

SUGGESTIONS FOR WALKING A LABYRINTH

Preparing to walk: In prayer, acknowledge God's presence with you and God's desire to enter this time of walking and praying with you. Acknowledge your desire to be attentive to God and ask for the ability to listen for the still, small voice of God.

Entering and walking inward: This is a time of letting go of all that we carry, worry about or try to control. It is a time to walk and to allow the movement of our body to help quiet our mind. In this time of walking inward, release to God's love and control all that you hold and carry with you. Breathe deeply and move at a pace that helps you pray and let go.

In the center: In the center, movement ceases, and there is time to be attentive to God's presence with you. There is nothing you need to do in this space, other than be open to God's love for you and anything God wishes to communicate to you.

Leaving and walking out: As you begin the journey out you may want to offer gratitude to God for this time spent together. Walking out, you may begin to prepare yourself for entering back into daily life. How will this time of prayer, walking and reflection become part of your life? What have you experienced during this time that you want to take with you?

After the walk: Sometimes writing about this experience, or talking with someone you trust, can help nourish the seeds that were planted in this time with God. Go in peace.

Walk at your own pace.
No matter how many others are walking
The labyrinth at the same time.

THIS IS YOUR JOURNEY

Labyrinth Dedication Salford Mennonite Church Sunday, November 14, 2021



WELCOME & STATEMENT OF PURPOSE

SONG: *WALKING THE LABYRINTH*

(text: Jill Hartwell Geoffrion ©1998; tune:
DIX [For the Beauty of the Earth])

1. To your open mouth we come, pausing with expectancy. Posing questions, praying dreams, gath'ring courage, hope and faith, Circle, you hold life indeed. With thanksgiving we proceed.
2. Stepping in, the way is sure, Pacing comes in its own time. Breathing slows, awareness dawns, Trusting, longing fills our hearts. Pathway, you hold life indeed. With thanksgiving we proceed.

THE LABYRINTH PRAYER

We stand together
We honor sacred space
We honor the labyrinth

We honor the East
We honor air
We receive grace

We honor the South
We honor fire
We share responsibility

We honor the West
We honor water
We enjoy life

We honor the North
We honor earth
We stand for truth

We honor the Above
We honor space
We are free

We honor the Below
We honor the dark
We are safe

We honor the Within
We honor ourselves
We honor each other

We are love
We are the peacekeepers
We are the caregivers
We are the lightbearers
We are one in Christ
We stand together.

Written by Carol House, 2002

LAND ACKNOWLEDGEMENT

Salford Mennonite Church and this labyrinth sit on the homelands of the Leni-Lenape people, who stewarded the lands for thousands of years. In 1718 it was part of a 200-acre purchase by immigrant Mennonite settlers Henrich and Magdalena Ruth from surveyor-speculator David Powell. The surrounding Perkiomen watershed had been "bought" by William Penn from Lenape headman Maughoughsin in 1684 for two coats, "four pair stockings, and four bottles of sider."

SONG v. 3 & 4:

3. In the center we are held, deeply knowing, deeply know.
Healing, wholeness rising up, Wisdom, insight overflow. Center,
you hold life indeed. With thanksgiving we proceed.

4. Back we go, the way we came, Weaving, winding in and out.
Moving t'ward the world beyond, Op'ning hearts to needs
perceived. Pathway, you hold life indeed, With thanksgiving we
proceed.

DEDICATION BLESSING

*Loving Creator and Guide, our God, be with all of us today as we
dedicate this Sacred Path.*

Grant that those who come to it seeking your wisdom may find it.

Grant that those who come to it seeking your healing, may receive it.

Grant those who come with guilt & fear be freed for transformation.

*Grant that those who come as pilgrims seeking whatever answers they
need, may find within a ready source of love, power, and peace.*

*We ask you to bless this labyrinth, and grant that it may allow your
people to be your Loving Presence among us.*

In our fast paced society we rush, seldom take time for the inner life

*Make this stroll here with our souls, a sacred place--a place of peace
and joy, a place of love & healing, a place of understanding & knowing.*

*May the outward beauty of this place summon each of us to the inward
beauty of each heart.*

*May all who walk this labyrinth be renewed for their ministry and
work in the world, and have their hearts filled with unconditional love.*

SONG v. 5:

5. Once outside we gaze within, wond'ring at the peace we know.
Spending moments filled with awe, taking leave with strength
renewed. Circle, you hold life indeed. With thanksgiving we
proceed.

CLOSING WORDS & INVITATION