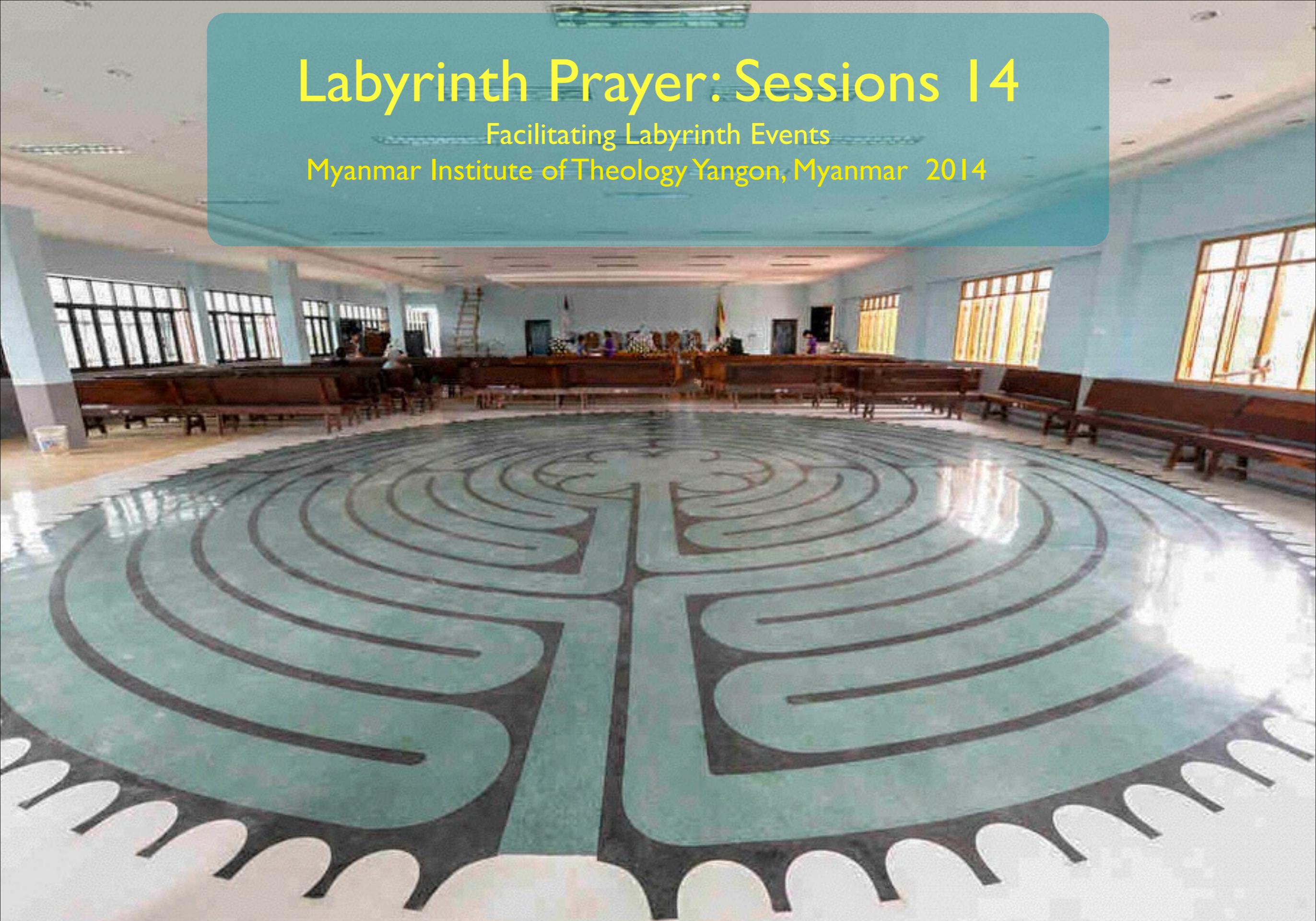
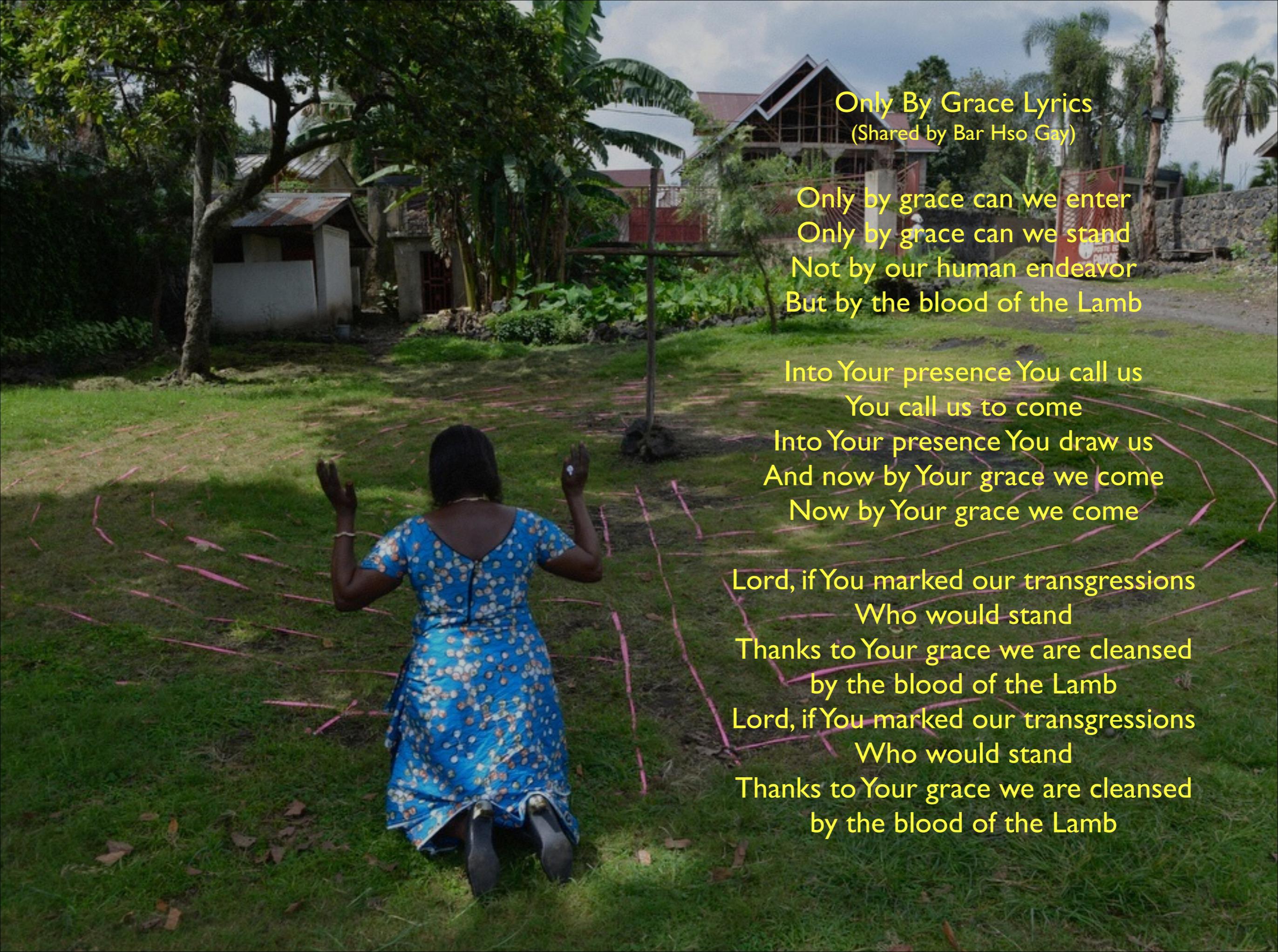


Labyrinth Prayer: Sessions 14

Facilitating Labyrinth Events

Myanmar Institute of Theology Yangon, Myanmar 2014



A woman with her back to the camera, wearing a blue dress with a white and yellow floral pattern, is kneeling on a grassy field. Her hands are raised in prayer. In the background, there is a wooden cross on a post. The setting is outdoors with trees and buildings in the distance.

Only By Grace Lyrics
(Shared by Bar Hso Gay)

Only by grace can we enter
Only by grace can we stand
Not by our human endeavor
But by the blood of the Lamb

Into Your presence You call us
You call us to come
Into Your presence You draw us
And now by Your grace we come
Now by Your grace we come

Lord, if You marked our transgressions
Who would stand
Thanks to Your grace we are cleansed
by the blood of the Lamb
Lord, if You marked our transgressions
Who would stand
Thanks to Your grace we are cleansed
by the blood of the Lamb

Prayer for
our Class



Labyrinth Introduction
by Bar Hso Gay



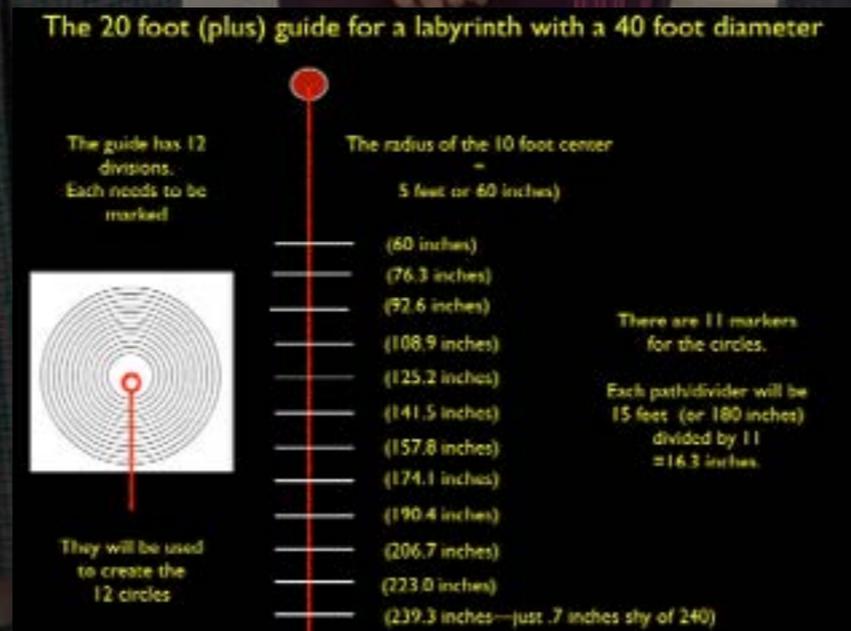
What did you learn by building the labyrinth that you would like to remember the next time you build a labyrinth?

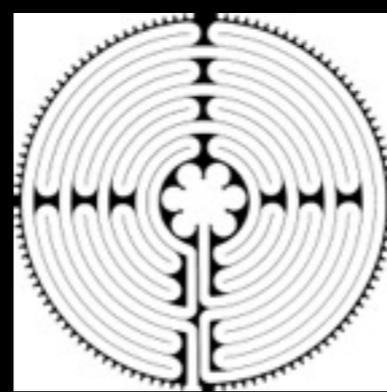
Class Session:

The role of the “over-seer” (person coordinating the project) was very important. Someone needs to keep the “big picture” of what is going on to avoid mistakes and keep the process moving.

Dr. Jill

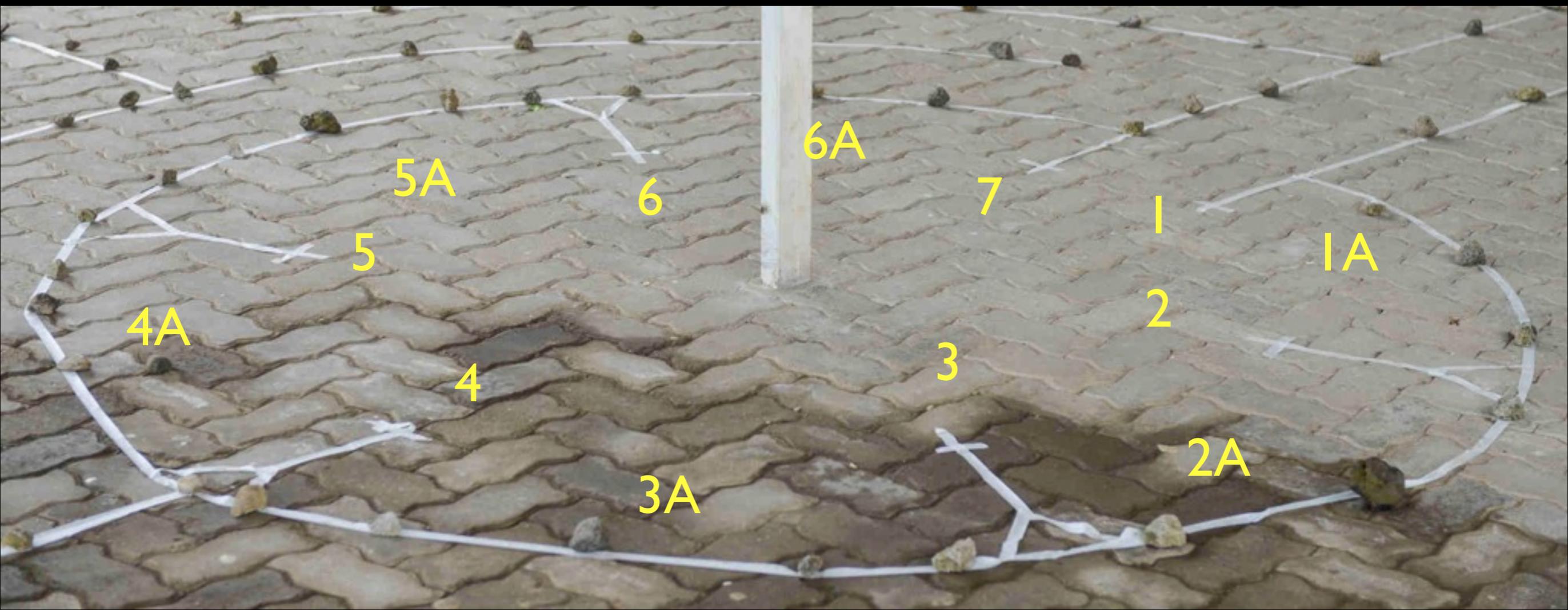
When making the guide (rope) use knots as well as tape so that the measurements stay the same.





It has six “petals.”

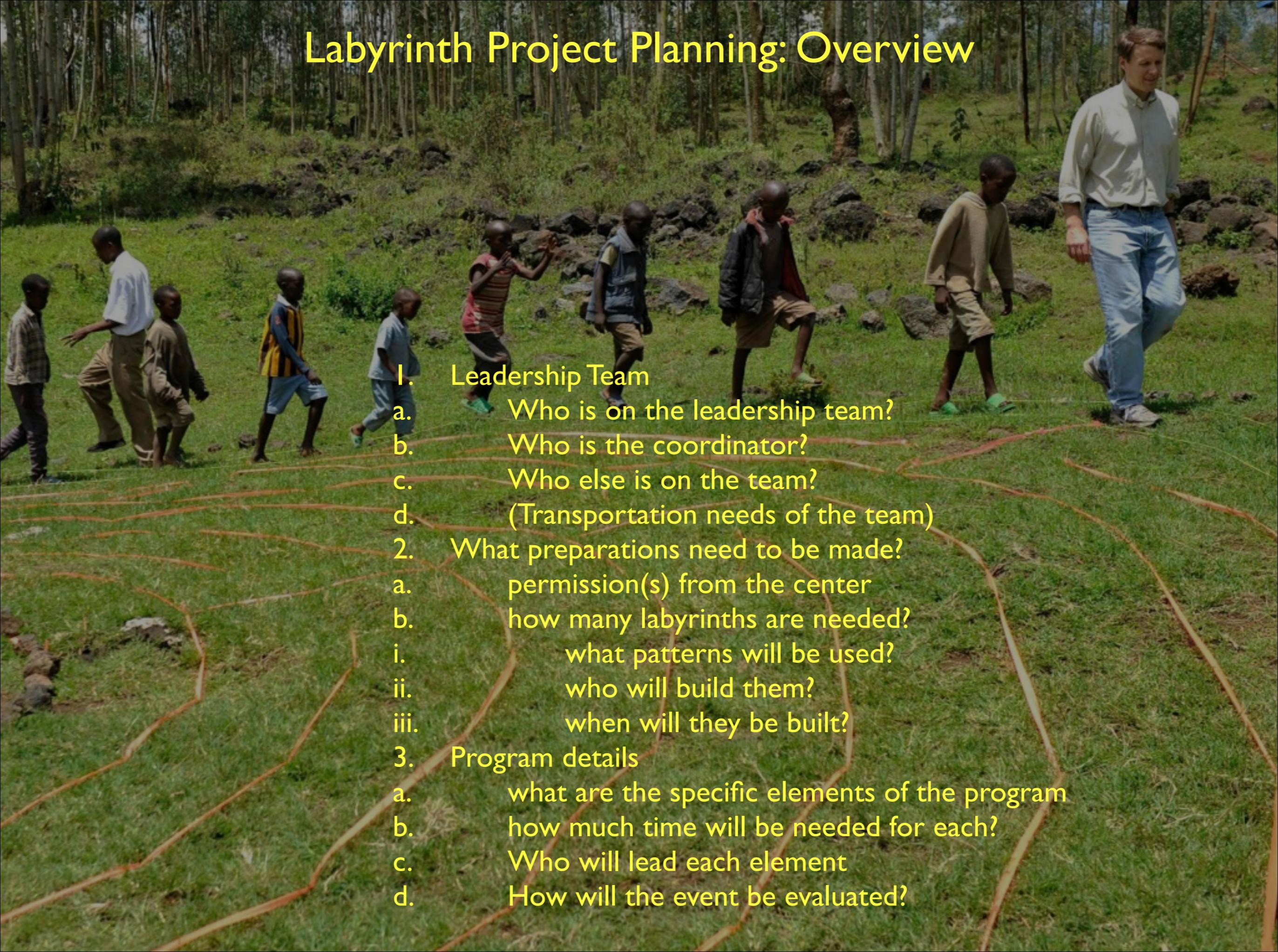
The center has seven lines extending into the circle.
Two lines (#1 & #7) extend into the circle from the pathway.
One (#3) is directly across from the entrance.



Labyrinth Final Project Planning

1. Describe the project (in detail)
 1. What is the purpose (goals)? Be specific
 2. Who will be served?
 1. How many people do you expect?
 2. What age(s)?
 3. Any other relevant background information about participants?
 3. Where and when will it be held?
 4. What other details need to be decided on?

Labyrinth Project Planning: Overview



1. Leadership Team

- a. Who is on the leadership team?
- b. Who is the coordinator?
- c. Who else is on the team?
- d. (Transportation needs of the team)

2. What preparations need to be made?

- a. permission(s) from the center
- b. how many labyrinths are needed?
 - i. what patterns will be used?
 - ii. who will build them?
 - iii. when will they be built?

3. Program details

- a. what are the specific elements of the program
- b. how much time will be needed for each?
- c. Who will lead each element
- d. How will the event be evaluated?

Labyrinth Program Planning: Event Preparations

1. Budget

1. How much is available/needed?
2. Where will funding come from?

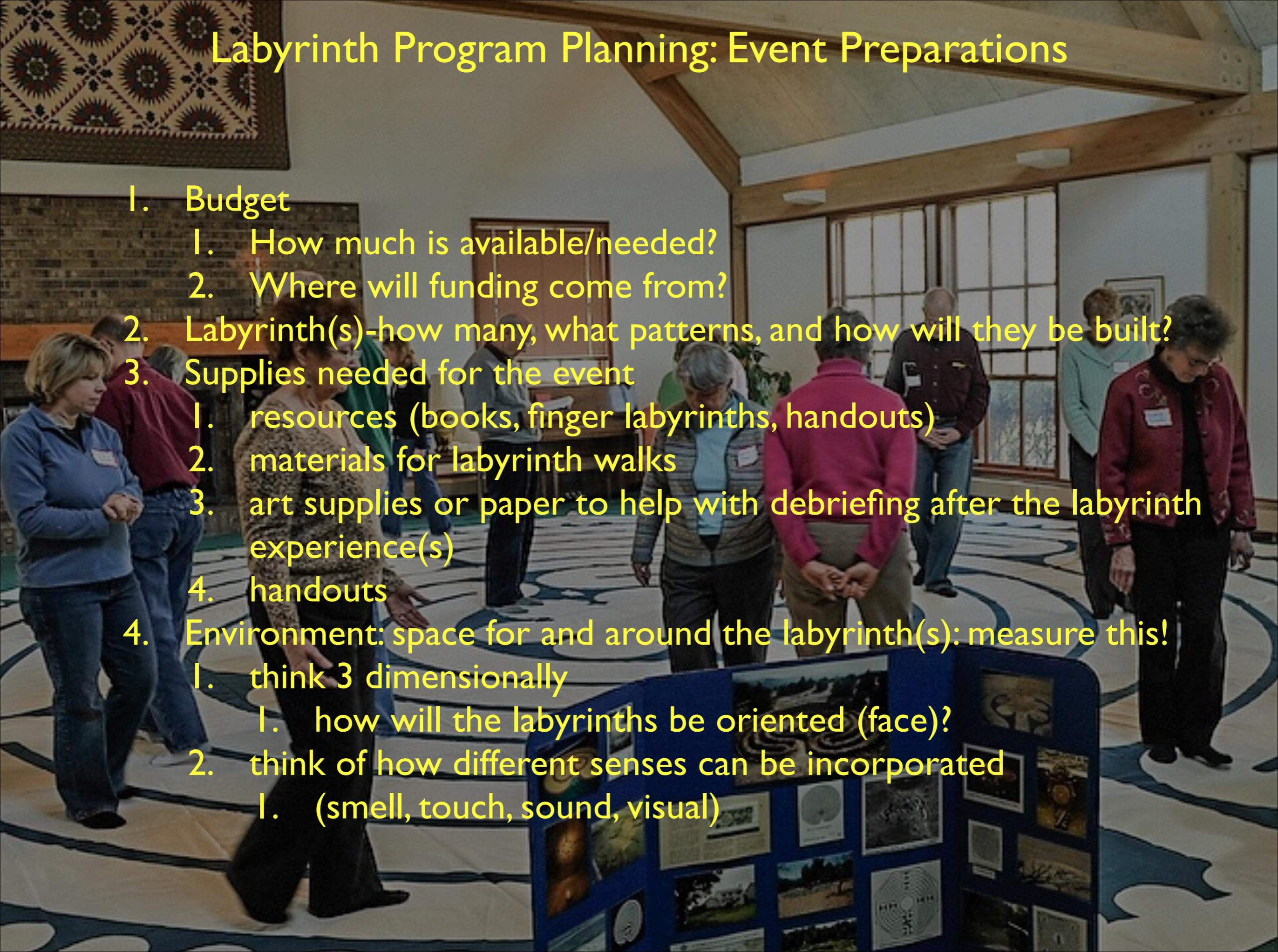
2. Labyrinth(s)-how many, what patterns, and how will they be built?

3. Supplies needed for the event

1. resources (books, finger labyrinths, handouts)
2. materials for labyrinth walks
3. art supplies or paper to help with debriefing after the labyrinth experience(s)
4. handouts

4. Environment: space for and around the labyrinth(s): measure this!

1. think 3 dimensionally
 1. how will the labyrinths be oriented (face)?
 2. think of how different senses can be incorporated
 1. (smell, touch, sound, visual)



Preparing Yourself as the Facilitator of a Labyrinth Event

1. What preparation(s) will you need personally to be able to lead/facilitate this event well?
 1. What will you be doing the rest of the day (beforehand)? How will you make sure you have enough time to transition to leading this event?
 2. When and how do you want to spiritually prepare for your leadership role?
2. Decide how you will be involved. Remember that you are a facilitator of the event and need to hold the good of the whole group in mind and heart at all times. Will you walk the labyrinth with the group? If so, why and with what goal? Will you pray for the group?
3. How will you handle it when something happens that you haven't planned for?
4. What worries do you have that you could prepare for ahead of time?
 1. Example: What if someone starts crying on the labyrinth? ("Tissue issue"—don't do something that will block the person's experience with God in that moment.

On Site-Setup Before the Program

(be as specific as possible)

1. What time will you arrive to set up?
2. What supplies will you have with you?
3. What challenges might you face? How can you plan for these?
4. What time will you (personally) be ready to be available so that you can welcome people, etc. as they arrive? (how far ahead of the scheduled program time?)

Your role as facilitator of a labyrinth event

1. Hospitable, welcoming presence (non-anxious)
2. Creator
 1. You are responsible for the environment, ritual (songs, prayer, etc.), type of walk, and ambiance (music)
3. Guide
 1. Your presence helps them to feel safe enough to be open to God and the experience.
 2. Give helpful hints to make it meaningful) (keep instructions simple)
 3. Be present as they walk and pray.
 4. Gathering the group afterwards to process their experience
4. Overseer:
 1. Time -keeper: You schedule the length of walk and also monitor it, ending it at the appropriate time.
 2. Considering special needs of participants
 1. Needs related to a special group
 2. Needs related to those with physical or other limitations
5. Problem Solver
 1. If something happens that needs to be addressed, you need to be ready and willing to do so.
 2. How will you deal with it if there is resistance from the participants?

Introducing How To Walk the Labyrinth

(what they need to know to be COMFORTABLE with something new
& what they need to know to TRY something new.)



LABYRINTH
EVERYONE'S
WELCOME

A labyrinth introduction should calm people's anxiety about trying something new. It should be short, but focused.

1. Spiritual concerns:

1. biblical themes of journey with God (for Christians)
2. a pathway of prayer (ecumenical contexts)

2. Fear of the unknown: help them know enough to be willing to try

1. Fear of not understanding: have a diagram of the labyrinth you can refer to and that will help familiarize people with the pattern.

1. Say something about history and use of labyrinths to help people understand they are part of long tradition (of prayer)

2. Fear of getting lost—this is not a maze/wingaba: one path to/from center

3. Fear of doing it “wrong”—many “right” ways to pray

1. If there is a question, show how you do it as one example

2. okay to pass people, let them walk around you

4. Fear of something happening they can't handle—your presence assures them that everything will be okay.

3. Practical instructions

1. 3 stages of walk: entering, center, leaving

2. Pray in a way that is natural for you

1. your own pace

2. pray the way you love to pray

2. entrance/exit rituals of stopping

4. Invite people into God's presence.

1. Offer permission to pray in different ways, or have different experiences

2. Begin the walk with prayer, end the group discussion with prayer.

Cleaning Up After the Labyrinth Event (be as specific as possible)

1. What will need to be done before you leave? (Leave the space in better shape than you found it.)
2. Will you be leaving anything behind?
 1. handouts for those coming to walk the labyrinth
 2. finger labyrinths
3. Write down anything about the event that you want to remember
 1. things that went well
 2. problems you encountered
 3. what you would like to do differently next time

Evaluating the Labyrinth Event with the Leadership Team At A Later Time (be as specific as possible)

1. Whole team: general sharing about the event and how each person felt about it.
2. What went especially well?
3. What could have gone better?
4. What did we learn that will help us put together better events in the future?
5. Pray together for participants: that God will continue to work in their lives.

LABYRINTH PRAYER WALKS

If you are inviting a group of people to walk and pray on a labyrinth the following checklist may be helpful:

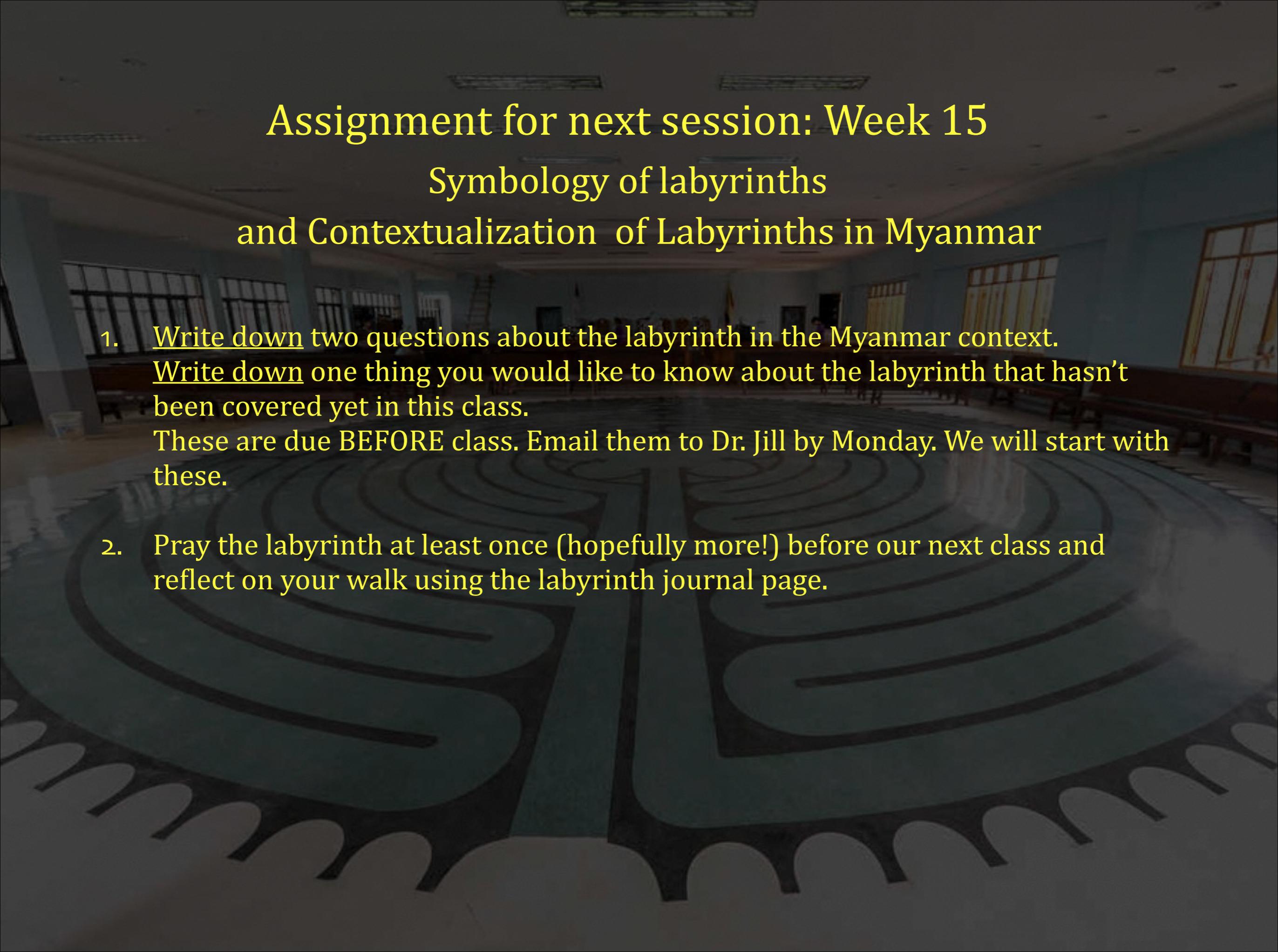
1	Leaflets	Print enough copies for each person attending the prayer walk. If the labyrinth walk is to be indoors, place them on the chairs before people arrive. This helps people know where they can sit, it demonstrates that everything is organised and under control... they can sit quietly and become familiar with the structure of the prayer time.
2	Bible	Place a Bible on a stand where everyone can see it, open it at the page of your chosen reading. The printed extracts from Scripture on the leaflets are really helpful for re-reading and reflection. It is however, very important that the Word of God is reverently proclaimed from a Bible when a group is assembled for prayer. Some extra Bibles for reference are useful too.
3	Music	Soft reflective music while people are walking can help create a prayerful atmosphere and block outside noise. Choice of music is very important: try to avoid well known songs or hymns as the familiar words can dominate and distract personal prayer intentions. Try to select music that is in keeping with your culture and tradition for prayer and reflection. Remember to ensure that you have an extension lead and music player as necessary.
4	Pens and Prayer Cards	Walking a labyrinth often raises thoughts, insights and decisions. Place a basket with prayer cards or bookmarks and pens at the exit of the labyrinth for people to take one and write a few words to remember their prayer walk and take home with them. This is always appreciated and people treasure them in their Bibles, prayer books or diaries. There are some templates for these in Chapter 5. For children it's fun to stick little glitter feet stickers onto the cards... I use sheet 427 from Purple Peach Ltd.
5	Tissues	It's always good to have some handy....

If you have purchased this book you are entitled to print these Labyrinth Prayer Walks for your groups and visitors. It is illegal for those who have not purchased this book to copy these leaflets, cards and bookmarks. Purchasing a copy of this book supports our prayer ministry. Please visit www.pilgrimpaths.co.uk to purchase copies of this book. Thank you.

Your word is a lamp
to my feet
and a light to my path

Psalm 119:105





Assignment for next session: Week 15

Symbology of labyrinths and Contextualization of Labyrinths in Myanmar

1. Write down two questions about the labyrinth in the Myanmar context. Write down one thing you would like to know about the labyrinth that hasn't been covered yet in this class. These are due BEFORE class. Email them to Dr. Jill by Monday. We will start with these.
2. Pray the labyrinth at least once (hopefully more!) before our next class and reflect on your walk using the labyrinth journal page.

Prayer at the end of class





I would like to express
my gratitude
to God
for this ministry of
healing,
to all the donors of
Faith, Hope and Love
Global Ministries,
and to all those
who use the labyrinth
as we seek the healing
that is needed in our lives
and in the world.



Ministry website www.fhlglobal.org

Labyrinth resources by jill www.jillgeoffrion.com

Photo travel blog by jill www.throughjillseyes.wordpress.com

Journey blog by jill jillgeoffrion.wordpress.com

