheduling an alternative time for a group from your congregation to use the labyrinth, please contact Rev. Kathryn Palen at (401) 522-9731 or [kpalen@abcori.org](mailto:kpalen@abcori.org).



**Elder Care Ministries**  
American Baptist Churches of Rhode Island