

Living Labyrinth welcomes you



Labyrinth Mosaic, Bainbridge Island, Washington

The Immersive Labyrinth Walk

A program guide | Theme: **Grief**

Prepare your space

- + 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 the 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.

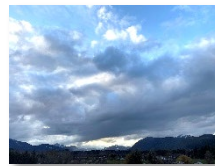
Meditative Music

And if this dark place surrounds you
When you're caught in the middle of a storm
Just listen for my footsteps
See the light I'm shining for you and I'll meet you
I'll meet you where you are

Just listen for my footsteps,
See the light I'm shining for you and I'll meet you

Though the path is long and winding
And the storm clouds fill my head
And troubles try to find me
I will never let them in
I see the light and it guides me home

Though the path is long and winding
And the storm clouds fill my head
And troubles try to find me
I will never let them in
I see the light and it guides me home



Home to you
Home to you
I see the light
and it guides me home
Home to you

Welcome and Introduction



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

Introduction to the Labyrinth

For centuries, people of myriad cultures and traditions throughout the world have found solace in walking the labyrinth. The labyrinth has an attraction, an allure, that intrigues and welcomes us to come, enter, and be caught up in the depths of silence and reflection. Its path has the encompassing capacity to hold whatever you bring to it.

Labyrinths come in many sizes and designs – from the world's largest labyrinth in Parma, Italy, the 17-acre Labirinto della Masone - to the intimate backyard labyrinth. The beauty of these paths is their ability to hold you, your thoughts and feelings with complete acceptance and grace. All that is needed is your desire to slow down, be present and be true to yourself. If you are open, you will be met in ways that you may need most.

The labyrinth we are using today is the Labyrinth Mosaic on Bainbridge Island, Washington. The local stones were selected by hand and placed in the design of the Chartres Cathedral labyrinth of France. Perhaps this mosaic is most fitting for the theme of grief. Each stone is unique: some catch the light, others are muted; some are broken and rough while others are worn and smooth. As our feet touch the stones, perhaps we will have a sense of feeling connected, and the many pieces of our lives will become more tangible. Our experiences, feelings, and thoughts that we bring to this labyrinth walk may become suddenly clearer.



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

Darkness cannot drive out darkness; only light can do that.
Hate cannot drive out hate; only love can do that.
Martin Luther King, Jr.

Introduction to Grief



Grief, loss, death and dying. From chest-heaving sorrow to empty numbness, words fail us at these times, but the feelings are real. We may experience shock, fear, anger, distress, and deep sadness, to name a few of the countless layers of grief and sorrow. We may not be able to describe our grief, but we know that what we feel is real. Grief, loss, death and dying remain within us and reverberate throughout our body. They invade and settle in our psyches. In many ways and on various levels, these events weave themselves into the fabric of our being. Unlike a chapter in a book that ends when we turn the last page, grief and loss are the uninvited guests that linger so that we become well acquainted with them and, perhaps in time, befriend. Yet, there is a "hiddenness" to our grief. It is only when we pay attention to this loss, that we find its meaning and, ultimately, acceptance and healing.

The labyrinth can be that vessel to cradle us and gently meet us at our point of need. It can hold every part of us. Its arms are wide and deep. We can be our authentic self, raw and real.

As you walk, may you be free to express your true self. May you experience being fully accepted, authentically known, and unconditionally loved. May you be able to open your heart and mind to receive from the One who weeps with those who weep.

Scriptures to Light the Path

+ (Jesus), man of sorrows, acquainted with deepest grief. *Isaiah 53:3b*

+ Jesus wept. *John 11:35*

+ The Lord is close to the brokenhearted; He rescues those whose spirits are crushed. *Psalms 34:18*

+ You keep track of all my sorrows. You have collected all my tears in your bottle. *Psalms 56:8*



May the Spirit of God reveal these truths to us as we enter this time of reflection. May our mind, body and soul be open to receiving from God the depth of this grace.

Visual entry points for reflection

We will feature two pieces of art:



Yabuki, Alan H. *Stones of Sorrow*, 1942.
Used with permission.



Watanabe, Sadao. *The Good Shepherd*, 1968.
Used with permission.

Alan Hideo Yabuki's *Stones of Sorrow*, handcrafted at Tule Lake, California Internment camp. He and his family were incarcerated along with 120,000 Japanese Americans during World War II in ten internment camps throughout the United States. Sadao Watanabe's *Good Shepherd* captures the timeless truth of Christ, who is the Great Shepherd. The Shepherd is present to care, protect and provide for each sheep.

Sadao Watanabe, 20th century printmaker, uses the Japanese Folk art tradition in stencil dyeing.

Watanabe invites us to use direct perception – imagining ourselves in the Biblical scene and engaging in one's relationship to Christ.

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



Watanabe Sadao
viewing his stencil

Centering

- + Take a deep breath, fill your lungs
- + Breathe in through your nose and gently exhale through your mouth
- + Breathe in God's unconditional love (several seconds)
- + Breathe out anything that hinders you from receiving God's love (several seconds)

Entering a Time of Reflection

- + You are invited to gaze and meditate on the image
- + Allow your sorrow to emerge
- + Receive the depth of God's love



Yabuki, Alan H. *Stones of Sorrow*, 1942. Used with permission.

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

The Lord is my shepherd; I have all that I need.
He lets me rest in green meadows;
He leads me beside peaceful streams.
He renews my strength.
He guides me along right paths, bringing honor to His name.

Even when I walk through the darkest valley,
I will not be afraid, for you are close beside me.

Your rod and our staff protect and comfort me.
You prepare a feast for me in the presence of my enemies.

You honor me by anointing my head with oil.
My cup overflows with blessings.
Surely your goodness and unfailing love
will pursue me all the days of my life,
and I will live in the house of the Lord forever.

New Living Translation. Ps. 23.



- + 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 that you are God's beloved child

Visualizing the Word through Art

- + You are invited to gaze and meditate on the image
- + Enter the scene and imagine yourself with the Shepherd
- + Notice, ponder, and receive



Watanabe, Sadao. *The Good Shepherd*, 1968. Used with permission.

Walking the Labyrinth

Music: "Deus Enim," *Harp Escape, Volume 13*. Composed by Hildegard von Bingen, 12th C. Arranged and recorded by Monica Schley, 2021. Used with permission.

Release, Receive, Return

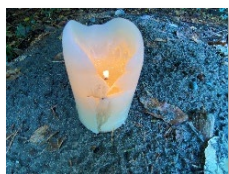
Our friend begins to walk the labyrinth. This is our cue to begin our reflection and prayer. We are being led through the three movements of the labyrinth: As we enter, we begin to *release*. At the center, we rest and *receive*. We *return*, using the same path.

In each movement, open your heart and mind as you walk in silence, reflection, and prayer.

Three Movements

- Release** At the entrance, pause and step in.
Slow down and begin to notice.
Let go of expectations, allow your thoughts and feelings to emerge naturally.
- Receive** At the center, pause and rest.
Freely stand, sit, kneel, open your palms, or raise your arms.
Remain open; just "be" and receive what is there for you.
- Return** Walk the same path out.
Take what you have experienced with you.
Allow the thoughts/gifts to ruminate and weave into your life.

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



Our friend 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 – an affirmation of what is good.
May these visuals and music seal what you have experienced and send you forth.

Benediction

Dancer: Kat Stokes

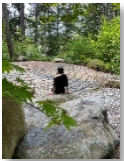
When peace, like a river, attendeth my way,
When sorrows like sea billows roll;
Whatever my lot, Thou hast taught me to say,
It is well, it is well with my soul.

It is well with my soul
It is well, it is well with my soul

My sin--O the bliss of this glorious thought--
My sin, not in part, but the whole,
Is nailed to the cross, and I bear it no more:
Praise the Lord, praise the Lord, O my soul!

And, Lord, haste the day when my faith shall be sight,
The clouds be rolled back as a scroll:
The trump shall resound and the Lord shall descend
Even so--it is well with my soul.

It is Well with my Soul. Written by Horatio Spafford, 1973. Arranged by Philip P. Bliss, 1976. John Glenn, vocalist; Sandy Harvey, pianist.
Used with permission.



Reflection

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

For those who want to journal

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 4000 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 early faithful European Christians, unable to walk the pilgrimage to Jerusalem for fear of their lives, made symbolic pilgrimage 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 temporary like those created in snow or on a sandy beach. Every labyrinth walk experience is unique; each one leaves 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,
Carolyn Shimabukuro

Eleven Circuit Medieval Labyrinth



Enter

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

Credits

Labyrinth

+ *Labyrinth Mosaic* (Chartres Cathedral Labyrinth), Bainbridge Island, Washington

Music and Dance

- + Benjamin Newburn, *Music Composition*.
- + Salt of the Sound. *I'll Meet You Where You Are/Home to You*. Written and produced by Anita Tatlow and Ben Tatlow, 2014.
- + "Deus Enim," *Harp Escape, Volume 13*. Composed by Hildegard von Bingen, 12th C. Arranged and recorded by Monica Schley, 2021.
- + *It is Well with my Soul*. Written by Horatio Spafford, 1973. Arranged by Philip P. Bliss, 1976. John Glenn, vocalist; Sandy Harvey, pianist.
- + Kat Stokes, *Interpretive Dancer*

Word and Image

- + Quote from Dr. Martin Luther King, Jr., *Strength to Love*, 1963.
- + Yabuki, Alan H., *Stones of Sorrow*, handcrafted at Tule Lake, California Internment camp, 1942
- + Dr. Ken and Anne H.H. Pyle, Sadao Watanabe collection:
 - + *Watanabe Sadao viewing his stencil*.
 - + Watanabe, Sadao. *The Good Shepherd*, 1968.
- + *New Living Bible Translation*. Psalm 46: 10
- + *New Living Bible Translation*. Isaiah 53:3b
- + *New Living Bible Translation*. John 11:35
- + *New Living Bible Translation*. Psalm 34: 18
- + *New Living Bible Translation*. Psalm 56:8
- + *New Living Bible Translation*. Psalm 23

Consultants

- + Darren Hochstedler, *Church Administrator, Seattle First Baptist Church*
- + Rev. Florence Li, *National Coordinator for Asian Ministries, American Baptist Home Mission Societies*
- + Carol B. Schneider, *retired high school English teacher, San Gabriel, California*

Design and Production Team

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- + Andrea Fontana, *Program Guide Designer*
- + Kristen Shimabukuro, *Administrative Assistant*
- + Carolyn Y. Shimabukuro, *Design and Producer, Spiritual Director and Labyrinth Facilitator*

Our gratitude to all who have participated in making this video a reality.

Video link available at www.ministrelife.org

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<https://abhms.org/>



Grief Labyrinth Walk 2022

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