



# THE CROSS WALK

## DESCRIPTION

In place of a Good Friday service, we invite you to do this North Vancouver “Cross Walk” any day this week.

It is meant to be both an inward journey as you remember and reflect on the last moments of Jesus’ life, and an outward journey as you walk the streets of our city and try to see it through the eyes of the one who gave his life for us.

The Cross Walk will take you along a portion of the North Vancouver Spirit Trail beginning at Harbourside Park (near the North Shore Auto Mall). You will follow a path along the shoreline to Waterfront Park (near Lonsdale Quay). Total walking time should be about 30 minutes. There is free parking by Harbourside Park (bottom of Fell).

## BEFORE YOU GO

Download the **Map** and the Cross Walk **Script**, either:

- The Audio Version (to play on your phone)
- ❖ The Text Version (to print off or view on your phone)

Either version will serve as your guide, complete with instructions, Bible readings and Songs.

Also, bring some **bread & juice** for your first stop that will remember the last supper.

## SOME SUGGESTIONS

Walk with all your senses: Don’t try to tune out what you see, hear or smell in order to “focus on Jesus.” Allow the entire experience—the feel of the ground beneath your feet, the faces you encounter, the signs you read, the landscapes you see, the smell of the ocean—to be part of your walking meditation.

Walk with others: Enjoy both conversation and quiet reflection as you walk. Listen to the audio at the same time or take turns reading the instructions and Bible verses aloud at each stop.

Walking with kids: Begin the walk by inviting everyone to keep their eyes open and to call out where they see shapes of the cross as they walk. There will be lots as you walk past fences and sailboats including one especially vivid cross near the end of the route. Feel free to skip readings or other parts to fit with shorter attention spans, and feel free to take a break at the Waterfront Park playground.