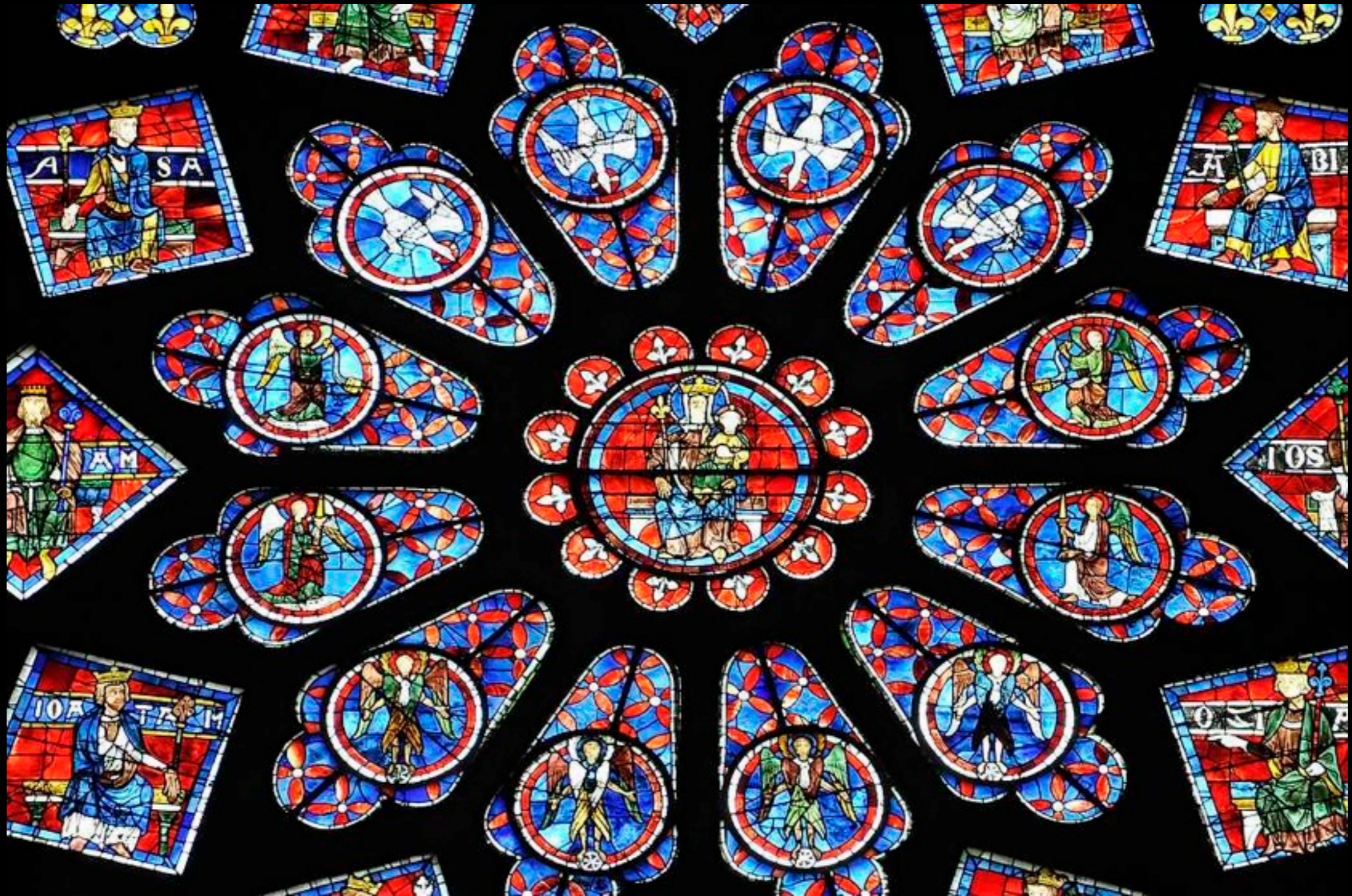


ADVENT
DARKNESS: A
MORNING OF REST
AND INNER QUIET

The Rev. Jill K. H. Geoffrion, Ph.D., Retreat Leader
WomenSpirit Event December 5, 2009

“People are like stained-glass windows.
They sparkle and shine when the sun is out,
but when the darkness sets in their true beauty is revealed
only if there is light from within.” Elisabeth Kubler-Ross



Resting in the darkness...

...Five minutes of silent prayer.



Facilitate
Sacred
Opportunities

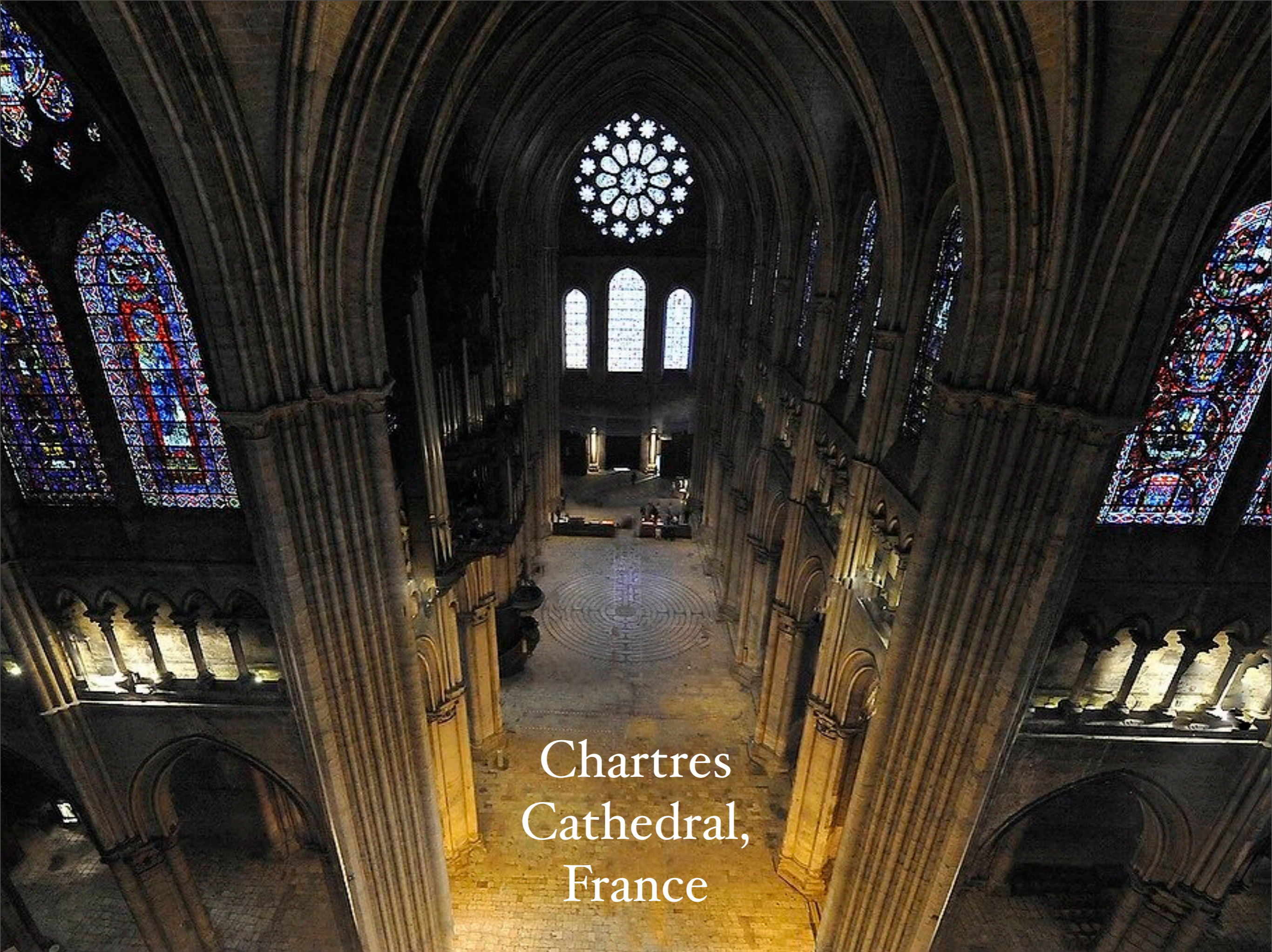
Spiritual healing
and wholeness

(Re)creation

Vision

Connection





Chartres
Cathedral,
France

500 mile walking pilgrimage across northern Spain



Santiago de Compostella: Day 38

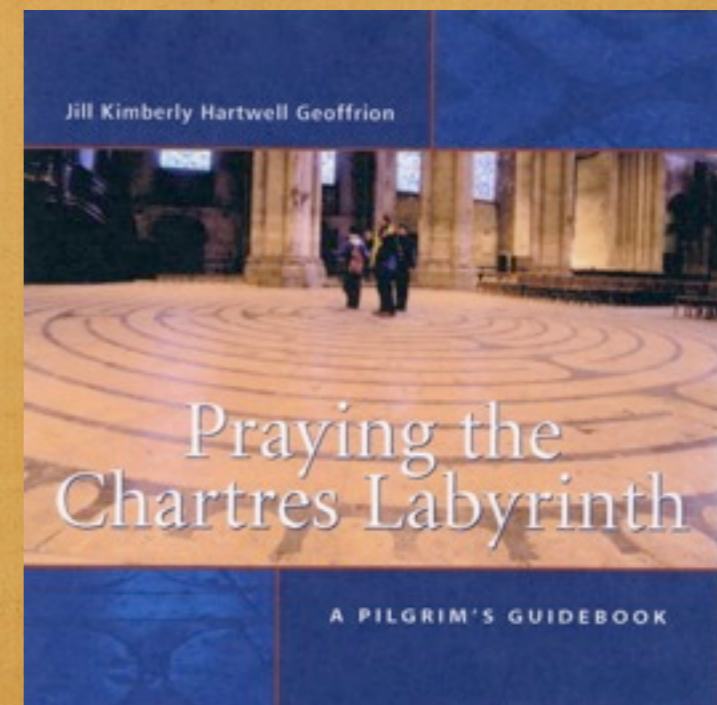
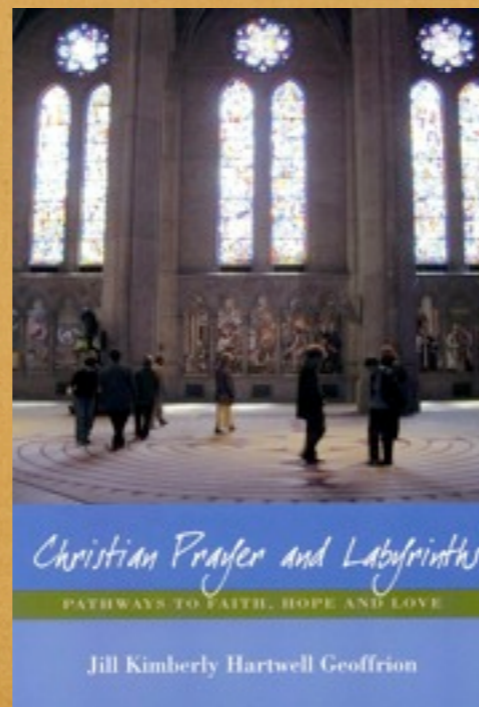
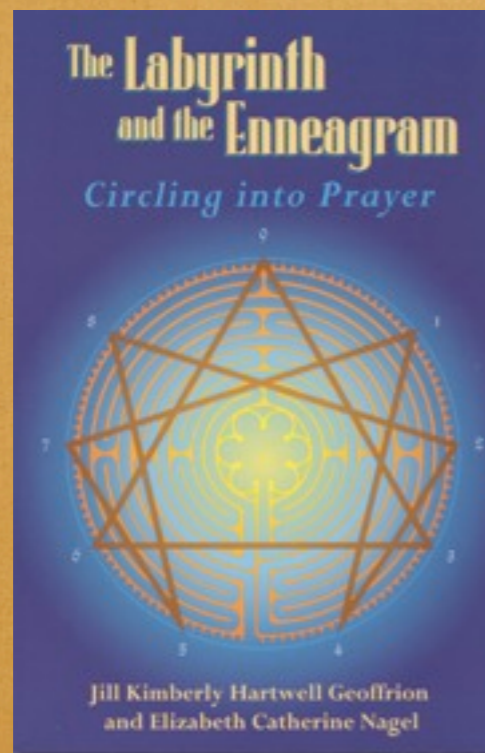
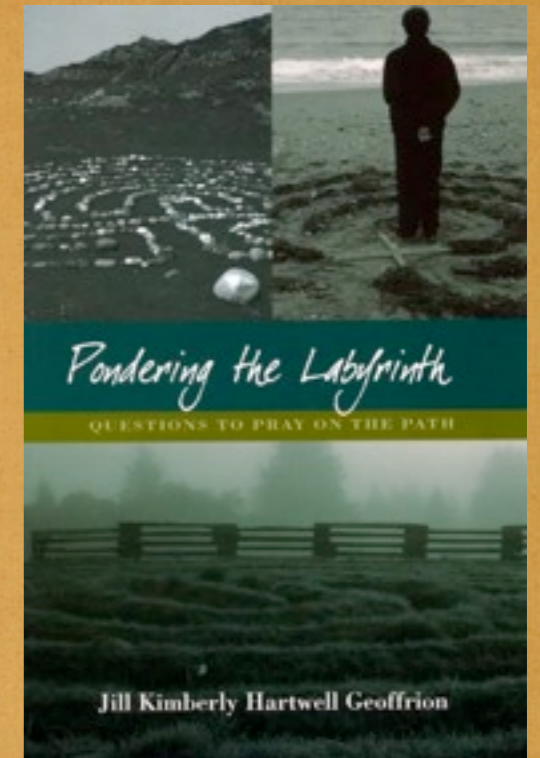
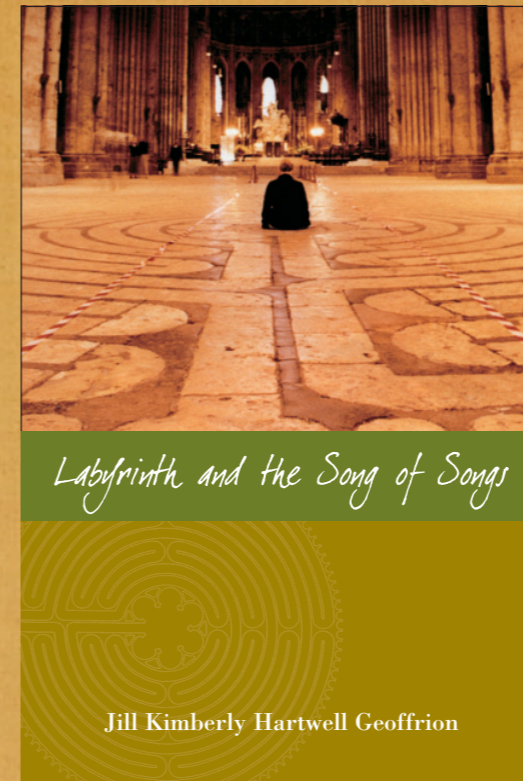
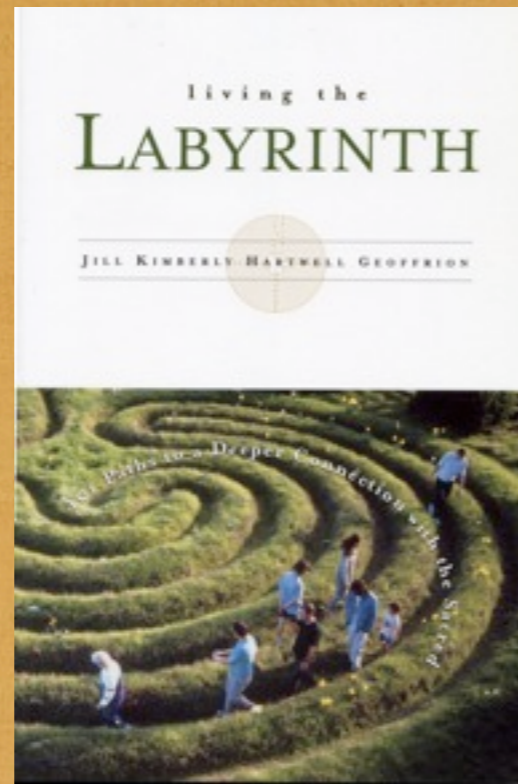
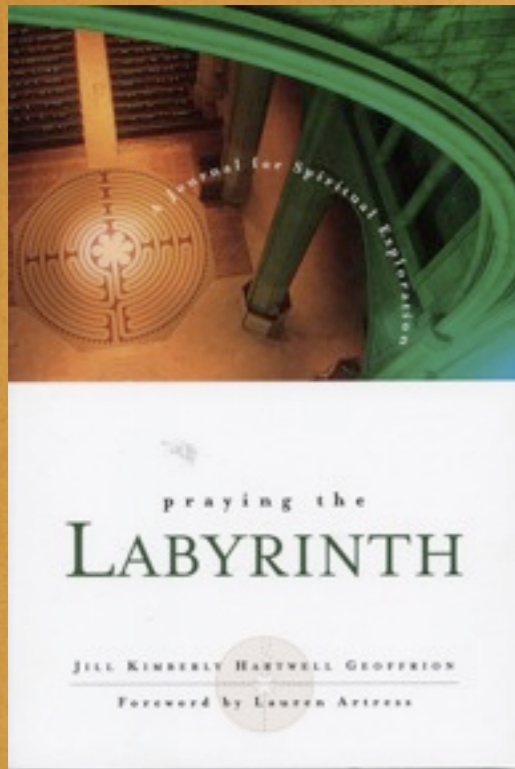
Letting go of illusions & exploring the contours of forgiveness

Faith, Hope & Love Global Ministries



Pastors Pray the Labyrinth
Musanze, Rwanda 2009

“May my teaching fall like rain, and my words, distill as the dew,
like showers on new grass, like abundant rain on tender plants.” Deuteronomy 32:2



Books by Jill on labyrinth prayer. jillgeoffrion.com; jill.geoffrion@fhlglobal.org

Advent Darkness:

Waiting for God

While resting with God

Moving Towards Balance...

WAIT FOR THE LORD

The musical score is written for voice and piano. It consists of two systems of music. The first system is marked *p* (piano) and the second system is marked *mf* (mezzo-forte). Both systems are in the key of D major (one sharp) and 2/2 time. The vocal line is written in a soprano clef, and the piano accompaniment is written in a bass clef. The lyrics are: "Wait for the Lord, whose day is near." and "Wait for the Lord: keep watch,— take heart!". The piano accompaniment features a steady bass line with chords and some melodic movement in the right hand.

p
Wait for the Lord, whose day is near.

mf
Wait for the Lord: keep watch,— take heart!

WAIT FOR THE LORD

The image shows a musical score for the hymn "Wait for the Lord". It consists of two systems of music, each with a vocal line and a piano accompaniment. The key signature is one sharp (F#) and the time signature is 2/2. The first system is marked *p* (piano) and contains the lyrics "Wait for the Lord, whose day is near." The second system is marked *mf* (mezzo-forte) and contains the lyrics "Wait for the Lord: keep watch,— take heart!". The piano accompaniment features a steady bass line and chords that support the vocal melody.

p
Wait for the Lord, whose day is near.

mf
Wait for the Lord: keep watch,— take heart!

Quieting Ourselves:
Making Time for Peace

Grace to you and peace from God our Parent
and the Lord Jesus Christ.
1 Corinthians 1:3



God bless you, and keep you,
God make God's face to shine upon you,
and be gracious to you,
God lift up God's countenance upon you,
and give you peace.

Numbers 6:24-26



Students Myanmar Institute of Theology Yangon, Burma

...to set the mind on the Spirit is life and peace.
Romans 8:6



Welcome Prayer Labyrinth Deep Haven, MN (US)

**I will both lie down and sleep in peace;
for you alone, O God, make me lie down in safety.
Psalms 4:8**



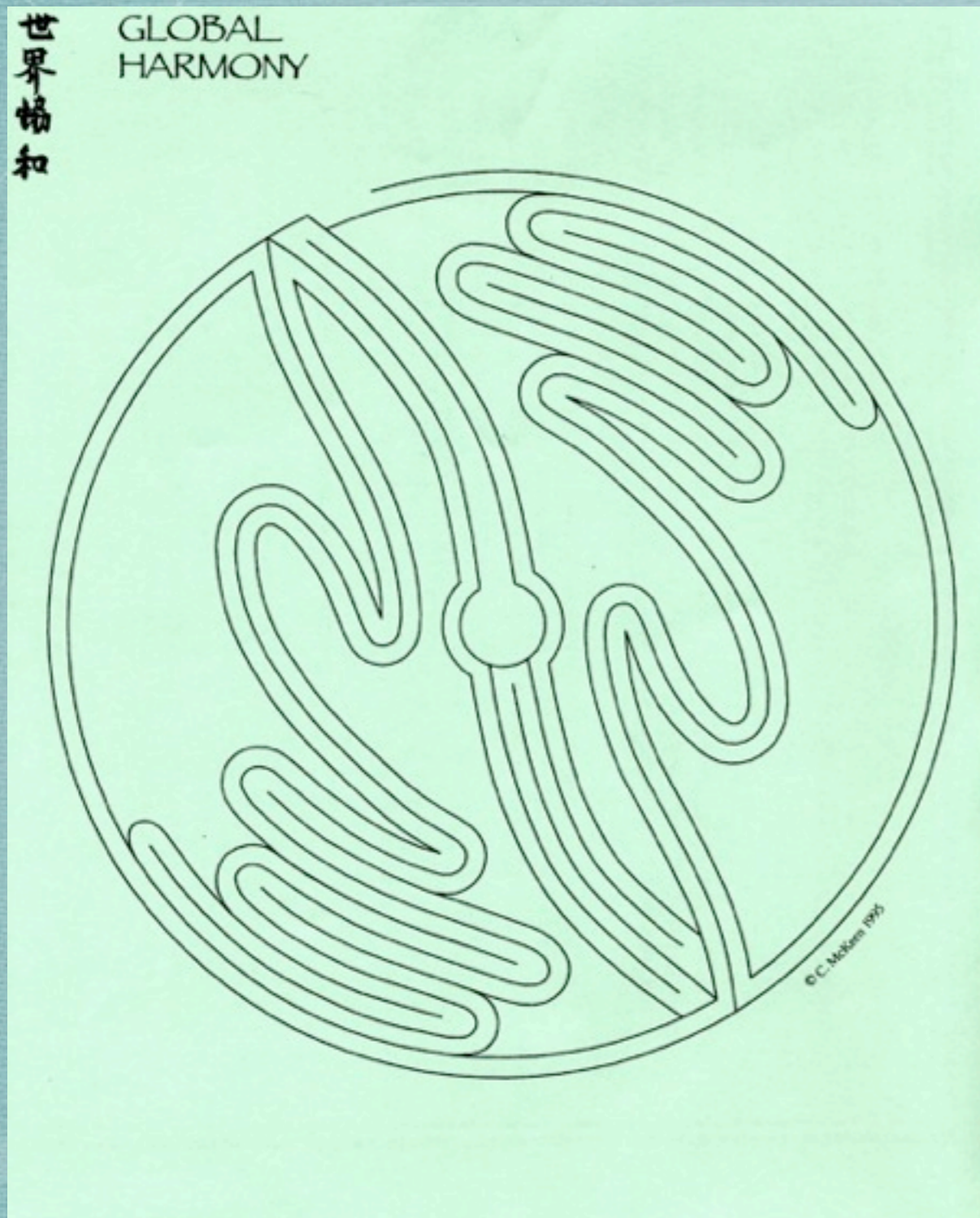
Resting in the pine straw labyrinth. Moriarty Labyrinths, Stillwater, MN

May God give strength to God's people!
May God bless God's people with peace!
Psalms 29:11



Closing Prayer Circle Communauté de Chemin Neuf Chartres, France

...seek peace, and pursue it.
Psalms 34:14b



Global Harmony Labyrinth Como Park, Saint Paul, Minnesota (USA)

...those who counsel peace have joy.
Proverbs 12:20



Secret Garden Labyrinth, Minnesota (USA)

Let me hear what God will speak,
for God will speak peace to God's people,
to God's faithful, to those who turn to God in their hearts.
Psalms 85:8



Pastor and children walk labyrinth together Goma, D. R. Congo

Great peace have those who love God's law;
nothing can make them stumble.
Psalms 119:165



Frost Meadow Labyrinth, Northfield Minnesota (USA)

Peace I leave with you; my peace I give to you.
I do not give as the world gives.
Do not let your hearts be troubled, and do not let them be afraid.
John 14:27



HEAL Africa Labyrinth, Congo

Wisdom's ways are ways of pleasantness,
all her paths are peace.
Proverbs 3:17



Heritage Gardens Sandwich, MA painting by ©Gail Speckman

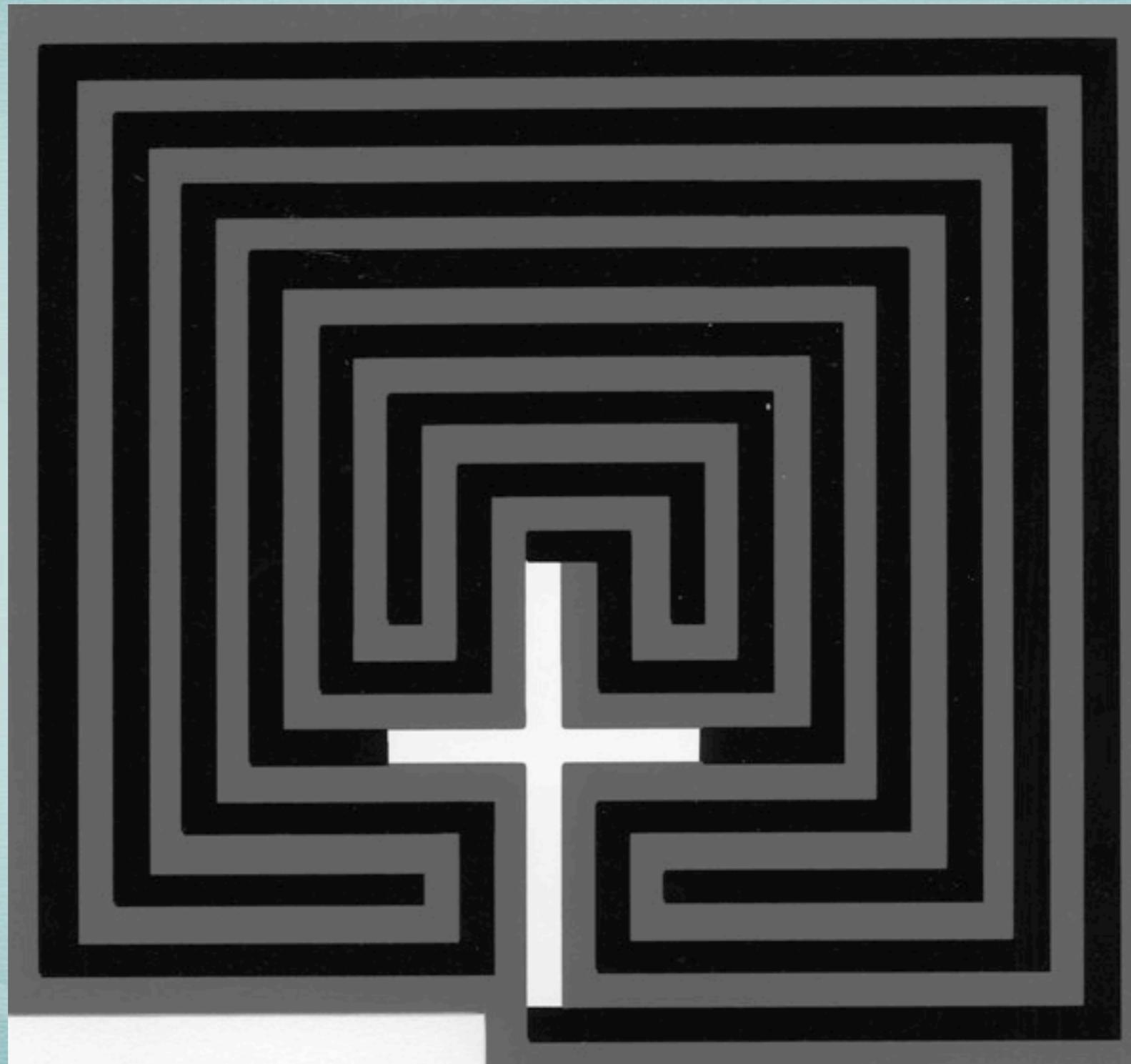


For everything there is a season,
and a time for every matter under heaven...
a time for peace.
Ecclesiastes 3:1, 8d



Snow Labyrinth, Minnesota (USA)

For a child has been born for us, a son given to us...
he is named ... Prince of Peace.
Isaiah 9:6



Hansen Art 7 circuit labyrinth with central cross highlighted

Those of steadfast mind you [God] keep in peace--
in peace because they trust in you.

Trust in God forever,
for in God you have an everlasting rock.

Isaiah 26:3-4



Wellness Prayer Labyrinth, Deep Haven, Minnesota (USA)

How beautiful on the mountains are the feet
of the messenger who announces peace...
Isaiah 52:7



Labyrinth Walkers, Rwanda

Jesus woke up and rebuked the wind, and said to the sea, "Peace! Be still!"
Then the wind ceased, and there was a dead calm.
Mark 4:39



Oceanside Lava Labyrinth Lanai, Hawaii (USA)

...be at peace with one another.
Mark 9:50



Temporary Labyrinth, Camp Courage Retreat Center, Minnesota (USA)

While they were talking about [Jesus' rising and appearing to Simon and the travelers on the road to Emmaus],
Jesus himself stood among them and said, "Peace be with you."
Luke 24:36



HEAL Africa Labyrinth Goma, Democratic Republic of Congo

...since we are justified by faith, we have peace with God through our Lord Jesus Christ,
through whom we have obtained access to this grace in which we stand.

Romans 5:1-2a



3 circuit labyrinth built from small stones in prayer area, Minnesota (USA)

**Do not worry about anything, but in everything by prayer
and supplication with thanksgiving let your requests be made known to God.
And the peace of God, which surpasses all understanding,
will guard your hearts and minds in Christ Jesus.
Philippians 4:6-7**



Pastors Pray Labyrinth Judson Center Continuing Education Event, Myanmar

**For the kingdom of God is...righteousness and peace and joy in the Holy Spirit.
Let us then pursue what makes for peace and mutual upbuilding.
Romans 14:17, 19**



**Charism canvas labyrinth created for racial reconciliation
with its designer, The Rev. Dr. Cheryl Dudley**

May the God of hope fill you with all joy and peace in believing,
so that you may abound in hope by the power of the Holy Spirit.
Romans 15:13



Companion Labyrinth, DeepHaven Labyrinth & Retreats, Minnesota (USA)

**Now may the God of peace give you peace at all times in all ways.
2 Thessalonians 3:16**



Visitor from Burma walking the Labyrinth of Life Minnesota (USA)

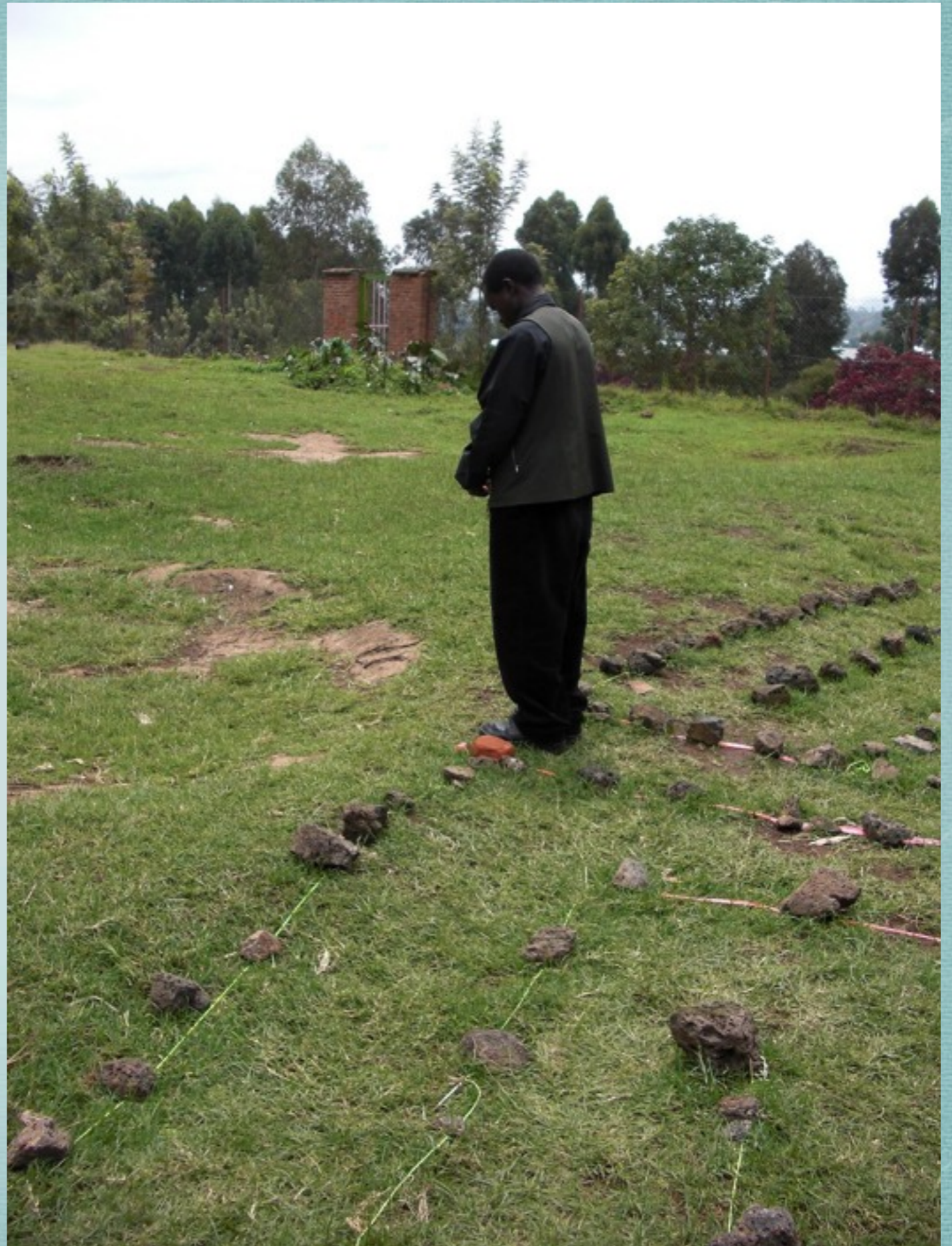
The God of peace be with you all. Amen.
Romans 15:33



School Labyrinth Kitungu, Uganda ©Lynn Coghill

Go In Peace...

**Labyrinth Threshold
Musanze, Rwanda**



ALL SING

I've got peace like a river,
I've got peace like a river,
I've got peace like a river in my soul.

I've got peace like a river,
I've got peace like a river,
I've got peace like a river in my soul.

(African American Spiritual)

Followed by
One minute of silent prayer.

Labyrinth Prayers of Rest



Grass & Brick Labyrinth Presbyterian Church of the Apostles Burnsville, MN



Parlour, First Floor



Outside, Behind Carondolet Center



First Floor

Different Labyrinths Available For Our Prayer Today



Room 101 (Upstairs)



Finger Labyrinths- GI



GI-Meeting Room

A labyrinth is a pathway that turns back on itself,
(changes direction) before reaching a center.

The origin of the word "labyrinth" is unclear.



Millenium Park Slate & Grass Labyrinth, Plymouth, Minnesota, USA

Labyrinths are designed to lead you (circuitously) to a center.
Mazes are designed to challenge you with the unsure hope
of arriving at a center. They are not the same thing!



Entrance to "Labyrinth" (Maze) in Turubari, Costa Rica
English hedge Maze. Photo ©Jeff Seward



Prayer: connection with God. Labyrinth prayer: moving connection with God using a pattern that facilitates concentration and openness.
The labyrinth is a spiritual tool used to facilitate meaningful sacred connections.



Hospital labyrinth Atlanta, Georgia (USA)

Labyrinth experiences can be understood as “mini-pilgrimages”,
outer journeys with inner, spiritual purposes.
Like on pilgrimage, the way may seem very long.



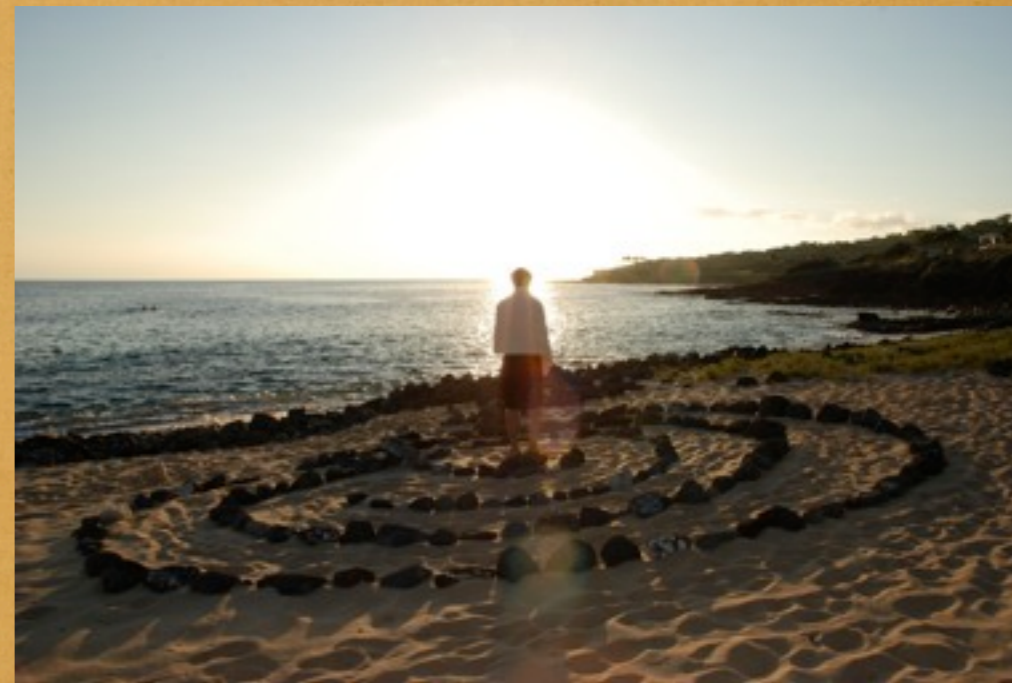
Franciscan Retreat Center Phoenix, Arizona (USA)

Some describe labyrinth prayer as “the laying on of feet”



Outdoor Terrazzo Stone Labyrinth Grace Cathedral, California (USA)

You can pray a labyrinth with *your feet*, *eyes*, or with *your hand*.



Make your way to the threshold of a labyrinth.
In prayer, prepare yourself for the journey that is ahead.



prelude...
focus...
intention...
symbolic beginning...

Follow the path where it leads. Pray in any way that flows naturally.



If you were to
trust the path
you are on,
what would you
discover?

Rest with God in the center of the labyrinth. Stay as long as you like. Enjoy!

listen deeply...
wait with God...
receive..
practice sabbath...



Be
here,
now
!!!!!!

When you are ready, move from the center taking the “same” path in the opposite direction (back towards the threshold to the exit/entrance).



Remember to pause at the threshold to give thanks for your experience,
whatever it has been.



Then, reflect on your labyrinth prayer. Journal, sketch, or draw your experiences or responses to what God was communicating while you prayed the labyrinth.



Begin by documenting what took place--externally and internally.

Expect the meanings of your experiences to emerge over time.



A "Typical" Labyrinth Experience



Colonial Church Labyrinth Retreat Edina, MN (USA)

Walking the Labyrinth: Practical Suggestions



Labyrinth shoveled onto a frozen lake. Wayzata, Minnesota (USA)

A single path always leads to the center.
You cannot “get lost” when praying on a labyrinth, but you can get turned around.



Tree of Wisdom Labyrinth, Sisters of St. Joseph Convent Building, St. Paul, Minnesota, USA

If you get “turned around” on the path,
you will either end up at the threshold (entrance/exit) or the center.
If that happens, decide where your prayer is inviting you to go.



Harvest labyrinth made of the fall fruits of the garden, Minneapolis Convention Center 2004, USA

The pace with which you pray the labyrinth will vary. This is okay.



Move naturally.

When starting to walk after another person,
allow a little space so that each person can find her/his own pace.



Episcopal Cathedral Phoenix, Arizona (USA)

If you meet someone going the opposite direction, do whatever you usually do when you meet someone on a narrow path.



7 circuit mounded earth labyrinth, Mendocino, California (USA) Photo © Cindy Pavlinak

Feel free to walk around people or to let them “pass” you.



HEAL Africa Labyrinth Goma, D. R. Congo

When “watching” others praying on the labyrinth,
witness with eyes of faith.



Prayer group supporting one another while walking a labyrinth, Northfield, Minnesota, USA

Walking around the perimeter of the labyrinth can be a helpful way to prepare or bring closure to a labyrinth experience.



Rwandan pastors pray the labyrinth, Musanze

Welcome the Unexpected!

You don't need to wonder "What kind of experience am I supposed to be having?"
Experience your experience! Greet whatever comes.



Labyrinth of Life, DeepHaven Labyrinths and Retreats, MN

Pray the labyrinth as if *you* were looking into a mirror
to understand more of what God wants *you* to see.
No matter what happens, ask *yourself*, “How is this like my life?”



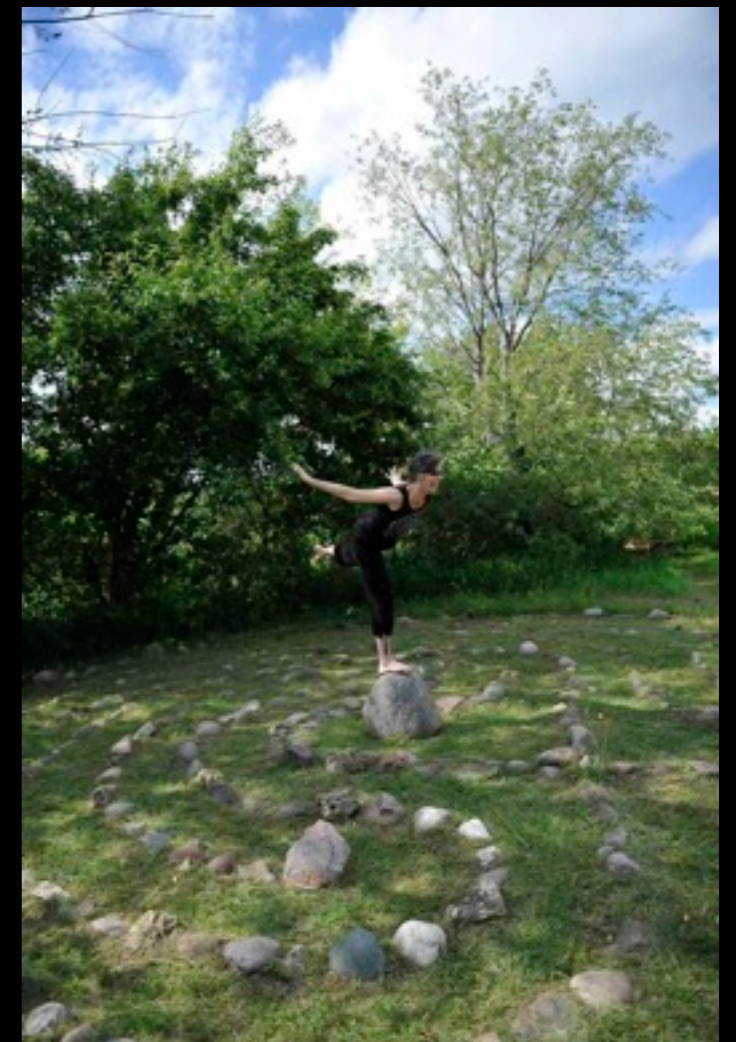
Columbine Labyrinth, created after the school shooting as a healing space for the community (Colorado, USA)

While the labyrinth is likely to take you places you don't expect to go.
You can always decide what is best for you. You can always leave a labyrinth.



Riverside Church Labyrinth, New York City

Reflections on Labyrinth Use On Four Continents





The simultaneous
personal and collective
nature of labyrinth
experience

The importance
of safe places where
we can be truthful
about our lives

Labyrinth at HEAL Africa
Goma, D. R. Congo





The labyrinth as a space and tool for healing of all kinds

Freedom on the labyrinth: including freedom from “stress bondage”

Labyrinth at Myanmar Institute for Theology Yangon, Burma





God can surprise us when we pray the labyrinth. Our need to grow may be revealed.

God places “impossible” dreams in our hearts and minds. If we are willing to do our part, they can come true!

Labyrinth in the Chartres Cathedral, France





The labyrinth is can be used to augment traditional ministries. It's potential gifts are manifold!

In every group, there is always someone who is waiting to meet God in a significant way through labyrinth prayer.

Canvas labyrinth at Princeton Theological Seminary, NJ





When caring for others, we need a place to attend to our own inner life.

The web of world-wide connections is bigger than I can understand. Even so, I can participate in it as I serve.

Labyrinth at Youth Center
Musanze, Rwanda



How can you imagine using the labyrinth to rest with God?



Grass & Brick Labyrinth Presbyterian Church of the Apostles Burnsville, MN



Parlour, First Floor

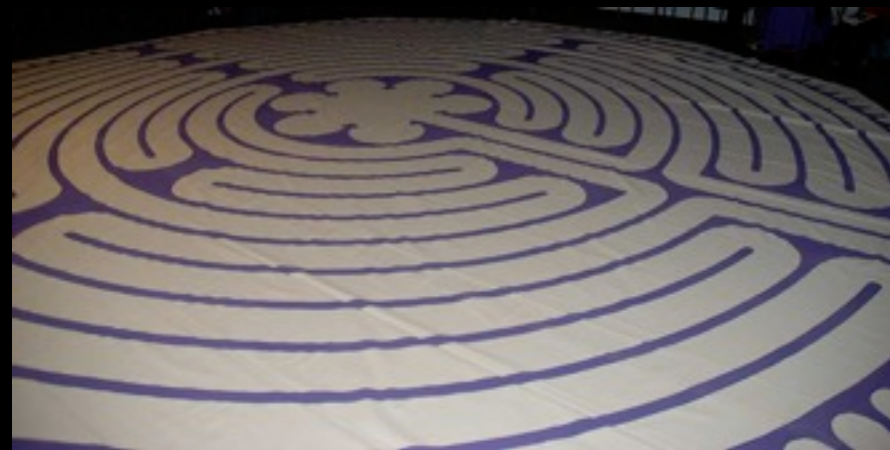


Outside, Behind Carondelet Center



First Floor

Different Labyrinths Available For Our Prayer Today



Room 101 (Upstairs)



Finger Labyrinths- GI



GI-Meeting Room

What questions about our use of the the labyrinth this morning would be helpful to have answered before we pray the labyrinth?



St. Edwards Episcopal Church labyrinth designed as part of the sanctuary (chairs go on the path dividers), Long Lake, Minnesota, USA

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





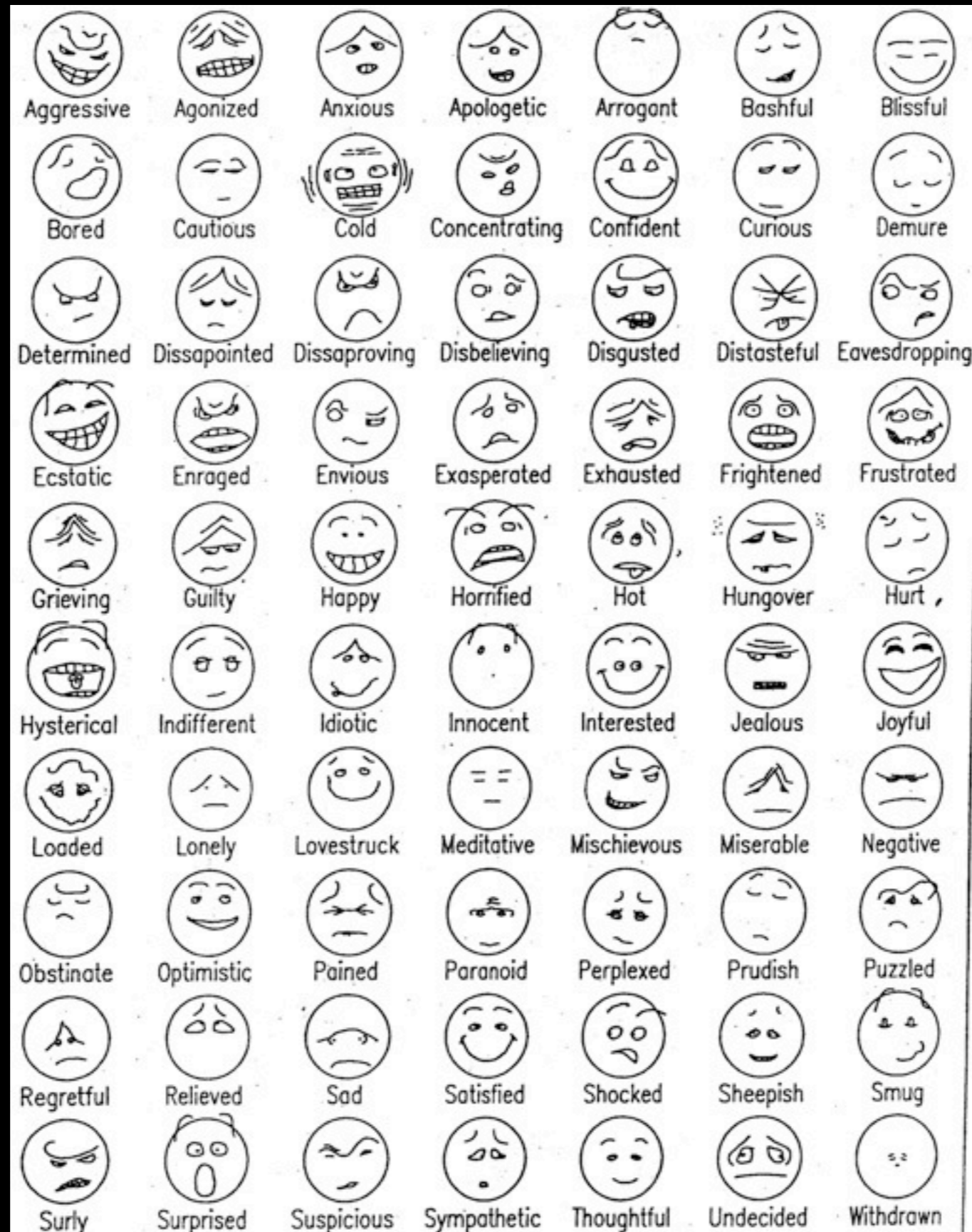
Our restful prayers while using the labyrinth

Time to pray...
reflect...
draw...
journal...
use a finger labyrinth...
pray a different labyrinth...

Sharing Our Experiences



Share one or two feelings you had while praying the labyrinth (popcorn style).



What experiences did you have that related to rest?



Temporary Labyrinth Outside Carondolet Center St. Paul, MN (USA)

Restful Consideration of Mary's Story: Lectio Divina



13th century rood screen fragment: The Nativity Chartres Cathedral, France

Matthew 1:18-25

Reading of Matthew 1:18-25
What word or phrase is calling to you?



Silence.

Rest with the word or phrase that called.



Share the word or phrase without any amplification.



Rereading of Matthew 1:18-25

Put yourself in the story. What are you experiencing?
Feeling? Seeing? Hearing? Sensing? Smelling?



Silence.

Stay with the experience. Let it continue to develop.



Using three to ten words, tell the person next to you what you experienced. Keep it very short!



Third reading of Matthew 1:18-25

Listen for how the Spirit may be speaking to you through this story.



Silence.

Continue to listen to what the Spirit is saying to you.



Pray in response to what you have heard.
Pray silently or out loud.



The Great Silence.
Extended restful contemplation.



Amen.



ALL SING

Come, thou long expected Jesus,
born to set thy people free;
from our fear and sins release us,
let us find our rest in thee.

Charles Wesley, 1744

ALL SING

Come, thou long expected Jesus,
born to set thy people free;
from our fear and sins release us,
let us find our rest in thee.

Charles Wesley, 1744

A circular maze with a central area containing the word "Evaluations". The maze is composed of white paths on a black background, forming a complex, symmetrical pattern. The central area is a small circle with the word "Evaluations" written in a simple, black, sans-serif font. The maze paths radiate outwards from this center, creating a series of concentric, winding paths that eventually lead to a decorative, scalloped outer border.

Evaluations

Closing

Resting in the darkness...

...Five minutes of silent prayer.

Feel free to contact
Rev. Jill K. H. Geoffrion, Ph.D.

Faith, Hope and Love
Global Ministries

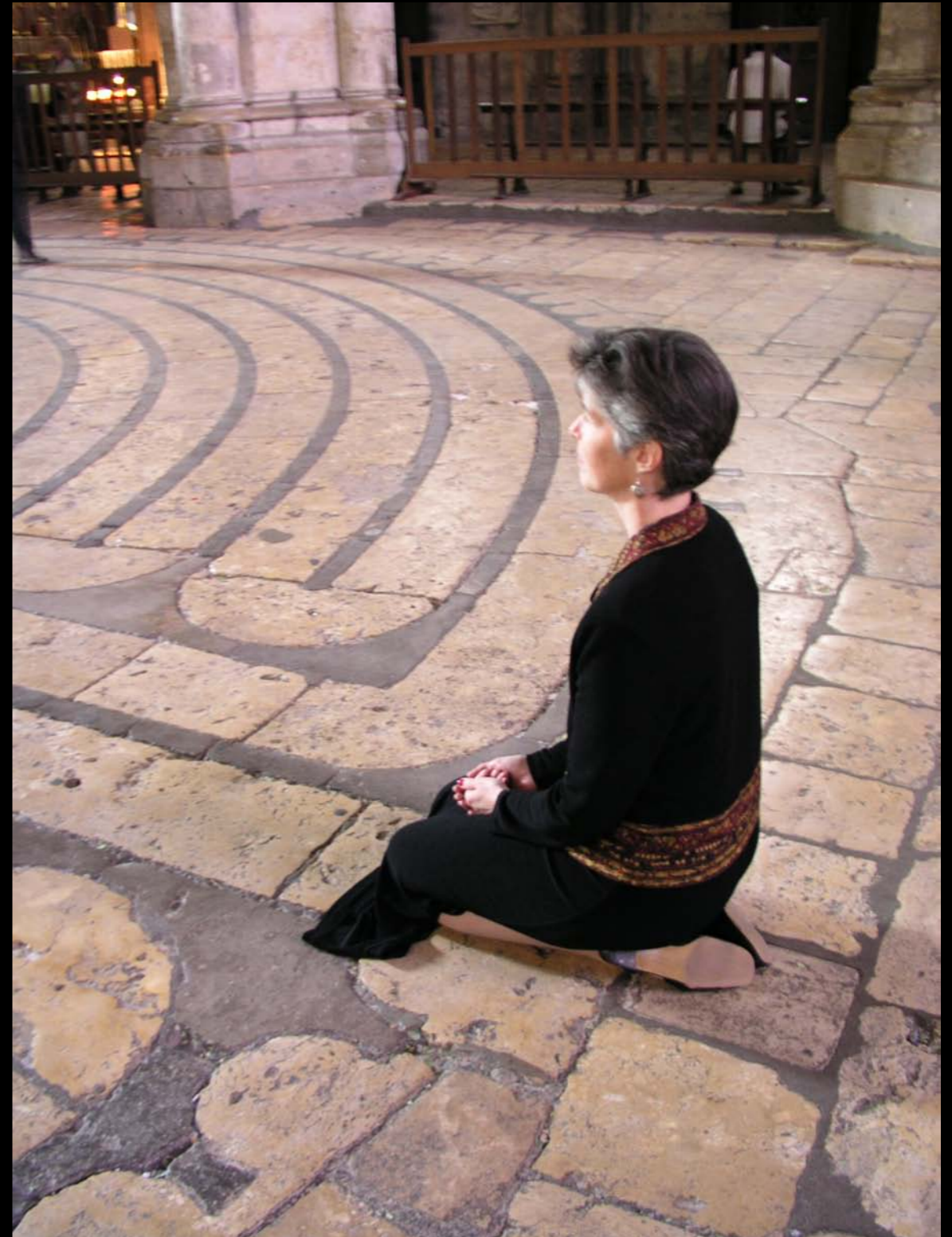
www.fhlglobal.org

(You can sign up for monthly
e-newsletter updates at the
bottom of our home page.)

jill.geoffrion@fhlglobal.org

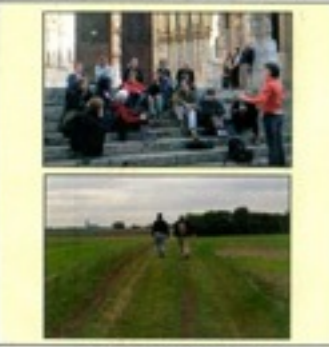
Prayer Labyrinth Information

www.jillgeofrrion.com




Join Us For A Extraordinary Time of Prayer in Chartres Cathedral


Oct. 3-10, 2010 Pick up a Brochure Today!



FLEXIBLE DAILY SCHEDULE

7:30-8:15 am Breakfast, in silence
8:15-9:30 am Contemplative Prayer & Sharing in the Cathedral
9:30-10:00 am Tea & Coffee Break
10:00-11:00 am Group Sessions At Retreat Center
11:00-12:00 pm Personal Time
12:00-1:30 pm On Site Exploration & Prayer at the Cathedral
1:30-2:00 pm Optional Tour of Crypt, Roof Level, Stained Glass Windows, and Six Mile Walking Pilgrimage
2:00-4:30 pm Personal Time
4:30-6:15 pm Guided Contemplative Prayer at the Cathedral & Study Debriefing
6:15-7:00 pm Cathedral Virgins Chant in French
7:00-7:30 pm Personal Time
7:30 pm Self-guided Evening Prayer in Retreat Center Chapel
10:00 pm-8:30 am The Great Silence





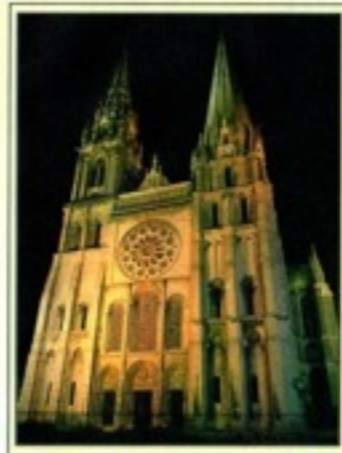
Program cost: \$1995.00 includes accommodations and continental breakfast, three group meals, numerous guided cathedral visits, a half-day walking pilgrimage, and a private group labyrinth experience. Travel to and from Chartres and daily lunches and dinners are not included. Early bird special: \$1695 if full payment is received by June 1, 2010. For others, a \$500 non-refundable deposit is due June 30, and full payment is due Sept. 1.

We will be staying in a monastic retreat center. Singles and double rooms with bathrooms are available on a first come, first served basis. Several rooms for couples are available. Room assignments will be made when full payment is received.


Registration is limited to 25. If fewer than 10 people register, the pilgrimage may be canceled with full refunds.

To register use the enclosed form and mail to:
FAITH, HOPE & LOVE GLOBAL MINISTRIES
1660 HWY. 100 SOUTH, SUITE 426
ST. LOUIS PARK, MN 55416


CONTEMPLATIVE PILGRIMAGE
SPIRITUAL RETREAT AT CHARTRES CATHEDRAL



OCTOBER 3-10, 2010




An extraordinary opportunity for prayer and reflection.



Following in the footsteps of centuries of pilgrims, we will spend significant time each day at the Chartres Cathedral praying and seeking God.

"I was glad when they said to me,
"Let us go the house of the Lord."
Psalm 122:1




**Are you eager for spiritual transformation?
Do you long to serve Christ more effectively?**

RETREAT HIGHLIGHTS

Group sessions will incorporate ritual, visual presentations, song, teaching, interaction, and prayer. Special pilgrimage experiences will include: praying on the labyrinth after hours; a worship service in the ancient crypt chapel; an exclusive tour of the exterior roof-level; an introduction to the world-class, medieval stained glass windows by renowned guide Malcolm Miller; a six mile walking pilgrimage to the church from the original area where the stones for the cathedral were quarried; and a half-day silent retreat.

This week-long experience is designed to support Christians who value holistic spiritual growth, are open to contemplative prayer, and want to serve others out of a fuller experience of God's love.

RETREAT LEADERS



The Rev. Jill Kimberly Hartwell Groffrion, Ph.D., a frequent pilgrim to the Chartres Cathedral, has published seven books on

labyrinth prayer, two of which focus on praying with the labyrinth in the Chartres Cathedral.

Jill's leadership style is enthusiastic, visual, devotional, and inviting. She loves guiding pilgrims to enter as deeply as possible into the beauty and love of God as it can be experienced in Chartres.

The Rev. Timothy C. Groffrion, Ph.D., has taught extensively on the New Testament and Christian spirituality in colleges and seminaries. His two most recent books, *The Spirit-Led Leader* and *One Step at a Time: A Pilgrim's Guide to Spirit-Led Living*, express the heart of his teaching ministry and spiritual life coaching work throughout the world.

Tim's engaging style blends thought-provoking questions, relevant input, group interaction, and guidance for personal reflection. He loves teaching and helping others grow in every dimension of their life.

Jill and Tim enjoy using their complimentary gifts as they minister together. They will be joined by several other well-qualified leaders.

