



LENTEN MISSION

We invite you to create a sacred space at home as we begin our journey along the Via Dolorosa with Jesus this Lent. This week reflect on the Agony of Jesus in the garden and how his disciples could not watch one hour with Jesus.

For each of the next six days set aside 10 minutes each day to keep watch with the Lord.

Light a candle.

Use this time to just sit quietly and be aware of God's presence in your life.

Watch. Listen.

By the end of the week, you will have kept watch for one hour, just as Jesus asked.

The Via Dolorosa is a distance of 600 meters.

We encourage you, if able, to plan a walking route of a similar distance that you can undertake. While walking take time to reflect on Jesus' final hours as he walked the Via Dolorosa.



Gospel Passage from The Jerusalem Bible
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Walking with Jesus along the Via Dolorosa

LENTEN REFLECTIONS WEEK 1

The actual word, 'Via Dolorosa' is Latin for "Sorrowful Way". It is commonly translated as "Way of Suffering". It is traditionally believed to be the route taken by Jesus as he carried the cross towards Calvary.

The pilgrims begin in the Mount of Olives in the Garden of Gethsemane and walk through the Lions' gate, which marks the entry into the old city of Jerusalem. Pilgrims follow the winding path from the Antonia Fortress, believed to have been the place where Jesus was brought before Pilate, and stop at the Church of the Holy Sepulchre, the place where it is believed that Jesus was crucified. It is a distance of about 600 metres.