

Living Labyrinth welcomes you



Artists At Play Labyrinth, Seattle Center, Washington

Immersive Labyrinth Program Guide

Ordinary Time: A Season for Growth

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 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

Spirit of the living God,
Fall afresh on me.
Melt me, mold me,
Fill me, use me.
Spirit of the living God,
Fall afresh on me.



Spirit of the Living God. Written by Daniel Iverson, 1920. Arranged and performed by Sandy Harvey, pianist. John Glenn, vocalist.

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, connecting with God's presence and sparks of God's Spirit within you.

Introduction to the Labyrinth

When was the last time you felt truly free... free to think, free to feel, free to express yourself? Perhaps, like many of us, we edit ourselves and allow circumstances and others to impact our very true self. Walking the labyrinth can be a freeing experience. The labyrinth invites us to be fully present and increasingly aware of who we are, how we are and where we are in the world. As we slow down and notice what is going on in our body, mind, and spirit we can experience a freedom that comes from the center of our being.

At the Seattle Center there is a labyrinth in the children's playground area. One day when I was visiting, I watched as a toddler boldly stepped onto it. She waddled onto its bright orange path, pointed at the lively color, then plopped down in the center and smiled. At that moment I realized that we all have a natural desire to explore and gravitate toward the center where we can stop, sit, and enjoy!



I also realized that there is so much to learn from children. They are curious, they try, they question, they touch and taste things - they fully dive into their experiences. This is what the labyrinth invites us to do: bring our thoughts, our emotions, and our wonderments to our experience. This is a space that gives us the freedom to *be* - to be true to our whole selves. Wherever we are on our journey, we are able to fully embrace that on the labyrinth path.

In this virtual labyrinth walk, the Eleventh Circuit Medieval Labyrinth at the Seattle Center in Washington is featured. This imaginative play area was inspired by drawings created by children. Its vibrant orange color invites us to experience our childlike wonder with reckless abandon. It allows us to plunge into the rhythms of God's grace in every aspect of life.

Like a good friend the labyrinth always welcomes us to walk its path. Through music, prayer, scripture, art, and our own imagination, may this immersive walk gently stir something new in you.

May you journey through life transformed by the love of God.
Paul M. Nagano

Introduction to Ordinary Time



The Christian calendar serves as a pattern and helps us to be rooted and growing in our life of faith. The seasons of this calendar invite us into a rhythm of life. Two primary seasons of Advent and Lent anchor us in the person of Christ: His birth and life and then his death and resurrection. Ordinary Time refers to the days that lay outside of Advent and Lent. It begins after the celebration of the resurrection and lasts until the beginning of Advent. It starts again at the end of the Christmas season until the beginning of Lent.

There is even a color associated with Ordinary Time, which is green. This color evokes life, hope and growth. Some circles refer to it as "the long green growing seasons." This beautiful image invites us to engage in personal growth as well as making real the risen Christ in our lives, both in relation to others and in the world.





You may ask, “In what way do I want to intentionally set my heart during this season?” Perhaps, a way to answer this is to look to the cross to learn of all that was accomplished by Christ. We are no longer separated from God and the finality of death no longer has power. The reality of a risen Christ opens us to a living relationship with God. As you walk the labyrinth, may you visualize being rooted in God’s transformational love that allows us to experience all that is eternal: faith, hope and love in our daily lives.

Scriptures to light the way

+ So anyone who becomes as humble as this little child is the greatest in the Kingdom of heaven. (Matthew 18:4, *New Living Translation*)

+ But we have this treasure in clay jars, so that it may be made clear that this extraordinary power belongs to God and does not come from us. We are afflicted in every way, but not crushed; perplexed, but not driven to despair; persecuted, but not forsaken; struck down, but not destroyed. (2 Corinthians 4:7-12, *New Revised Standard Version*)

+ For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them. (Ephesians 2:10, *New King James Version*)

Visual entry points for reflection

We are featuring two pieces of art:



Falangus, Helena, potter, 2021.



Watanabe, Sadao. *I am the Vine*, 1979.

Helena Falangus is a local Seattle potter. Her hands shape a common clay pot, 2021. How fitting that we are also being shaped by the Master Potter who holds and molds us into increased Christlikeness by his loving hands. Sadao Watanabe’s *I am the Vine* captures the nourishing and fruitful union that we can experience when we remain connected to the Vine.

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
- + Breathe out anything that hinders you from receiving God's love

Enter a time of reflection

- + You are invited to gaze and meditate on the image
- + Imagine yourself being gently held in God's hands
- + Be open to the invitations of being shaped by God



Falangus, Helena, potter, 2021.

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 God's Word

I love each of you with the same love that the Father loves me.
You must continually let my love nourish your hearts.
If you keep my commands, you will live in my love,
just as I have kept my Father's commands,
for I continually live nourished and empowered by his love.
My purpose for telling you these things
is so that the joy that I experience
will fill your hearts with overflowing gladness!

John 15: 9-11, *The Passion Translation*

- + 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



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

Based on Psalm 46:10, *New Living Translation*

Visualizing the Word through Art

- + You are invited to gaze and meditate on the image
- + Enter the scene
- + How are you in relation to the Vine?
- + Notice, ponder, and receive God's nourishment



Watanabe, Sadao. *I am the Vine*, 1979.

Walking the Labyrinth

Music: "Aqua timbre," *The Healer's Way, Volume II* by Stella Benson, harper, 1999.

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 – affirming all that is good.
May these visuals and music seal what you have experienced and send you forth.

Benediction

Dancer: Kat Stokes

Our Father, who art in heaven,
hallowed be Thy name.
Thy kingdom come,
Thy will be done
on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our sins,
as we forgive our debtors.
And lead us not into temptation,
but deliver us from evil,
For Thine is the kingdom, and the power,
and the glory forever. Amen.

Lord's Prayer. Arranged and performed by Mark Lum, 2022. Melvin Fujikawa, soloist.

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.

Jeremiah 6:16, New International Version

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 pilgrims, unable to make the treacherous journey 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

+ *Artists at Play* Eleven Circuit Medieval Labyrinth, Seattle Center, Seattle, Washington. Used with permission.

Music and Dance

- + Benjamin Newburn, *Music Composition*. Used with permission.
- + *Spirit of the Living God*. Written by Daniel Iverson, 1920. Arranged and performed by Sandy Harvey, pianist. John Glenn, vocalist. Used with permission.
- + “Agua timbre,” *The Healer’s Way, Volume II* by Stella Benson, harper, 1999. Used with permission.
- + *The Lord’s Prayer*. Arranged and performed by Mark Lum, 2022. Melvin Fujikawa, soloist. Used with permission.
- + Kat Stokes, interpretive dancer.

Word and Image

- + Quote from Paul M. Nagano, *Transformed by Love*, 2009. Used with permission.
- + Martha Lane, photographer, *Seedling*, 2022. Used with permission.
- + Helena Falangus, potter, 2021. Used with permission.
- + Dr. Ken and Anne H.H. Pyle, Sadao Watanabe collection:
 - + *Watanabe Sadao viewing his stencil*. Used with permission.
 - + Watanabe, Sadao. *I am the Vine*, 1979. Used with permission.
- + *New Living Translation*, Ps. 46.10, Matt. 18:4
- + *New Revised Standard Version*, 2 Cor. 4.7-12
- + *New King James Version*, Eph. 2.10
- + *The Passion Translation*, John 15.9-11

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Video link available at www.ministrelife.org

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<https://abhms.org/>



Ordinary Time Labyrinth Walk 2022

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