

# BETHANY GROUNDS

Prayerful pathways for private reflection

Bethany Grounds provide spaces where individuals can touch into the wonder and beauty of creation realizing the love and care of the Creator.



## St. Theresa's Garden

The garden invites us to enjoy the delight of a pond, flowerbeds, trees and very friendly squirrels and chickadees. The traditional, devotional Way of the Cross is next to the pond. Across the path, there is a beautiful grotto to Our Lady of Fatima.

## Contemplative Walking Trail

The trail opens up the heart of the wooded area and invites us to be immersed in nature's drama of birth, life, death and new life. Cradling a lake in the centre, it is a home to many plants, animals and birds.

Benches along the way are an invitation to sit and marvel. The purpose of this trail is to invite people into stillness and to touch the sacred within and around them.



## Sacred Heart Forest Trail

This short trail brings us from St. Theresa's Garden through very old and gnarled trees in which birds nest and which are their pulpits for proclaiming to the world "God is Here!" The completion of this trail brings one to Sacred Heart Grove.



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## Bethany Centennial Garden

The goal for the new space is to capture the historic and religious significance of the site where the Bethany Motherhouse once stood. The Martha Story is told through interpretive panels and the incorporation of the salvaged landmarks from the Motherhouse building, such as the bell tower or the steeple. The garden/park provides green spaces, walking paths, and a few contemplative areas. Sisters of St. Martha welcome the larger community to enjoy this unique place.

## Labyrinth

The labyrinth is a walking prayer, a sacred tool for meditation and reflection used in many religious traditions. It is a symbol for the sacred journey of life. Our labyrinth is located in Bethany Centennial Garden and is mown into the grass.



*Sisters of St. Martha*

75 Marian Drive  
Antigonish, Nova Scotia,  
Canada B2G 2G6