



S T A T I O N S
of the life

HOW TO USE THIS GUIDE

You are embarking on this pilgrimage for a moment in time. Set aside 40 minutes if you want a brief experience of all the stations. Set aside a longer period of time to engage in prayer and the suggested practices. There is no “right” way to this journey. If this is your first time on the pilgrimage, we suggest that you only choose one station to sit at, as it can be overwhelming to do all the stations at once. Find your way.

To guide you in your time of reflection, use this booklet in the following way:

PASSAGE:

Allow the Word of God to resonate with the deep longings and desires of your heart. Read It slowly, two or three times. Pay attention to the word or phrase that catches your eye.

PICTURE:

Look at the image and let your eyes stay with the very first thing that you see. Keep your attention on that one part of the image that first catches your eye. Try to keep your eyes from wandering to other parts of the picture. Breathe deeply and let yourself gaze at that part of the image for a minute or so. Now, let your eyes gaze at the whole image. See it all. Reflect on the image for a minute or so.

PONDER:

Ponder the sense, image, emotion, thoughts that come up as you look at the art and reflect on the question. Guided questions can help you come in contact with your inner world.

POSTURE:

Take time of silence. Often in times of silence our thoughts wander. There is no such thing as an empty mind, only a present mind. When you experience your thoughts rendering, use the word or phrase to bring back your focus.

PRAYER:

Pray the grace – a short prayer - given at the station. You can also use this time to speak to God about the movements of your heart and spirit.

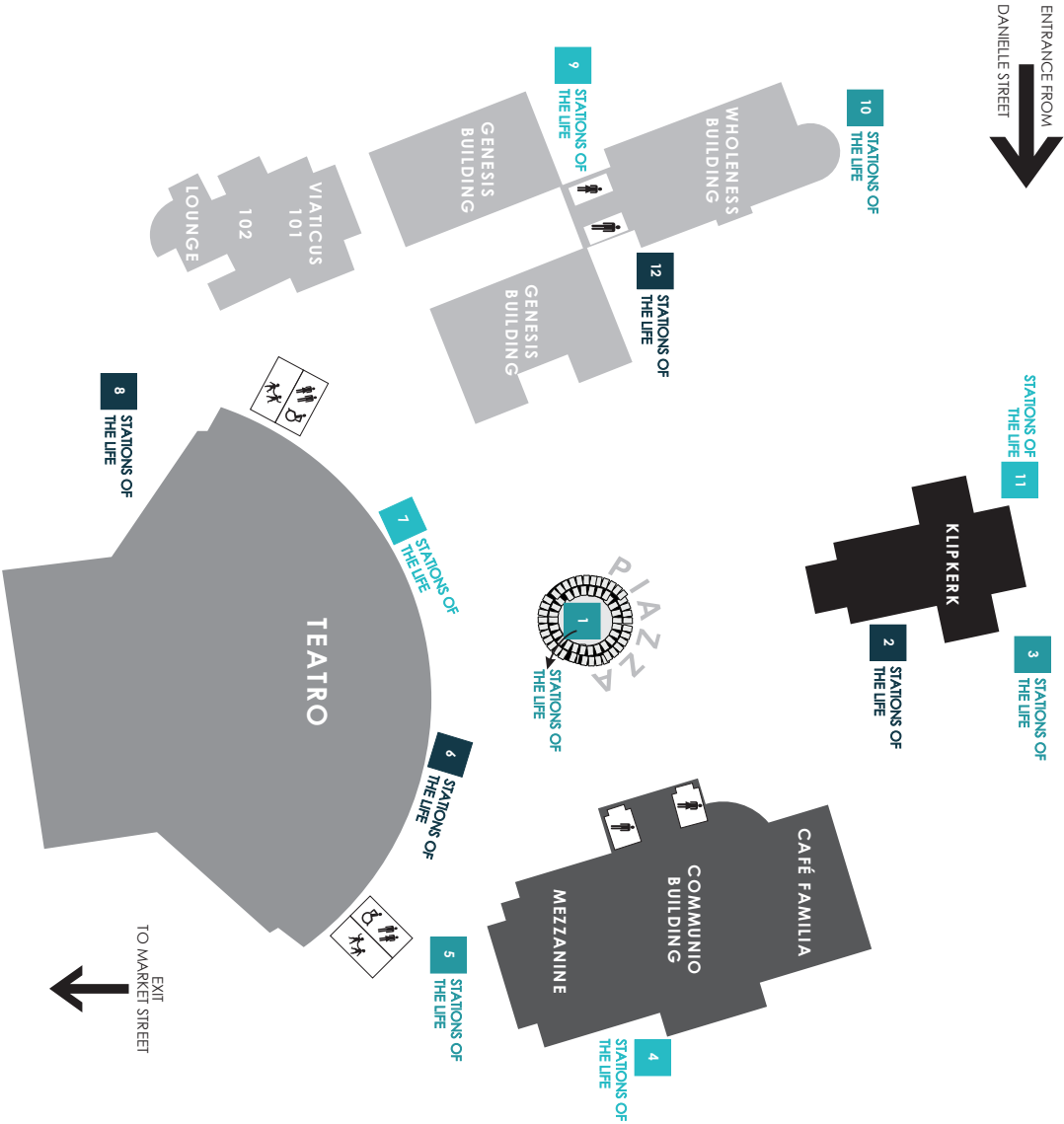
PERSON:

A short biography of the artist and his or her work.



Map

STATIONS OF THE LIFE



STATION 1

Annunciation

"When they saw the star, they were overjoyed. On coming to the house, they saw the child with his mother Mary, and they bowed down and worshiped him. Then they opened their treasures."

Matthew 2:10-11

PICTURE:

Look at the image and let your eyes stay with the very first thing that you see. Pay attention to the lines of the sculpture. Look at the faces. What strikes you about the image? What emotions do you experience when you look at the sculpture?

PONDER:

Various messengers come to announce certain things to us. The Magi are seeking for a ruler. God initiates that seeking by sending a star and they are invited to awaken: to give attention to another world, a world beyond what they can perceive.

Which messengers have been sent to you recently? What is calling you to awaken?

POSTURE (breath prayer/sacred word):

Awaken

PRAYER:

Lord, help me to awaken with my whole being to your word.



The Magi
Anton Smit

Widely revered for his overwhelming heads and monumental sculptures, evoking themes of suffering, reconciliation, glory and sublimation, his works grace public and private collections countrywide and internationally.

STATION 2

Incarnation

"The word became flesh and made his dwelling among us."

John 1:14

PICTURE:

Look at the image and let your eyes stay with the very first thing that you see. Keep your attention on that one part of the image that first catches your eye. Look at the loving gaze between mother and child. Reflect on the lines of the sculpture that resemble a tree – an image of Life, Mother Nature, and new beginnings.

PONDER:

"We are not human **beings** having a **spiritual experience**. We are spiritual **beings** having a human **experience**." - Pierre Teilhard de Chardin

What does it mean to be human?

God hallowed forever our human bodies by taking on a body of flesh-and-blood in Jesus. Incarnational living dissolves the divide between sacred and secular and therefore all turf becomes holy ground. Where can you integrate your life with God as a spiritual being and your life as human being in this world?

POSTURE:

Integrate

PRAYER:

I pray for a deep-felt knowledge of the Lord who became a human being for me, that I may love him more and follow him more closely.



Incarnation.
Charles Gotthard

Called the Van Wouw of the nineties & being the master of his own medium, Charles is one of South Africa's most avanté-garde & successful ceramists. He specializes in larger sculptural works & has already done several public commissions, his latest being Steyn City in Johannesburg.

STATION 3

Hidden Years

"The next day they found him in the Temple seated among the teachers, listening to them and asking questions."

Luke 2:46

PICTURE:

Look at the image and let your eyes stay with the very first thing that you see. Keep your attention on that one part of the image that first catches your eye. Move your gaze to the whole image of Jesus as a young boy. Look at his hands and feet.

PONDER:

These so-called "hidden years" were the training ground, the very soil, from which the ministry of Christ sprouted forth. Jesus spent an entire 30 years in preparation for a mere three years of ministry. The hidden years is thus a time of sitting, listening and exploring our deepest questions; it is an active waiting in obscurity. What are you sensing when you listen to your life? What are the deepest questions of your soul?

POSTURE:

Listen

PRAYER:

I pray that I may grow in faithfulness to God, especially when no one is looking.



Hidden Years

Phil Potgieter

Best known for his religious work: "The Sower". Many works can be found in town halls, art shops and private collections.

STATION 4

Baptism

And a voice from heaven said, "This is my Son, whom I love; with him I am well pleased."

Matthew 3:17

PICTURE:

Look at the image and let your eyes stay with the very first thing that you see. Keep your attention on that one part of the image that first catches your eye. See the posture of surrender, acceptance and confirmation.

PONDER:

Jesus' baptism was the occasion of the confirmation of his identity: God's beloved. Even though all of these layers of identity might shift we need to claim and solidify our core identity where the "...Holy Spirit speaks to us deep in our hearts and tells us that we really are God's children" (Romans 8:16, TLB). It is a place of discovering who we really are and what we are meant to do.

Have you been deeply affirmed by God as his beloved? Do you know who you are and what you are meant to do?

POSTURE:

Beloved

PRAYER:

I pray that I may know I am God's child, dearly loved and cherished.



Jesus' Baptism
Cedrick Kwata

Cedrick enrolled at the Department of Fine Arts of Tshwane University of Technology (TUT) where, in 2015, he completed his B-tech Fine Art degree. He is drawn to both the practice of painting and sculpture, especially the application of materials clay, wool and stone. Kwata has been included in the national art competitions: ABSA L'Atelier top 100, PPC YCSA and Sasol New Signatures 2015 and 2016. He is one of the team members of the creative studio and foundry Dionysus Sculpture Works (DSW) which was established by South African sculptor Angus Taylor in 1996.

STATION 5

Temptation

"Then Jesus was led by the Spirit into the wilderness to be tempted by the devil."

Matthew 4:1

PICTURE:

Look at the image and let your eyes stay with the very first thing that you see. Keep your attention on that one part of the image that first catches your eye. Notice how the sculpture represents the temptation to split our lives, to disintegrate instead of finding within the fragments an integrated whole-ness.

PONDER:

The wilderness is a place of desolation. All our feelings of consolation have dissipated and it is in this place of dryness where our belovedness is drawn into question. We are tempted to find our identities in different categories that we split from our true self (what I have, what I do, what others think of me). Temptation breeds the splitting of our lives instead of integrating. What is the wilderness place of your life at the moment?

POSTURE:

Consciousness

PRAYER:

I pray that when I am tempted I will find my strength in the Lord.



Thought Pause Gesture

Anton Smit

Widely revered for his overwhelming heads and monumental sculptures, evoking themes of suffering, reconciliation, glory and sublimation, his works grace public and private collections countrywide and internationally.

STATION 6

Ministry

"The Spirit of the Lord is on me, because he has anointed me to proclaim good news to the poor."

Luke 4:8

PICTURE:

Look at the image and let your eyes stay with the very first thing that you see. Keep your attention on that one part of the image that first catches your eye. See the image of the vulnerable child – a reminder of Jesus' words of ministry to widows and orphans. Look at the modern image of a Jesus figure holding the child and become aware of the inner movements you experience when looking at the sculpture.

PONDER:

At the station of ministry we are invited to become co-workers with God to establish God's kingdom through the work we do. What do you sense is your life work – the unique gifts God has bestowed you to bring life to your vocation, relationships and this world?

POSTURE:

Become

PRAYER:

I pray that I may become, both in word and deed, a good news person in a bad news world.



Jesus and child

Danie Nell

Daniel Nell studied fine art at TUT from 2000 and was awarded a Master degree in 2009. In preparation for his masters he traveled around the UK researching and working in various foundries in search of specific methods of casting fine art. Owner of Danie Nell Atelier - a fine bronze foundry- Nell specializes in his own work and the work of select clients. His work deals with the ethereal connection between man and God.

STATION 7

Transfiguration

“After six days Jesus took Peter, James and John with him and led them up a high mountain, where they were all alone. There he was transfigured before them.”

Mark 9:2

PICTURE:

Look at the image and let your eyes stay with the very first thing that you see. Keep your attention on that one part of the image that first catches your eye. See the holes in the sculpture – the image of change, metamorphoses.

PONDER:

The veil has been lifted and the ordinary in our lives seems to have been transformed before our eyes into something extraordinary. The mundane has been transfigured into the extramundane. We desire to linger on the mountaintop and wish to settle there in the consolation of God's presence. Although we wish to cling to these experiences we must move on. What are you clinging to?

POSTURE:

All shall be well.

PRAYER:

I pray that the light of Christ may shine through my life towards others.



Transfiguration
Danie Nell

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STATION 8

Suffering

"Then he pardoned Barabbas. But he had Jesus whipped, and then handed over for crucifixion."

Matthew 27:26

PICTURE:

Look at the image and let your eyes stay with the very first thing that you see. Keep your attention on that one part of the image that first catches your eye. Try to keep your eyes from wandering to other parts of the picture. Breathe deeply and let yourself gaze at that part of the image for a minute or so. Now, let your eyes gaze at the whole image. Take your time. See it all.

PONDER:

Suffering is inevitable in this life. We are called to connect with our own suffering. There are however various forms of suffering and we need greater clarity to discern between neurotic suffering, which is avoidable, and the suffering of the cross: an unavoidable instrument of transformative suffering for every disciple. Is there any suffering that you feel invited to mourn? Perhaps a lost relationship or opportunity, your fading youth or a major disappointment?

POSTURE:

Mourn

PRAYER:

I pray for the grace to be faithful in moments of opposition and suffering.



Jesus & Simon of Cyrene
Janet Dreyer

Janet received training from Barend Grobbelaar, the well-known Potchefstroom based sculptor at Studio Visio School of Fine Art. Her sculptural work comprises of modern and contemporary figurines and outdoor sculptures. Janet derives her inspiration from her personal and spiritual journey.

STATION 9

Crucifixion

“When he had received the drink, Jesus said, ‘It is finished.’ With that he bowed his head and gave up his spirit.”

John 19:30

PICTURE:

Look at the image and let your eyes stay with the very first thing that you see. Keep your attention on that one part of the image that first catches your eye. Move closer and see the scars on his hands, feet and side. Look at the thorny crown.

PONDER:

Death is a precursor to new life and there is no way around it, we must go through the way of the cross. Although this crucifixion is painful and entails that we embrace our suffering and die here, it is not the end of our journey. Think about the dimensions of your life: relationships, your youth, a dream... What do you need to let go of?

POSTURE:

Let go.

PRAYER:

I pray that I may die with Christ to be raised with him.



Crucifix
Malose Pete

Featured works include ABSA L'Atelier Art Competition, PPC Young Concrete Sculptors Awards and joint exhibitions with Heidi Fourie, Lesley Diesel and Lucinda Neethlings at Trent Gallery, Katlego Modiri. Pete lectures at the Tshwane University of Technology(TUT).

STATION 10

Resurrection

"Don't be alarmed," he said. "You are looking for Jesus the Nazarene, who was crucified. He has risen! See the place where they laid him!"

Mark 16.6

PICTURE:

Look at the image and let your eyes stay with the very first thing that you see. Keep your attention on that one part of the image that first catches your eye. Look at the image of stone – mud and dust. Let it be a reminder of our frail humanity. Look at the stunned face of Mary Magdalene – the uncertainty of a future without Christ, the shock of an empty tomb and the invitation towards a resurrected life. Notice her one arm showing towards the position of the Crucifixion, the other almost pointing towards the Ascension.

PONDER:

According to Rolheiser this is "the central mystery within Christianity" where "Christ is central and, central to Christ, is his death and rising to new life to send us a new Spirit". It is thus only through death and resurrection that we are can receive a new unique spirit, not a generic spirit but a unique spirit, suited for our phase of life. You are invited to open up and receive the Spirit for your life. What areas of your life are you struggling to open in order to receive?

POSTURE:

Expectation/New

PRAYER:

I pray that my life may be filled with resurrection newness and power.



Resurrection

Malose Pete

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STATION 11

Ascension

"After he had said this, he was taken up before their very eyes, and a cloud hid him from their sight."

Acts 1:9

PICTURE:

Look at the image and let your eyes stay with the very first thing that you see. Keep your attention on that one part of the image that first catches your eye. Look at the empty spaces between the medium of the sculpture. The upward posture ascending – moving away from the physical and toward the spiritual.

PONDER:

The ascension is about surrendering our idea of how things used to be. What was will never be again. We embrace change and look with hope towards the future. What do you need to surrender so that you can embrace hope for your life?

POSTURE:

Change/Ascend

PRAYER:

I pray that I may experience your ascended presence in all things.



Cruciflight
Susanna Swart

Susanna Swart has exhibited in the United States throughout the Eastern Seaboard, including New York and Philadelphia. In Belgium she was invited to participate in a three-person show at the Royal Academy of Art in Oudenaarde. Her work is to be found in collections all over the world including the USA, Canada, various European countries, India, Dubai and Australia. In South Africa she is represented in private, public and corporate collections.

Pentecost

"All of them were filled with the Holy Spirit and began to speak in other tongues as the Spirit enabled them."

Acts 1:4

PICTURE:

Look at the image and let your eyes stay with the very first thing that you see. Keep your attention on that one part of the image that first catches your eye. See the flames carried by the adults – the symbol of the Spirit. See the unity of Church formed in the presence of the Spirit. Look at the image of the family – mother, father and child – the nucleus of the Church. In the middle of the sculpture is a seat – you are invited to partake in this community with the Spirit. Allow your presence to bring a new dimension to the sculpture.

PONDER:

Here God is present in a new way in our lives through his Spirit, we sense his closeness, his Spirit has been poured out on us. Our circumstances may have remained the same but they have taken on a different quality. Our experience could be explained well by the words of Marcel Proust: "The voyage of discovery is not in seeking new landscapes, but in having new eyes."

Beloved, what are the Spirit inviting you to discover in this new life of Love?

POSTURE:

Discover

PRAYER:

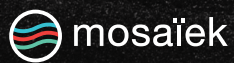
I pray that the Holy Spirit may work more powerfully in and through me.



Pentecost

Charles Gotthard

Called the Van Wouw of the nineties & being the master of his own medium, Charles is one of South Africa's most avanté-garde & successful ceramists. He specializes in larger sculptural works & has already done several public commissions, his latest being Steyn City in Johannesburg.



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