

## Station Four: BAPTISM

### Activity:

Read or listen to the reflection for Station Four, if time permits. Then take your stone or piece of pottery from Station Two. Recall what brokenness or heaviness you have placed upon this object in your mind.

When ready, place the object into the baptismal font in the center of the labyrinth. Let it sink to the bottom of the bowl. **Take a moment and let it be buried.**

Then take a Q-tip and dip it in the Chrism oil. Bring the oil to your face and smell it. Let the rich scent be a promise to you that **one day all brokenness shall be healed, reconciled, and forgiven.**

*Please discard the Q-tip in the trash can provided and leave your object behind in the baptismal waters.*

### Reflection takeaways:

- The most ancient understanding of Baptism is that the baptized person is being joined with Christ's own death and resurrection. Baptism is about joining in the transformative journey of Jesus.
- Baptism is **both water and oil**.
  - The *water* symbolizes the death...the letting go...the washing away of something.
  - The *oil* symbolizes the new life...the resurrection...the being blessed.
  - The oil used in Baptism is called Chrism and is blessed by a Bishop, so it also symbolizes our connection to the larger Church.
- Remembering our Baptism daily can be a helpful spiritual practice.

*If you would like to learn more about being baptized, we have classes beginning soon. Please contact our office for more information:  
530-756-044 or [info@churchofstmartin.org](mailto:info@churchofstmartin.org)*