

Station Three: ASHES

Activity:

Read or listen to the reflection for Station Three, if time permits. When you are ready, say the familiar words from the Ash Wednesday Liturgy, "Remember you are dust, and to dust you shall return."

Then put some ashes on yourself (and others in your family or group if you are doing this together) by making a cross on your hand, arm, or forehead. You can also sprinkle some on your head or feel them in your hand before pouring the ashes on the ground.

Reflection takeaways:

- Ash Wednesday marks the beginning of Lent for many Christians. It is exactly 46 days before Easter; the specific date each year is based on the cycles of the moon.
- There are many biblical references to death and ashes. The ashes used on this day traditionally come from burning the palms from the previous Palm Sunday.
- This season is a time for repentance and reflection on our own mortality and death. This can be difficult. Having rituals and thinking about death and mortality in new ways can help.
- Lent is a season of preparation for new life through the Resurrection. When we take on a spiritual practice during Lent, even if that is a practice of letting go, we are preparing to be set free and turn our lives over to God.
- Reflect on God's presence in your life. Give thanks and pray for guidance to change what is no longer needed.

*Hand sanitizer and paper towels are available to clean your hands when you are done.
Please continue on your prayer walk in silence to the Labyrinth.*