

Living Labyrinth welcomes you



St. Mary-on-the-Lake Peace and Spirituality Center, Bellevue, Washington

The Immersive Labyrinth Walk

A program guide for **Lent**

Prepare

- + Find a quiet space, set up a focal point (e.g., candle, cross, flower)
- + See end of this document for an introduction to the labyrinth and a printable labyrinth
- + Open your computer or device, click on video link

Ease into this time

- + Gaze at your focal point
- + Listen to the meditative music

Draw near to God...as God has already drawn near to you.

Meditative Music



Lamb of God, Lamb of God
Have mercy on us, have mercy on us
Lamb of God (hear our prayer), Lamb of God
Grant us peace (hear us pray); this we pray

Welcome and Introduction

Welcome to the immersive labyrinth walk. You are invited to virtually walk the labyrinth as a path for prayer. In quiet reflection and openness to God, it is our hope for you to experience being God's beloved, connecting with God's presence and sparks of God's Spirit within you.



Introduction to the Labyrinth

When I was first introduced to the labyrinth, I had no idea what it was or how to “walk” it. However, the design and intention for reflection intrigued me. I was open and eager to experience whatever it held for me. After removing my shoes, I was given a simple instruction: take one step at a time and stay on the path... it will lead you to the center.

As I entered the path, I felt myself slowing down and beginning to breathe more deeply. It seemed that a spaciousness and timelessness were surrounding me. It reminded me of how I have felt while walking along an ocean shore, breathing in the fresh air, my feet touching the wet sand. I felt free to think and feel and wonder.

My pace steadied as I found a rhythm through the long stretches and the short turns. My thoughts and feelings emerged, and I began to notice and pay attention to my inner being. When I arrived at the center, I stopped. It felt good and safe. I experienced a sense of peace. When I was ready, I returned using the same path, taking what I experienced with me.



Each time I walk the labyrinth, it is unique. I find myself being *in the moment* – present and aware of my whole person. My body, my mind, and my spirit are engaged and aware. I am open to receiving and responding to whatever is there for me. Those initial instructions have stuck with me as I live each day: “take one step at a time and stay on the path... it will lead you to the center.”

Like a good friend, the labyrinth is always open and accepting of you. Through music, prayers, scripture, and art, may this immersive walk gently stir something new in you.

To live in the moment...is the only footprint to follow...

Hinhan Wakangli

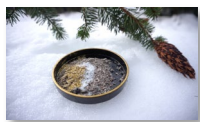
Introduction to Lent

The forty days of Lent (which means “spring”) is a season to ponder the life of Christ - his person, teachings and unconditional love expressed on the cross. It is an invitation for reflection, honesty, returning and renewal.



Ash Wednesday marks the first day of Lent. Ashes remind us of our shortcomings and failures toward God and others, our need for reconciliation and, equally, an acknowledgment of our mortality.

Visual entry points for reflection



The picture of a bowl of ashes are mixed with glitter. Ashes illustrate death and suffering. The glitter shines a light of hope and affirmation that we are not left in despair. God is present.

We will use the art of Sadao Watanabe, 20th century printmaker, as windows into God's story. In his print, *The Prodigal Son*, Watanabe captures the relationship of love and humility, returning and forgiveness.



Watanabe Sadao
viewing his stencil



We begin the inner journey of the soul by quieting our minds, opening our hearts, and engaging our body and imagination in this guided labyrinth walk.

Centering

- + Take a deep breath, fill your lungs
- + Breathe in through your nose and breathe out through your mouth
- + Breathe in God's unconditional love
- + Breathe out anything that hinders you from receiving God's love today

Be still and know that I am God
Be still and know that I am
Be still and know
Be still
Be

Based on *New Living Translation*. P's. 46.10

Entering a Time of Honest Reflection

- + You are invited to gaze, meditate on the image.
- + What are the ashes and glitter of your life?
- + What might God be inviting you to receive today?



Prayer

We come with increased awareness of our need for God.

O Lord Jesus Christ, Son of God, have mercy upon me:

Lord, have mercy

Christ, have mercy

Lord, have mercy

A Reading of the Word

Jesus told them this story: a man had two sons. The younger son told his father, “I want my share of your estate now before you die.” So his father agreed to divide his wealth between his sons. The younger son left and wasted his money on wild living. He ran out of money and was dying of hunger.

He finally came to his senses... and returned home to his father, and while he was still a long way off, his father saw him coming. Filled with love and compassion, he ran to his son, embraced him, and kissed him. His son said to him, “Father, I have sinned against both heaven and you, and I am no longer worthy of being called your son.”

But his father said to the servants, “Quick! Bring the finest robe, a ring for his finger and sandals for his feet, and kill the fatted calf...we must celebrate with a feast, for this son of mine was dead and has now returned to life. He was lost but now he is found.” So the party began.

New Living Translation. Luke 15: 11-24



- + Read the text aloud to yourself
- + Allow the words to sink into your soul
- + Notice words, phrases or images that seem to draw you
- + Listen, receive, and respond to the invitations of God

Visualizing the Word through Art

- + You are invited to gaze and meditate on the image
- + Imagine yourself as the prodigal child
- + Notice, ponder, and receive



Watanabe, Sadao. *The Prodigal Son*. 1983. Used with permission.

Walking the Labyrinth

Music: Stella Benson. "Kyrie." *The Healer's Way, Volume 1*, 1998. Used with permission.

Our friend begins to walk the labyrinth. This is our cue to begin our reflection and prayer.

We are being led through the three movements of the labyrinth:

- Release** At the entrance, pause and step in.
Let go of any distractions or expectations.
Allow your thoughts and feelings to emerge naturally.
- Receive** Pause and rest. Just be.
Freely sit, stand, kneel, open your palms, or raise your arms.
Remain open and receive what is there for you.
- Return** Take the same path out.
Hold lightly what you have received.
Allow these gifts to process and integrate into your life.

In each movement there is time for silence, reflection, and prayer.

Note: If you want to increase the length of any segment, feel free to pause the video.



Our guide will now step out of the labyrinth and pause.
You are invited to reflect on what you experienced.
Feel free to sit or stand. You may want to journal.
We close our virtual walk with a benediction ('bene' = good).

Benediction

Dancers: Rhonda Wilkerson and Erin Hocevar-Ortiz

May these visuals and music seal what you experienced and send you forth.

Heavenly Father, please hear my pray'r
Say, are you list'ning, are you even there?
All of my running, all of my sin.
It's time to stop now Jesus come in.

Jesus come into my life; I believe You.
Take away all my old self and make me new
I need to be new.

Father forgive me for all that I've done
Give me your Spirit make me your child.
And we'll live together from this moment on
Now and forever Jesus come in.

Jesus come into my life; I believe You.
Take away all of my old self and make me new
I need to be new.

Forever dear God

Dear God. Written by Wes Terasaki, Arranged by Janeane Nagano. Performed by Melvin Fujikawa, 2021. Used with permission.



*St. Mary-on-the-Lake
Peace and Spirituality Center,
Bellevue, Washington*

Reflection

- + *Reflect on your experience*
- + *Journal if you would like*
- + *Linger as long as you desire...*

Note on Journaling

When reflecting on your labyrinth walk, remember to shine a “soft light” on any images, memories, metaphors, or insights that arise. Refrain from trying to interpret your experience too soon. Often our shy souls hide from the bright lights of our thinking, analytical minds. Possibly the fruits of your labyrinth will not be realized until later and may be as subtle as a feeling of inner peace or a surge of creativity. Journaling is one way to deepen the meaning of your labyrinth walk. You may want to simply begin by writing about what is stirring within you.

Beloved, God bless you on your journey
walking to rhythms of God's grace,
step by step...



Stand at the crossroads and look;
ask for the ancient paths,
ask where the good way is, and walk in it,
and you will find rest for your soul.

New International Version. Jer. 6:16

Dear Friends,

I want to introduce you to the labyrinth as a path for reflection and prayer. Walking the labyrinth may be a new spiritual entry point for you. It is my hope that it would be an experience that increases your awareness of God, and helps you connect to yourself, to others and to your place in the world. As you walk, may you sense an awakening of the mind, an engagement with the body and a gentle nudge or spark of the spirit.

The labyrinth is over 5000 years old. It has been used by countless people in numerous cultures, countries, and traditions throughout the world. Contemplative walkers from Peru to Turkey, Minoans and Native American tribes alike have found meaning walking its path.

In the 13th century, labyrinths were installed in the floors of the great cathedrals throughout France. Some scholars' research shows that the early faithful believers, unable to walk the pilgrimage to Jerusalem for fear of their lives, made a symbolic walk by circling the ancient paths within their sacred space of the church. One of the last remaining of these labyrinths can be found in Chartres Cathedral outside of Paris, France, where people eagerly visit and walk it to this day.

Today there is a resurgence of interest in labyrinths. You may come upon its path unexpectedly: in parks, hospitals, churches, university campuses, backyards or even in a clearing in the woods. Labyrinths may be permanent, made of beautiful wood inlay or stone pavers, or painted in school yard cement. Other paths may be temporal. You may find them as you walk and smell the freshly mown design in grass or hear your socks scuffle on a portable canvas. Some walks you may never forget, like the footprints in the fallen snow or the sand between your toes as the path washes into the ocean tide the labyrinth experience makes a heart print on your soul.

There is no right or wrong way to walk the labyrinth, but there are three movements to each walk. As we enter the path, we begin to slow down and release; at the center, we rest and receive. Finally, we return using the same path, taking what we experienced with us.

Like a good friend, the labyrinth is always open and accepting. It awaits with a standing invitation:

Come and walk!

Grace and peace on the journey,

Carolyn Shimabukuro

Eleven Circuit Medieval Labyrinth



Enter

Using your finger or writing utensil... in quiet reflection... slowly 'walk' the path.

Credits

Labyrinth

+ *Eleven Circuit Medieval Labyrinth*, St. Mary-on-the-Lake Peace and Spirituality Center, Bellevue, Washington.

Music and Dance

- + Benjamin Newburn, *Music Composition*. Used with permission.
- + Salt of the Sound. *Lamb of God, Lent Volume 1*. Written and produced by Anita Tatlow and Benjamin Tatlow, 2017. Used with permission.
- + Stella Benson. "Kyrie." *The Healer's Way, Volume 1*, 1998. Used with permission.
- + *Dear God*. Written by Wes Terasaki. Arrangement by Janeane Nagano. Performed by Melvin Fujikawa, 2021. Used with permission.
- + Rhonda Wilkerson and Erin Hocevar-Ortiz, *Dance Choreographers and Performers*

Word and Image

- + Quote from Hinhan Wakangli, *Oglala Lakota Tribe*
- + Dr. Ken and Anne H.H. Pyle, Sadao Watanabe collection. Used with permission.
 - + Watanabe Sadao viewing his stencil.
 - + Watanabe, Sadao. *The Prodigal Son*, 1983.
- + *New Living Translation*. Luke 15: 11-24.
- + Kristen Shimabukuro, *Candle in Snow, Ashes and Glitter*.

Consultants

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- + Kristen Shimabukuro, *Administrative Assistant*
- + Rev. Carolyn Y. Shimabukuro, *Creator and Producer, Spiritual Director and Labyrinth Facilitator*

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Video link available at www.ministrelife.org

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<https://abhms.org/>



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