

Labyrinth Prayer:

A Tool for Personal and Congregational Revitalization



Jill K H Geoffrion
(PTS MDiv 1983)

Princeton Seminary
October 2012

How many people have no prior exposure to labyrinths?
How many have walked a labyrinth 1-5 times?
How many are regular labyrinth users?



Canvas labyrinth Princeton Theological Seminary, New Jersey USA

Faith, Hope and Love Global Ministries



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Providing labyrinth experiences, retreats, pilgrimages, and creative opportunities for spiritual renewal

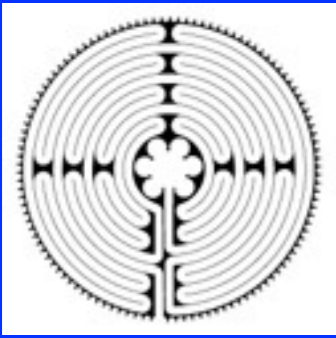


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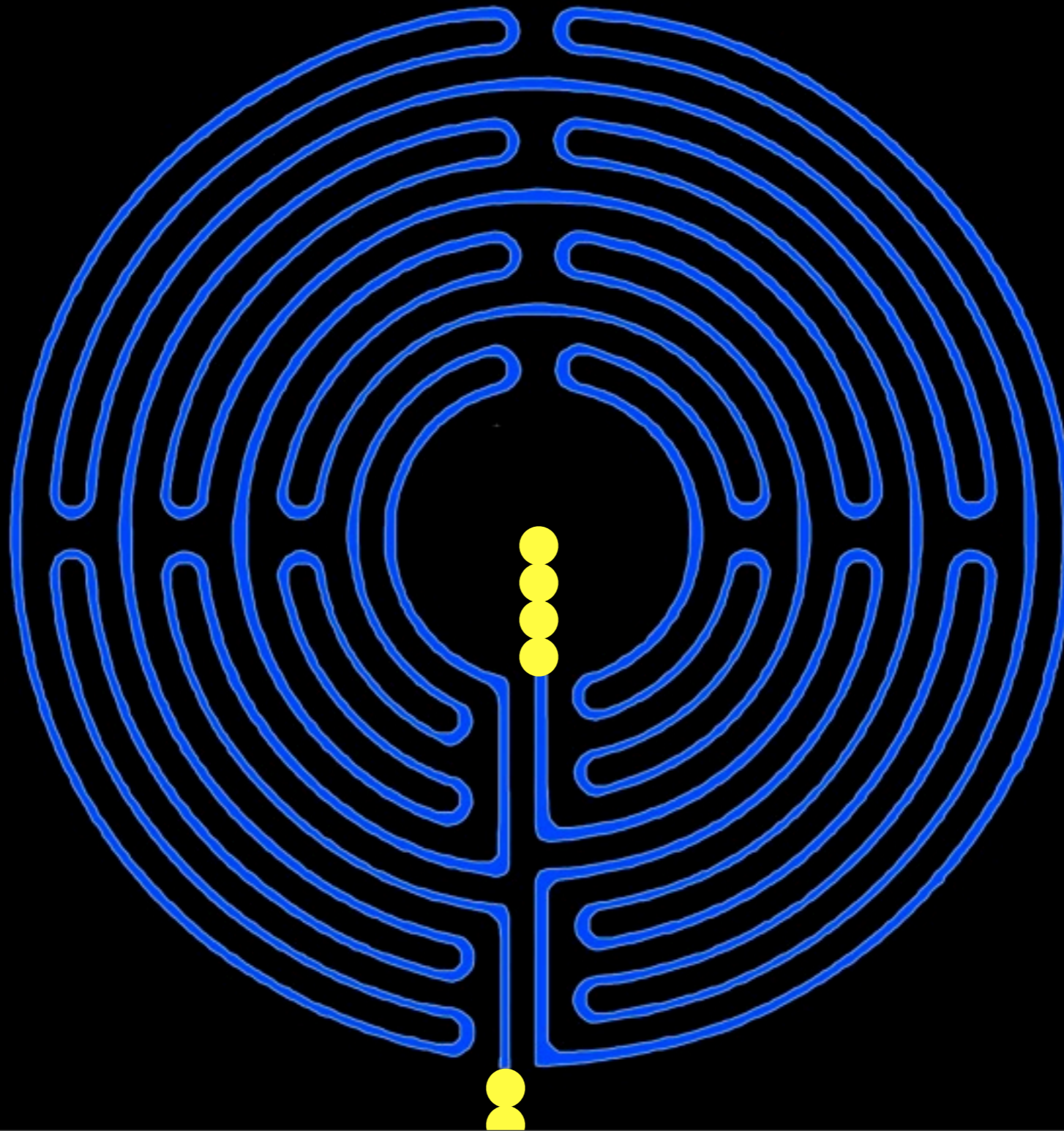
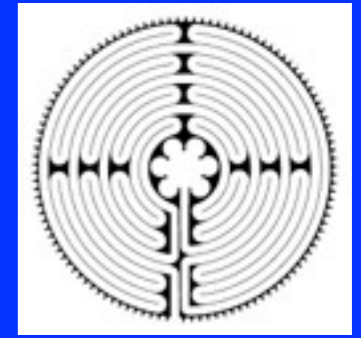


Labyrinth ministry of writing, building, researching, teaching, photographing, & walking alongside

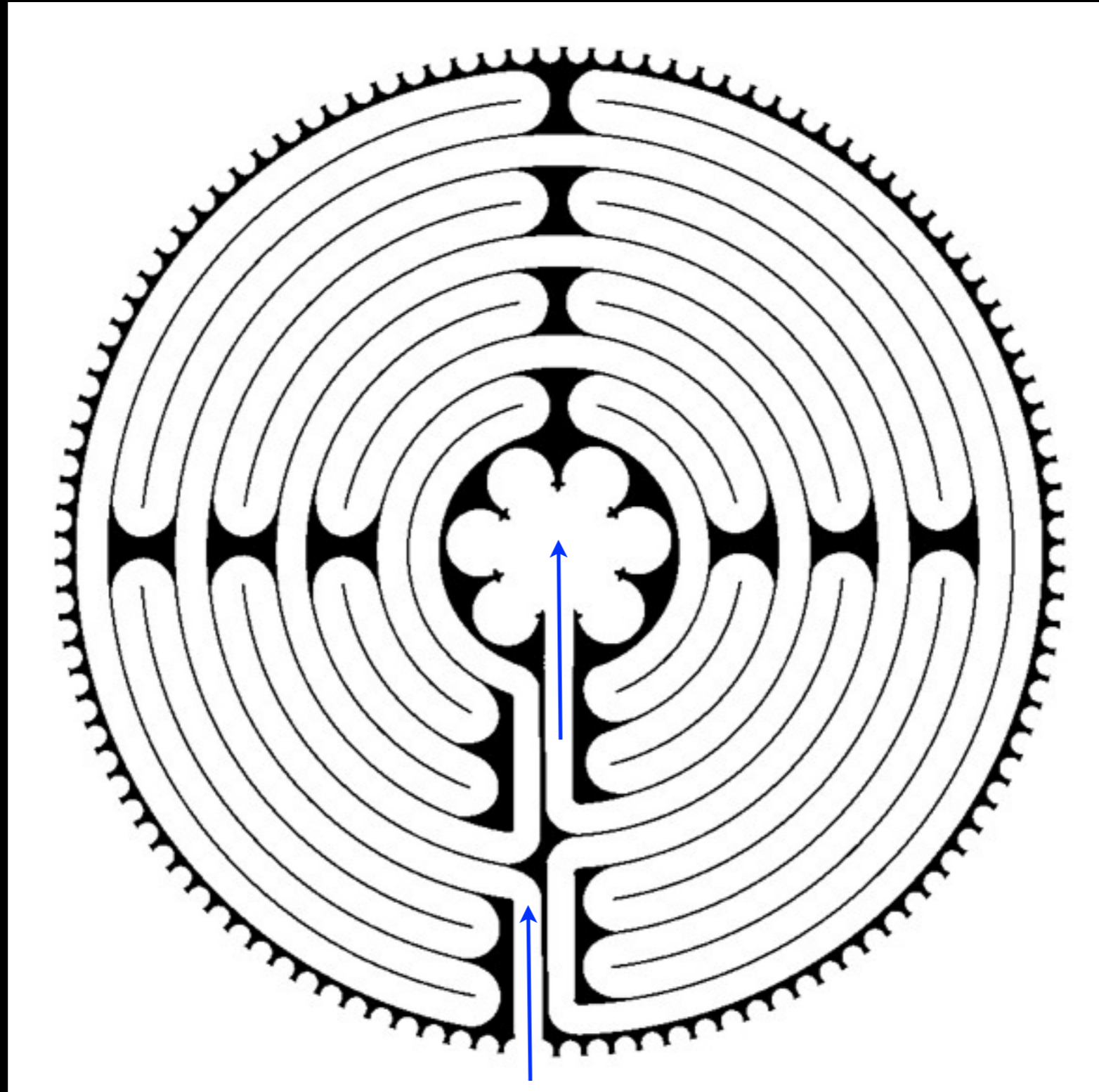




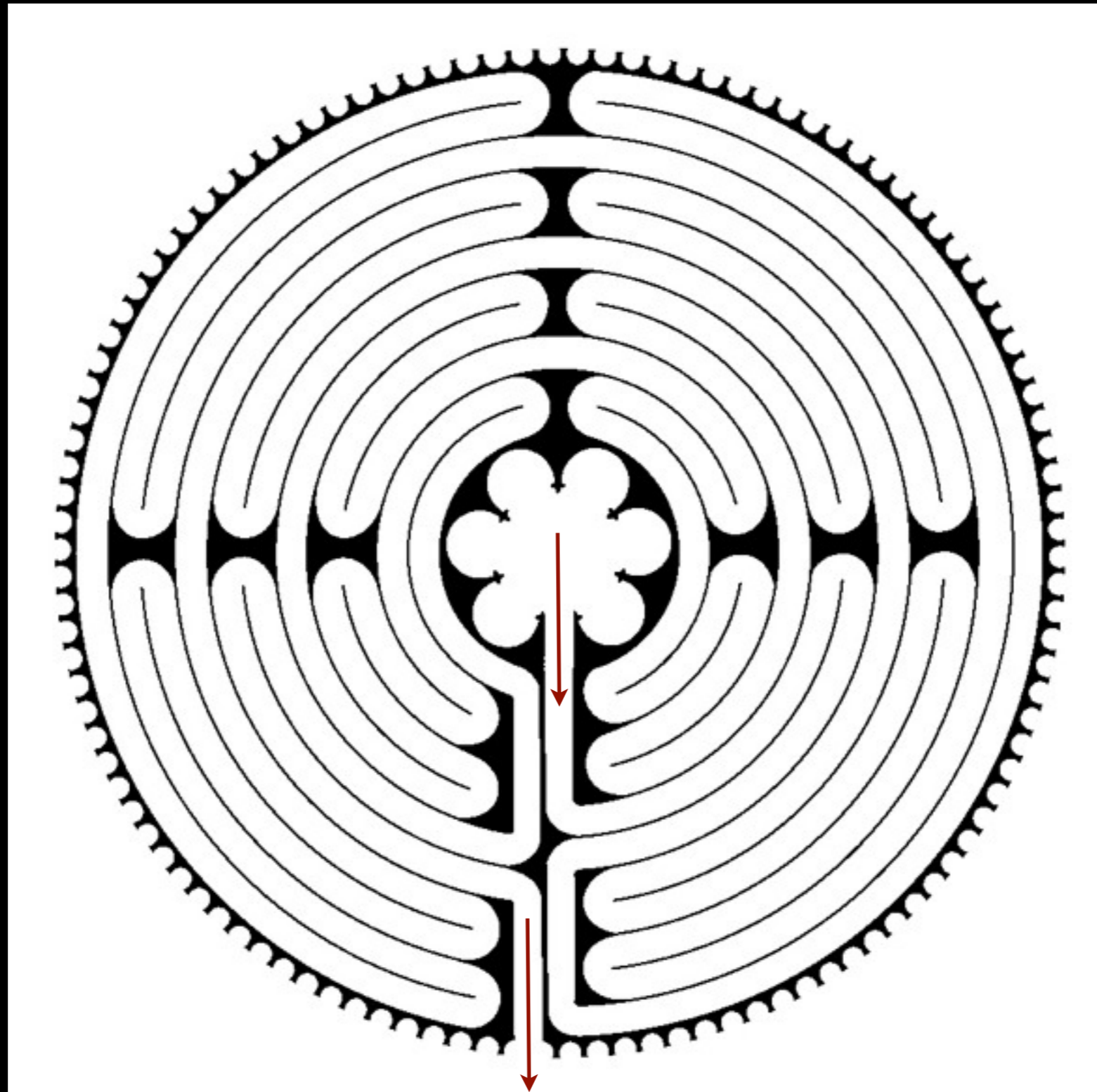
Labyrinths are designs that consist of a winding path that begins at the periphery and leads to a central space, and then out by the same path.



**You enter the labyrinth through its “gate.”
and follow its pathway to the center.**



The same path is used when returning to the single opening in the perimeter.





**If you step off the path, it is possible to get turned around.
If that happens, you will either end up at the entrance/exit or the center.
Wherever you arrive, you can decide what to do next.
You can end your walk or continue.**

A labyrinth has one--and only one--pathway.
Mazes have many.
There are no tricks or dead ends in a labyrinth.
You can't get lost.

Karen Wingaba Maze
at a Buddhist Temple
Yangon, Myanmar

At first the pattern may seem confusing.



**Once you have decided to enter a labyrinth,
your only choice is whether or not you keep going.**



**If you follow the path,
you will discover it can be trusted to lead you to the center
--but not directly!**



**Labyrinths have lots of twists and turns
(There are 32 on the way to the middle
of a full Chartres-style labyrinth).**



Finger labyrinth originally designed for the visually impaired.



**Between the frequent turns are stretches of the path
of various lengths,
some short and some longer.**

HEAL Africa, Goma, D. R. Congo

**You may feel surprised, confused or even “lost,”
but if you choose to trust the path and stay on it,
it will lead you to the center.**





What is this?

**It is a path for prayer
that leads through yearning
to joy, meaning, hope and peace.**

**While it can be used for personal
explorations,
it also invites communal participation.**

**What is planted here
flowers in the gardens of our lives.**

**Whether perplexed,
overjoyed, confused, hopeful,
hurt, distraught,
happy or simply curious,
as we pray, God meets us here.**

**It is not unusual to emerge
from the labyrinth inspired,
encouraged, grateful,
and clearer about next steps.**

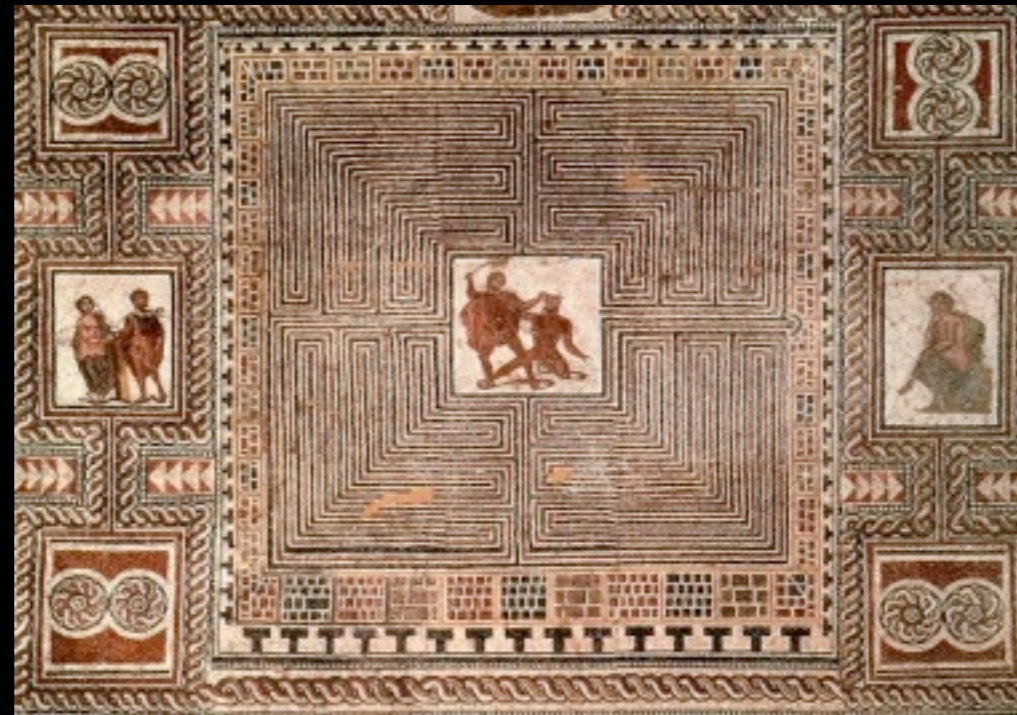
Labyrinths are enclosed (safe) spaces where there is always a way out.



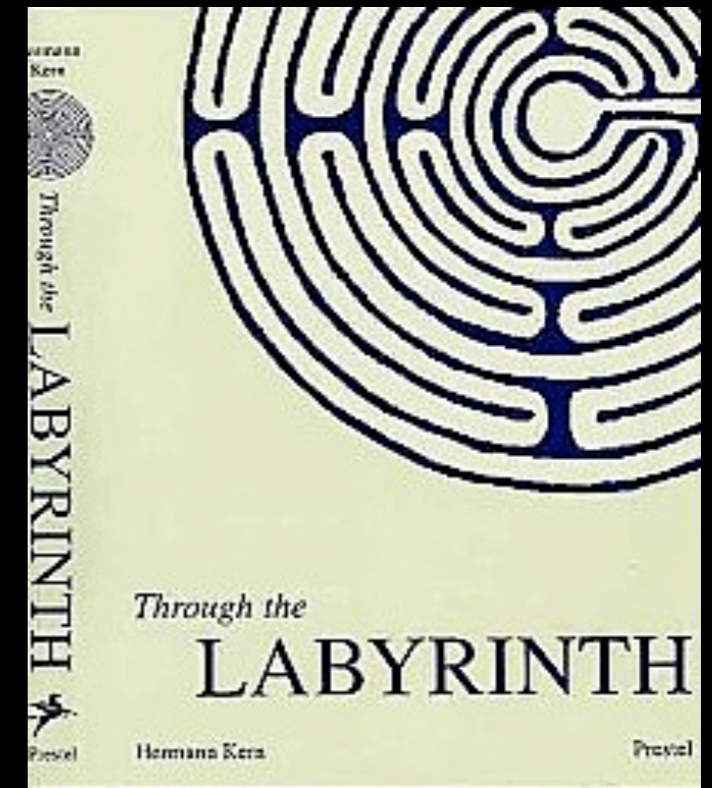
We do not know the exact origins of labyrinths. There are ancient examples on every inhabited continent.

Where do we find historical references relating to labyrinths?

1. Movements and dances
2. Literary references
3. Graphic designs



Theseus and the Minotaur
Roman Mosaic Labyrinth (275-300 CE)
now at the Kuntz Museum in Vienna, Austria



The definitive book
on labyrinths by Hermann Kern,
Through the Labyrinth
(New York, Prestel)



“Man in the Maze” Hopi Basket

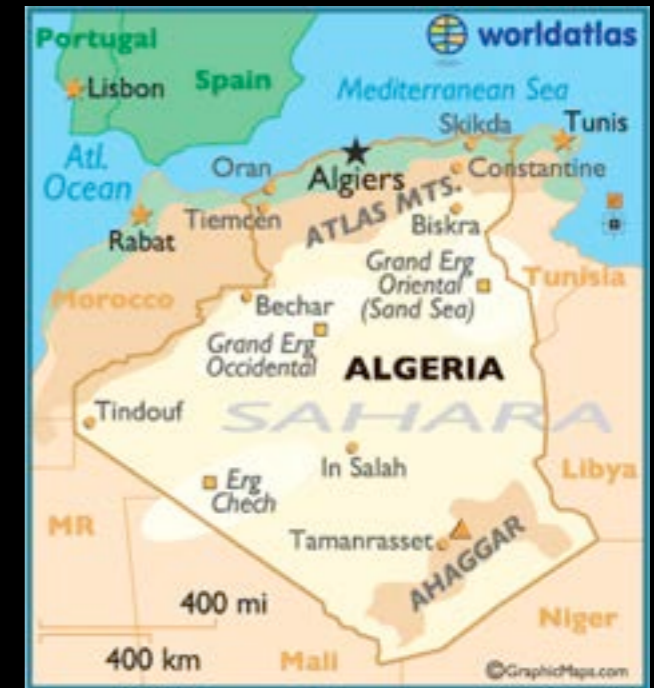
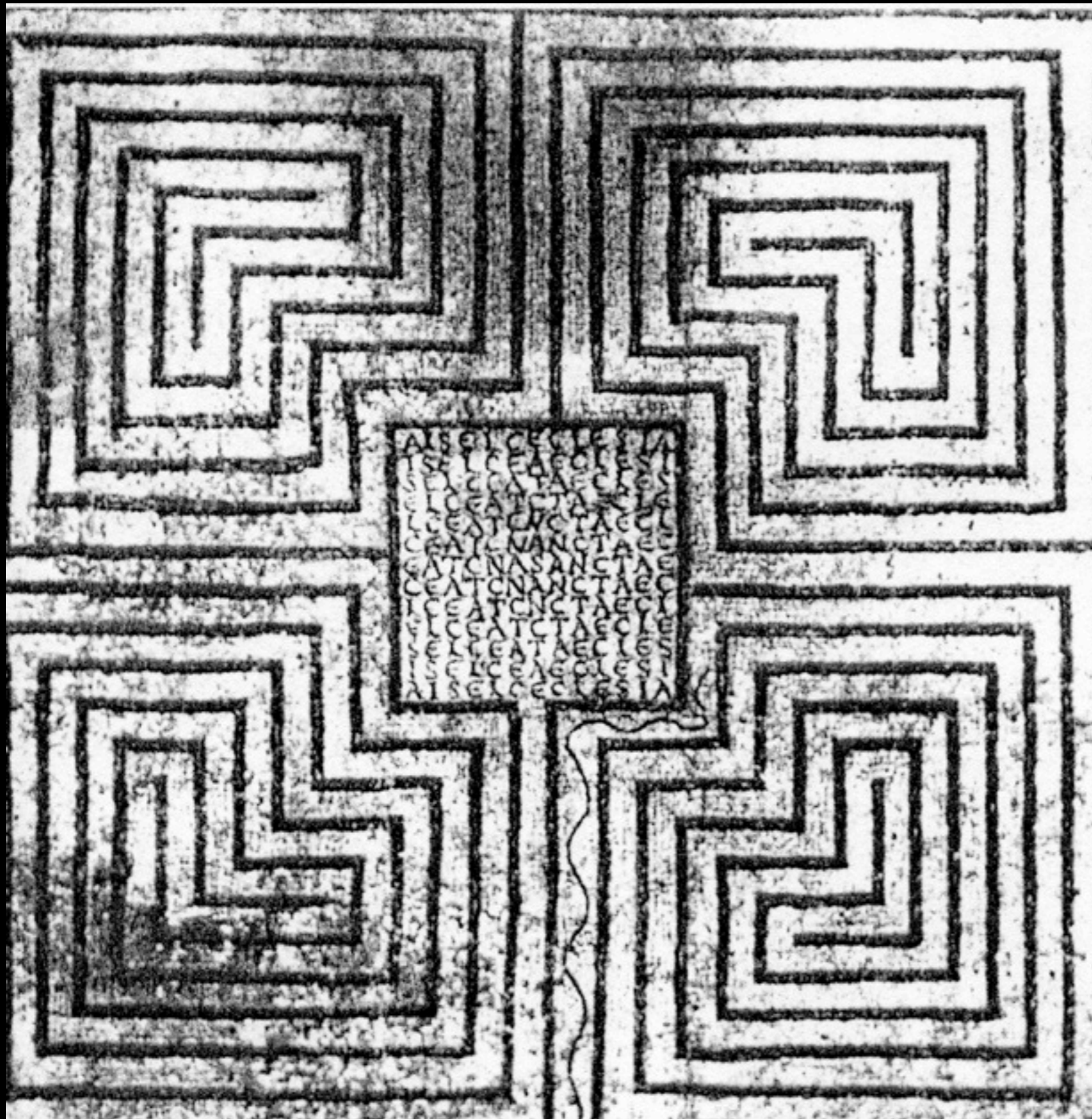


Goa, India 2,000-2500 BCE
©Jeff Seward see [Labyrinths and Mazes](#) & www.labyrinthos.net

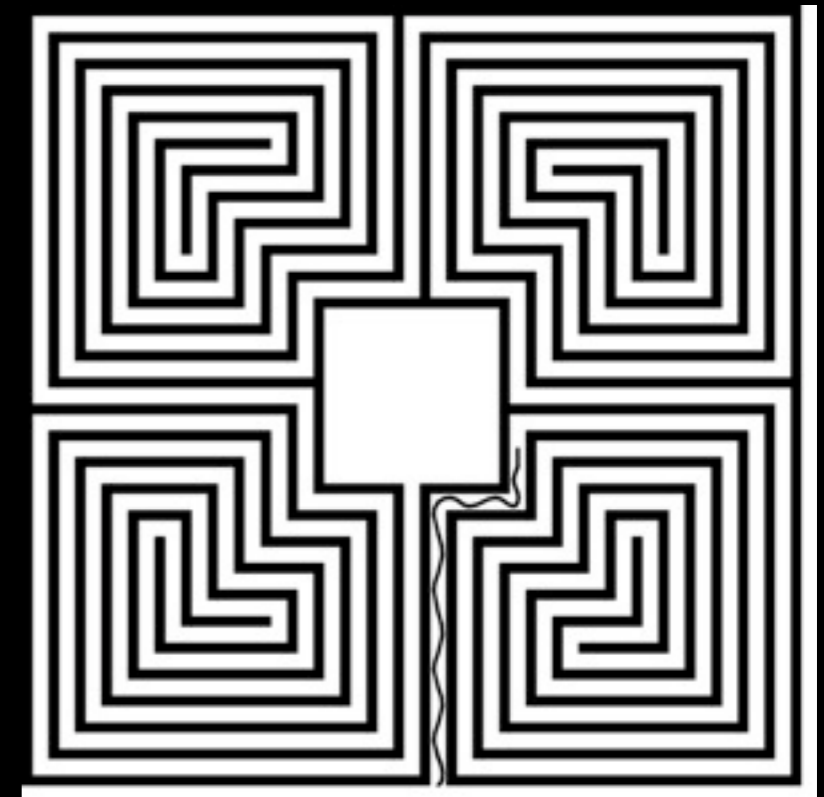


Contemporary Labyrinth Dance

Installed 324 CE in the cathedral in Orléansville, Algeria (Africa)



The oldest surviving Christian labyrinth



There are more than 4,100 labyrinths in 76 countries listed on the world-wide labyrinth locator. (Many more are unlisted.)
www.labyrinthlocator.com.



Chartres Cathedral Labyrinth, France Photo ©Alain Kilar alain.k@sunrise.ch

**Walking a labyrinth can serve
as a wonderful metaphor
for your journey through life.**



**Chalice Labyrinth
Atlanta, Georgia USA**

**While moving our bodies back and forth,
our linear thinking mind is given the opportunity
to shift towards creativity.**





Cultivating one's inner life is helped by non-verbal experiences.

San Francisco
Seminary Labyrinth,
California USA

External
movements
on
labyrinths
invite
internal shifts.

Minister, D. R. Congo



Labyrinth Walks Evoke The Relaxation Response

Herbert Benson, MD, founder of the Benson-Henry Institute for Mind Body Medicine at Massachusetts General Hospital and author of *Relaxation Revolution*, says **a walk through a labyrinth can invoke the relaxation response, “a bodily state directly opposite to the stress or ‘fight-or-flight’ state,”** according to WedMD. “Our more than 30 years of research shows that the relaxation response is **characterized by decreased metabolism, heart rate, breathing rate, and blood pressure, and [also] slower and distinct brain wave activity,”** Benson says in the WedMD article.

(Emphasis Mine.)

Faculty Member, Interfaith Studies
Myanmar Institute of Theology
Centering Prayer class



Christian Labyrinth Experience



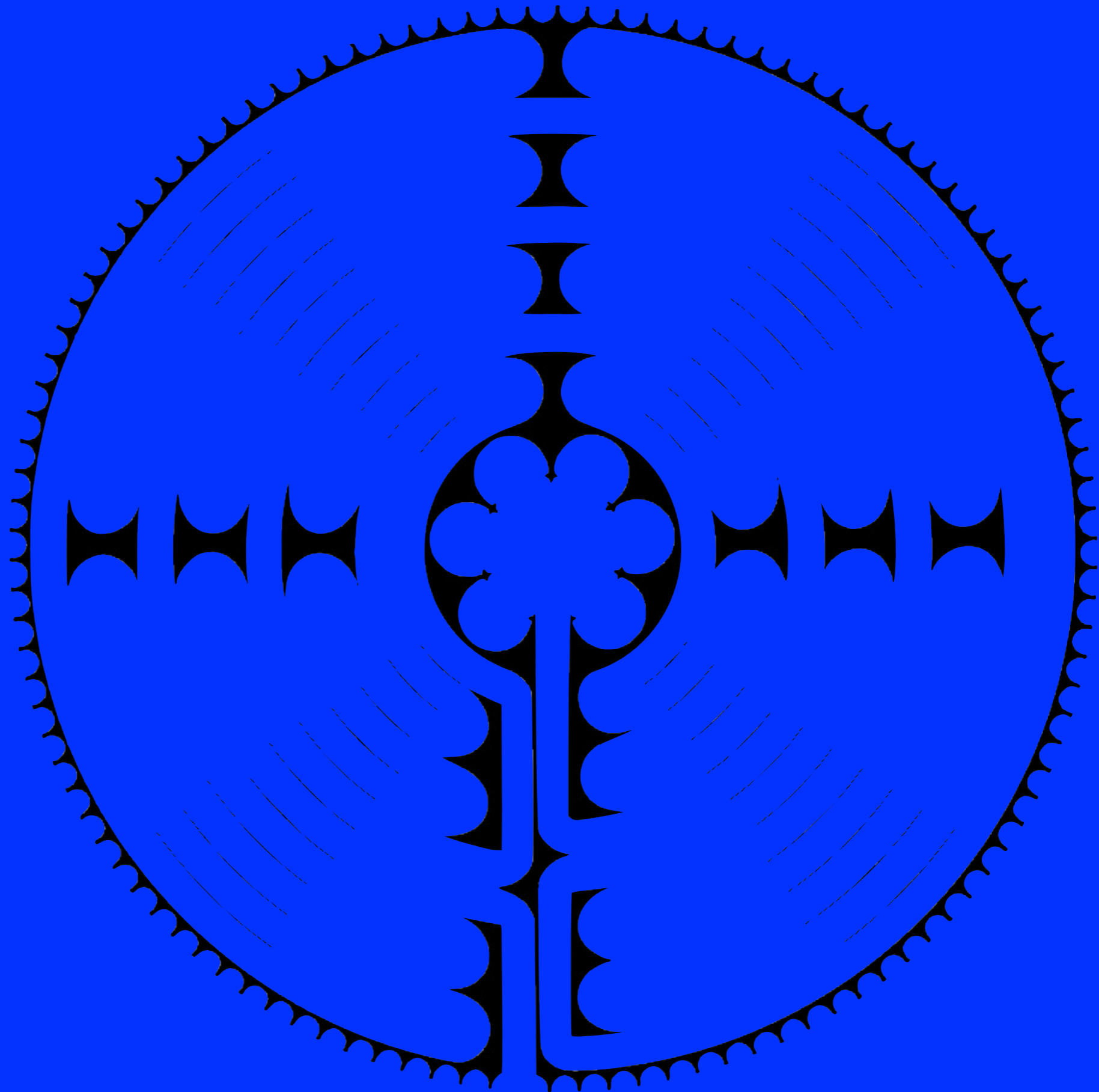
“Follow me...”

Symbols help us to grasp
and remember what is
most important.



Grace Cathedral, San Francisco, California (USA)

**The cross
defines
how we
move on a
labyrinth.**



The spiritual practice of walking (praying on) a labyrinth can serve to remind you, body and mind, that God is guiding you faithfully-- especially when you are not at all sure of it!





[Calvin] also reminded us that Jesus himself taught us to ‘seek a retreat that would help us to descend into our heart with our whole thought and enter deeply within.’ [Institutes, III.xx.29]

See Editor, Office of the Spiritual Formation Program of the Presbyterian Church.

"Labyrinth: Christian Spiritual Tool or New Age Gimmick?" *Hungryhearts* 8, no. 2 (2000): 1-7.

Deephaven Labyrinths and Retreats. Minnesota (USA)



Journeying with God, the way, following God, enjoying the presence of God,
these biblical concepts inform our Christian use of labyrinths.

(Consider for example the Exodus, the journey of the shepherds and wise men,
and Joseph, Mary & Jesus' flight to Egypt.)

Residence Glenridge. Concrete and bricks. Atlanta Georgia (USA)

Labyrinth Prayer



John Hopkins Hospital Baltimore, Maryland (USA)



**Lai Baptist
Women's Prayer Group, Myanmar**



HEAL Africa Goma, D. R. Congo

Labyrinth Prayer



John Hopkins Hospital Baltimore, Maryland (USA)



Lai Baptist
Women's Prayer Group, Mynamar



HEAL Africa Goma, D. R. Congo



Builds community (alone/together; rituals)

Labyrinth Prayer



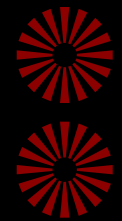
John Hopkins Hospital Baltimore, Maryland (USA)



Lai Baptist
Women's Prayer Group, Myanmar



HEAL Africa Goma, D. R. Congo



Builds community (alone/together; rituals)

Enhances creativity (activating both brain hemispheres)

Labyrinth Prayer



John Hopkins Hospital Baltimore, Maryland (USA)



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Builds community (alone/together; rituals)

Enhances creativity (activating both brain hemispheres)

Shifts emotions (joy, peace)



Labyrinth Prayer



John Hopkins Hospital Baltimore, Maryland (USA)



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Builds community (alone/together; rituals)



Enhances creativity (activating both brain hemispheres)



Shifts emotions (joy, peace)



Supports healing (hospitals, therapeutic tool, ADHD)

Labyrinth Prayer



John Hopkins Hospital Baltimore, Maryland (USA)



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Women's Prayer Group, Myanmar



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Builds community (alone/together; rituals)

Enhances creativity (activating both brain hemispheres)

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Supports healing (hospitals, therapeutic tool, ADHD)

Integrates mind-body-spirit



Labyrinth Prayer



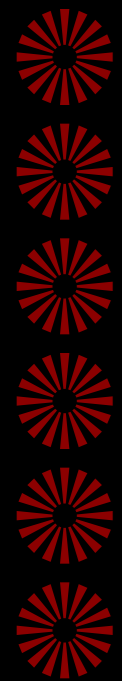
John Hopkins Hospital Baltimore, Maryland (USA)



Lai Baptist
Women's Prayer Group, Myanmar



HEAL Africa Goma, D. R. Congo



Builds community (alone/together; rituals)

Enhances creativity (activating both brain hemispheres)

Shifts emotions (joy, peace)

Supports healing (hospitals, therapeutic tool, ADHD)

Integrates mind-body-spirit

Stimulates thinking (insights, answers, metaphor)

Labyrinth Prayer



John Hopkins Hospital Baltimore, Maryland (USA)



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Stimulates thinking (insights, answers, metaphor)

Balances the body (health, grounding, pain management)

Labyrinth Prayer



John Hopkins Hospital Baltimore, Maryland (USA)



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Builds community (alone/together; rituals)

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Supports healing (hospitals, therapeutic tool, ADHD)

Integrates mind-body-spirit

Stimulates thinking (insights, answers, metaphor)

Balances the body (health, grounding, pain management)

Fosters socio-psychological growth (self-knowledge)

Labyrinth Prayer



John Hopkins Hospital Baltimore, Maryland (USA)



Lai Baptist
Women's Prayer Group, Myanmar



HEAL Africa Goma, D. R. Congo

Builds community (alone/together; rituals)

Enhances creativity (activating both brain hemispheres)

Shifts emotions (joy, peace)

Supports healing (hospitals, therapeutic tool, ADHD)

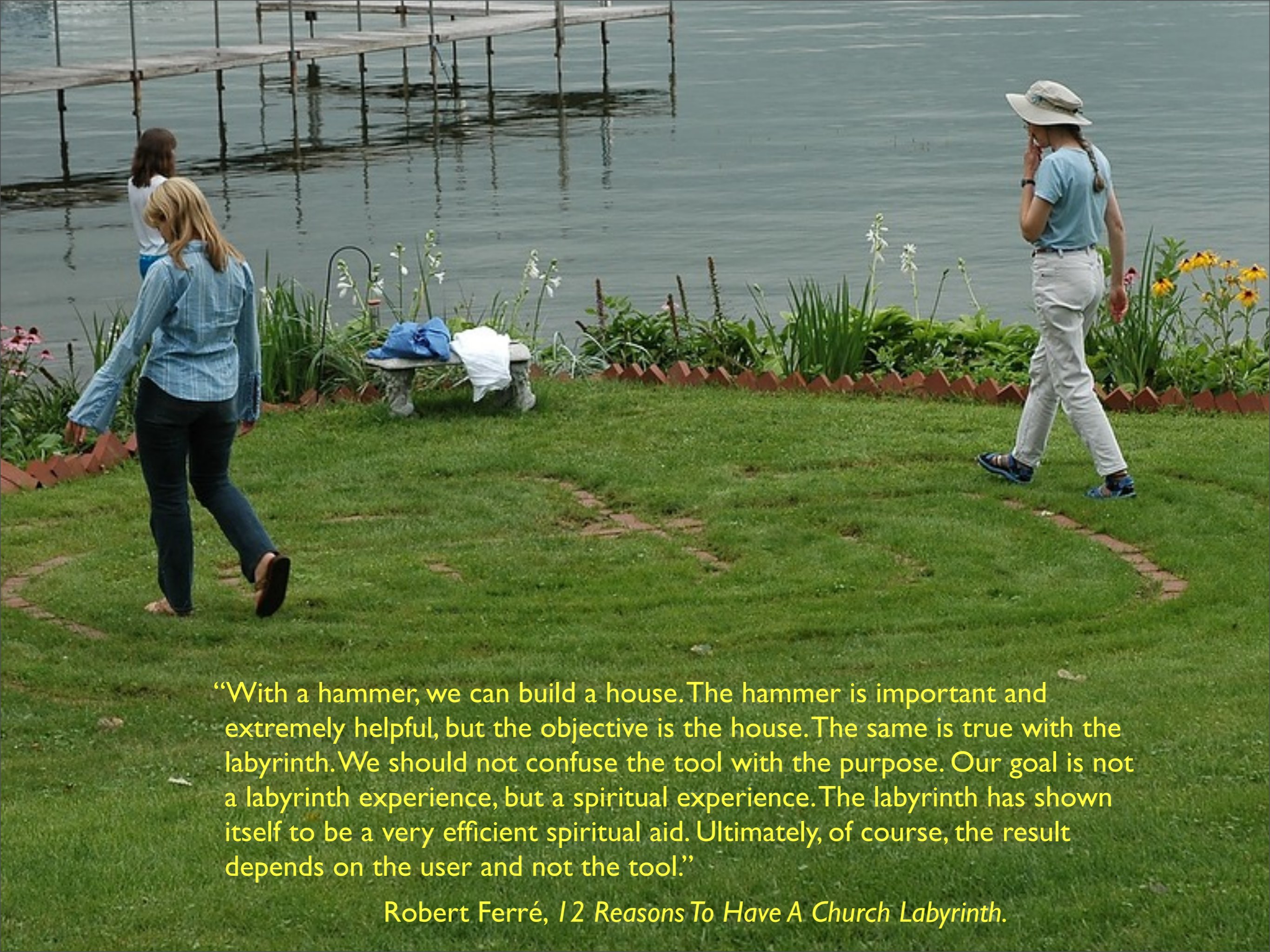
Integrates mind-body-spirit

Stimulates thinking (insights, answers, metaphor)

Balances the body (health, grounding, pain management)

Fosters socio-psychological growth (self-knowledge)

Enriches spirituality (incarnational prayer)



“With a hammer, we can build a house. The hammer is important and extremely helpful, but the objective is the house. The same is true with the labyrinth. We should not confuse the tool with the purpose. Our goal is not a labyrinth experience, but a spiritual experience. The labyrinth has shown itself to be a very efficient spiritual aid. Ultimately, of course, the result depends on the user and not the tool.”

Robert Ferré, *12 Reasons To Have A Church Labyrinth.*




Personal Revitalization Using Labyrinths

St. Norbert's
Abbey
Green Bay,
Wisconsin USA

Solvitar ambulando.
It is solved by walking.
Augustine



A group of approximately 15 people, including men and women, are walking through a large circular labyrinth drawn on the ground. The labyrinth is composed of white lines forming a complex, winding path. The people are dressed in simple, light-colored clothing, such as white shirts and dark trousers or sarongs. The setting is an outdoor area with a dirt and grass ground, surrounded by a white wall and some greenery in the background. The overall atmosphere is one of a communal activity or a spiritual exercise.

We need
safe, sacred places
where in God's presence
we can be truthful
about our lives.



Walking a labyrinth brings order out of chaos.
It is much easier to drink water out of a container, such as a glass.
The glass is only the aid, not the water, but it makes the water readily available.
As with a glass, the labyrinth is a container. Drinking the water is up to us.
The labyrinth makes our spiritual quest possible through organizing us.
Robert Ferré 12 Reasons to Have a Church Labyrinth.



Many find the labyrinth
a wonderful place to
discover new ways to
be with themselves,
others,
and God.

Labyrinth prayer can help you to practice the presence of God--
wherever you find yourself and with your eyes open.



Patmos Island Labyrinth, Greece

Returning to the practice of sabbath rest is helpful.

Thus says the LORD:

Stand at the crossroads, and look, and ask for the ancient paths, where the good way lies; and walk in it, and find rest for your souls.

Jeremiah 6:16 NRSV



You can pray in a way that is natural for you.
There is no one “right way” to pray the labyrinth.
This is a devotional walk. You can pace yourself.

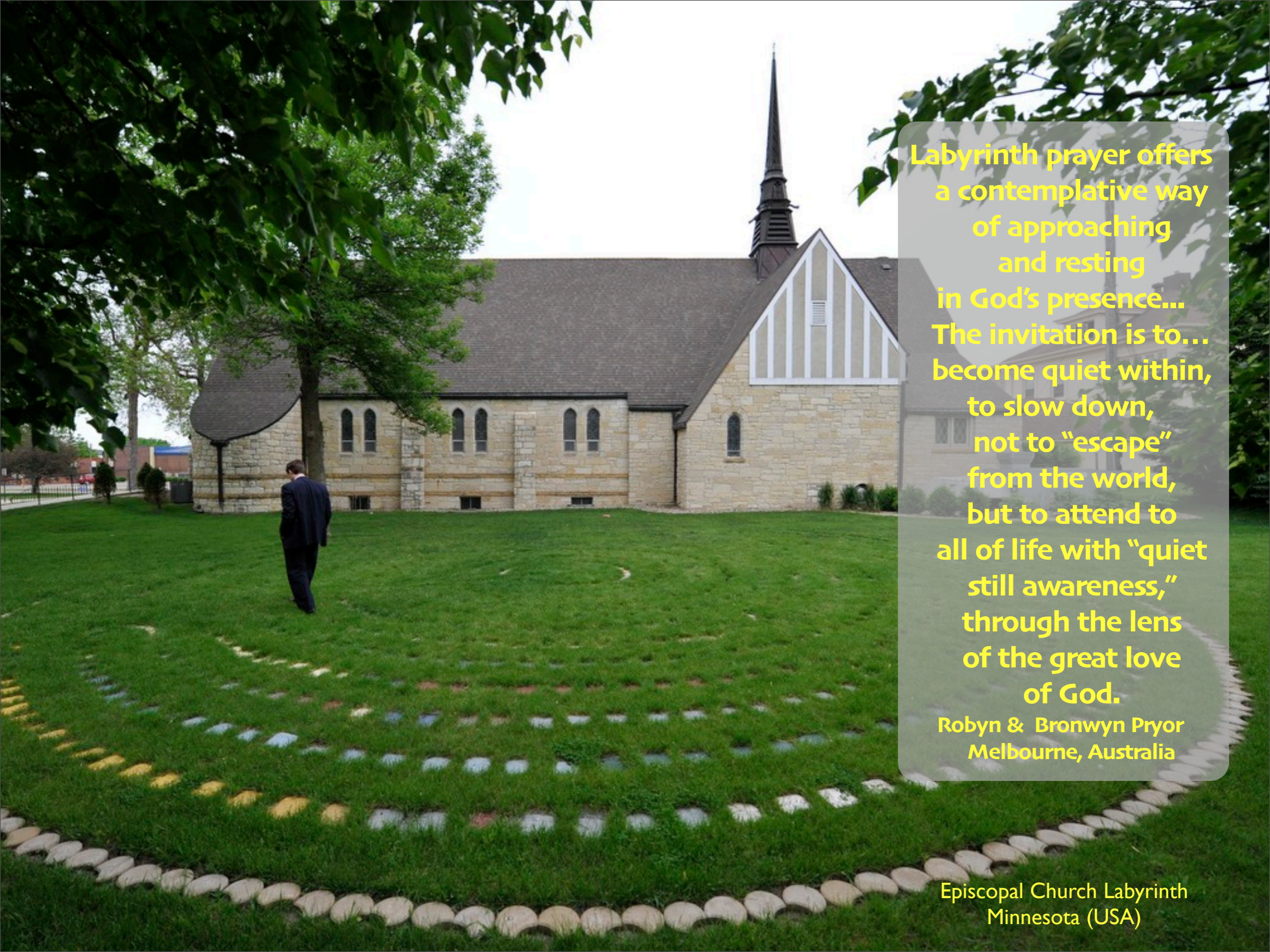
Praying for others
Resting in center
Praying for self

Open to God’s leading

Reciting Scripture

Praying a question

Singing a spiritual song



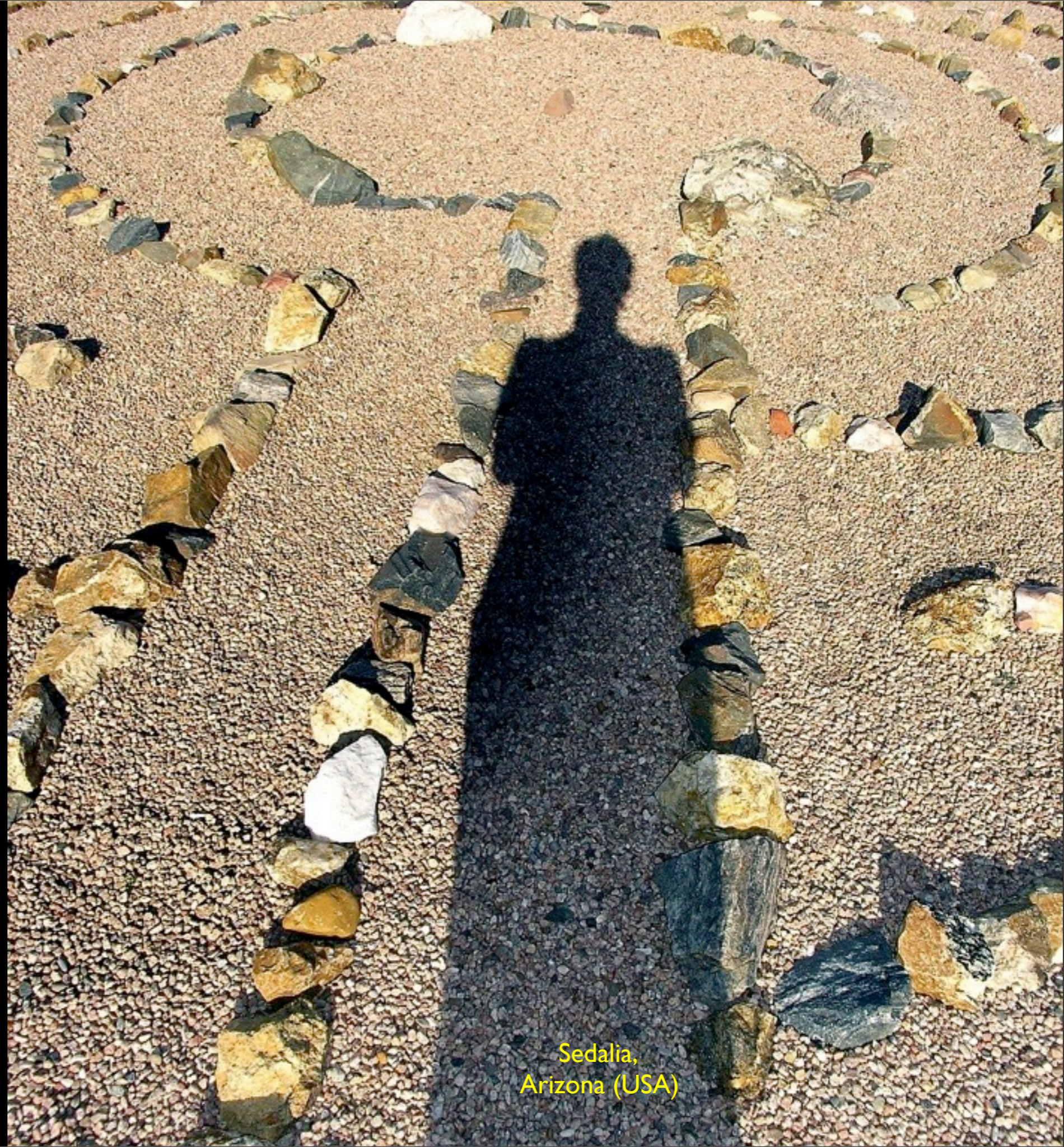
Labyrinth prayer offers a contemplative way of approaching and resting in God's presence... The invitation is to... become quiet within, to slow down, not to "escape" from the world, but to attend to all of life with "quiet still awareness," through the lens of the great love of God.

Robyn & Bronwyn Pryor
Melbourne, Australia

Episcopal Church Labyrinth
Minnesota (USA)

Labyrinth experiences often function as mirrors, allowing you to observe your life from the inside and outside simultaneously.

It is helpful to ask yourself, “How is this experience like what is happening in my life?”



Sedalia,
Arizona (USA)



Labyrinth prayer helps in relinquishing
the fantasy of being in control!

**On a labyrinth you can
practice trust and
being led.**



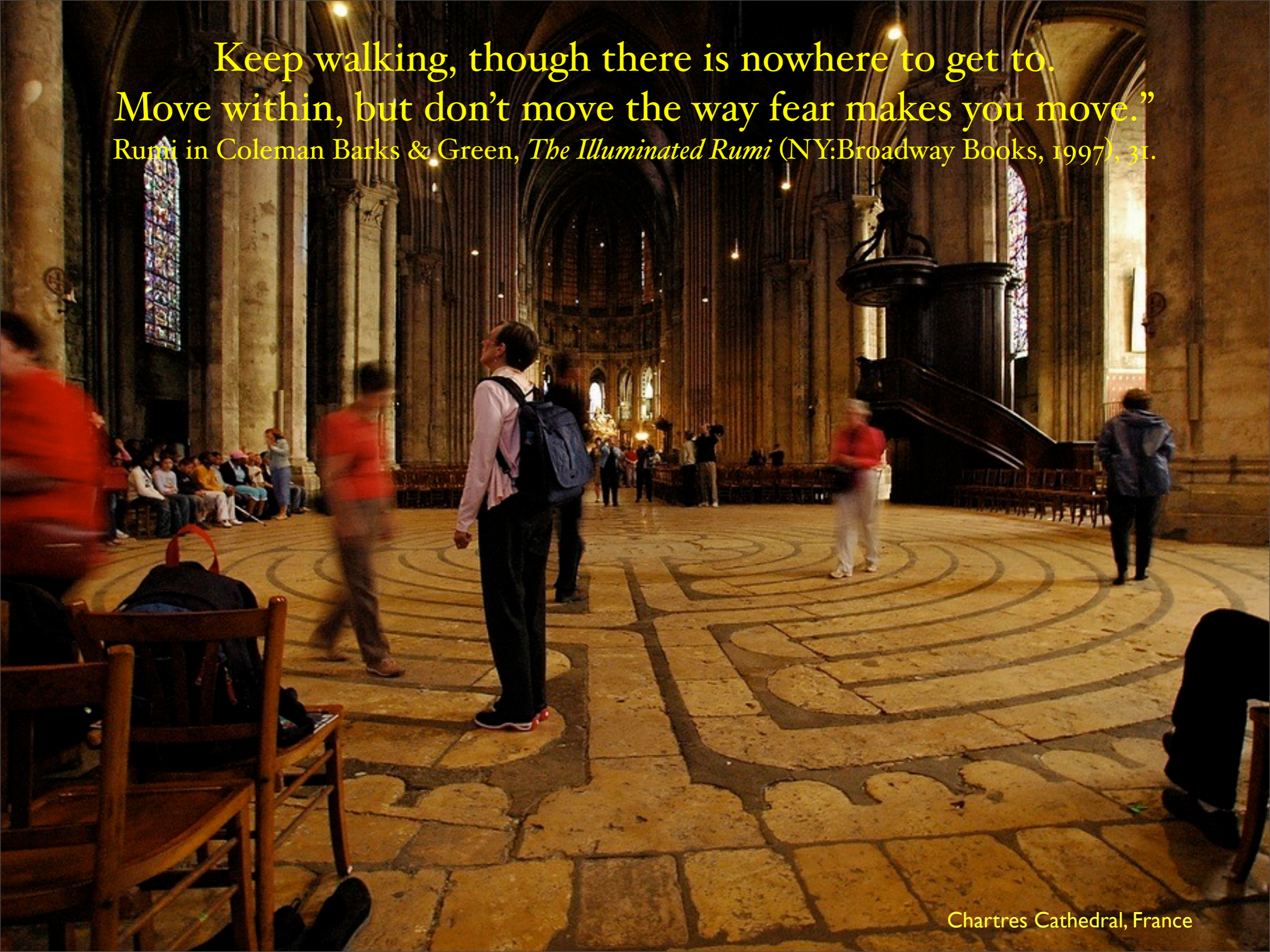
While labyrinth pathways are “predictable”, what happens inside you is not!



You may experience a variety of feelings while praying.
Each is a messenger that can serve you.



Keep walking, though there is nowhere to get to.
Move within, but don't move the way fear makes you move.”
Rumi in Coleman Barks & Green, *The Illuminated Rumi* (NY:Broadway Books, 1997), 31.



Chartres Cathedral, France



The more you "practice" using a labyrinth the more natural it will become.

The labyrinth holds no power of its own, and there is nothing magical about it. Rather, it is simply a creative tool that facilitates our thinking about our faith and experiencing God in fresh ways. When we walk, reflect, and pray on a labyrinth, God is likely to use the experience to draw us closer and to help us to see aspects of our lives that we might not be able to see otherwise. Even more, the Holy Spirit can use our labyrinth prayer experience to transform us inwardly in ways that change our lives outwardly.”

Tim Geoffrion,

The Powerful Use of Symbol and Metaphor in the Judeo-Christian Tradition: Rich Symbolism in Labyrinth Prayer.



Ministers pray on a labyrinth Musanze (Northern), Rwanda 2009

— GOVANS —
PRESBYTERIAN CHURCH

EST. 1844

SUNDAY WORSHIP
9:30AM & 11:00
COME WALK
OUR LABYRINTH

Labyrinth ministries &
congregational revitalization



Change doesn't usually come easily...



**Change doesn't usually come easily...
but it is possible.**



**Change doesn't usually come easily...
but it is possible.**

Love bears all things,

**Change doesn't usually come easily...
but it is possible.**

**Love bears all things,
believes all things,**

**Change doesn't usually come easily...
but it is possible.**

Love bears all things,

believes all things,

hopes all things,

**Change doesn't usually come easily...
but it is possible.**

Love bears all things,

believes all things,

hopes all things,

endures all things.

1 Corinthians 13:7-8

Theological messages of labyrinths:

Divine help is available.

Moving one's body in faith can support
a desire for spiritual connection.

A path of wisdom leads one towards God.

Religious devotion can be intensely pleasurable.

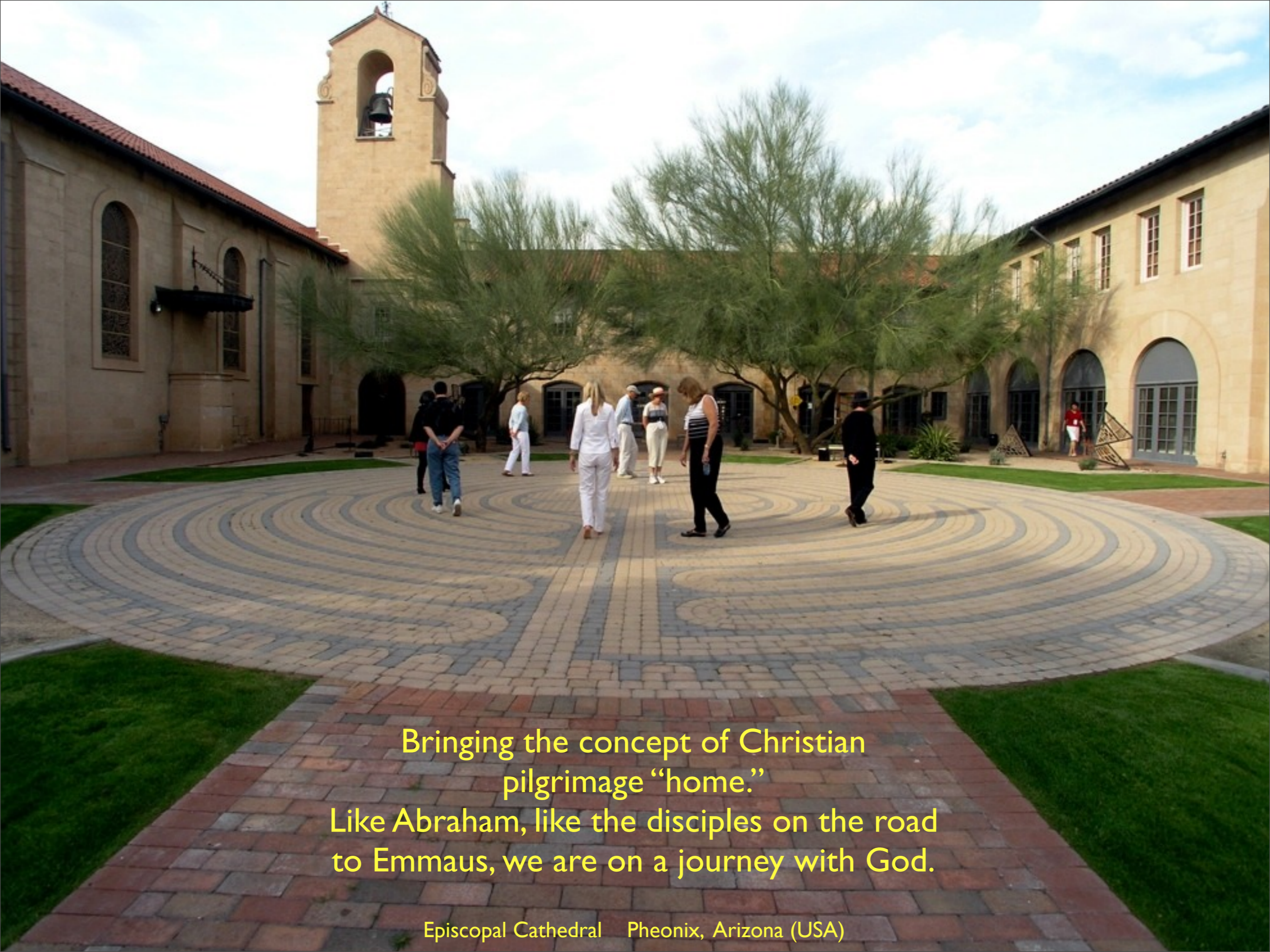
Truth and God's presence are yoked. As one moves in the Divine Presence,
truth becomes clearer and more compelling.

Sacred patterns can assist seekers in moving beyond
their own limitations. God speaks through visual symbols.

Love for God leads to personal encounters with the Divine,
and to a commitment to acting in faith.

Desire for wider service springs naturally
from time spent with God.

Journeying towards intimacy with God
is seldom a linear process.



Bringing the concept of Christian pilgrimage “home.”
Like Abraham, like the disciples on the road to Emmaus, we are on a journey with God.


Episcopal Cathedral Phoenix, Arizona (USA)

Personal and community experience
happen at the same time when we pray a labyrinth together.



We can learn to look at a situation from different perspectives and angles as we circle back and forth, moving closer, farther away, then closer again.



An aerial photograph of a circular labyrinth garden. The paths are made of dark gravel and are separated by clumps of green grass. Several people are walking on the paths. One person in a blue jacket and blue pants stands in the center of the labyrinth. Another person in a colorful striped jacket and blue pants walks on the left. A person with a white umbrella walks on the right. A person with a black umbrella walks in the foreground. The overall scene is a peaceful outdoor setting.

**On the labyrinth we can see our unity
and our diversity.
We can find ways to be together
that are mutually respectful.**

Govan Presbyterian Church Baltimore,
Maryland USA

Praying the labyrinth can help us know together what is the next step we need to take.





Praying during times of disagreement or conflict.



**Who is
interested in
other creative
endeavors?**

Sea shell and candle 3 circuit labyrinth



Christian
Ritual &
Labyrinths

First stone of the
Chartres Cathedral
labyrinth in France
shaped like
a baptismal font
Installed in 1201 CE.

Combining Moving Prayer
and Christian Celebrations:
Communion
Confirmation
Marriages
Funerals

Special Church Days
Epiphany
Ash Wednesday
Good Friday
Easter
All Saints Day



St. Edwards Episcopal Church burnt down and rebuilt a labyrinth with altar in the center for their sanctuary. (chairs go on the path dividers), Long Lake, Minnesota, USA

22 "Therefore, give the people of Israel this message from the Sovereign Lord: I am bringing you back, but not because you deserve it. I am doing it to protect my holy name, on which you brought shame while you were scattered among the nations. 23 I will show how holy my great name is—the name on which you brought shame among the nations. And when I reveal my holiness through you before their very eyes, says the Sovereign Lord, then the nations will know that I am the Lord. 24 For I will gather you up from all the nations and bring you home again to your land.

25 "Then I will sprinkle clean water on you, and you will be clean. Your filth will be washed away, and you will no longer worship idols. 26 And I will give you a new heart, and I will put a new spirit in you. I will take out your stony, stubborn heart and give you a tender, responsive heart! 27 And I will put my Spirit in you so that you will follow my decrees and be careful to obey my regulations.

|

Ministers	Every Member
Pastor	Glenn Neulerode
Minister of Worship & Music	Carol Macaulay
Cantor	Daniela Landolfi

Labyrinth Committee Co-Chairs:
Ruth and John Jewell

* In Hebrew: "How of Ash"



Edmonds Christian Church
Disciples of Christ

Maundy Thursday Labyrinth Service



I don't know how to love Him

April 5, 2007

Edmonds Christian Church Disciples of Christ Maundy Thursday

Prelude Meditative Music

Welcome

Scriptures: Deuteronomy 6:1-5

Song: My Jesus, I Love Thee #349 (vss. 1 & 2)

Prayer

Scriptures: Mark 12:28-34

Song: *I Don't Know How to Love Him* Daniela ~~Landolfi~~

Mary Magdalene's song from Andrew Lloyd Webber's *Jesus Christ Superstar*

Maundy Thursday Meditation – I Don't Know How to Love Him

Instructions for walking

Labyrinth Walk

Closing Song: My Life Flows On #619 (vss. 1 & 4)

Benediction

Deuteronomy 6:1-5 (New Living Translation)

1 "These are the commands, decrees, and regulations that the Lord your God commanded me to teach you. You must obey them in the land you are about to enter and occupy, 2 and you and your children and grandchildren must fear the Lord your God as long as you live. 3 Listen closely, Israel, and be careful to obey. Then all will go well with you, and you will have many children in the land flowing with milk and honey, just as the Lord, the God of your ancestors, promised you.

4 "Listen, O Israel! The Lord is our God, the Lord alone. 5 And you must love the Lord your God with all your heart, all your soul, and all your strength.

Mark 12:28-34 (New Living Translation) The Most Important Commandment

28 One of the teachers of religious law was standing there listening to the debate. He realized that Jesus had answered well, so he asked, "Of all the commandments, which is the most important?"

29 Jesus replied, "The most important commandment is this: 'Listen, O Israel! The Lord our God is the one and only Lord. 30 And you must love the Lord your God with all your heart, all your soul, all your mind, and all your strength.' 31 The second is equally important: 'Love your neighbor as yourself.' No other commandment is greater than these."

32 The teacher of religious law replied, "Well said, Teacher. You have spoken the truth by saying that there is only one God and no other. 33 And I know it is important to love him with all my heart and all my understanding and all my strength, and to love my neighbor as myself. This is more important than to offer all of the burnt offerings and sacrifices required in the law."

34 Realizing how much the man understood, Jesus said to him, "You are not far from the Kingdom of God." And after that, no one dared to ask him any more questions.

Ezekiel 36:22-27 (New Living Translation)

Leader: O Lord, make me whole so that I may love with the compassion with which you love. Give me the courage to stand beside those who are hurting and share their pain. You know everything about me, my weakness, my faults, and my sin. Redeem me and make me new. Through your strength and by your grace, make me a conduit of your love, not just to the lovable, but to any who need to be cared for and loved.

People: O Lord, hear our prayers.

Eighth Station: Jesus Dies On The Cross

Leader: O Lord, I cannot comprehend the depth and breadth of your love. There are not enough words in all languages together to describe what your love means to me. May my love for you and my love for all your children in some way reflect your love. Let this dark night become fertile soil for growth in your love and for our growth as a community of Faith. May you use this night to teach us how to love you and to love others the way you have loved us. O Lord, we long for newness, for hope, for renewal, for life where there is now death. Out of this darkness bring to us the light of a new dawn. O Lord, have mercy on us.

People: O Lord, hear our prayers. We hope in you and trust in your mercy.

Poem Lamb of God

The Pilgrimage is ended and the pilgrims depart in silence. (music Agnes Dei by the Choir Boys)

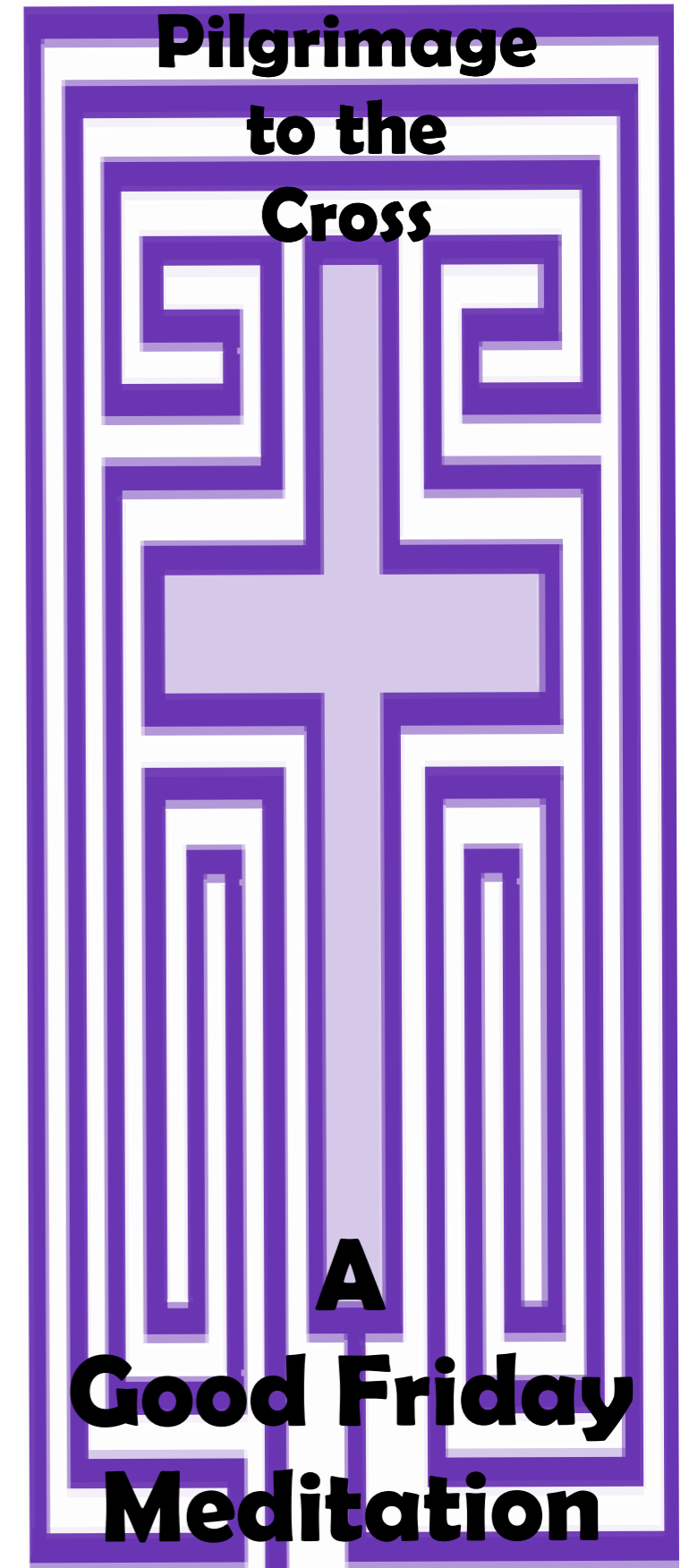
*Walk With Me Friend
Walk with me friend
And chat a while.
The journey is long
And my way unsure.
The path it wanders
And my steps falter,
But with you by my side
I'll find journeys end.*

*Walk with me friend
And chat a while.
The road grows rocky
And pitfalls threaten.
My heart grows unsure
And my resolve crumbles,
But with you by my side
My strength is renewed.*

*Walk with me friend
And chat a while.
Let me hold the lamp
That lightens the path
That others who follow
May find the way clear
For with you by my side
My cross grows lighter.*

*Stay with me friend.
In silence we stand
The hill has been climbed
and the journey is end.
The light in the dark,
Was the light of your love
For with you at my side
The call has been answered.*

*Walk with me friend
As my friend walks with me.
Together we travel
The path that is sure.
At the foot of the cross
All questions are answered
For with Christ by our side
We will reach journeys end.*



o logos



**What
programs
or groups
in your
church
could be
served by
using a
labyrinth
?**

Canvas Chalice labyrinth

Retreats and special events for groups within the congregation



Women's Prayer Group

Involving the Children & Youth



Millenium Park Slate & Grass Labyrinth
Plymouth, Minnesota, USA

The Labyrinth of Life

Learning objectives:

To explore the Christian ceremonies that mark significant events in the lives of individuals.

To consider the important features of one's own life journey.

3.
What are the worries and distractions that fill my head?
How can I get rid of them?
How do I let go of my cares?

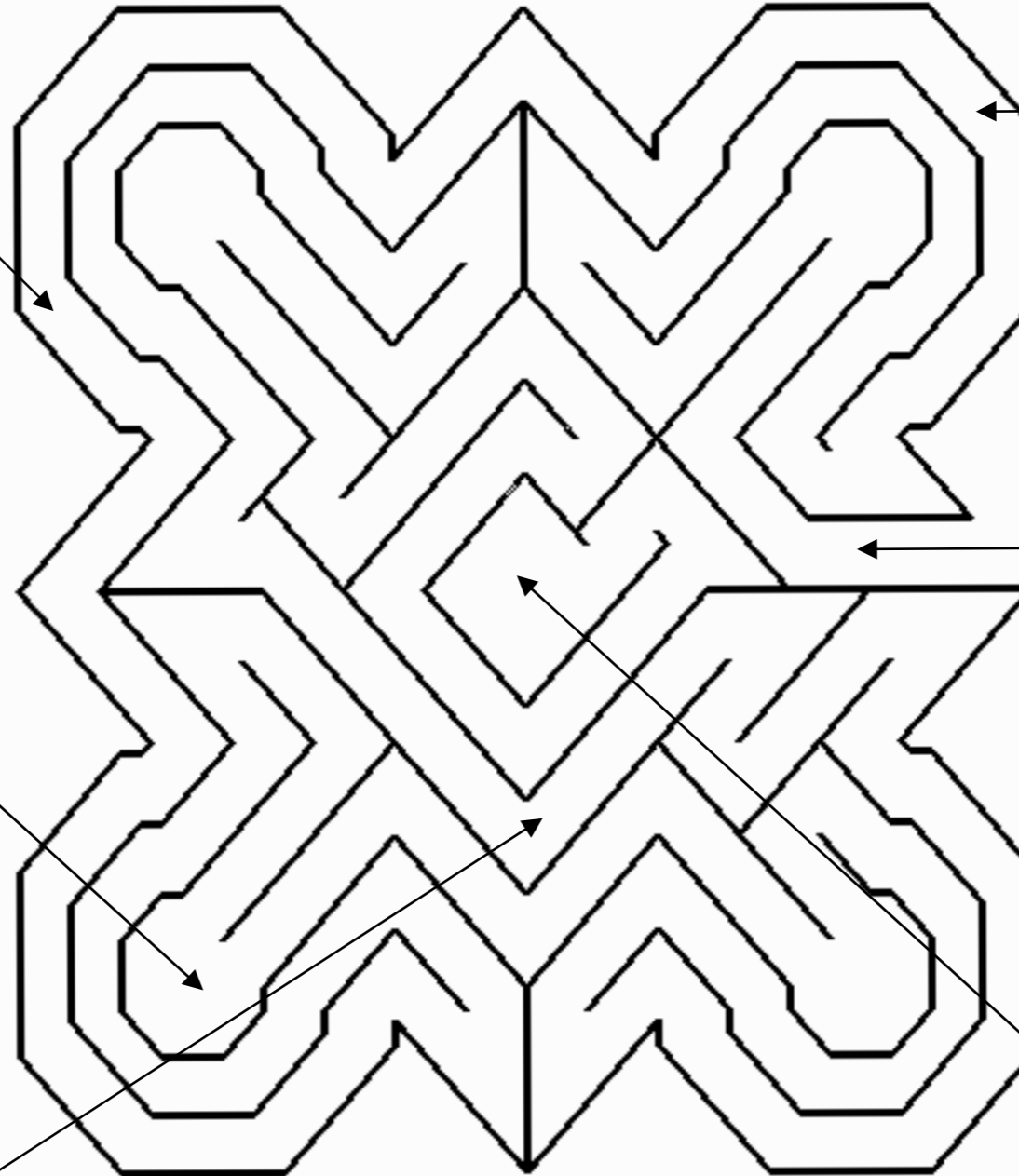
2.
Who do I depend on to support me in my life? Who are still my friends when things get tough?
Whose friend am I? Who walks this labyrinth with me?

4.
Who should I listen to? Who do I trust? Who should I follow? Or should I just be me?

1.
Who am I? What is special about me? Am I happy being me? What is my image?

5.
Do I feel part of the natural world? Do I care about what is happening in the environment? How do I feel when I see other people or animals suffering?

6.
When I leave, how will people know I have been here? Will the future be better because of me?
How long does it take to make a difference – and when can I start?




Lesson prepared by the Diocese of Ely, England

This is a summative scheme, to be used when pupils have already learnt about baptism, marriage and funerals.

It can follow on directly from the scheme "When I am gone remember me".

Linking tradition
& contemporary needs



A woman with short brown hair, wearing a green crocheted shawl, a pink quilted vest, a white patterned long-sleeve shirt, and blue jeans, is kneeling on a grassy path. She is touching a large, light-colored stone with her right hand. The stone has an inscription in black text. The background shows a grassy area with some fallen leaves and the lower legs of another person in brown boots.

My peace I give unto you...
Let not your heart be
troubled, neither let it
be afraid.
John 14:27

HEALING

mental shifts

reconciliation

restoration

clarity

physical cures

feeling
forgiven

emotional release

reduction of anxiety: freedom from "stress bondage."

spiritual connection

completion

peacefulness





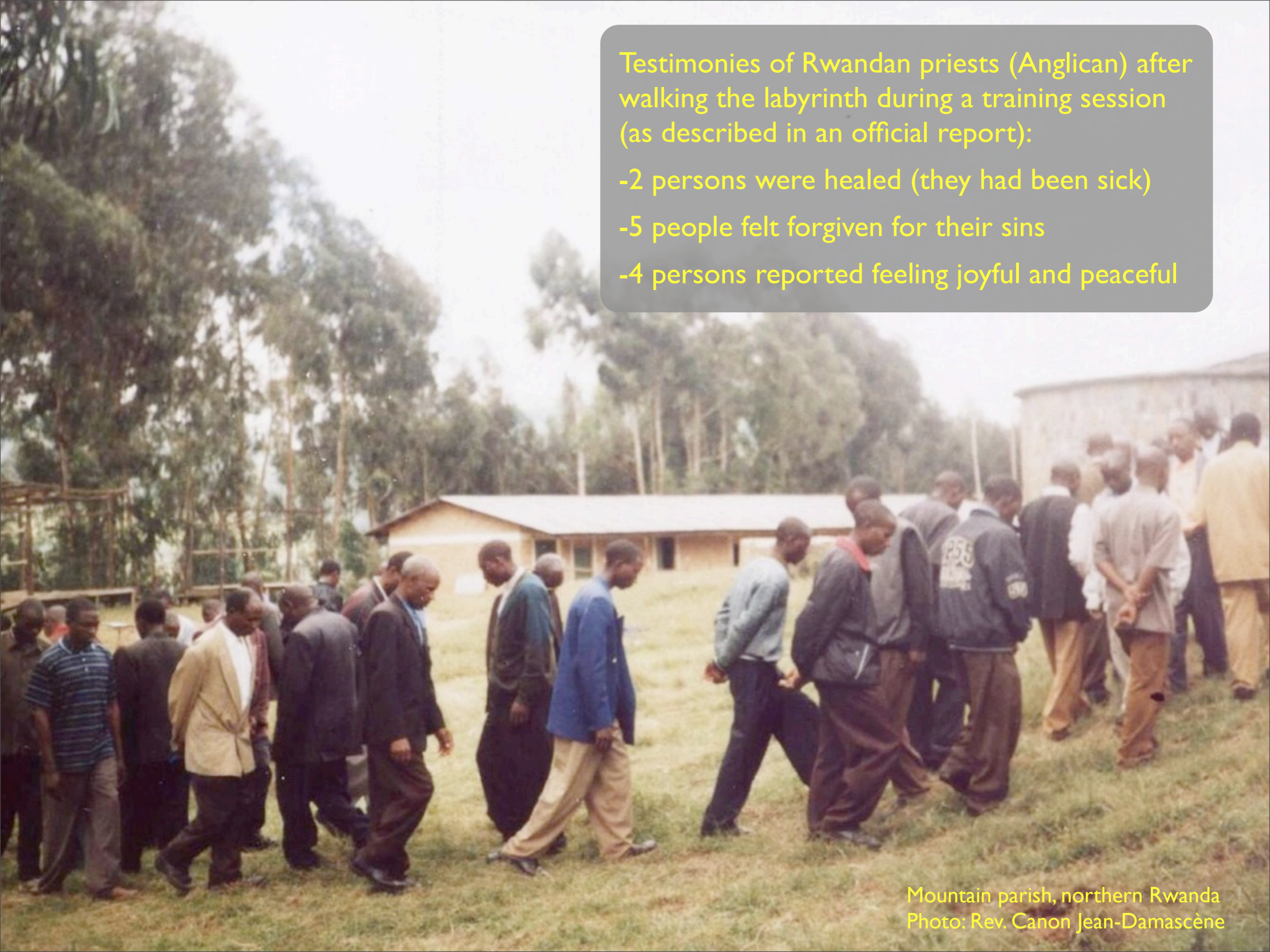
“In the labyrinth, I was able to lay my sense of despair about what is happening in our country down.”

Testimonies of Rwandan priests (Anglican) after walking the labyrinth during a training session (as described in an official report):

-2 persons were healed (they had been sick)

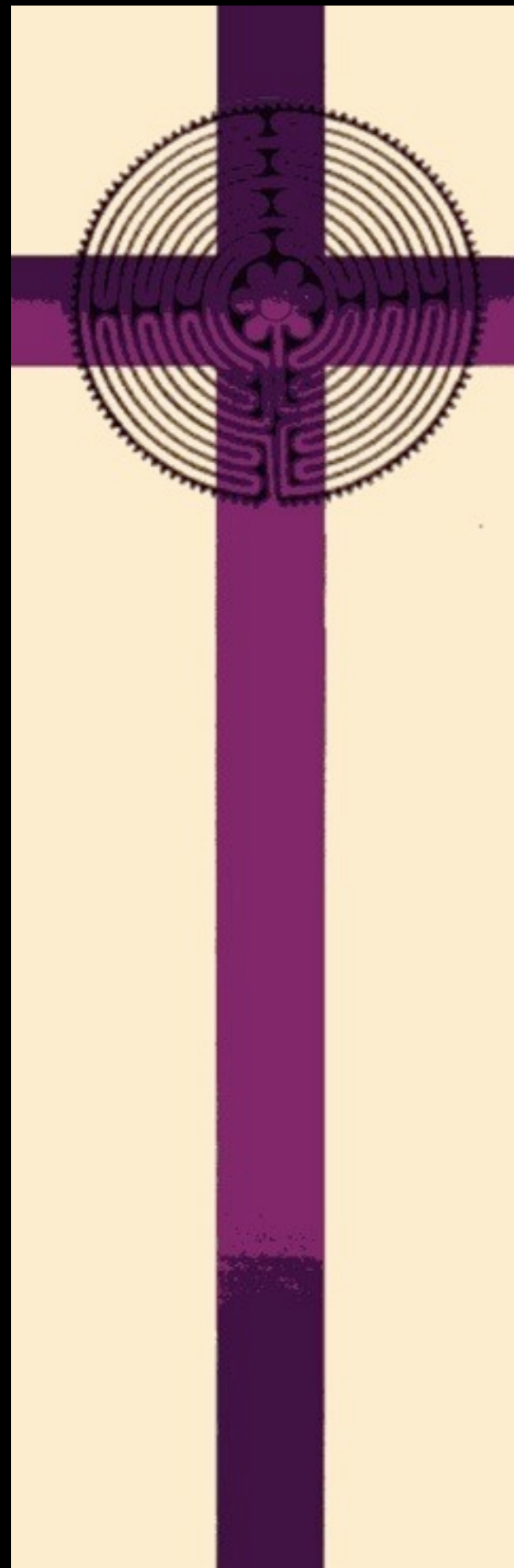
-5 people felt forgiven for their sins

-4 persons reported feeling joyful and peaceful



Mountain parish, northern Rwanda
Photo: Rev. Canon Jean-Damascène

Congregational revitalization through service to the community: using labyrinths to reach out with God's love



“The labyrinth is an ideal spiritual tool that can be used to reach people who don’t relate to the church as an institution. While providing labyrinths is a wonderful public service to the community, we know of many instances in which people became involved in churches as members and participants after first coming to walk the labyrinth.

Robert Ferré, builder of labyrinths for many churches.

**There are many implications for pastoral care ministries.
For instance, church counseling centers
are finding ways to make public and private labyrinths available
to their congregations, groups that use their buildings, and neighborhoods.**



Colonial Church of Edina (UCC)
Minnesota USA

On exiting the labyrinth for the first time:

“This pathway could really help the widows and orphans that I work with.

I want to put a labyrinth in my garden so that when they come to me feeling very sad and hopeless, I will explain labyrinth prayer, and then have them walk the labyrinth.

When they come out they will have let go all of their burdens!”

Furaha, D. R. Congo



Activities

Women for Peace Workshop: Domestic Violence January 20-22, 2010



Women for peace! With this claim, another workshop on Domestic Violence was held from January 20-22, 2010 in Shan Baptist Church, Muse Township in Northern Shan State, under the funding of Mennonite Central Committee, USA. Although two resource persons were expected, only Rev. Dr. Maung Maung Yin, Vice-principal and Professor of Christian Ethics of MIT, could make it there.



Walking prayer in the Labyrinth

Essentially, topics on issues related to family violence and roles of the church were tackled progressively within three days under the resource person's facilitation. Methodology accompanied with inductive Bible study also made the workshop more dynamic and multidimensional from Christian perspectives in regard to addressing family violence. The workshop was attended by 31 participants from different nationalities and Christian denominations. ☺

“We used the labyrinth as a kind of preventative method for violence to be reflective about ourselves, and to transform ourselves through prayers.”

Muji Man San

Shan State, Muse Township
Myanmar



“Here are some photos
of the temporary labyrinth that
we constructed here at the
Dina Orphanage for street children.
The students like it.

Freddy Byemba et Birhange Matthias
Goma, D. R. Congo



Ministries with refugees



Ethiopian children, USA labyrinth

Labyrinth prayer vigils have been held during times of local, national or international crisis as a way to support healing and action.



3 circuit match labyrinth

Labyrinths can be used during times of community crisis



Columbine, Colorado (USA)




Praying after Cyclone Nargis
Zoe Center for Women
Yangon, 2009

GOD, IN YOUR MERCY HEAL OUR LAND

2 HRO. 7:14; MATT. 10:8; EPH. 2:4

MYANMAR INSTITUTE OF THEOLOGY
PEACE STUDIES CENTER
PEACE AND ART PROGRAM
"LABYRINTH PRAYERS FOR PEACE"
Resource Person: Jill Geoffrion
Feb. 28, 09
MIT

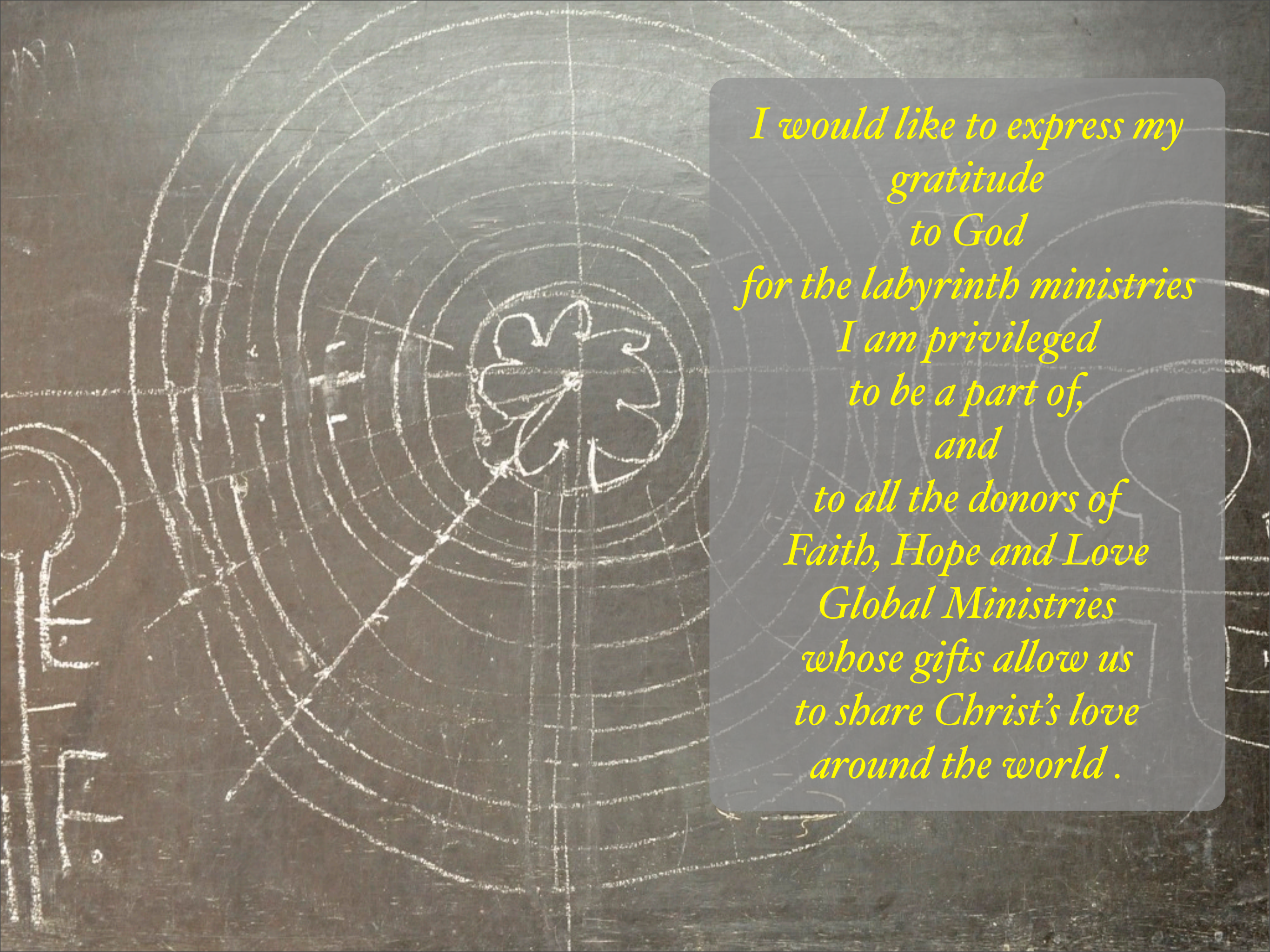


Labyrinth Prayers for Peace


Peace Studies Center
Myanmar Institute of Theology, Yangon
February 28, 2009



Interfaith Events



*I would like to express my
gratitude
to God
for the labyrinth ministries
I am privileged
to be a part of,
and
to all the donors of
Faith, Hope and Love
Global Ministries
whose gifts allow us
to share Christ's love
around the world .*

A photograph of the interior of a large, ancient cathedral. The floor is covered in a large, intricate stone labyrinth. A person stands in the center of the labyrinth, arms outstretched. The architecture features tall, arched stone columns and a high, vaulted ceiling. The lighting is dramatic, with a bright spot on the labyrinth and the person, while the rest of the cathedral is in shadow.

ministry website www.fhlglobal.org
Sign up for the monthly newsletter on our homepage

labyrinth resources by jill www.jillgeoffrion.com

journey blog by jill jillgeoffrion.wordpress.com

Jill's email: jill.geoffrion@fhlglobal.org



You are invited to pray the labyrinth--now and/or later.
It is available for your use throughout the alumni reunion.

**Pause. Take a breath.
Listen with your heart.
Let us pray.**

