

# Labyrinth Prayer: A Retreat for Re-Centering, Healing, and Self-Care



Center for Continuing Education  
Princeton Theological Seminary

May 9, 2009

Prepared and presented by ©The Rev. Jill K H Geoffrion, Ph.D.

[www.jillgeoffrion.com](http://www.jillgeoffrion.com) [jillgeoffrion.wordpress.com](http://jillgeoffrion.wordpress.com)

Why am I here? What do I need from this retreat?



Jesus heals a man who was born blind, Chartres Cathedral (John 9:1-41)

Take three minutes to continue your prayer as you explore through writing or drawing:  
Why am I here? What do I need from this retreat?



Labyrinth Retreat. Colonial Church of Edina, MN.

# The Chartres Cathedral Context, One Hour Outside of Paris



Photo courtesy of Jill Geaffron, www.jillgeaffron.com



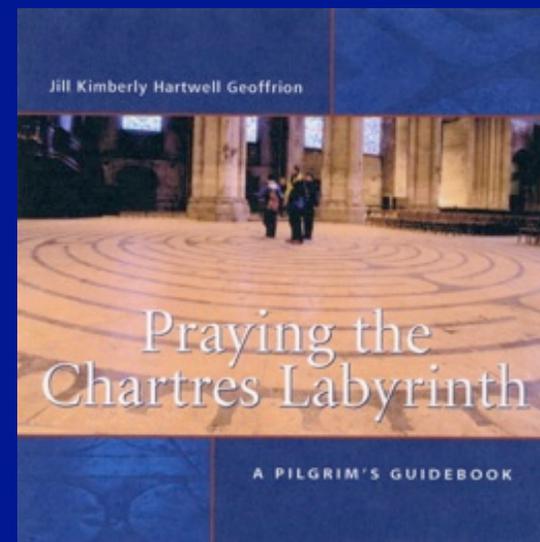
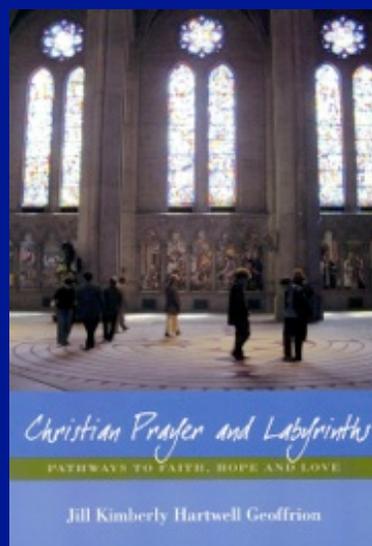
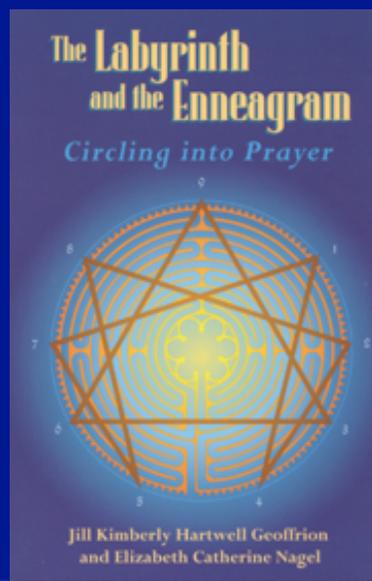
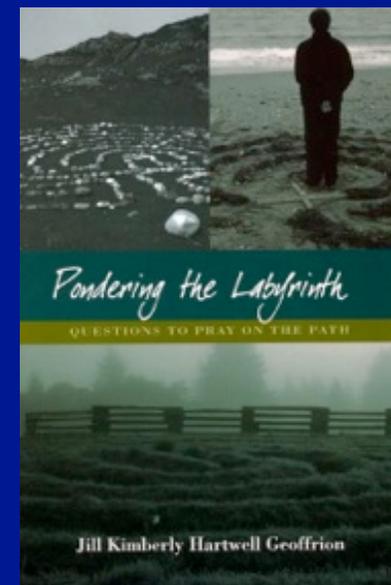
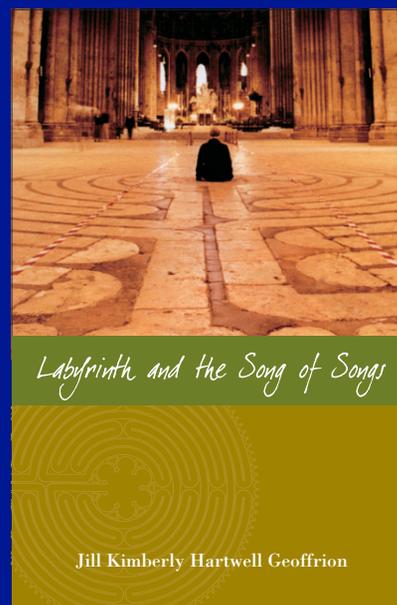
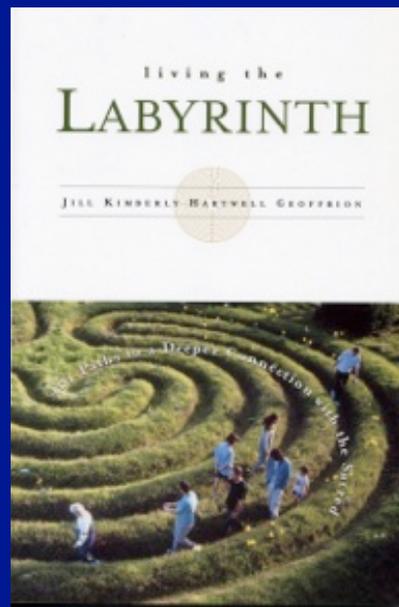
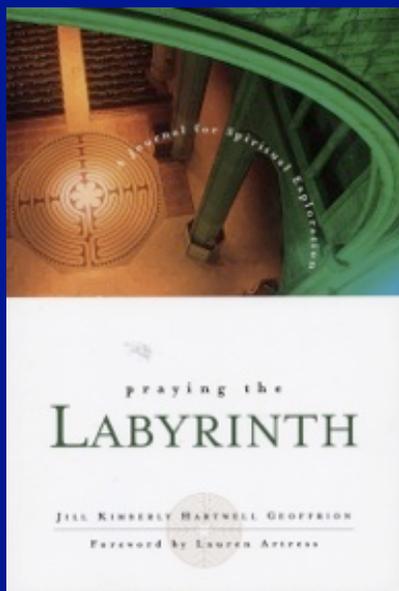
The nave looking west, woman praying in a stained glass window, Bridan sculpture of Mary

# The Labyrinth in Chartres Cathedral



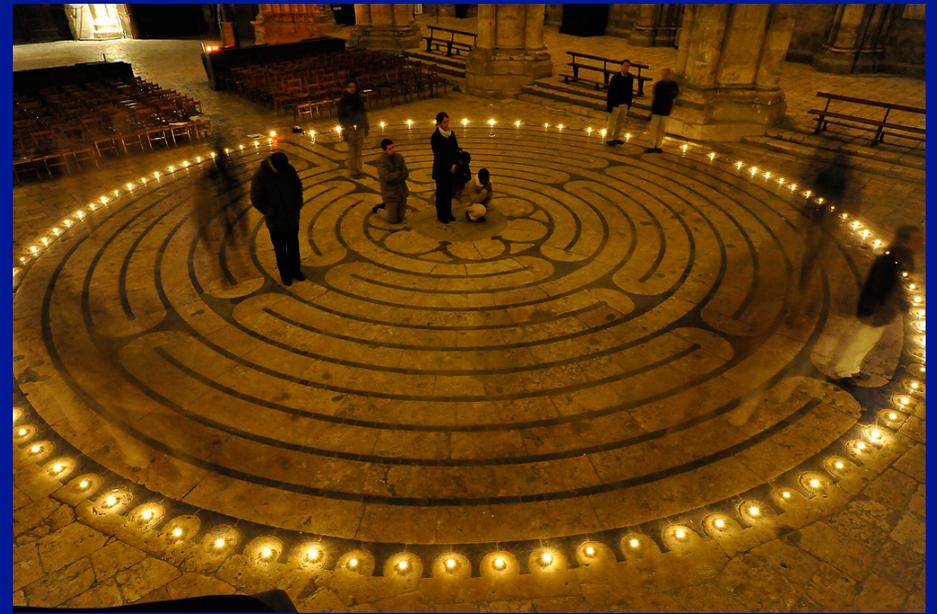
The labyrinth that was installed around 1201 still extends from one side of the nave to the other.

“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

# Installing labyrinths & doing labyrinth programming on four continents



Goma, DR Congo; Atlanta, Georgia (USA)

Chartres, France; Yangon, Myanmar

# Labyrinth Prayer Yangon, Myanmar



Labyrinth Prayers for Peace Event put on in February by the Peace Studies Center, Yangon

# Faith, Hope and Love Global Ministries

exists to creativity inspire, teach, and encourage leaders, ministers, and other motivated individuals to live fully, grow spiritually, and serve Christ more effectively.



- ❖ Teaching short-term courses, workshops and seminars
- ❖ Coaching of individuals and groups
- ❖ Providing labyrinth prayer experiences and other creative opportunities for spiritual renewal and connections to God.
- ❖ Offering written and web resources
- ❖ Awarding educational and other special grants to qualified individuals and partnering organizations.



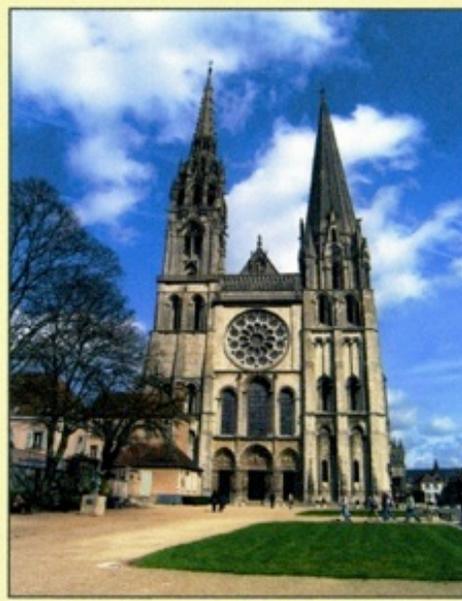
# Healing (wholeness) potential of labyrinth prayer





**FLEXIBLE DAILY SCHEDULE**

|               |  |
|---------------|--|
| 7:30-8:30 am  | Breakfast, in silence  |
| 8:30-9:30 am  | Guided Contemplative Prayer in the Cathedral   |
| 9:30-10:00 am | Break  |
| 10:00-noon    | Sunday (5-7:30pm): Grounding<br>Monday: Seeking God<br>Tuesday: Knowing God as Father (Divine Parent)<br>Wednesday: Following Jesus, the Son<br>Thursday: Living by the Holy Spirit<br>Friday: Pursuing Our Calling<br>Saturday: Preparing to Move Onward<br>Sunday: Taking Next Steps |
| Noon-3:00 pm  | Lunch & Personal Time  |
| 3:00-4:30 pm  | Experiencing the Cathedral: On-site Exploration & Prayer<br>Experiencing the Depths: Crypt Tour with Malcolm Miller<br>Experiencing the Windows<br>Experiencing the Heights<br>Experiencing a Mini-pilgrimage<br>Experiencing the Labyrinth<br>Experiencing a Silent Prayer Retreat    |
| 4:30-6:00 pm  | Personal Time  |
| 6:00-6:30 pm  | Guided Contemplative Prayer at the Cathedral (optional)  |
| 6:30-7:00 pm  | Daily Debriefing & Group Sharing   |
| 7:00-7:30 pm  | Cathedral Vespers (Sung in French)   |
| 7:30pm        | Dinner (on own) & Personal Time  |
| 9:00-9:30 pm  | Eventide Connections with God  |
| 9:30pm-8:30am | The Great Silence  |



Registration is limited to 25 retreatants.

Program cost: \$1895.00 includes accommodations, two meals each day, numerous guided cathedral visits, a half-day walking pilgrimage, and a private group labyrinth experience. Travel to and from Chartres is not included. Deposit of \$500 is non-refundable. Full payment is due by August 1, 2009.

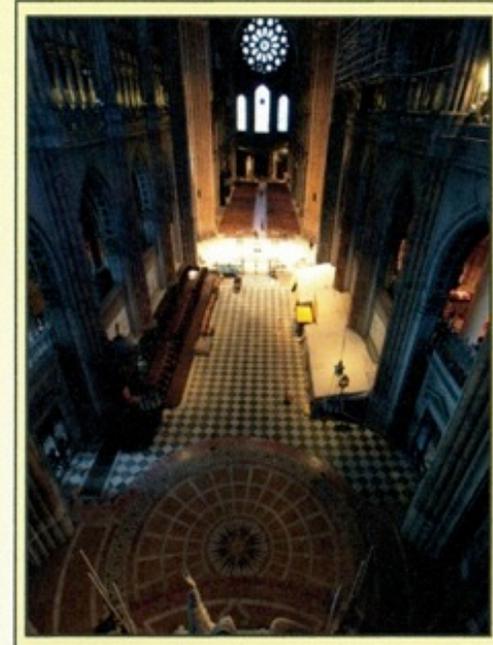
We will be staying in a monastic retreat center. Singles and double rooms with bathrooms are available on a first come, first served basis. Several rooms for couples are available. Room assignments will be made when full payment is received.

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  
952-334-3340  
INFO@FHLGLOBAL.ORG

**MOVING INWARD: MOVING ONWARD**  
CONTEMPLATIVE PILGRIMAGE

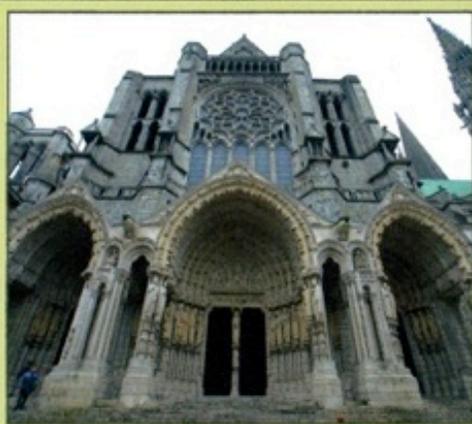
**CHARTRES CATHEDRAL**



✻ OCTOBER 18-25, 2009 ✻

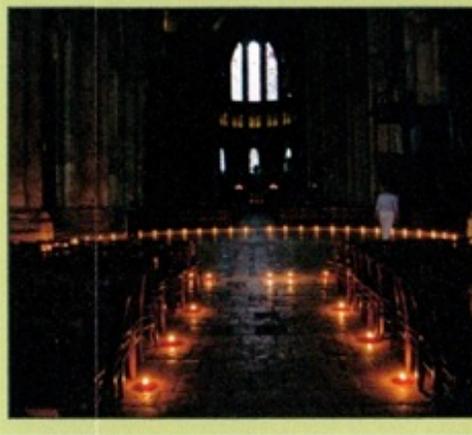
Deepen your relationship with God.  
Better envision your calling in life.





Following in the footsteps of centuries of pilgrims, we will spend significant time each day in 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 walkways; guided contemplation of the world-class, medieval stained glass windows and sculptures; an optional six mile mini-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 God better.



### RETREAT LEADERS

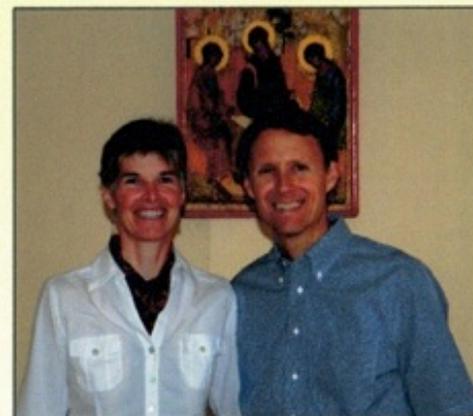
The Rev. Jill Kimberly Hartwell Geoffrion, Ph.D., a frequent pilgrim to the Chartres Cathedral, has published seven books on labyrinth prayer, two of which focus on praying with the labyrinth in the Chartres Cathedral.

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. Geoffrion, 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* (2005) and *One Step at a Time: A Pilgrim's*

*Guide to Spirit-Led Living* (2008), express the heart of his teaching and spiritual life coaching work throughout the world.

Tim's engaging teaching 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.



I write to hear..



Please let me know  
if you would prefer  
that I not take a picture.



# Our Day Together Labyrinth Prayer:

## A Retreat for Re-Centering, Healing and Self-Care

- 🌀 Opening Prayer on the Labyrinth: “Why Am I Here?”
- 🌀 Introduction to Labyrinth Prayer (Visual Presentation)
- 🌀 Walking the Labyrinth: Self-Care
- 🌀 Peace & Labyrinths: A Visual & Biblical Meditation
- 🌀 Lunch (12:00-1:15 at MacKay Dining Hall);  
Labyrinth is available--Silence is observed in this room.
- 🌀 Constructing Prayer Labyrinths & Praying Them
- 🌀 Labyrinth and Healing (presentation & discussion)
- 🌀 Experiencing the Labyrinth: Praying for Healing
- 🌀 Closing Prayer on the Labyrinth: Giving Thanks

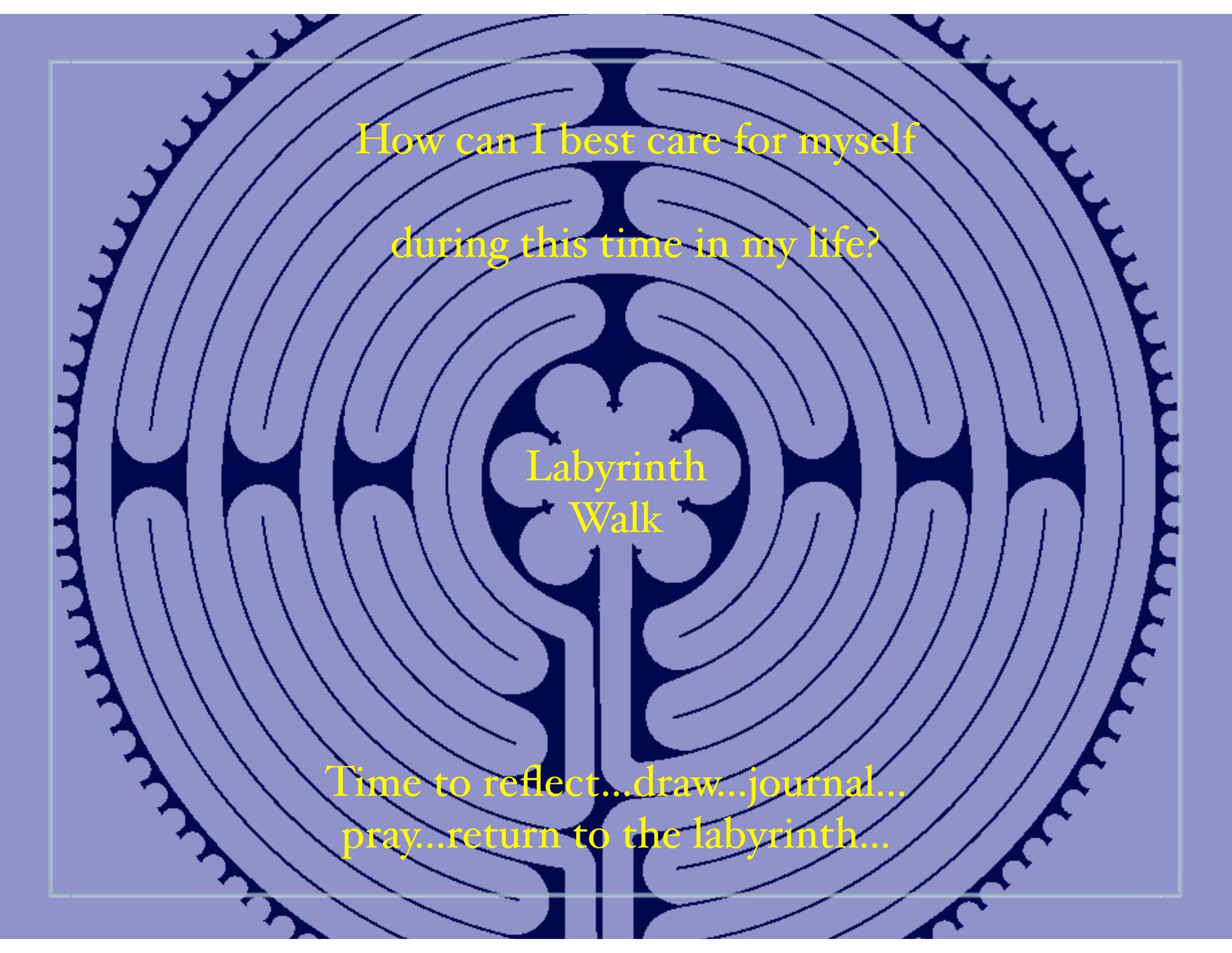


## Labyrinth Experience

How can I best care for myself during this time in my life?  
An hour for pondering, walking, exploring, praying...

Our Prayer Song:  
Let us see what God can do, let us see what God  
can do, let us see what God can do!

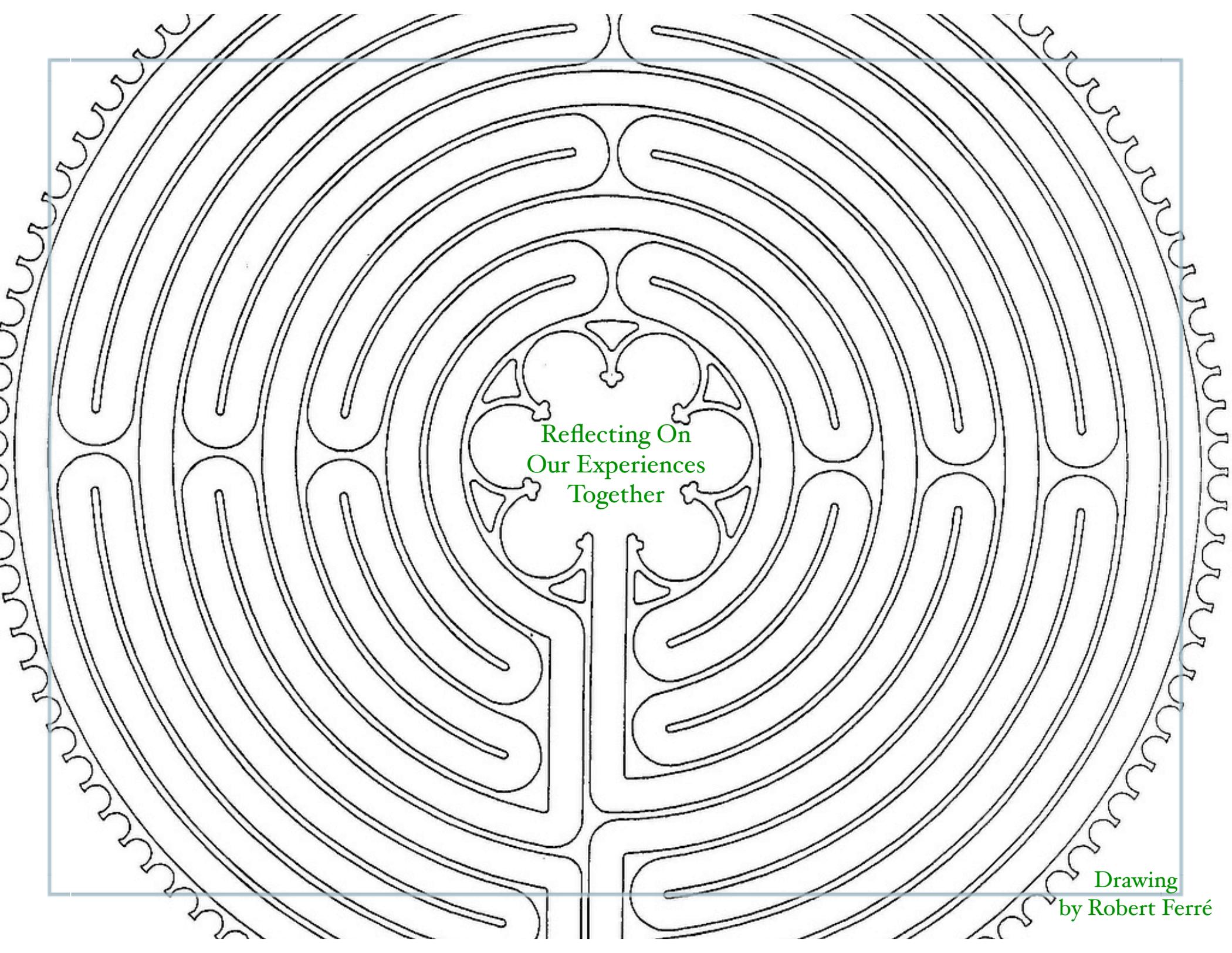


A circular labyrinth with a central flower-like shape and a path leading to it. The labyrinth is composed of many concentric, winding paths that eventually lead to a central area containing a flower-like shape with five petals. The text is overlaid on this background.

How can I best care for myself  
during this time in my life?

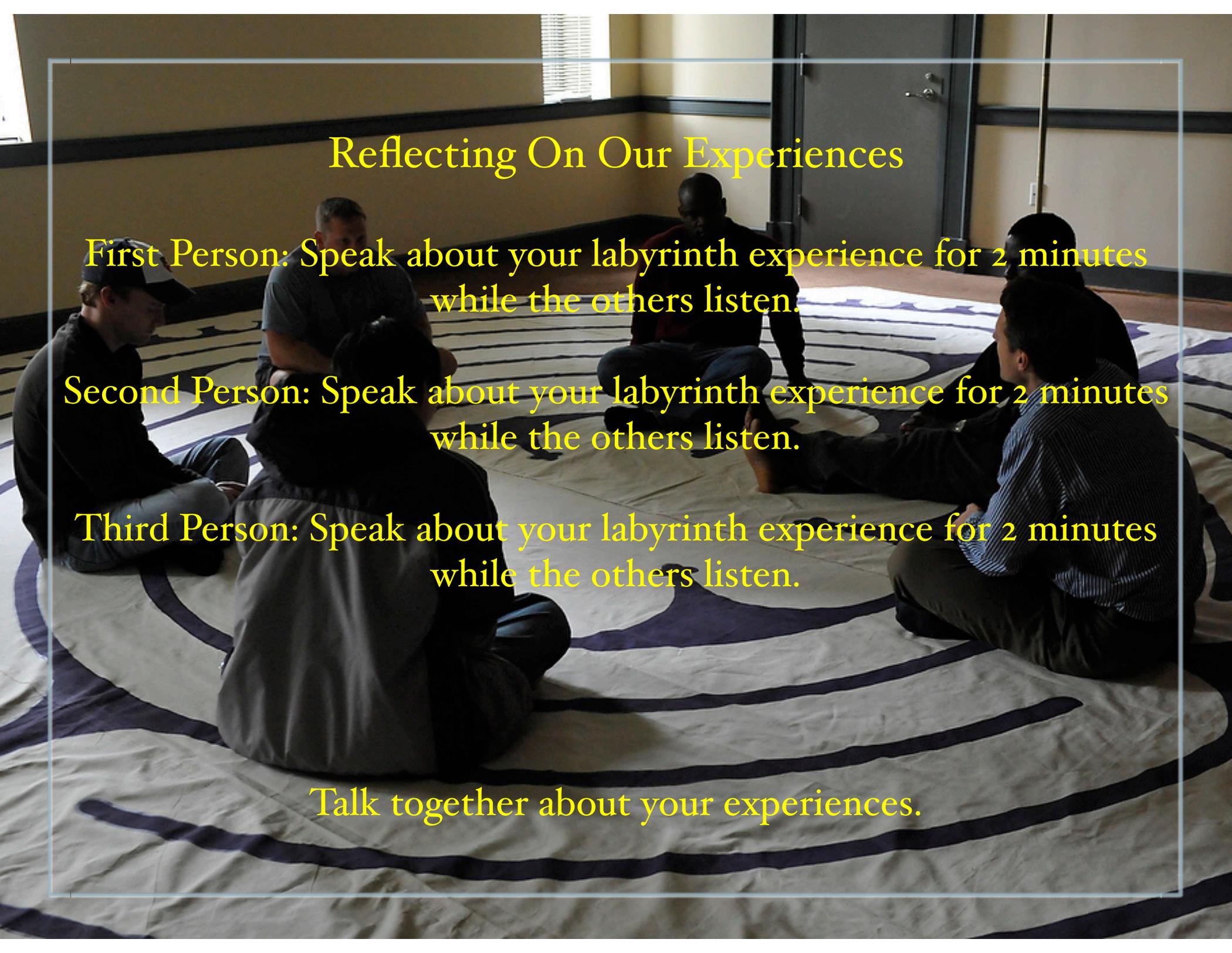
Labyrinth  
Walk

Time to reflect...draw...journal...  
pray...return to the labyrinth...



Reflecting On  
Our Experiences  
Together

Drawing  
by Robert Ferré

A group of about seven people are sitting in a circle on a large, patterned rug in a room. They appear to be engaged in a reflective activity. The room has a window with blinds in the background and a door. The text is overlaid on the image in a yellow font.

## Reflecting On Our Experiences

**First Person:** Speak about your labyrinth experience for 2 minutes while the others listen.

**Second Person:** Speak about your labyrinth experience for 2 minutes while the others listen.

**Third Person:** Speak about your labyrinth experience for 2 minutes while the others listen.

Talk together about your experiences.



Prayers for Peace:  
Visual Meditation  
Using  
Labyrinth Images  
and  
Scriptural Texts

Lunchtime  
12:00-1:15 MacKay Center

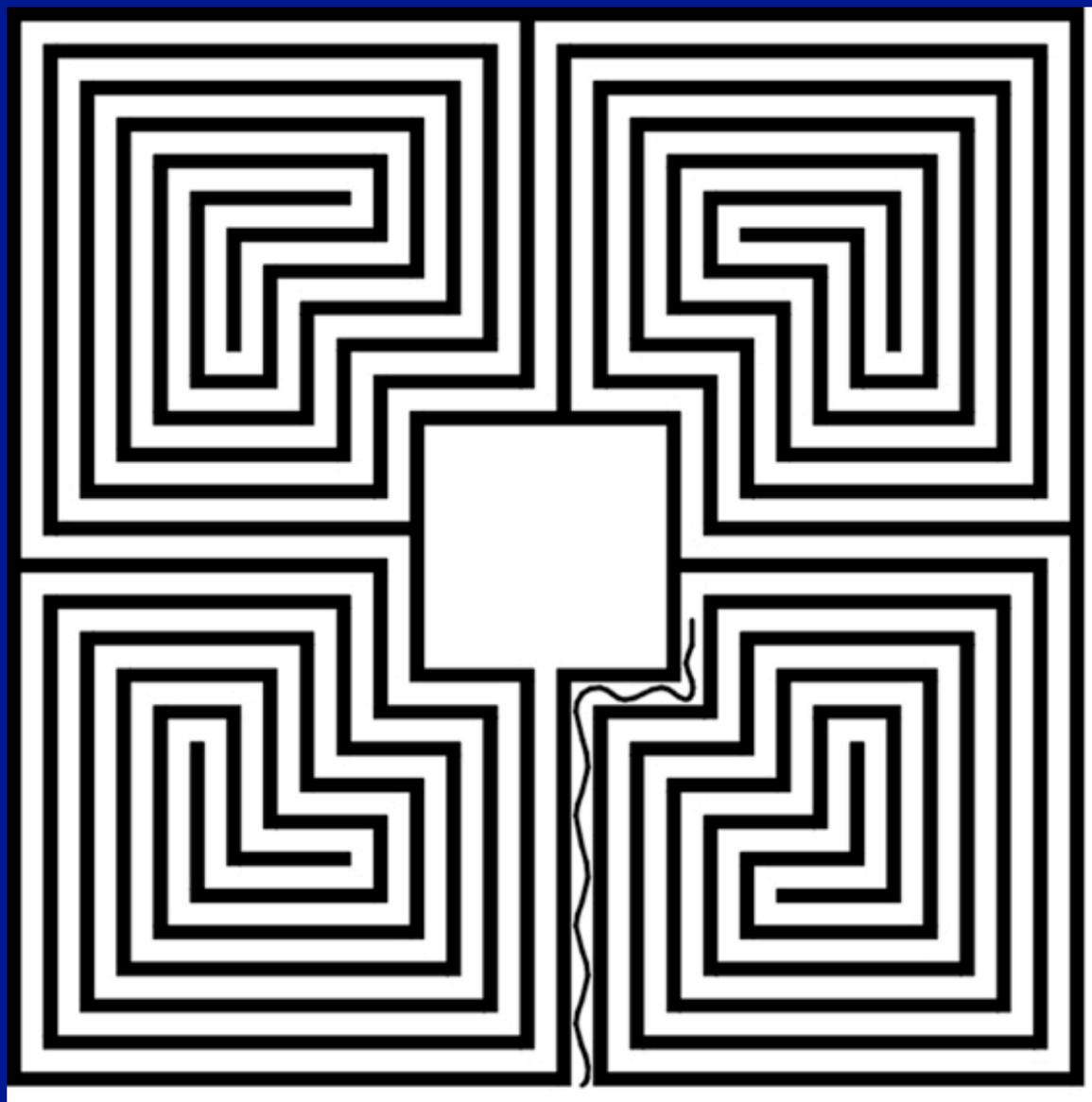


A photograph of a person standing in a garden by a lake. The person is wearing a light green long-sleeved shirt, light-colored pants, and a yellow cap. They are standing on a grassy area with a circular brick path. In the background, there is a wooden dock extending into the water, and a boat with a blue cover is visible. The water is calm, and there are some flowers and plants in the garden. The text "May I be an instrument of peace," is overlaid in yellow on the image.

May I be an instrument of peace,

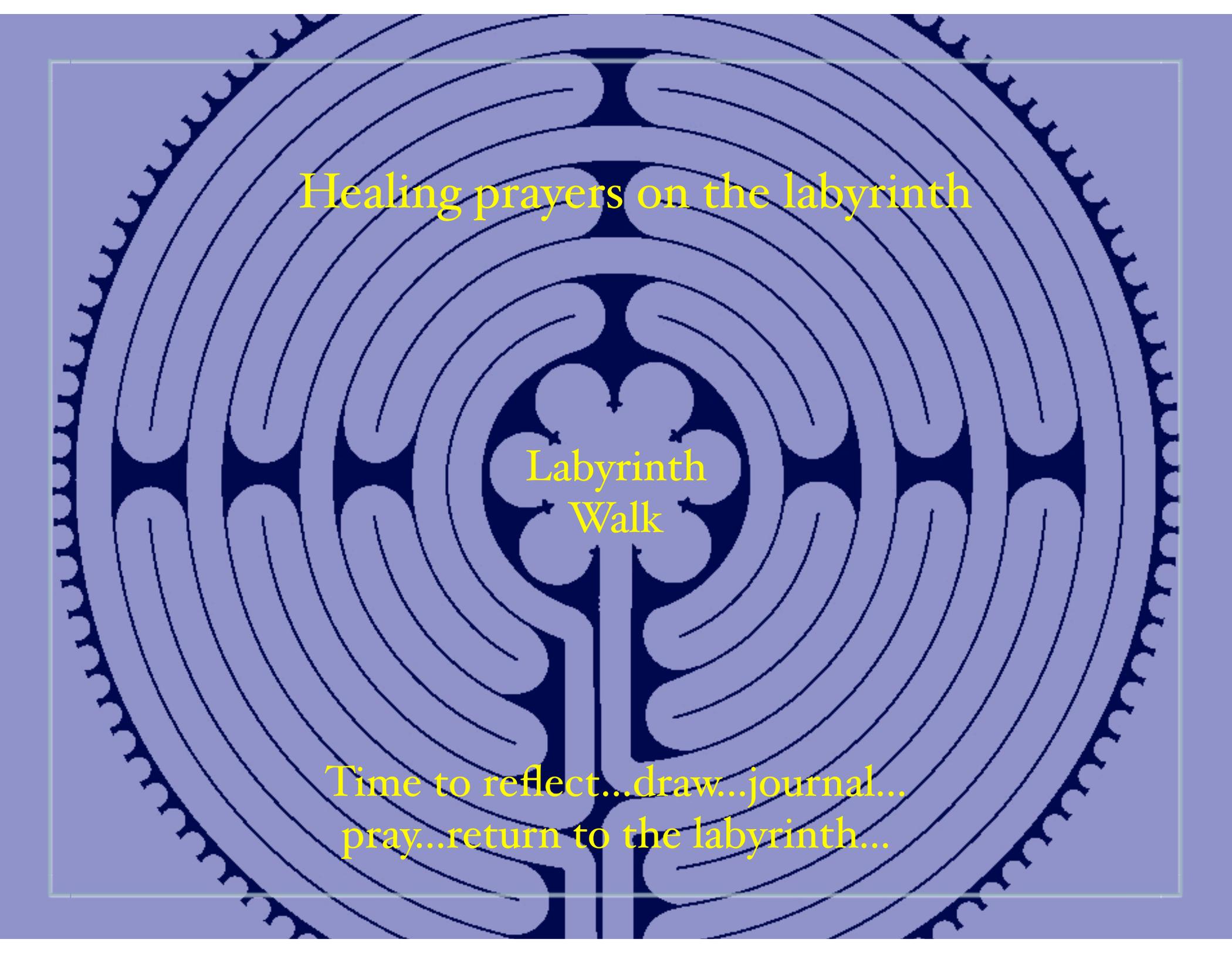
May I be an instrument of peace.

Use this labyrinth as a focal point for your prayer,  
“God, why am I here?” “What do I need from this retreat?”



Our Prayer Song:  
Let us see what healing comes, let us see what  
healing comes, let us see what healing comes!



A circular labyrinth with a central flower-like shape and a path leading to it. The labyrinth is composed of many concentric, winding paths that eventually lead to a central area. The central area contains a stylized flower with five petals and a stem. The text "Labyrinth Walk" is written in the center of the flower. The entire labyrinth is set against a light blue background.

Healing prayers on the labyrinth

Labyrinth  
Walk

Time to reflect...draw..journal...  
pray...return to the labyrinth...

# Sharing Our Experiences

What do we want to share with one another about our experiences of praying for healing using the labyrinth?



Companion Labyrinth, DeepHaven Labyrinths and Retreats

Thank you for taking time to complete the evaluation form.



# Time of Prayer, Thanksgiving, Blessing and Sending Forth

