



The Pilgrimage of  
*Hildegard  
of  
Bingen*

Garratt Publishing  
**Lent Calendar 2024**

14 FEBRUARY 2024

ASH WEDNESDAY

## HILDEGARD OF BINGEN PILGRIMAGE

This year, Garratt Publishing's 2024 Lent Calendar is taking you on the *Hildegard of Bingen Pilgrimage Trail*.

Hildegard (c1098–1179), who lived her entire life in the area now known as the Rhineland-Palatine region of Germany, is probably the most famous person from the Middle Ages. Not only was she known for her visionary theology (Hildegard stated she first experienced visions as a toddler) she was also an abbess, poet, theologian, composer, naturalist, scientific and medicinal writer, and healer. The fascination with Hildegard of Bingen's life and work remains great to this day.

The 135-kilometre pilgrimage takes you through the land on which Hildegard lived and includes a series of *Meditation Tableaux* (accompanied by Hildegard's music) and *Information Tableaux* that provide information about Hildegard as a person, her work, and her life.

*The Hildegard of Bingen Pilgrimage Book* by Annette Esser has been used to help create the calendar.

We hope this calendar will enrich your Lenten Journey.



*Dear brothers and sisters, may the Holy Spirit inspire and sustain us this Lent, in our ascent with Jesus, so that way we may experience his divine splendour and thus confirmed in faith, persevere in our journey together with him.*

**Pope Francis**

**LIVING IN HARMONY**

**Garratt Publishing's Lenten Program, Year B**

Featuring Joan Chittister and Various Contributors



15 FEBRUARY 2024

## IDAR-OBERSTEIN

Idar-Oberstein, situated in the Nahe Valley is known as Germany's gemstone capital – and the birthplace of actor Bruce Willis! Various museums invite you to explore the gemstones that have been mined and processed here over the centuries. It is at the *German Mineral Museum* that you will find the **Information Tableau – Stones** which refers to Hildegard's book of stones. Her book details the healing effects of the stones on people, rather than about the stones themselves.

*... This Lent I'd like to suggest to not give something up... but do something!*

*Instead of giving up chocolate for the umpteenth year in a row... why not bother to call a friend who's lonely?*

*Instead of passing up potato chips... visit a sick relative or friend.*

*In the Gospels, Jesus says, 'It is mercy I desire, not sacrifice.'*

*Here's a novel idea for Lent: why not take Jesus at his word?*

James Martin, SJ

**ALL SHALL BE WELL**

**Readings for Lent and Easter**

Michael Leach (ed.)





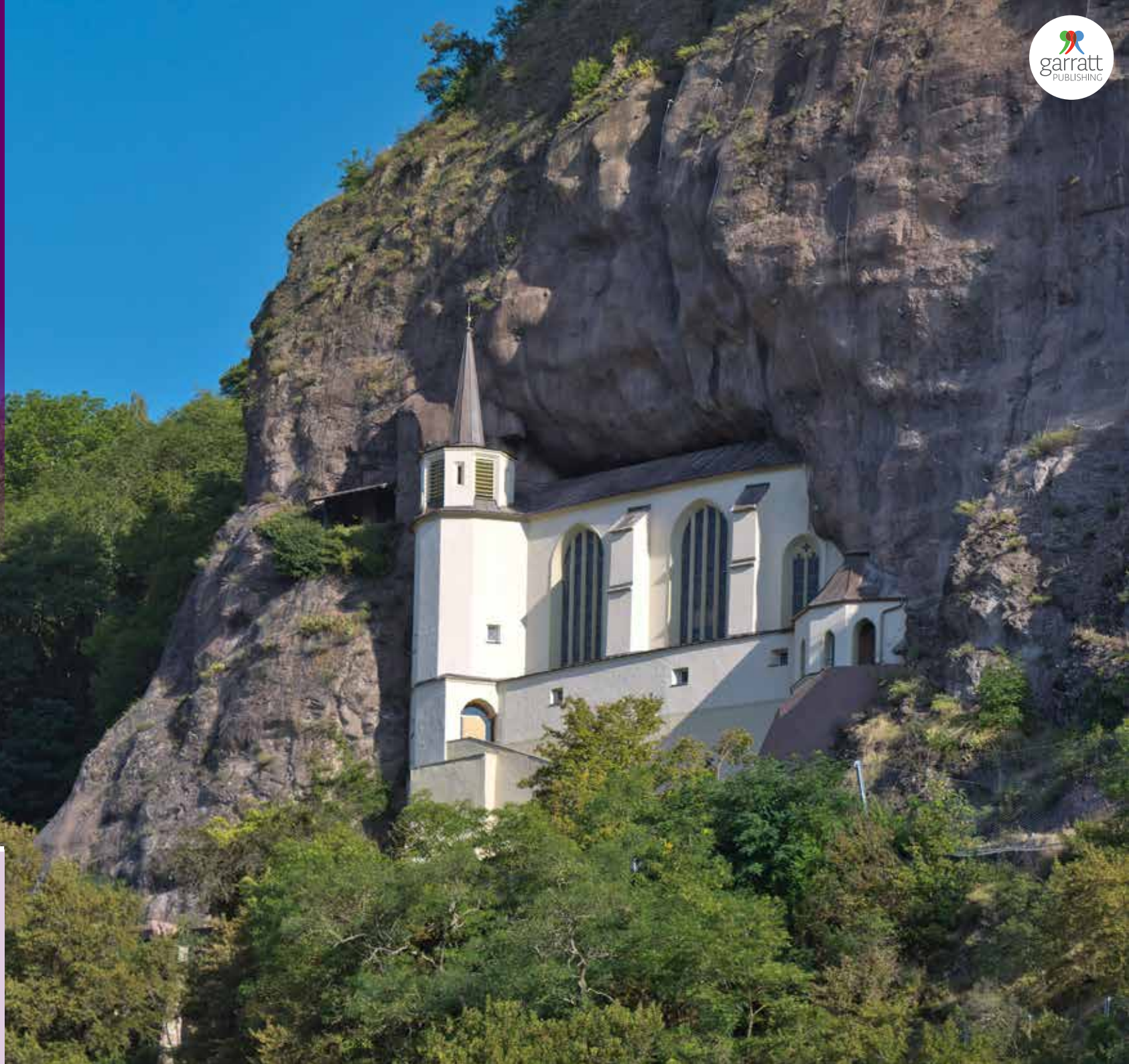
16 FEBRUARY 2024

## CHURCH IN THE ROCKS

230 steps above Idar-Oberstein is the cliffhanging *Felsenkirche*, also known as the *Church in the Rocks*. Built between 1482 and 1484, it houses a Gothic baptism stone, a historic organ that dates to 1756 and a crucifix made of naturally-grown agate. On the pedestrian path to the chapel is the **Meditation Tableau - The Seeress**.

Bless us, O God, in this holy season,  
in which our hearts seek your help  
and healing. Purify us by your  
discipline, that we may grow in grace  
and in the knowledge of your will.  
Through Christ our Lord. Amen.

DAILY PRAYER 2024





17 FEBRUARY 2024

## HERRSTEIN

This beautiful medieval town has won many awards for its successful renovation. It was first settled after the building of Herrstein Castle in the late 13th century by the Counts of Sponheim. However, it did not gain village and town market rights until 1428. A **Meditation Tableau – God Enthroned** is located in front of the old Protestant Castle Church and an **Information Tableau – The County of Sponheim** can be found in the historic town centre.

*Truthful Guide, Teach me how to be humble in heart, to value that which is positive in myself, and also acknowledge my shortcomings. In consenting to the truth of who I truly am, I do so with unpretentious acceptance. Today, I practise being humble in heart.*

**JESUS, FRIEND OF MY SOUL**  
**Reflections for the Lenten Journey**

Joyce Rupp





18 FEBRUARY 2024

## NIEDERHOSENBACH

Niederhosenbach is believed to be the birthplace of Hildegard. The theme of the **Information Tableau - Hildegard's Origin** is Hildegard's descent from a noble family. This Protestant church houses a facsimile edition of the major mystical work that brought Hildegard's fame, *Scivias*. Near the church is an old oak tree and a place for meditation – the perfect place for the **Meditation Tableau - Creation and the Fall**.

*Jesus' story reminds us that God is with us in all the hard places and questioning of our lives. We can remember and treasure the times and places of God's presence.*

**LIVING IN HARMONY**  
**Garratt Publishing's Lenten Program, Year B**

Featuring Joan Chittister  
and Various Contributors



**19 FEBRUARY 2024**

As you head towards Bergen through the forest you will find the **Information Tableau - Trees** that refers to Hildegard's *Book of Trees*, a treatise of about fifty-eight regional trees and bushes and their healing or harmful properties.

*Loving God, we thank you for  
fathering us, for the coming of your  
kingdom, for our daily bread, for  
forgiveness, for saving us from the  
time of trial. Amen.*

**THIS CUP WE BLESS**  
**A Tea and Coffee Break for**  
**Every Day During Lent**  
Michael McGirr

# 20 FEBRUARY 2024

## BERGEN

The Hildegard von Bingen Pilgrimage Trail passes through the delightful town of Bergen whose townscape is dominated by the large Protestant church with its 43m tower. A pilgrim station is located the pension and guesthouse *Toskana im Hunsrück* where the **Meditation Tableau - The Cosmos** can be found.

*Lord help me move through this Lenten season at your pace. Not rushing from post to post, Not having time to stop and reflect, Feeling stressed and hazzled. Help me to slowly contemplate the mysteries of your Word. Help me set aside time to be with those I love. Help me to reach out to those in need. This is the springtime of my soul-Let me savour it.*

**PRAYERS & REFLECTIONS  
FOR TEACHERS 2024**

Ann Rennie (comp.)



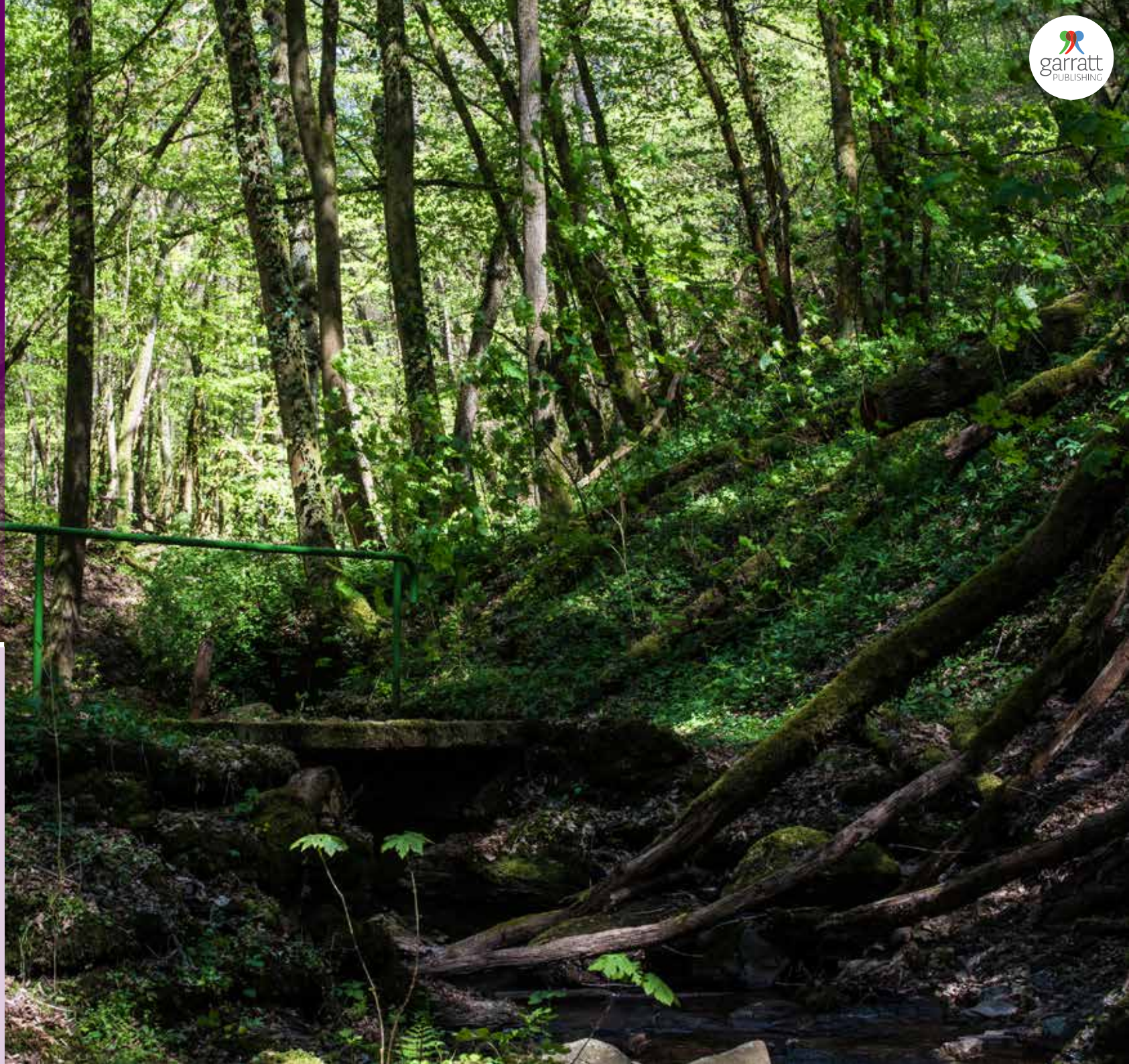
21 FEBRUARY 2024

## TRÜBENBACHTAL

The trail from Bergen takes you through the romantic Trübenbachtal valley. Trübenbachtal is a beautiful, natural area with mosses, ferns, oak, ash and hornbeam trees, with the added surprise of a small waterfall! Along the trail there is the **Information Tableau – Birds** which references Hildegard's book on birds and winged animals.

*Almighty God, whose Son Jesus Christ fasted for 40 days in the wilderness, and was tempted as we are, yet without sin: give us grace to discipline ourselves in obedience to your Spirit; and, as you know our weakness, so may we know your power to save; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, One God now and for ever.*

**REFLECTIONS FOR DAILY PRAYER**  
**Advent 2023 to Eve of Advent 2024**  
Various Contributors





## KIRN

Kirn's landmark, the Kyrburg, sits boldly above the city and was built in 926. However, the town itself dates back to 841. Located in the Protestant western part of Naheland, it is fitting that the **Information Tableau – Hildegard as an Early 'Protestant'** is placed here. Once known for its tanneries and leather-finishing plants (which are now long gone), the town is now known for its locally brewed beer, *Kirner Pils*. Another **Information Tableau – Beer** located in Kirn details Hildegard's book *Causae et Curae* where she wrote, *Drink beer!*

*To find the God we are looking for, we must realise first that God is within us. Second we must understand that we will never find God, even there, unless we discover what it is that is crowding God out. 'The inspiration you seek is already within you', the poet Rumi writes. 'Be silent and listen'.*

### GRACE-FILLED MOMENTS WITH SISTER JOAN

**365 Reflections on Life, Loss,  
Healing & Joy**

Joan Chittister



23 FEBRUARY 2024

## ST JOHANNISBERG CHURCH

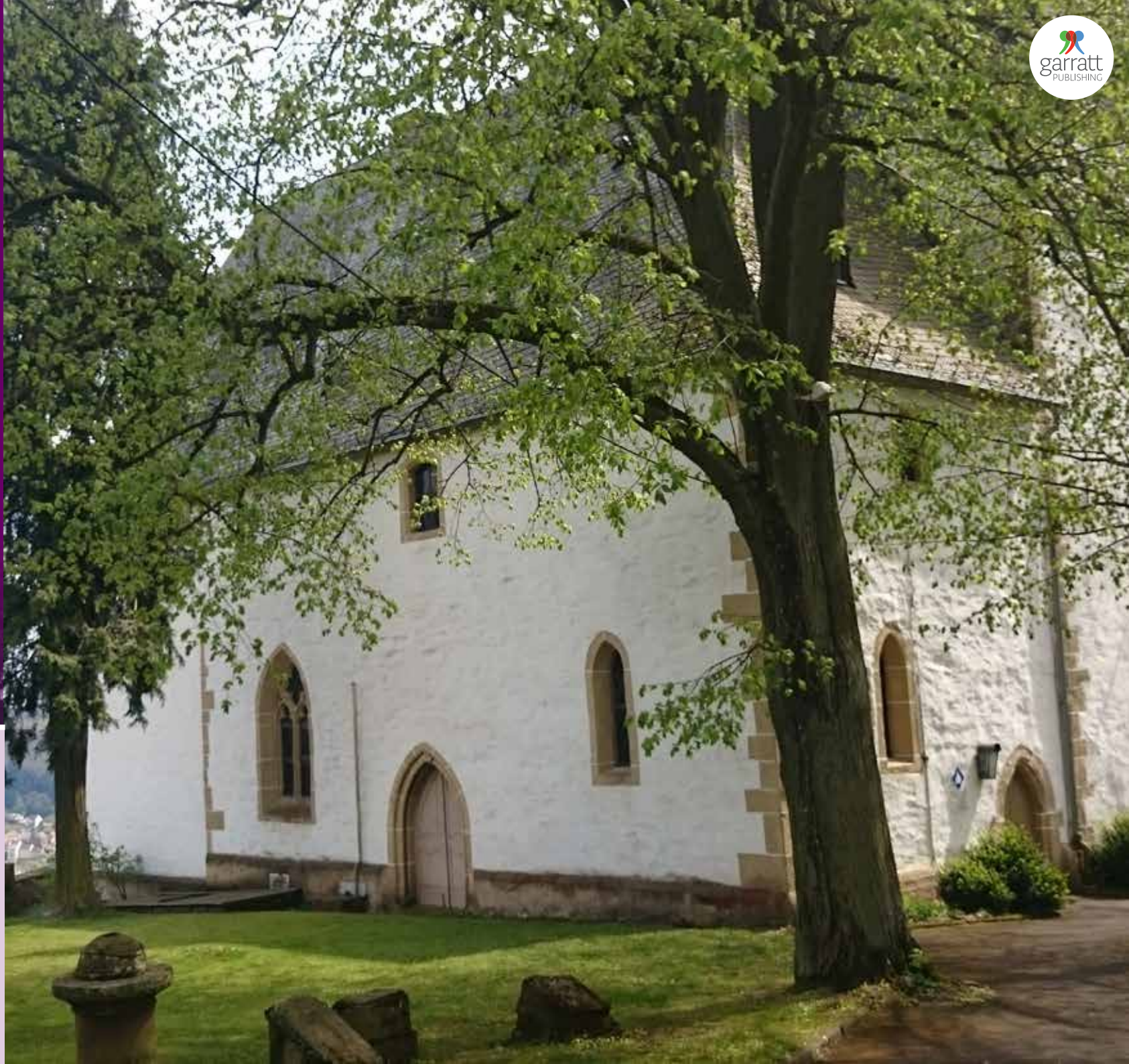
Situated high on a hill in the town of Hochstetten-Dhaun is the *St Johannisberg Church*. Declared a collegiate church in 1318, the building has seen many additions and renovations. The church also has an abundance of elaborately designed tomb monuments which have been used to trace the development of sculpture from the 14th–18th century. Another treasure is the *Stumm* organ, built in 1782 by Friedrich Carl Stumm. The ***Meditation Tableau – Soul and Body*** placed here invites pilgrims to reflect about the soul and body of the human being, and their own life-journey.

Pray: *Make me a channel of your peace, O God. Increase in me the spirit of humility.*  
Do: *Dedicate yourself to peacemaking. Be the last to argue, the first to reconcile.*

### OUR LENTEN ROAD TO HOLINESS

Daily Reflections, Prayers and  
Actions Lent 2024

Alice Camille





24 FEBRUARY 2024

## NAHE SKYWALK

A stunning panoramic view of the Nahe Valley and the old stone quarry can be seen from the Nahe Skywalk, a 65-square metre observation deck. In medieval times the need for metals for armaments, swords, and tools increased. In the last book of her *Liber Physica*, Hildegard lists nine metals in hierarchical order – thereby envisioning the formation of metals at the beginning of creation. The Skywalk is the perfect spot for the **Information Tableau – Metals**.

*Jesus, help me to see myself as you see me – an extraordinarily precious person. Amen*

**THE SEASON FOR  
HEALING HEARTS**  
**Daily Meditations, Actions &  
Prayers, Lent 2024**

Joseph F Sica





25 FEBRUARY 2024

## DHAUN CASTLE

The next part of the trail takes you down deep into the forest, passing the *Brunkenstein* ruin. Found here is the **Information Tableau – Reptiles** which features Hildegard's book on toads, serpents, dragons, and other primeval and legendary creatures. Next stop is *Dhaun Castle* (pictured), thought to be one of the biggest complexes of its kind in the Nahe Valley. Built in the 12th century (or earlier), the castle has seen several additions and renovations. Today, it houses the education institution, the *Dhaun Castle Academy*. At the Dhaun Castle is the **Meditation Tableau – Hildegard's Music**. Here you are encouraged to listen more intently and reflect on her music more deeply.

Oh God, by your Word you  
marvellously carry out the work of  
reconciliation. Grant that through our  
Lenten journey we may be devoted  
to you with all our heart, and united  
with one another in prayer and holy  
love. Amen

DAILY PRAYER 2024



26 FEBRUARY 2024

## SIMMERTAL

Among the highlights of the charming town of Simmertal is the *Natural History Museum* (pictured). It primarily deals with geological history and rocks, but it also has an archaeological collection and holds exhibitions on natural history and birds. At the old town hall find the **Information Tableau – Hildegard's Correspondence** that outlines the vast extent of her letter writing.

*We cannot live in a world interpreted for us by others. An interpreted world is not a hope. Part of the terror is to take back our listening, to use our own voice, to see our own light.*

Hildegard of Bingen





# 27 FEBRUARY 2024

## MONZINGEN

On your way to Monzingen, the Hildegard Way takes you through the picturesque old vineyard village of Weiler. Here, you will find the **Information Tableau - Wine**. From there you stop at the town of Monzingen and visit a herb garden where the **Information Tableau - Plants** is placed.



*Jesus was the champion of the dispossessed, the outcast, the fringe dweller, the sick and the sinner and our duty is to act as he did. He did not judge but invited them into the home of his heart where there was always room for another to be loved. We need to find that room in our hearts, to make our hearts big with love for one another. Have you a home in your heart for the outsider?*

**PRAYERS & REFLECTIONS  
FOR TEACHERS 2024**

Ann Rennie (comp.)



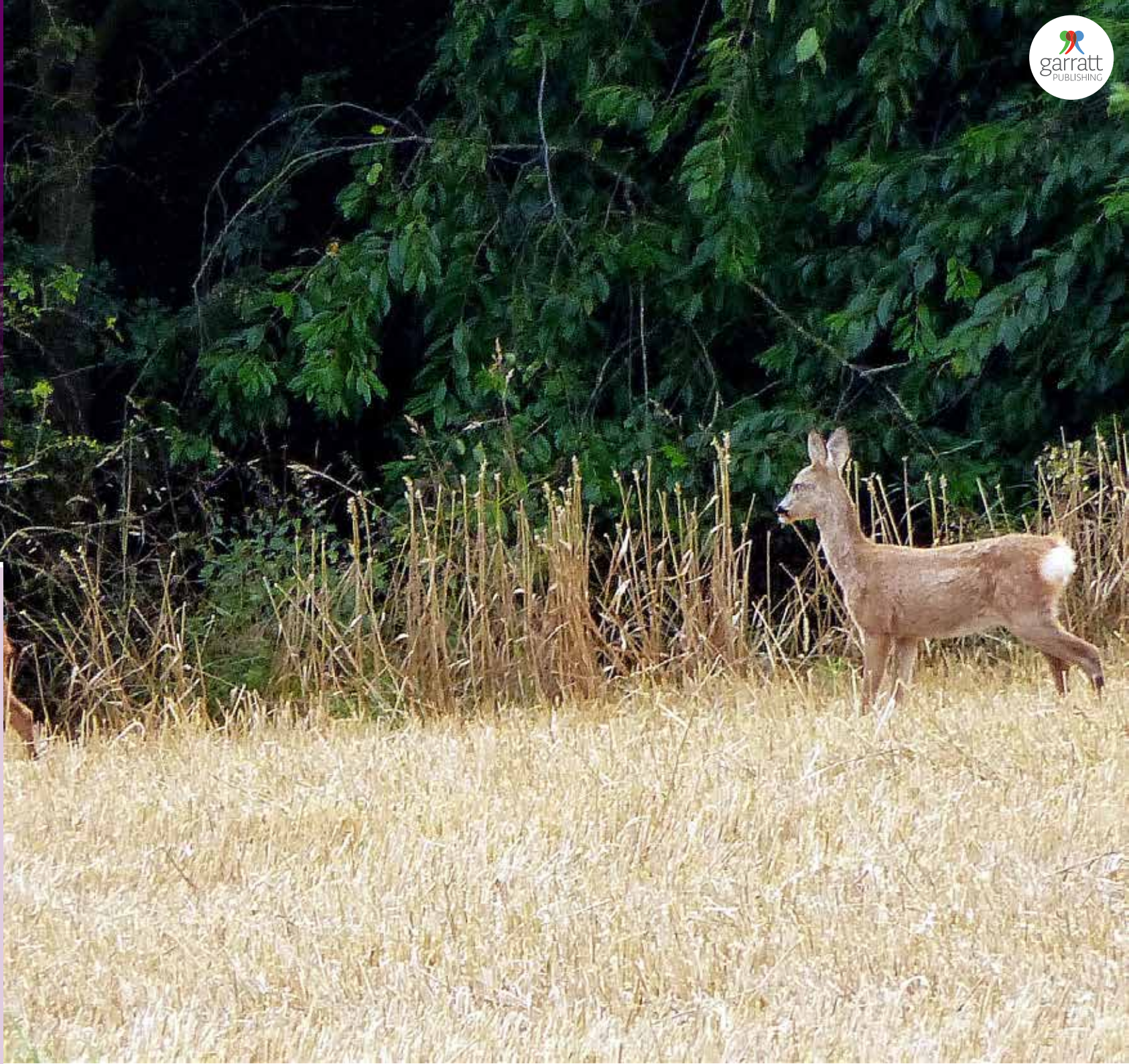
# 28 FEBRUARY 2024

## NUSSBAUM

During the next part of the trail pilgrims make their way through the glorious meadows and countryside towards Nussbaum. Situated near the paddocks outside the town is the next **Information Tableau – Animals**.

*Spend some time each day allowing the joy of God to fill your heart. Spend a little time mourning with him also as joy is lost for so many. Any fasting is to remind us that the Lord of all joy suffers in his people, maybe those near to us. True prayer brings us nearer to others and near to God, especially near to those in any type of pain. It also brings us nearer to ourselves our hopes, desires, and anything about the mystery of ourselves. Time and again God promises me goodness. I pray that my eyes may be opened to appreciate where God is working in my life. Amen*

**DAILY PRAYER 2024**





29 FEBRUARY 2024

## BAD SOBERNHEIM

Bad Sobernheim is a noted spa town, known for its healing-mud cures. It also has a long Jewish history, with the first known inhabitants dating back to the middle ages. The ***Meditation Tableau - The Synagogue*** was placed, intentionally, in front of the Malteser chapel (pictured), and not the Synagogue. This was to symbolise that Hildegard's vision does not represent Jewish self-understanding, but merely a Christian perspective on Judaism.



*Dear Lord, thank you for speaking to me through the Bible. Please help me to acquire a taste for it, as I continue to feast upon the riches of your Word.*

**GIVE UP WORRY FOR LENT**  
**40 Days to Finding Peace**  
**in Christ**

Gary Zimak



# 1 MARCH 2024

## HEIMATMUSEUM

The *Heimatmuseum* (Local History Museum) in Bad Sobernheim focuses on the naturopath Protestant Pastor Leopold Erdmann Emanuel Felke, whose work laid the foundation for the spa business. Felke, who was born in 1856 and died 1926 in Munich, is buried in Bad Sobernheim as he was active in Bad Sobernheim from 1915 to 1925. Felke developed the *Felke Cure* which involved clay applications and baths, a healthy diet, outdoor exercise, and sleeping outdoors or in cabins open to the light and air. He also practiced iridology and is considered the co-father of combination homeopathic remedies. Located in the Priorhof of the museum, is the **Information Tableau – Medical Herbs**.

*Pray: Holy Spirit, inspire me with the spiritual fruits of joy and thanksgiving.*

*Do: Dedicate yourself to being the epicentre of celebration for everyone around you.*

### OUR LENTEN ROAD TO HOLINESS

**Daily Reflections, Prayers and  
Actions, Lent 2024**

Alice Camille



2 MARCH 2024

## DISIBODENBERG CHAPEL

Hildegard lived in Disibodenberg for nearly 40 years from 1112–1150 and falls in the middle of the Pilgrimage Trail. The late gothic *Disibodenberg Chapel* once belonged to the Disibodenberg Monastery. Today, it has been completely renovated and houses a brewery and restaurant (*Denkmalz*). In memory of Hildegard, they serve a beer called *Wilde Ginger* which is made with local brook mint, ginger, and elderberry.

*Loving God, as we begin our Lenten journey we pray that the mists that can cloud our vision may lift, so that we may see the road that lies before us and so come with open hearts to you, the source of living water. Melt what is frozen within us, warm our hearts, and lift our spirits that we do not lose heart in our capacity to grow, or in your desire to lead us safely home. Amen*

**IT'S ALL ABOUT HOPE**

**Garratt Publishing**

**Lenten Program Year B**

Christopher J Monaghan CP



# 3 MARCH 2024

## STAUDERNHEIM

Along the Barefoot Path leading to the Nahe River is the **Information Tableau – Causae et Curae**. After crossing the river Pilgrims head towards Staudernheim. This delightful town boasts a small, but unique museum – the *Participatory Museum for Nature Conservation*. Its primary focus is nature conservation, shown from different points of views: from both nature and humans. It has a large outdoor area, a sanctuary, and a model for modern nature protection. At the museum you will find the **Information Tableau – Physica** that is dedicated to Hildegard's nature studies.

*Yesterday is gone, tomorrow has not yet come. We only have today.  
Let us begin.*

Saint Teresa of Calcutta

**PRAYERS & REFLECTIONS  
FOR YOUR SACRED DAY 2024**

Anne Rennie (comp.)



# 4 MARCH 2024

## STAUDERNHEIM

Staudernheim offers pilgrims two opportunities for meditation. The first, **Meditation Tableau - The Choir of Angels**, is at the baroque St John the Baptist Catholic Church. This is a listed building and is protected by the Hague Convention. Built in 1770, it houses an organ made in 1875 by the Stumm organ-building family. It is probably their first organ with a cone chest and sliding chest.

*We are called to live the Word ourselves, to say a prophet's word, so that others may live better lives because of us. Otherwise, we use a standard that does not really describe a spiritual person in the Judaeo-Christian tradition. It is little more than camouflage for religious comfort, for making a spa out of the religious life, for confusing a feel-good following of Jesus with the hard work of tending to the world.*

**Joan Chittister**  
*The Time is Now*

**PRAYERS & REFLECTIONS  
FOR TEACHERS 2024**

Ann Rennie (comp.)







5 MARCH 2024

## STAUDERNHEIM

The next **Meditation Tableau - The Redeemer** is located at the neogothic Protestant Church. In front of the church is a beautiful treed square with seating – an ideal spot for meditating!

*In what ways can your own preconceived notions, intellectual pursuits or religious traditions hinder you from truly encountering God's presence? How can you cultivate a childlike openness and receptivity to knowing and following God? Jesus invites people to "come to me" as a welcoming and encouraging offer of rest. What does it mean to find rest in the knowledge and understanding of God through Jesus?*

**LENT AND EASTER FOR EVERYONE**  
**From Wilderness to Glory**  
Tom Wright



6 MARCH 2024

## DISIBODENBERG

The ruins of the Disibodenberg monastery, founded by Saint Disibod, can be found in the Nature Protection Area Disibodenberg. Following the Benedictine takeover in 1107, the Counts of Sponheim sponsored the building of a *Frauenklause* – a female hermitage – to be associated with the monastery. It was here, on *All Saint's Day* 1112, that Hildegard took her vows. It became her home for the next 39 years and represents the spiritual centre of the pilgrimage. The **Information Tableau – Hildegard's time at the Disibodenberg** is located here.

*May your words, O Lord, abide in our hearts so that we see the dignity of each person, recognise their worth and create communities that are just and merciful.*

**NOT BY BREAD ALONE 2024**

**Daily Reflections for Lent**

Catherine Upchurch





# 7 MARCH 2024

## HILDEGARD CHAPEL

At the foot of the hill from the monestary ruins is a small white chapel dedicated to Hildegard. Here, the **Information Tableau** - **The Trinity** which focuses on Hildegard's vision of the threefold divine secret.

*Spend some time each day allowing the joy of God to fill your heart. Spend a little time mourning with him also as joy is lost for so many. Any fasting is to remind us that the Lord of all joy suffers in his people. True prayer brings us nearer to others and near to God, especially near to those in any type of pain. It also brings us nearer to ourselves our hopes, desires, and anything about the mystery of ourselves. Time and again God promises me goodness. I pray that my eyes may be opened to appreciate where God is working in my life. Amen*

**DAILY PRAYER 2024**



8 MARCH 2024

## GLAN RIVER

On the way to Odernheim from Disibodenberg pilgrims cross the Glan River, the right tributary of the Nahe River. Found here is the **Information Tableau - Elements** that highlights Hildegard's view of the four elements - fire, water, earth, and air. Hildegard also describes the water of the Glan.

*Ponder: When does my heart hear God's loving voice?*

*Prayer: Risen Lord, you love me and take delight in me. Open my heart to listen eagerly to your word of hope and peace.*

*Practice: I will unburden my heart to a trusted friend.*

**HOPEFUL MEDITATIONS for Every Day of Easter through Pentecost Years A, B, & C**

Rev Warren J Savage,  
Mary Ann McSweeney



# 9 MARCH 2024

## ODERNHEIM

Odernheim was once a Frankish settlement. This delightful town is surrounded by vineyards, forests, and meadows making it a popular destination for hiking enthusiasts. The next **Meditation Tableau** – **Baptism**, is at the Protestant Church which was built in 1738 with funds from the Meisenheim church administration.

*Almighty God, give us reverence for all creation, and respect for every person, that we may mirror your likeness, in Jesus Christ our Lord.*

**REFLECTIONS FOR  
DAILY PRAYER  
Advent 2023 to Eve of  
Advent 2024**

Various Contributors





10 MARCH 2024

## ODERNHEIM & DISIBODENBERG

As pilgrims head towards Duchroth and take a final look at Odernheim and Disibodenberg, they will find the **Meditation Tableau - Confirmation**. This section of the Hildegard Pilgrimage is also in the old homeland of the Celts (*Gaul*). The next **Information Tableau - Celtic Homeland** is located at Schlader Heide, the site of an old Celtic settlement.

*Oh God, Rich in mercy and love,  
graciously hear our prayers. Raise  
us up with Christ and make us rich  
in good works, that my that we may  
walk as children of light towards the  
paschal feast of heaven.  
Through Christ our Lord. Amen*

**DAILY PRAYER 2024**



11 MARCH 2024

## DUCHROTH

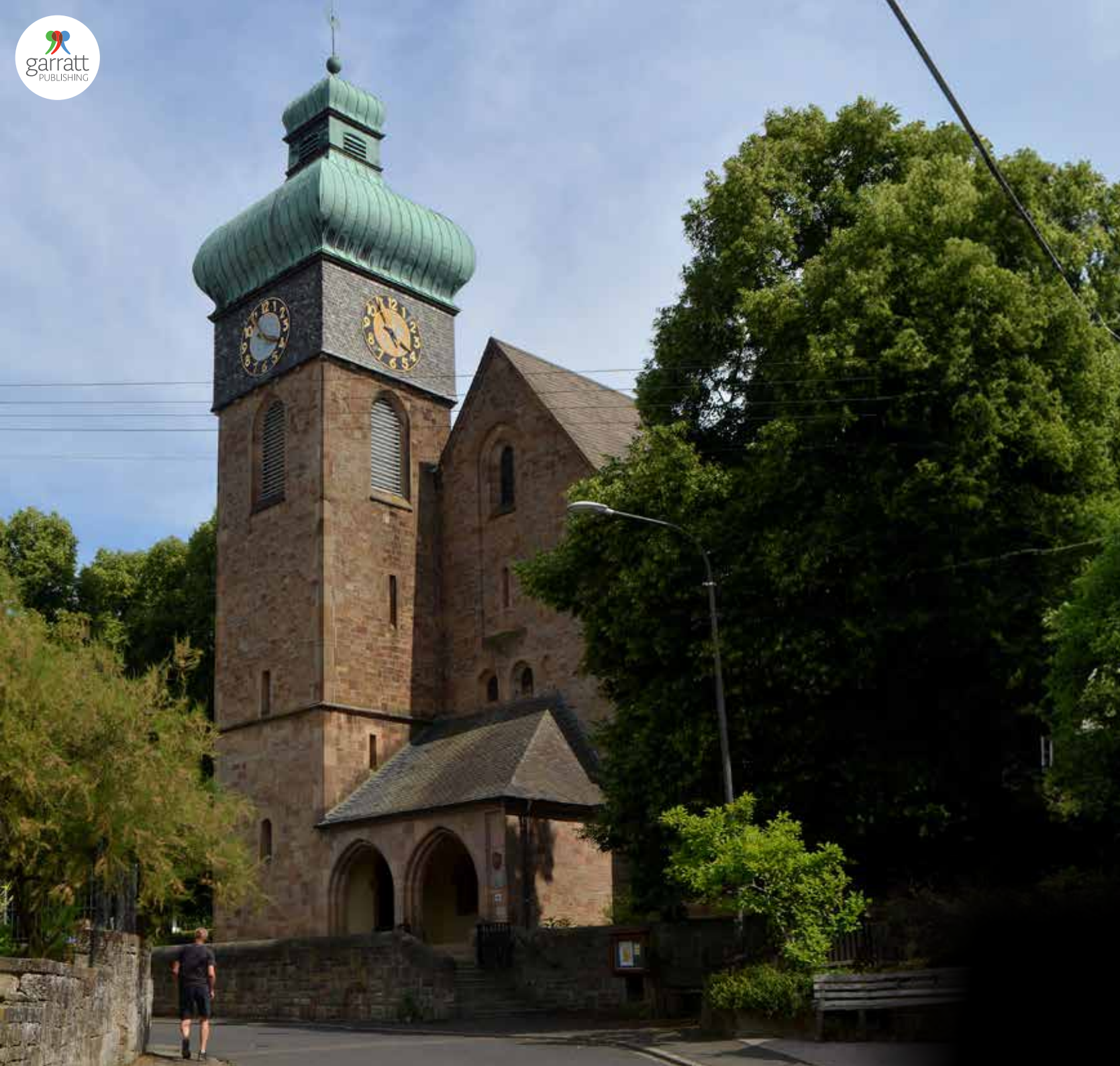
The next **Meditation Tableau – Ecclesia and Virginitas** is found at the Protestant Church in Duchroth. This church was built between 1908-1910 after the original burnt to ground during a catastrophic fire that struck the village in 1905. An interesting quirk of the church is that the clock mechanism has to be wound up by hand every day!

*Lord God, make every moment of my daily life a prayer to you. Grace me with the patience and endurance to keep you at the centre of my life. Let me not simply reserve prayer with you for Sundays or before meals, but move me to offer up every act, every word, every thought, and every breath in praise of your name. May I also keep in mind those in greatest need in my parish community, city, country, and world. Help me make my life a prayer to you and keep you as my guiding light that aids me in navigating the ocean of life and illuminating those people who should be a priority. Amen*

Pope Francis

**LENT AND EASTER WISDOM  
FROM POPE FRANCIS**

John Cleary





12 MARCH 2024

## OBERHAUSEN ON THE NAHE

The next **Meditation Tableau - Christ and His Church** is located as you enter the grounds of the Protestant Church in Oberhausen. This Gothic Revival building made of sandstone was built 1865-1868. Pilgrims then leave the town via the landmark *Luitpold Bridge*. This historic sandstone, arched bridge was built in 1889 to make it easier for winegrowers to reach the trading houses in Bad Kreuznach. Prior to crossing the bridge is the **Information Tableau - Fish** where we learn of Hildegard's dedication to studying fish life and local rivers.

*Dear Jesus, thank you for always being there to pick me up whenever I fall. I can't do anything without your help. Please grant me the grace to move away from worrying and move closer to you. Amen*

**GIVE UP WORRY FOR LENT**  
**40 Days to Finding Peace**  
**in Christ**

Gary Zimak

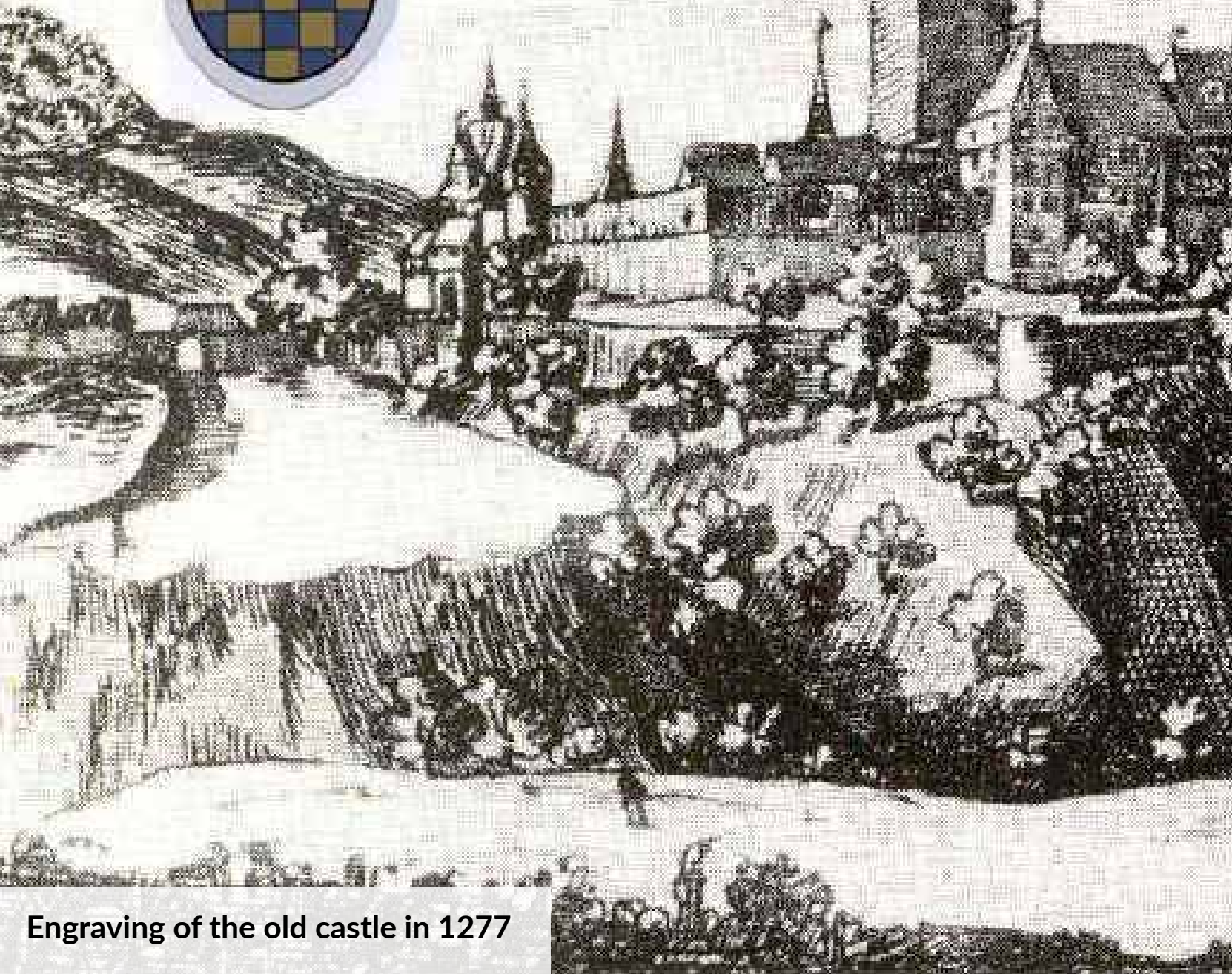




13 MARCH 2024

## SCHLOßBÖCKELHEIM

In 1105 Schloßböckelheim was the site of a major historic event. Henry IV, Holy Roman Emperor, was imprisoned at the Böckelheim Castle by his son to force him to abdicate. The son succeeded and became Henry V. The castle was destroyed by the French in 1168. Located at the site of the ruins is the **Information Tableau - Böckelheim Castle** and the **Meditation Tableau - The Devil** where Hildegard envisions the powers of evil and their conquests.



Engraving of the old castle in 1277

*Loving God, increase in us the gift of gratitude and awareness. May we notice the people who sit at our gate waiting patiently to call us to a deeper relationship with you. Amen*

**THIS CUP WE BLESS**  
**A Tea and Coffee Break for**  
**Every Day During Lent**

Michael McGirr



14 MARCH 2024

## WALDBÖCKELHEIM

Outside St Bartholomäus Catholic Church, built between 1833-1836, is the **Meditation Tableau - God, Lucifer, and Humanity** which relates to Hildegard's third book of *Scivias*. This tableau is about the cosmic drama that took place at the beginning of time according to Hildegard. The next **Information Tableau - The Tithe**, is found at the old tithe barn and reminds pilgrims that Hildegard was dedicated to God as a 'tithe'. A tithe was the name given to the obligatory contribution by lay people to the Church of a 10th of their income or the equivalent in crops, stock, etc. Hildegard was the tenth child of noble parents, and we are told, that while praying, they offered her to God as a 'tithe'.

*There is a task in life that is greater than any other task: we must find joy for ourselves, and we must share it with others.*

**GRACE-FILLED MOMENTS  
WITH SISTER JOAN**  
**365 Reflections on Life, Loss,  
Healing & Joy**

Joan Chittister





# 15 MARCH 2024

## WALDBÖCKELHEIM

Still in Waldböckelheim, but at the top of the hill, is the town's landmark Protestant Church. This sandstone, neo-gothic style church was built between 1863 and 1867. The Church's organ, which is historical listed, was built in 1866 by the organ builders Anton and Carl Christian Weil. It is one of the most important examples of romantic organ building in the Rhineland. This position, high above the countryside, is the perfect place for the **Meditation Tableau – The Edifice of Salvation**, which explains Hildegard's concept of the City of God.

*Holy One, You do not require that I take on every quality of your pure goodness, but you do insist that my daily life reflects the generosity of your love. I desire to orientate myself in that direction... Today, I make a deliberate effort to love well.*

**JESUS, GUIDE OF MY LIFE**  
**Reflections for the Lenten Journey**  
 Joyce Rupp



16 MARCH 2024

## BURGSPONHEIM

The trail now heads towards historic Hildegard sites that connect to her teacher, *Jutta of Sponheim*. The first stop is at the ruins of *Sponheim Castle* in Burgsponheim where Jutta and her family lived. Here pilgrims will find the **Information Tableau – Jutta of Sponheim** and the **Meditation Tableau – The Tower of Anticipation** where you can listen to Hildegard's favourite song that she wrote, *O virga ac diadema* (Sequence for the Virgin). Click [here](#) to view the lyrics.

Some believers grow up fearing God, imagining our God as one of wrath and punishment. Rather we have a God who loves us unconditionally despite our flaws and failings. Let us not have hearts frozen in fear but, hearts melting with the mercy we receive from our maker. As we prepare for the passion, death and resurrection of Jesus let us have confidence in the grace that opens our hearts and mind to love and forgiveness.

### PRAYERS & REFLECTIONS FOR TEACHERS 2024

Ann Rennie (comp.)





# 17 MARCH 2024

## SPONHEIM

The *Parish Church of St Martin* (Sponheim Minster) is important for the Hildegard Way as it is the only remaining building from the era in which Hildegard lived – the 12th century. It is also important because Abbot John Trithemius, who was the most well known abbot of the monastery, venerated Hildegard and constantly referred to her in his historical writings. It was Trithemius who contributed to Hildegard's posthumous fame. Here you will find two tableaux, the **Information Tableau – Sponheim Minister** and the **Meditation Tableau – The Pillar of the Word of God** where Hildegard's vision of a pillar with three sides is explained.

*The Ten Commandments are as relevant today as when they were first written down. Their purpose was to help the people maintain good relationships with God and their neighbours.*

Debra Snoddy

**LIVING IN HARMONY**  
**Garratt Publishing's Lenten Program**  
**Year B**

Featuring Joan Chittister and  
Various Contributors



# 18 MARCH 2024

## BRAUNWEILER

The next stop on the Hildegard Way is at the St Joseph Catholic Church in Braunweiler where the **Meditation Tableau – The Zeal of God in Braunweiler** is located. From here pilgrims head towards Dalberg where they will see many wayside crosses along the way. This shows that they are moving – culturally, speaking – from the rather Protestant Western Naheland to more deeply into the Catholic Soonwald region.

*During Lent include those who are alone. There are elderly people who have no family, parents whose children are far away, couples who are separated, and those who are alone because of family problems. Be alert to those people and include them in your Lenten and Easter celebrations.*

*Pray: Jesus, I want to be remembered for the difference I make in the lives of people who are hurting. Amen*

### THE SEASON FOR HEALING HEARTS

**Daily Meditations, Actions &  
Prayers, Lent 2024**

Joseph F Sica





# 19 MARCH 2024

## DALBERG

The special focus of this stage of the trail is Mary. Halfway to Dalberg is a junction called *Keber's Kreuz* (Cross). Here you will find the **Information Tableau - Hildegard's Marian Songs**. 21 of the 27 songs gathered in Hildegard's *Symphonia harmoniae caelestium revelationum* are dedicated to Mary. Upon arriving at the small town of Dalberg the next stop is *St Leonard's Chapel*. Built in 1485, this late-gothic, aisleless Church is among the village's most historically important buildings. The bells are still rung by hand! The **Meditation Tableau - The Stone Wall of the Old Law** is located here.

Loving God, Help us to be always open to your surprises, to discover what we reject can be the source of strength. May you be our rock. Amen

**THIS CUP WE BLESS**  
**A Tea and Coffee Break for**  
**Every Day During Lent**  
Michael McGirr





20 MARCH 2024

## DALBURG CASTLE RUINS

On the way to the Dalburg Castle ruins is a Baroque *Marian Column* marked 1728 dedicated to Mary. For many, this has been a site of rest and for praying the *Hail Mary*. Dalburg Castle was built circa 1150 to 1170. It was mostly destroyed in the wars of 1635 and 1689. Remaining today, are the Romanesque keep, residential quarters, 'long hall', and the the 14th century Saint Anthony's Chapel – the of location of the ***Meditation Tableau – The Pillar of the Trinity***.

*The starkness of the community chapel is simply an external reminder of the internal emptiness that develops when we barter the real richness of life for the trinkets of living.*

Joan Chittister

**LIVING IN HARMONY**  
**Garratt Publishing's Lenten Program**  
**Year B**

Featuring Joan Chittister and  
Various Contributors

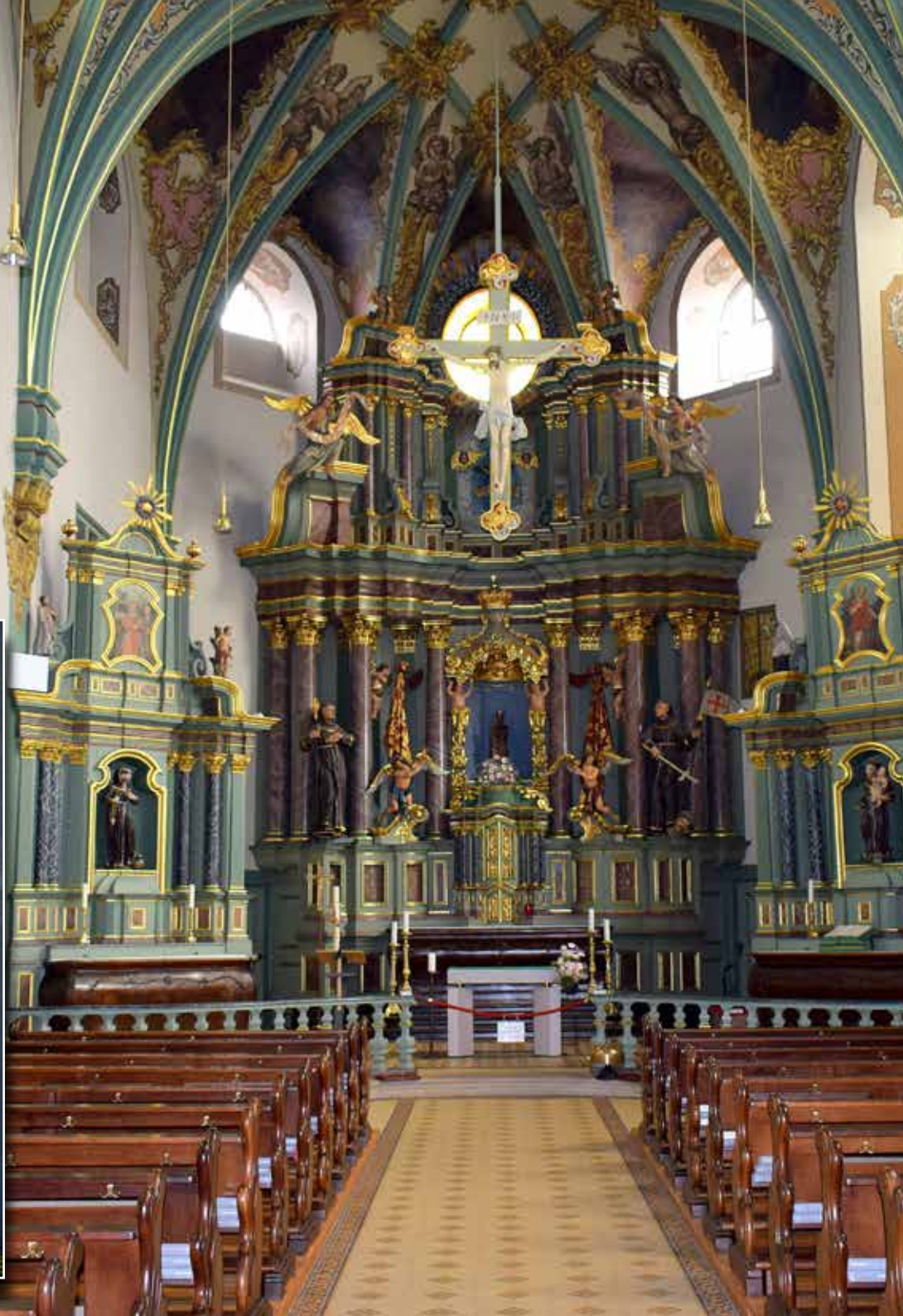




21 MARCH 2024

## SPABRÜCKEN

Spabrücken is an old pilgrimage site famous for the sculpture *Black Madonna of Soon* (Soon being the name of the forest that surrounds Spabrücken). Over the centuries the sculpture was damaged so often that in 1909, the sculptor Kaspar Weiß created a new *Mother of God of the Soon* into whose interior the old statue was inserted. This sculpture stands in the *Mary's Assumption Church* which dates back to 1359. Its interior is dominated by a high altar which reaches up to the ceiling. Both the **Information Tableau – Pilgrimage** and the **Meditation Tableau – The Pillar of the Savior's Humanity** are located here.



*Risen Jesus, you heal our broken hearts and give us peace. Help me to be a source of encouragement to those troubled by pain and suffering.*

**HOPEFUL MEDITATIONS for Every Day of Easter through Pentecost Years A, B, & C**

Rev Warren J Savage,  
Mary Ann McSweeney



22 MARCH 2024

## SCHÖNEBERG

From Spabrücken to Schöneberg you will follow, what locals recently created, the *Path of the Three Madonnas*. The first was the *Black Madonna of Soon* in Spabrücken which they linked to the topic of 'faith'. The second Madonna, linked to 'love', is noted at the *Eremitage* on the road to Schöneberg where there are wooden Stations of the Cross, but unfortunately, the Madonna-figure is missing. Also here is the **Meditation Tableau - The Tower of the Church**. At the *Finding of the Cross Catholic Church* in Schöneberg is a post-war photocopy of the third Madonna - *Madonna of Stalingrad* (pictured) linked to 'hope'. Click [here](#) to learn more about the history of the *Madonna of Stalingrad*. The **Meditation Tableau - The Son of Man** is also found here.

Whatever troubles may be before you, accept them bravely, remembering Whom you are trying to follow. Do not be afraid. Love one another, bear with one another, and let charity guide you all your life. God will reward you as only He can.

Mary MacKillop





23 MARCH 2024

## ST JAKOBUS CHURCH STROMBERG

On the way to Stromberg, pilgrims pass through the holiday village of Schindeldorf. Here, at the **Information Tableau - Libre Vitae Meritorum** we learn about Hildegard's second theological work about the destructive and constructive powers of humans. From here, the beautiful landscape of the Soonwald Trail leads to the delightful town of Stromberg and the St Jakobus Catholic Church. Built in 1863 from Stromberger limestone it houses a large old crucifix and precious sacred objects from the years 1715 and 1739. Inside the church is the **Meditation Tableau - The Last Days and the Fall of the Antichrist** which focuses on Hildegard's apocalyptic visions.

*God of all time, help us to surrender the past to your mercy and the future to your wisdom. Meet us in the now and encourage us to stay there responding with full attention to what you are doing in our midst.*

**NOT BY BREAD ALONE 2024**  
**Daily Reflections for Lent**  
Catherine Upchurch





# 24 MARCH 2024

## WARMSROTH

Not far away in Warmsroth is the newly restored *St Pankratius Chapel*. Its first foundation was laid in the 15th century and its current shape from 1716. The **Meditation Tableau – The Last Judgement** is at this chapel. In the 12th vision Hildegard's third book of *Scivias*, she describes the last Judgment that ends on Judgment Day.

*Loving God, as we enter Holy Week we pray that it will be a time for us to grow as disciples. May we know deep in our hearts the immensity of your love for us. May our hope be rekindled in the midst of our own joys and sorrows, knowing that nothing can separate us from the love of Jesus the crucified and risen one.*

### IT'S ALL ABOUT HOPE

**Garratt Publishing  
Lenten Program Year B**

Christopher J Monaghan CP



25 MARCH 2024

## WALDALGESHEIM

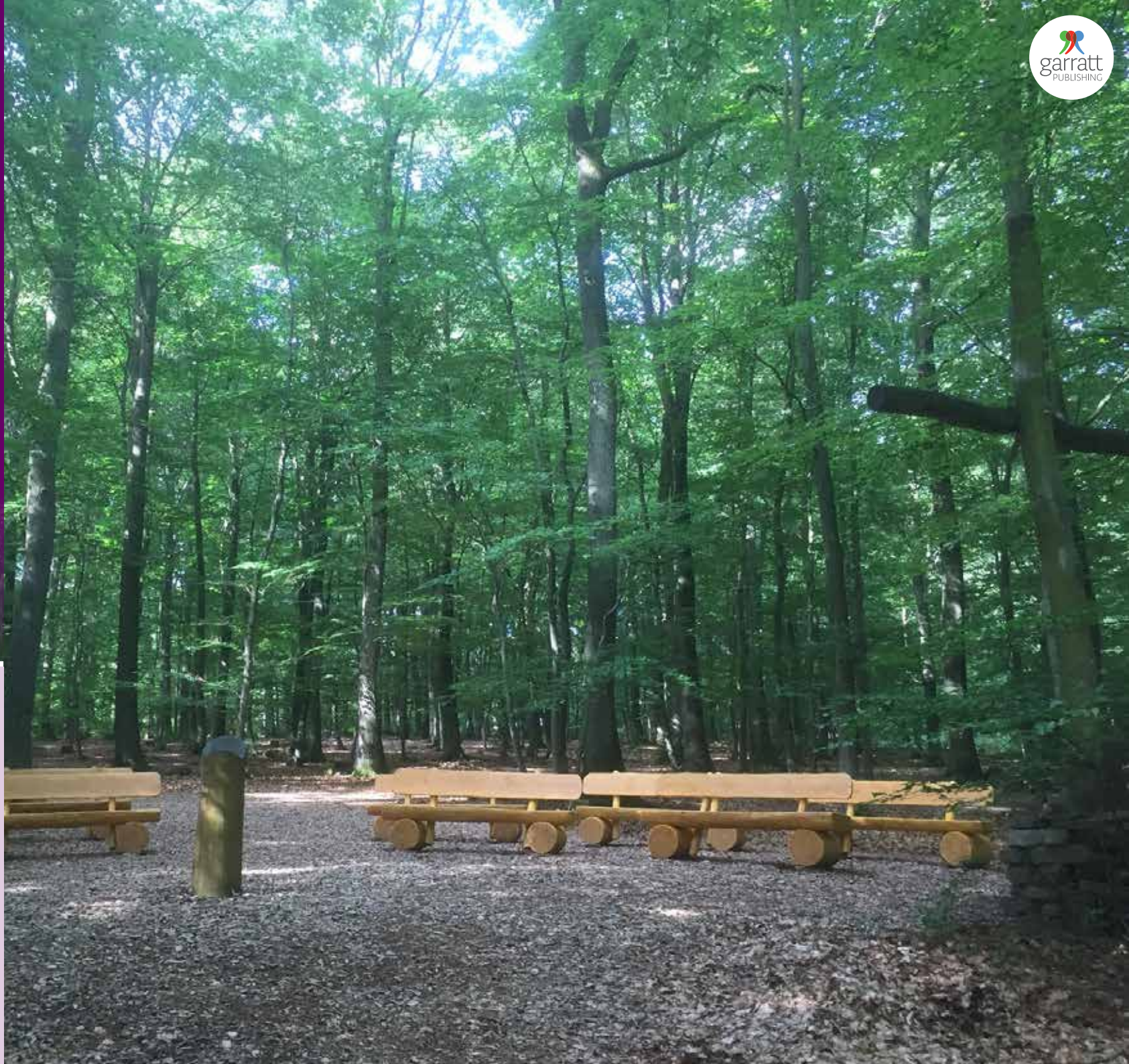
The last meditation tableau of the the Hildegard way, **Meditation Tableau - Symphony of Praise** references Hildegard hearing of celestial music, and is found at the end of the *RuheForst Waldalgesheim*. A RuheForst is an eco-friendly alternative to a cemetery. Biodegradable urns are placed in places such as trees, large stones, bushes, and rhizomes. This is the perfect spot to rest, meditate, or listen to Hildegard's *O gloriosissimi lux* (Antiphon to the Angels).

*Cross-Bearer, Thank you for the kindhearted individuals who have been there in my troubling times, for how they supported and encouraged me, thereby lessening the painful load I was bearing. I will come forward and help others when needed. Today... I will notice who's cross is heavy and offer to assist with it.*

### JESUS, COMPANION IN MY SUFFERING

**Reflections for the Lenten Journey**

Joyce Rupp





## BINGEN

The next stage of the Hildegard pilgrimage takes pilgrims to the city of Bingen, where in around 1150, Hildegard founded her first Abbey. Here, the *Cultural Office of the City of Bingen* has a marked tour of the 17 most important Hildegard sites. The last three *Hildegard of Bingen Pilgrimage Tableaux* are displayed along this route. The **Information Tableau – Bingen, the Hildegard-Town** is found at the first stop, the *Museum am Strom*. This museum was once a power station dating back from 1898 and holds a permanent exhibition on Hildegard.

*Creator God, As we continue our Lenten observances, we pray that you may lead us into deeper waters of love and concern for others. May our almsgiving never be perfunctory. Instead, may it be an expression of solidarity with those who do without. May our fasting unite us spiritually with those who hunger, and may our prayers be sincere expressions of praise and awe at your glory reflected in the world around us. Amen*

### PRAYERS & REFLECTIONS FOR TEACHERS 2024

Ann Rennie (comp.)







# 27 MARCH 2024

## BINGEN

At the St Rupert and St Hildegard Church is the **Information Tableau - Liber Divinorum Operum**, the last of her works which she completed in her 70s. It is divided into three parts - the *cosmos and the human person, rewards for virtue and punishment for vice, and, the history of salvation*. Within the transept of the church are artistically designed windows depicting the life and work of Hildegard. A bronze sculpture by Karl-Heinz Oswald adorns the church forecourt. Located a few blocks away from this Church at Am Rupertsberg 16 is what would have been the actual site of Hildegard's monastery. The **Information Tableau - The Rupertsberg Women's Monastery** is located here.

*When our eyes are focused only on ourselves, and the things we have made our own in life, we lose our perspective. We missed the real meaning of life.*

### GRACE-FILLED MOMENTS WITH SISTER JOAN

**365 Reflections on Life, Loss, Healing & Joy**

Joan Chittister





**28 MARCH 2024**  
**MAUNDY THURSDAY**

## **BINGEN**

The building of Hildegard's first monastery at Rupertsberg – where she wrote most of her works – began in 1150. Sadly, it was virtually destroyed in 1632 amid the *Thirty Years' War*. The nuns returned in 1636, but the buildings were inhabitable, so they sought refuge at the daughter monastery in Eibingen. In the 19th century the *St Rochus Chapel* was decorated with altars and pictures from the monastery church in Eibingen and the altar contains two Hildegard relics. The final tableau, **Information Tableau – After Hildegard's Death**, is located here.

*The Church's synodal form... suggests that Lent is also a time of ... decisions, small and large ... Decisions capable of altering the daily lives of individuals and entire neighbourhoods, such as the ways we acquire goods, care for creation, and strive to include those who go unseen or are looked down upon. I invite every Christian community to do just this: to offer its members moments set aside to rethink their lifestyles, times to examine their presence in society and the contribution they make to its betterment.*

**THROUGH THE DESERT GOD  
LEADS US TO FREEDOM**  
**Message of His Holiness  
Pope Francis for Lent 2024**



# 29 MARCH 2024

## GOOD FRIDAY

### EIBINGEN, RÜDESHEIM

The Abbey of St Hildegard is seen as the most important destination for Hildegard pilgrims. However, the *Parish Church of St Hildegard* located just below the Abbey was built on the site where, in 1165, Hildegard established her second monastery (her daughter convent). Spiritually, this is the real destination of the pilgrimage way. Inside the Church, in front of a wonderful wall mosaic that depicts Hildegard's vision of the Trinity, is Hildegard's shrine containing her remains.

*Almighty Father, Look with mercy on this your family for which our Lord Jesus Christ was content to be betrayed and given up in to the hands of sinners and to suffer death upon the cross; who is alive and glorified with you and the Holy Spirit one God, now and for ever.*

**REFLECTIONS FOR DAILY PRAYER**  
**Advent 2023 to Eve of Advent 2024**

Various Contributors



**30 MARCH 2024**  
**HOLY SATURDAY**

## **RÜDESHEIM ABBEY OF ST HILDEGARD**

The *Abbey of St Hildegard*, which looks over the village of Eibingen, is located within the UNESCO World Heritage listed Upper Middle Rhine Valley. Although appearing Romanesque, it was built between 1900-1904. The original Eibingen monastery closed in 1803 as part of secularisation. During the late 19th century, a plan for a new monastery to revitalise the old Eibingen convent and hark back to the old Rupertsberg was devised. On 17 September 1904, 14 Benedictine nuns from St Gabriel in Prague moved into the new foundation. Thus, marking the beginning of the Benedictine community that exists today, and who still see themselves as the founding of St Hildegard, the tradition of their house is directly linked to her old monastery in Eibingen.

*Jesus, risen from the tomb, help us appreciate the places where we have come to know and love you. Mark them in the memory of our hearts, and as we revisit them in mind or in person, may we be refreshed in our commitment to live as people of the resurrection.*

**NOT BY BREAD ALONE 2024**  
**Daily Reflections for Lent**  
Catherine Upchurch



**31 MARCH 2024**

**EASTER SUNDAY**

## **ST HILDEGARD OF BINGEN**

Hildegard died on 17 September 1179 at the age of 81 in the Rupertsberg monastery. She left a vast array of works: three volumes of visionary theology; two books on natural science and medicine; one of the largest bodies of letters (nearly 400) to survive from the Middle Ages; an invented language called the *Lingua Ignota* (unknown language); over 70 songs; a musical play, *Ordo Virtutum* (The Order of Virtues); biographies of Saints Rupert and Disibod; plus many minor works. A statue of Hildegard by *Karlheinz Oswald* stands out the front of the Abbey of St Hildegard.

*Almighty and ever-living God, Today we rejoiced in the gift of salvation. Fill our hearts with the joy of the resurrection, and grant us abundant love so that we may, like the women at the tomb, run gladly to tell the Good News. Through Christ our Lord, Amen*

**DAILY PRAYER 2024**



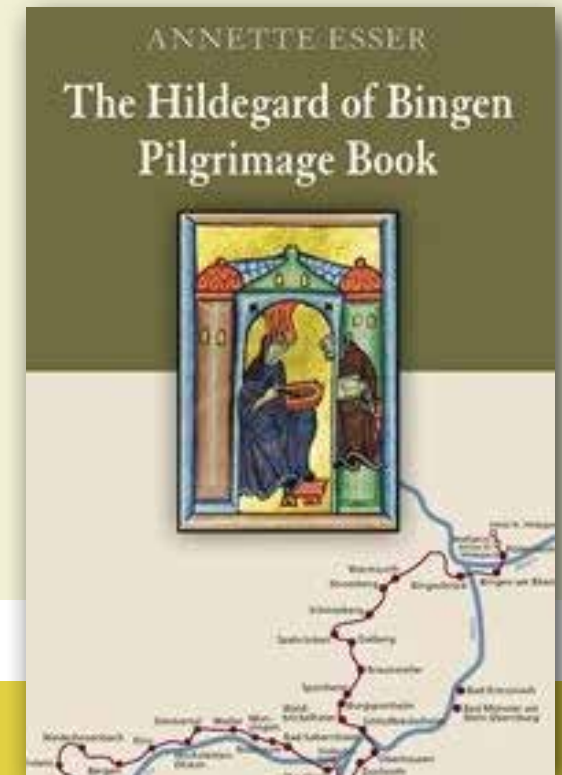


## TAKE AN ARMCHAIR PILGRIMAGE!

If you would like to journey along the *Hildegard Pilgrimage Trail* from the comfort of your own home and read more about the Tableaux featured in this *Lent Calendar*, Annette Esser's book is available for purchase.

# The Hildegard of Bingen Pilgrimage Book

Annette Esser



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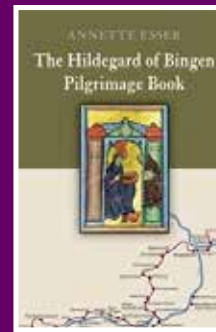




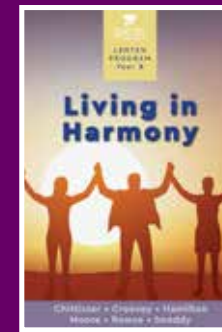


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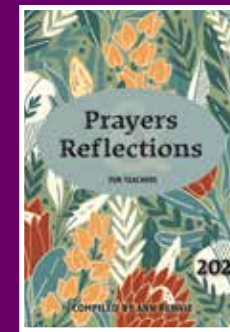
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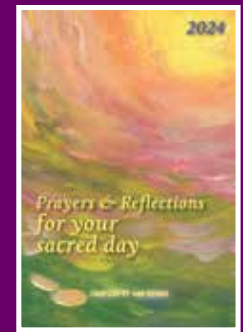
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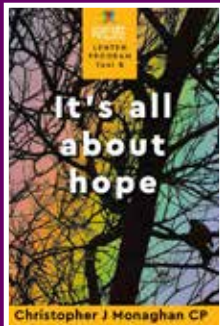
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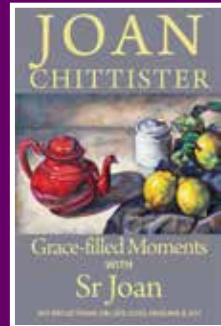
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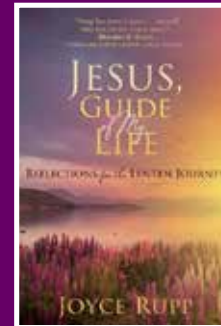
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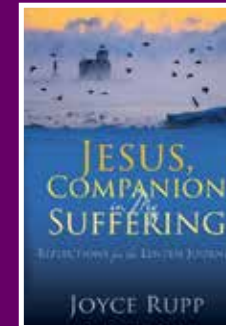
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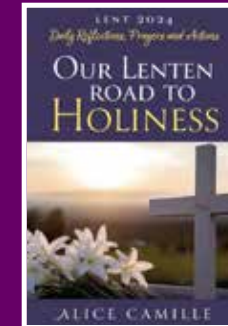
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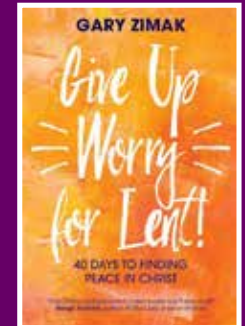
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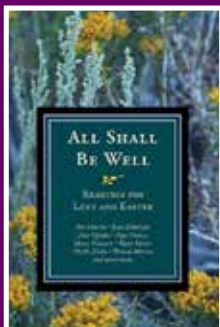
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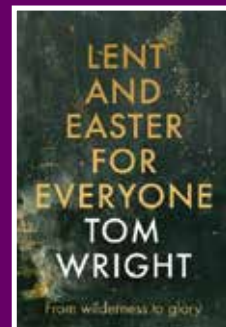
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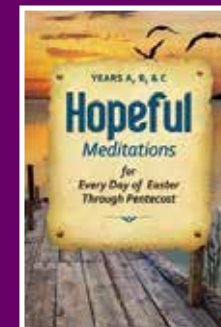
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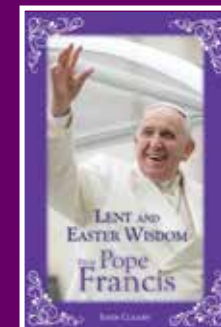
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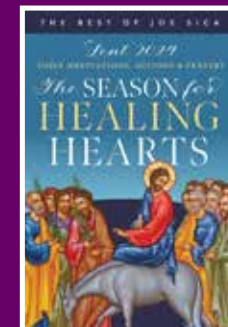
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Advent 2023 to  
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Daily Meditations, Actions &  
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**Joseph F Sica**  
9781627857932



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