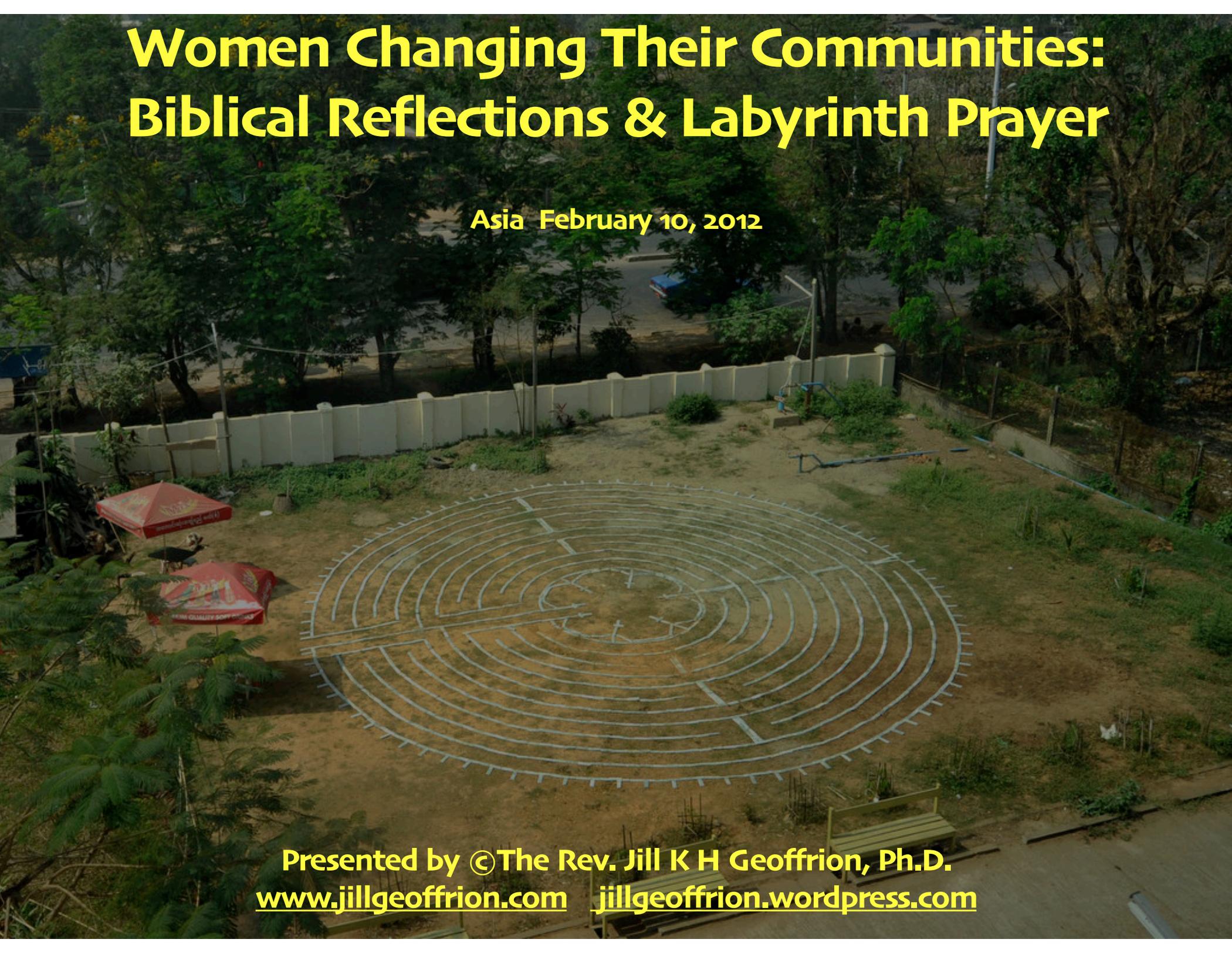


Women Changing Their Communities: Biblical Reflections & Labyrinth Prayer

Asia February 10, 2012



Presented by ©The Rev. Jill K H Geoffrion, Ph.D.
www.jillgeoffrion.com jillgeoffrion.wordpress.com

Introduction of Jill

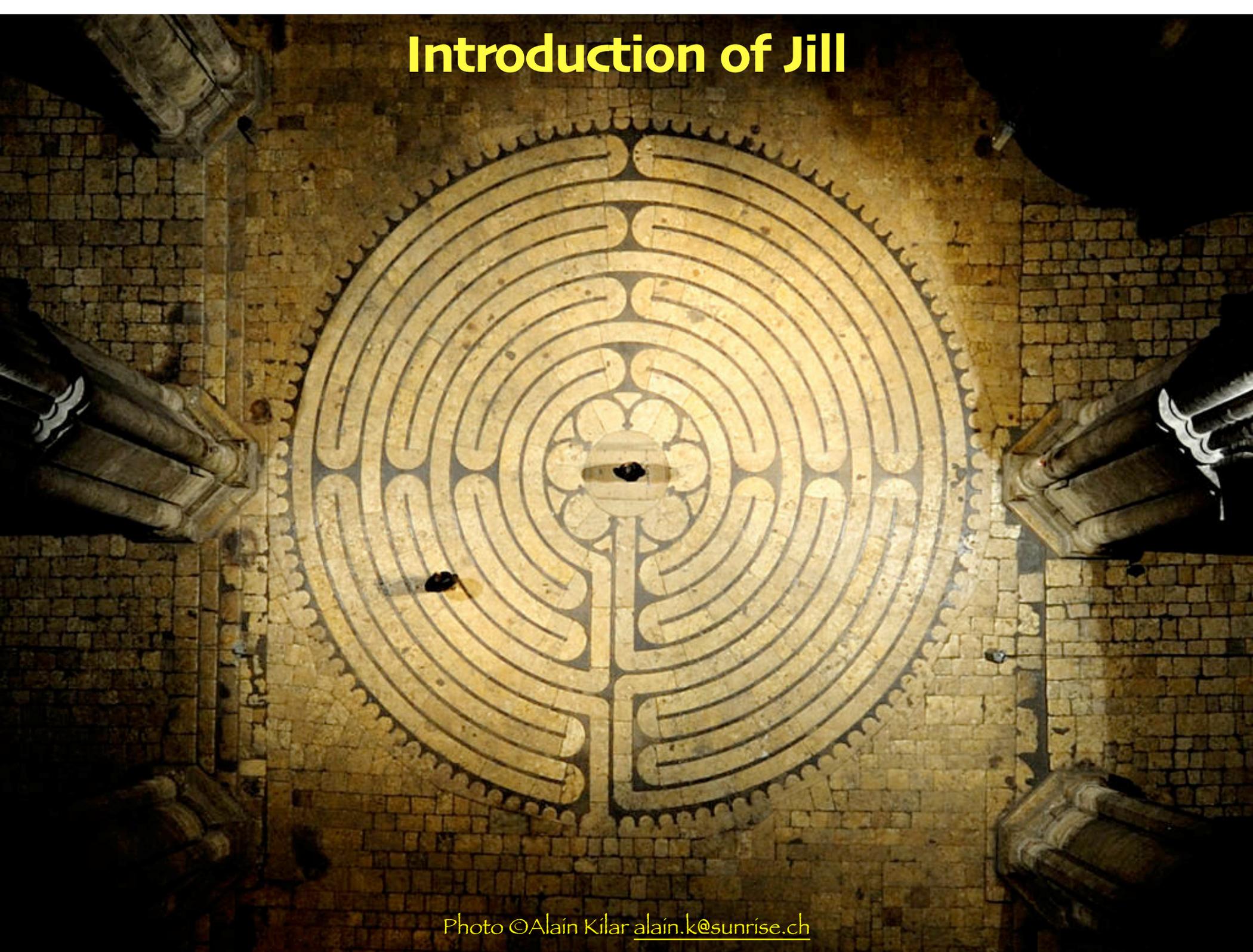


Photo ©Alain Kilar alain.k@sunrise.ch



Wed June 5, 1982 (30 years of marriage!)

Ordination June 3, 1984

**Serving as a
pastor/minister
for 28 years**



Our Family



Daniel 23 years old

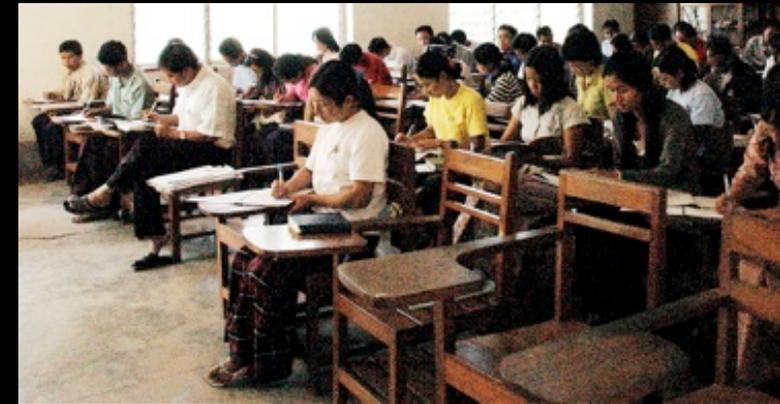
**Timothy 25 years old
(Stella)**



Teaching, Inspiring, and Encouraging



Teaching courses, workshops, and seminars



Coaching of individuals, groups, & non-profits



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

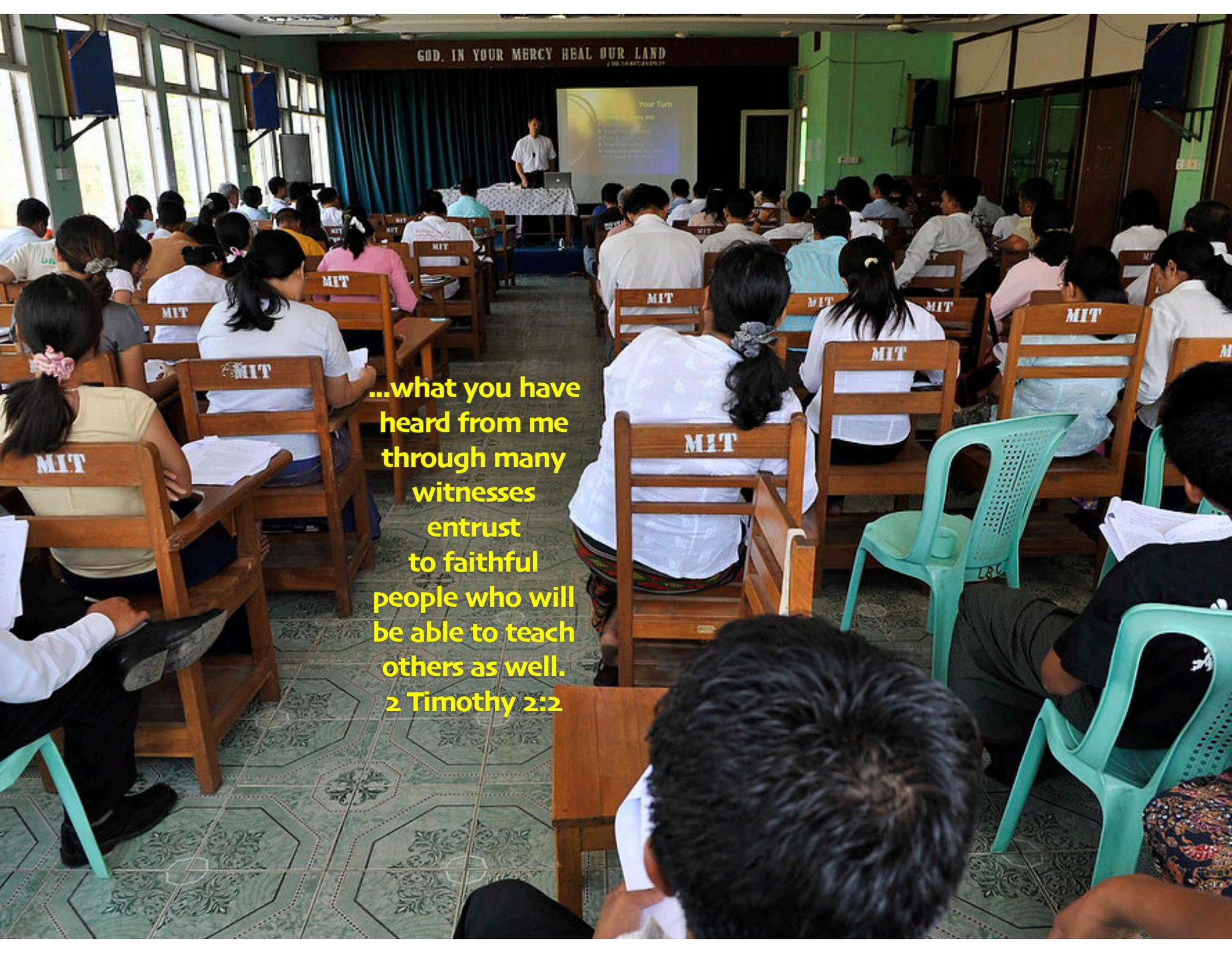


Offering written and web resources www.fhlglobal.org



Faith, Hope and Love
Global Ministries





GOD. IN YOUR MERCY HEAL OUR LAND

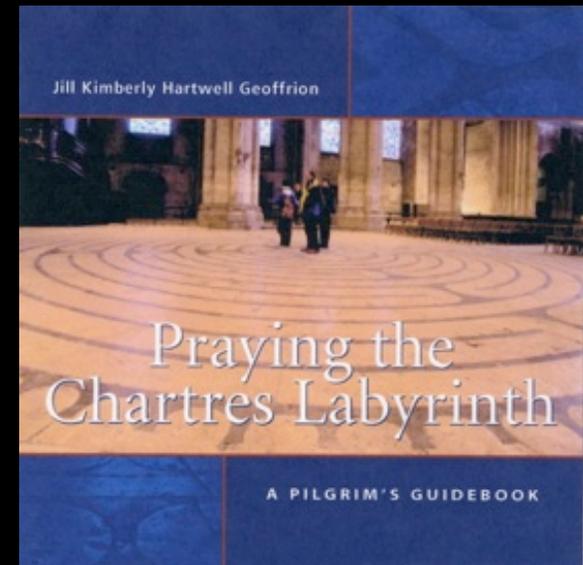
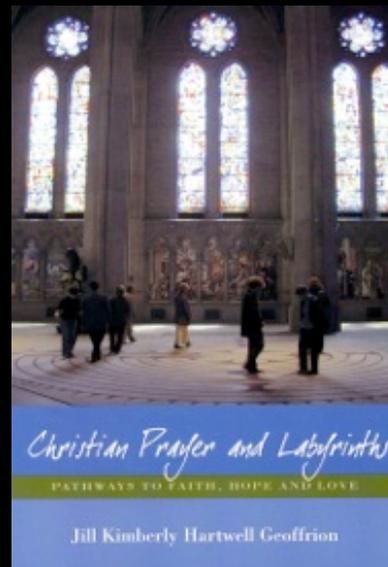
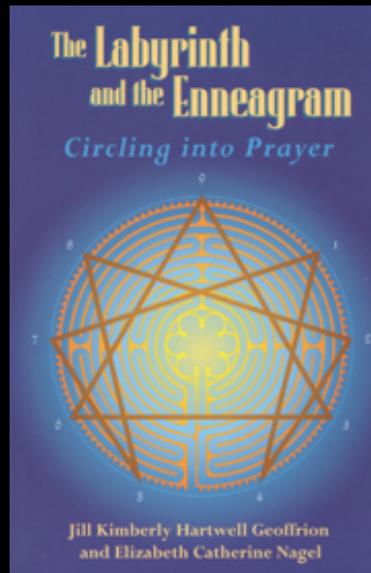
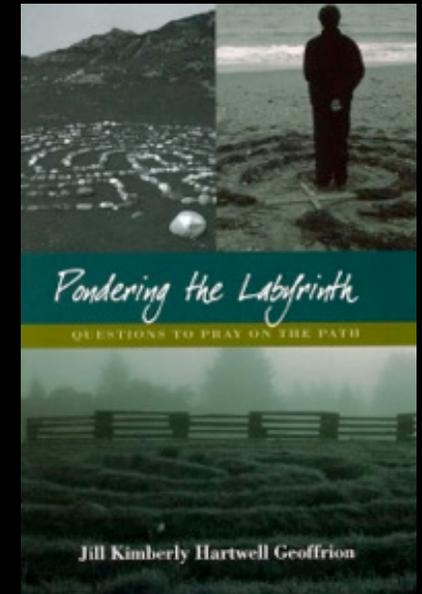
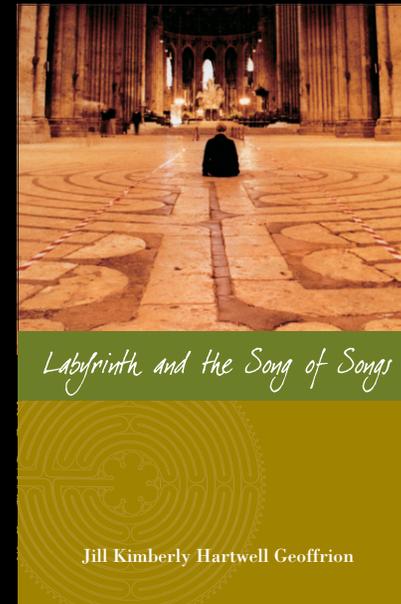
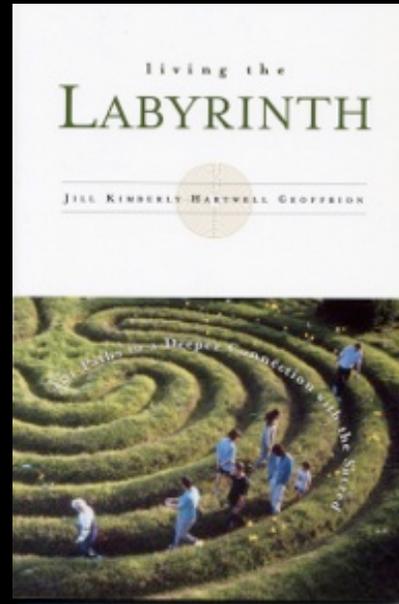
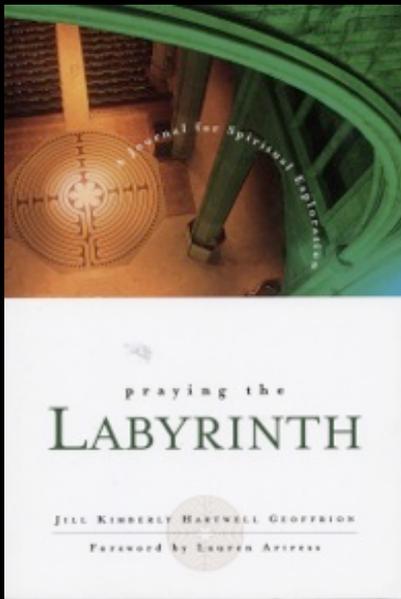
Your Turn

...what you have
heard from me
through many
witnesses
entrust
to faithful
people who will
be able to teach
others as well.
2 Timothy 2:2

Labyrinth ministry of building, researching, teaching, & photographing



**“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



**As a photographer,
I document events and
use the photos as I teach
and share our ministry
with others.
Please let me know
if you do not wish
to have your photo taken.**

Biblical View of Women Changing Their Communities

Women Changing Their Communities for the Better

**Biblical women give us many examples to follow.
Their attitudes and actions influenced change in:**

***Themselves**

*** Their families**

*** Their communities**

*** The wider societies they lived in**

You would like to see changes in all of these too!

Women Changing Their Communities for the Better

Like Biblical women before us we can be involved in finding solutions to:

* **Social Challenges (Ruth; Canaanite woman)**

* **Spiritual Challenges (Mary; Woman who washed Jesus' feet with her tears; Martha; Mary (Martha's sister); Sarah; Lydia)**

* **Structural Challenges (Rahab; Esther; Abigail)**

**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

**Be the change
you want to see!**

Mahatma Gandhi

**What change
do YOU long for?**

**What can YOU do to help this
change come into being?**

Praying the labyrinth can help us know the next step to take.

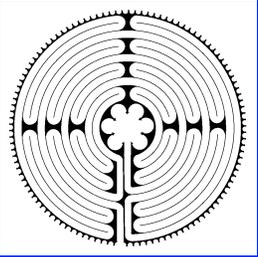


Introducing Labyrinths

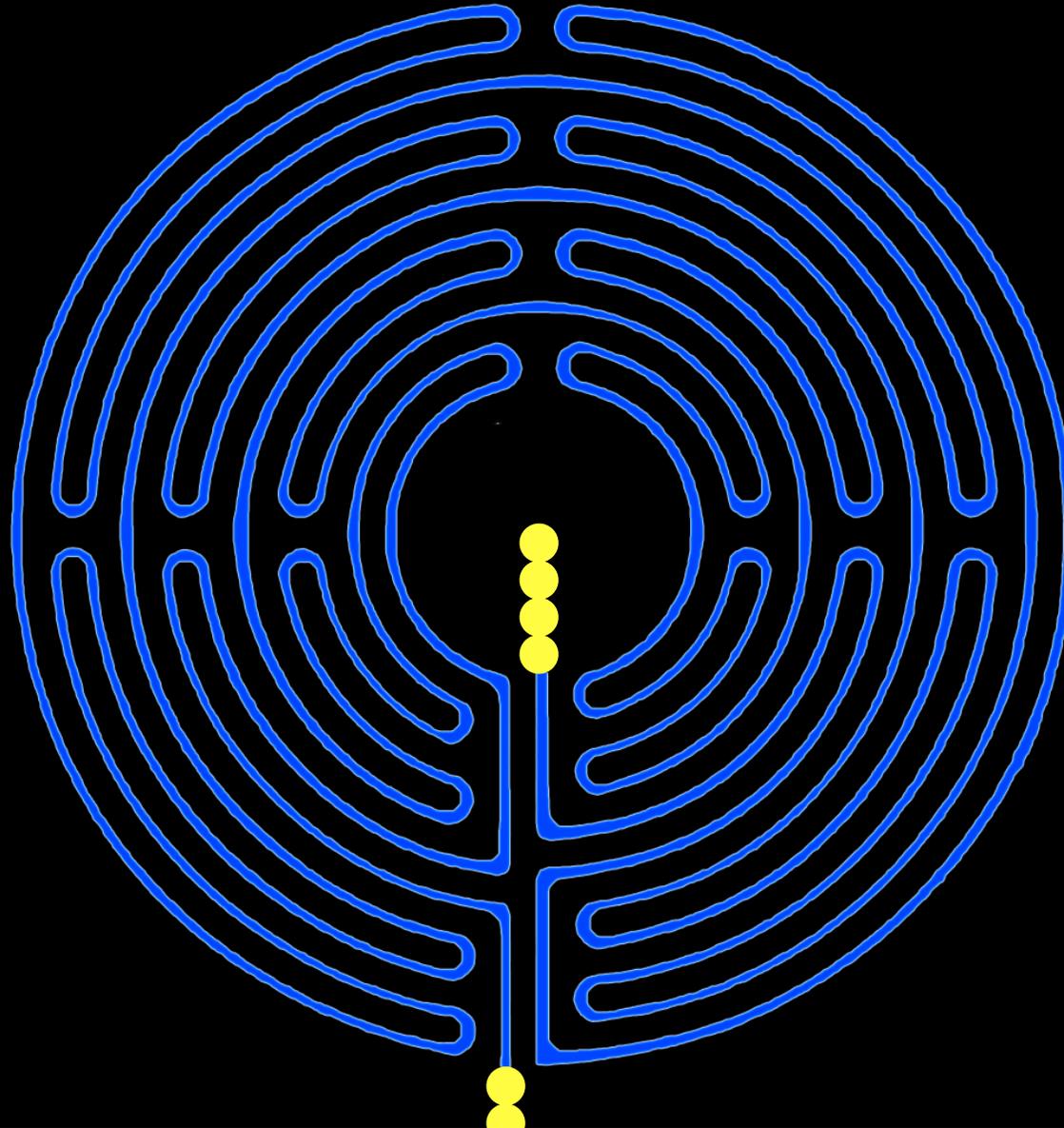
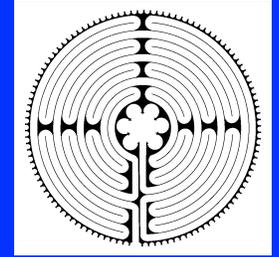


God has told you, O mortal, what is good;
and what does the LORD require of you
but to do justice, and to love kindness,
and to walk humbly with your God?
Micah 6:8

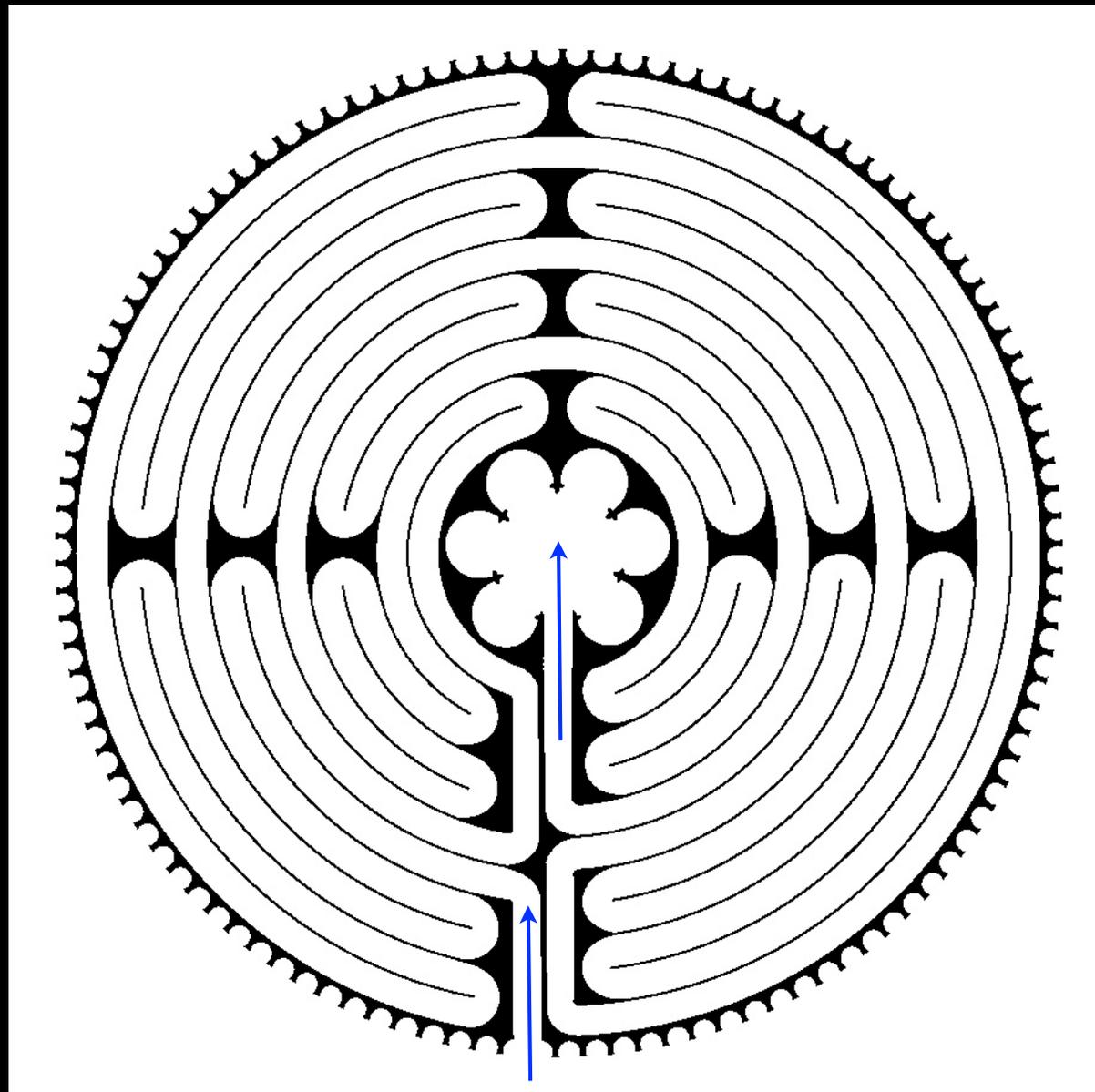




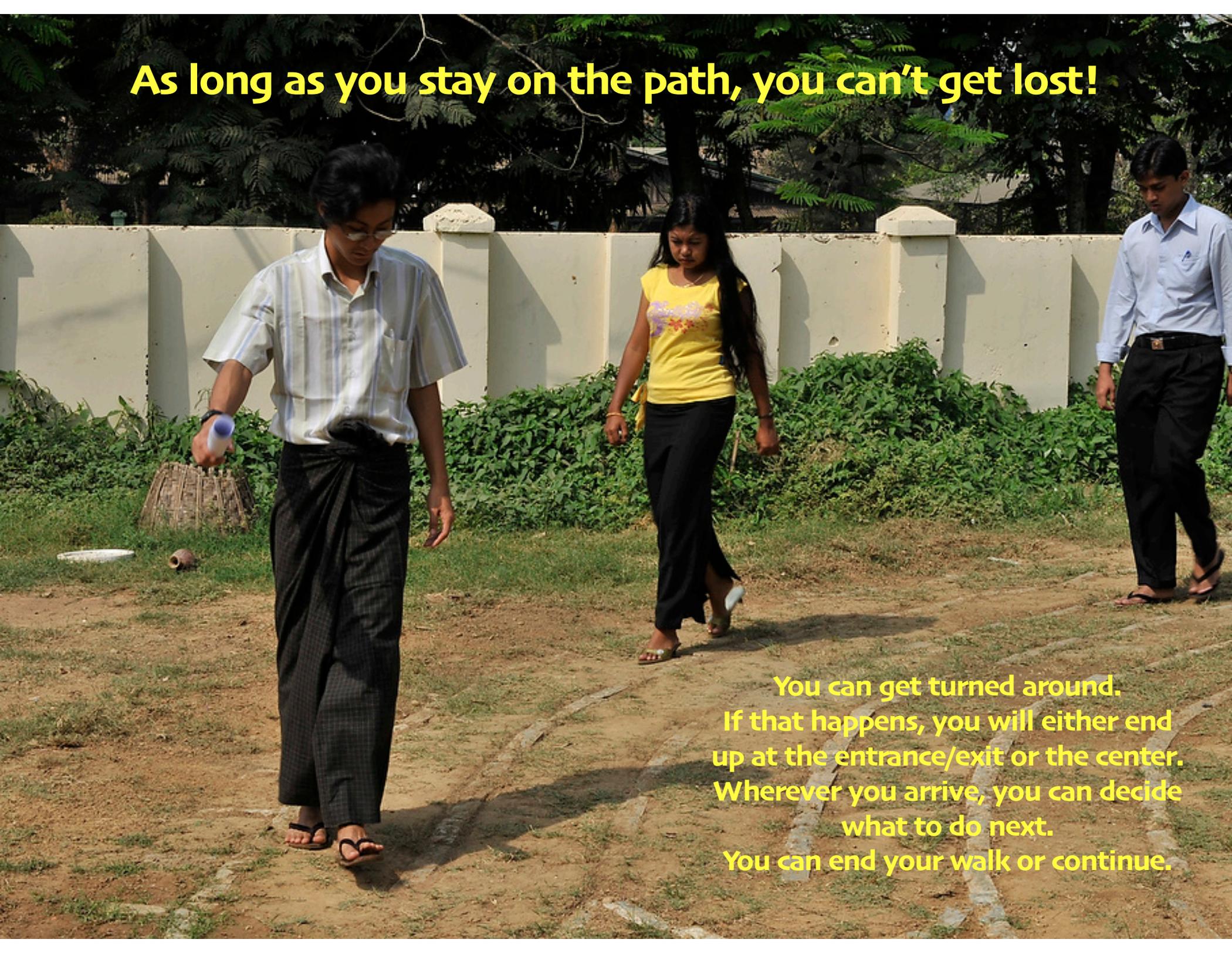
**A labyrinth is a winding path
that leads to a center.**



**You enter the labyrinth through the opening in its crown.
Then, you follow the path to the center.**



As long as you stay on the path, you can't get lost!



**You can 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.**

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

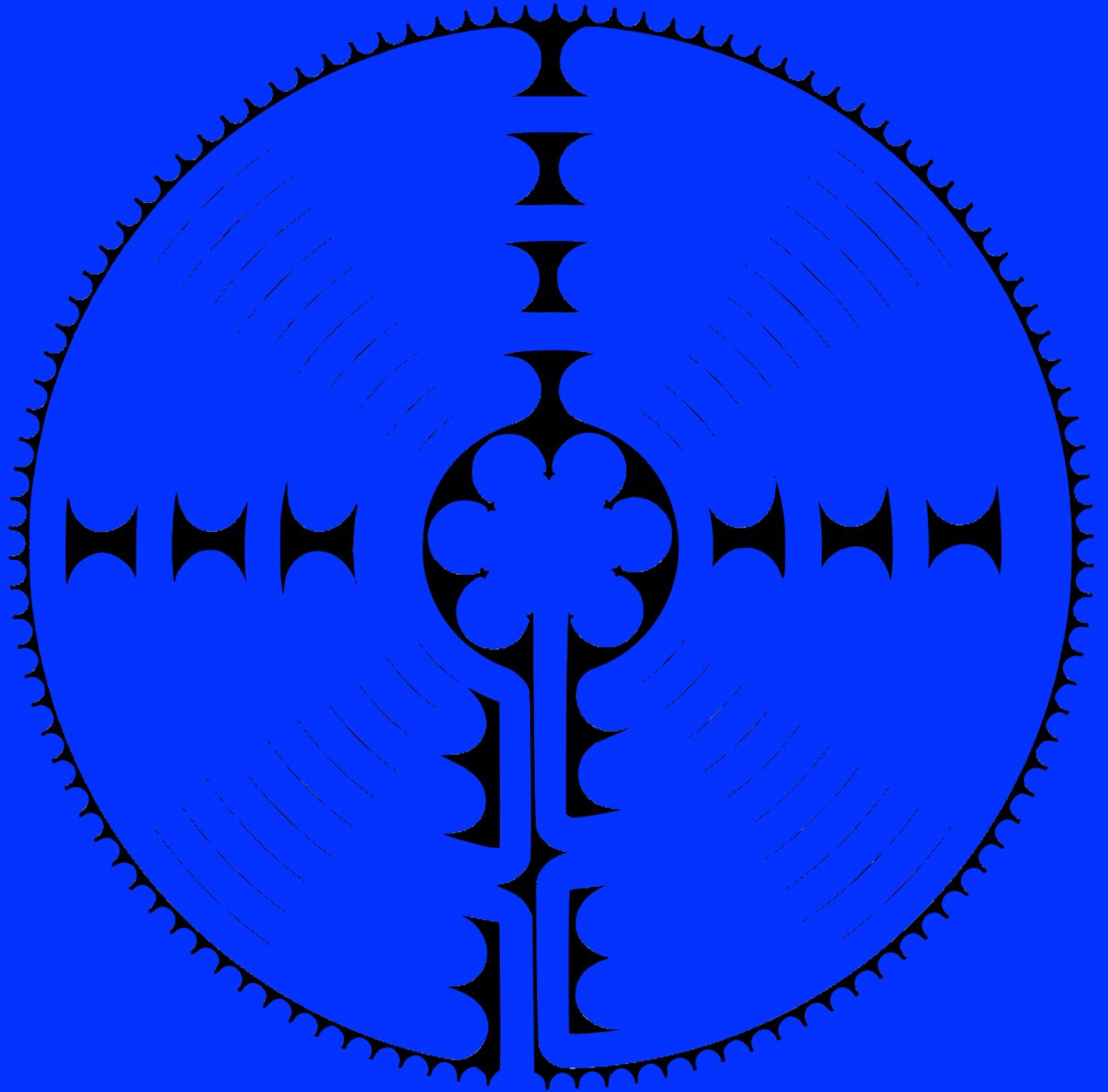


Goa, India 2,000-2500 BCE

©Jeff Seward see [Labyrinths and Mazes](#) & www.labyrinthos.net

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

**We are
“walking
the cross.”**



Introducing Labyrinth Prayer



Walking with Christ





**Journeying with God,
The Path,
Following God's way...**

There are many biblical concepts that relate to praying the labyrinth.

**There is no one "right way" to pray the labyrinth.
Pray in a way that is natural for you.**

**Praying for others
Resting in center
Praying for self**

Open to God's leading

Reciting Scripture

Praying a question

Singing a spiritual song

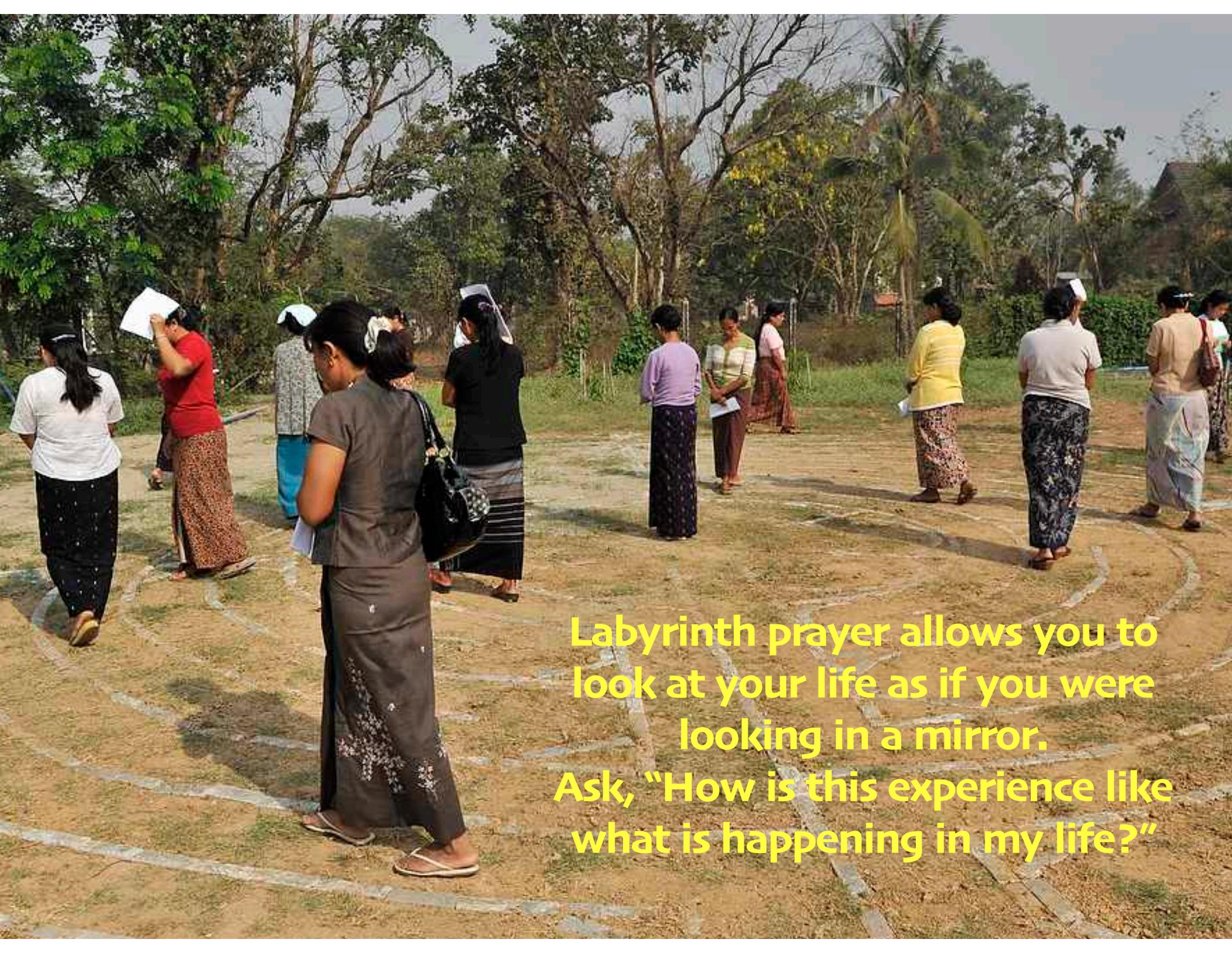


Be curious.

**How is God going to bless your time of prayer?
What is God going to communicate?**



Moving our (outer) bodies on a labyrinth helps transformation to happen inside. This is a prayer of the mind, body and spirit.



Labyrinth prayer allows you to look at your life as if you were looking in a mirror. Ask, "How is this experience like what is happening in my life?"

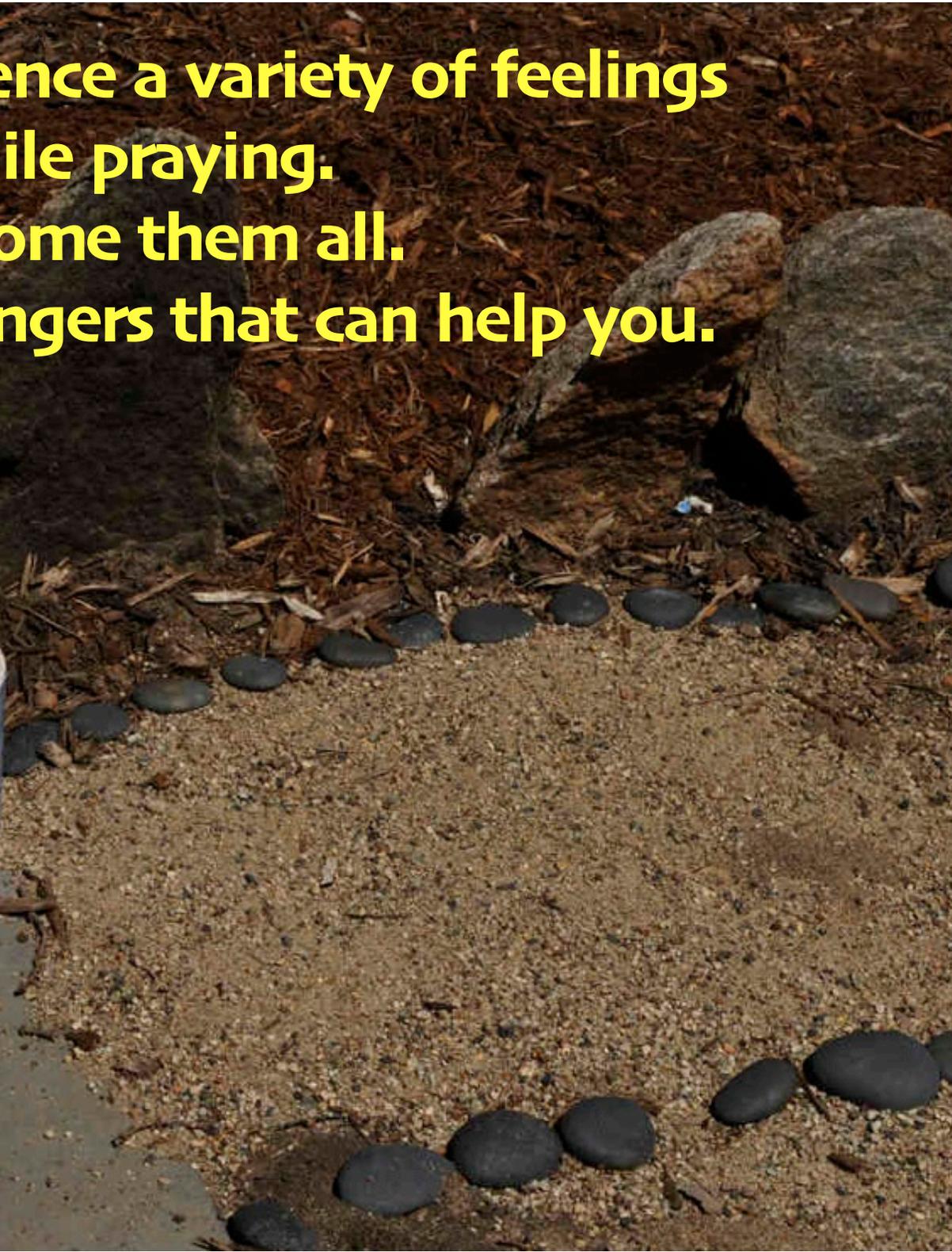
A group of people, including men and women, are walking on a dirt path in an outdoor setting. The path is marked with white chalk lines, forming a series of concentric circles and a central vertical line. The people are dressed in casual attire, including white shirts and dark trousers or sarongs. The background features lush green trees and a clear sky. The overall scene suggests a community activity or a walk in a park.

**It's a long journey;
but not too long!**

Some describe walking the labyrinth as “the laying on of feet.”



**You may experience a variety of feelings
while praying.
Welcome them all.
They are messengers that can help you.**





**The more you use a labyrinth
the more natural it will become.**

The flow of Labyrinth Prayer



Preparation

Pause before the threshold of a labyrinth to prepare yourself for the journey ahead.



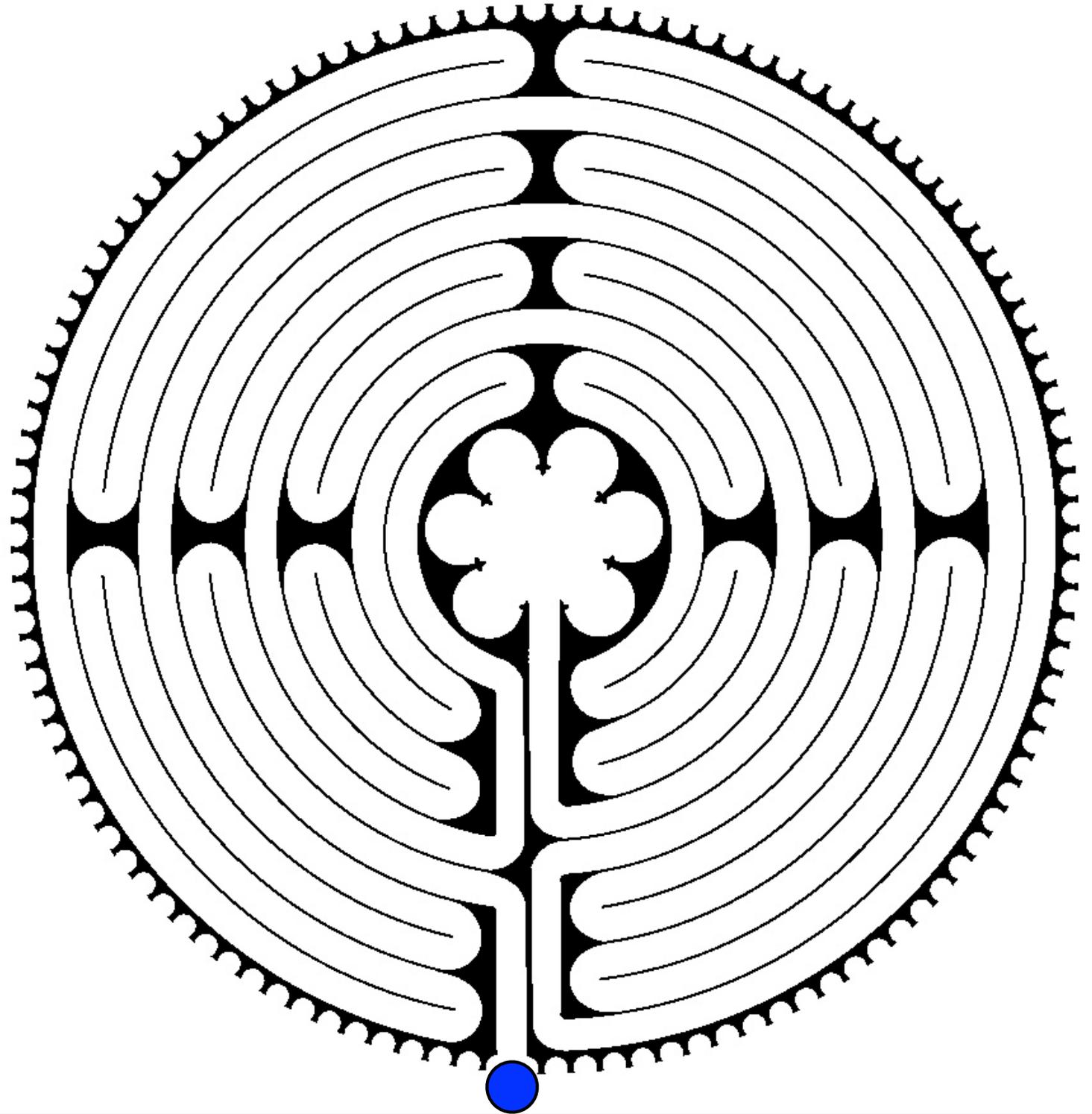
pause...

**take a
deep breath.**

**listen
with your
heart.**

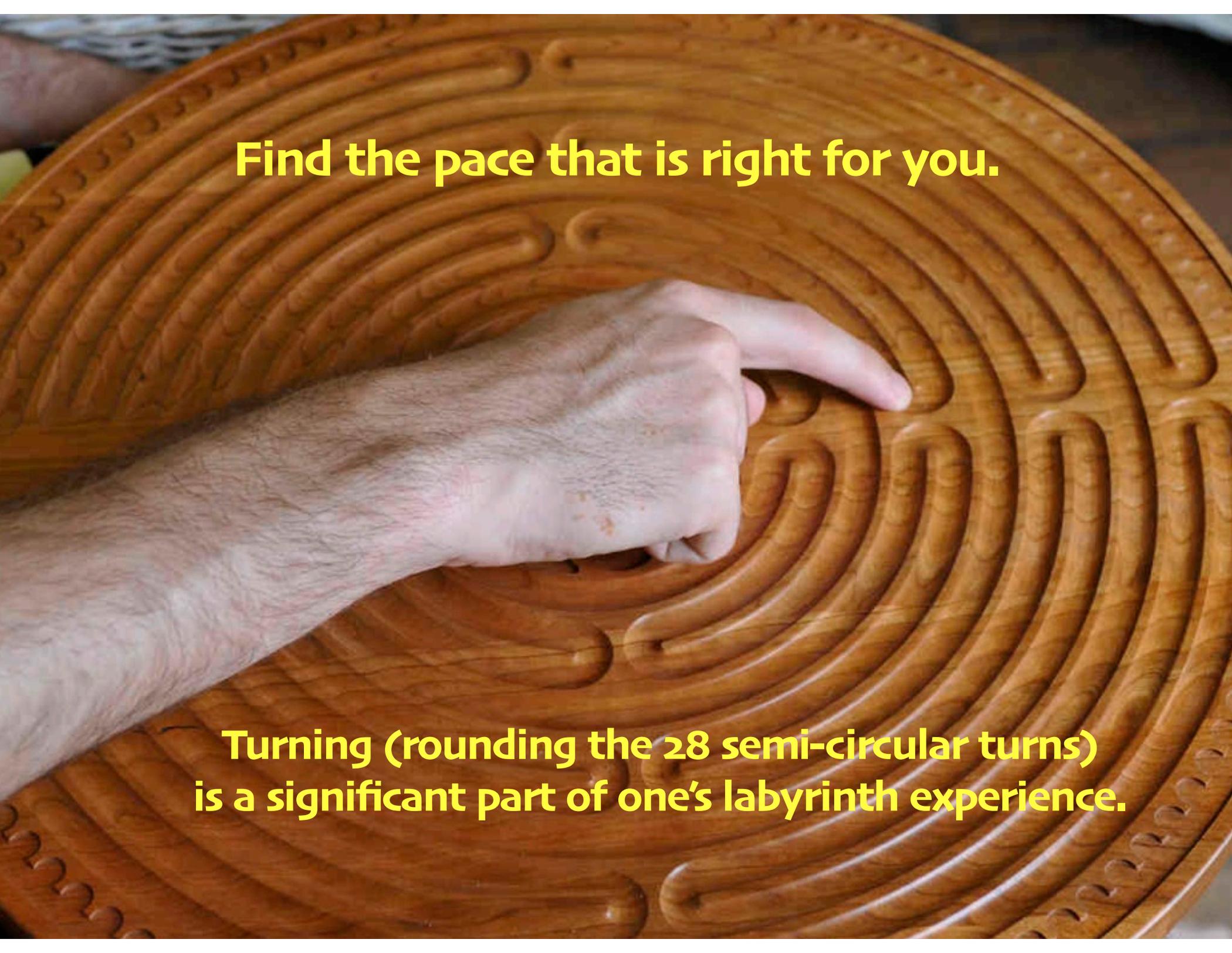
**Take time
to prepare
yourself.**

**“What do I
want to
pray
about?”**





**Follow the
path to
the center**

A close-up photograph of a person's hand tracing a circular wooden labyrinth. The labyrinth is carved into a wooden surface and consists of 28 semi-circular turns. The hand is positioned in the center of the maze, with the index finger pointing towards the right, following the path. The lighting is warm, highlighting the texture of the wood and the skin.

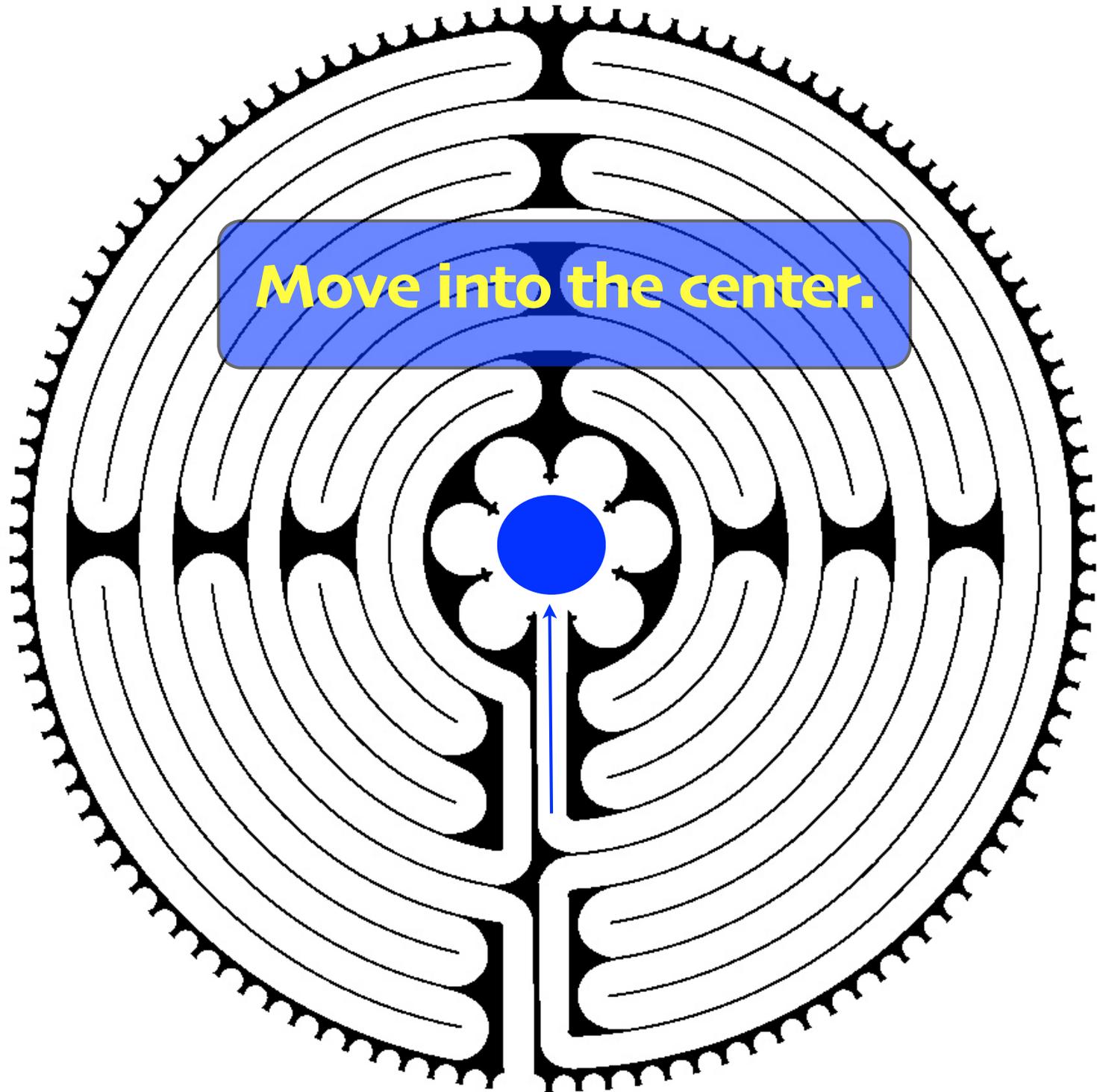
Find the pace that is right for you.

Turning (rounding the 28 semi-circular turns) is a significant part of one's labyrinth experience.

**When walking the labyrinth you can move around another person,
let someone “pass” you,
or pause.**

**Labyrinth etiquette allows for all these options!
Do what you would do if you met someone on any narrow path.**





Move into the center.



**Don't hurry away from the center.
Rest in God's loving presence.**

**What else
does God want to communicate to me?**



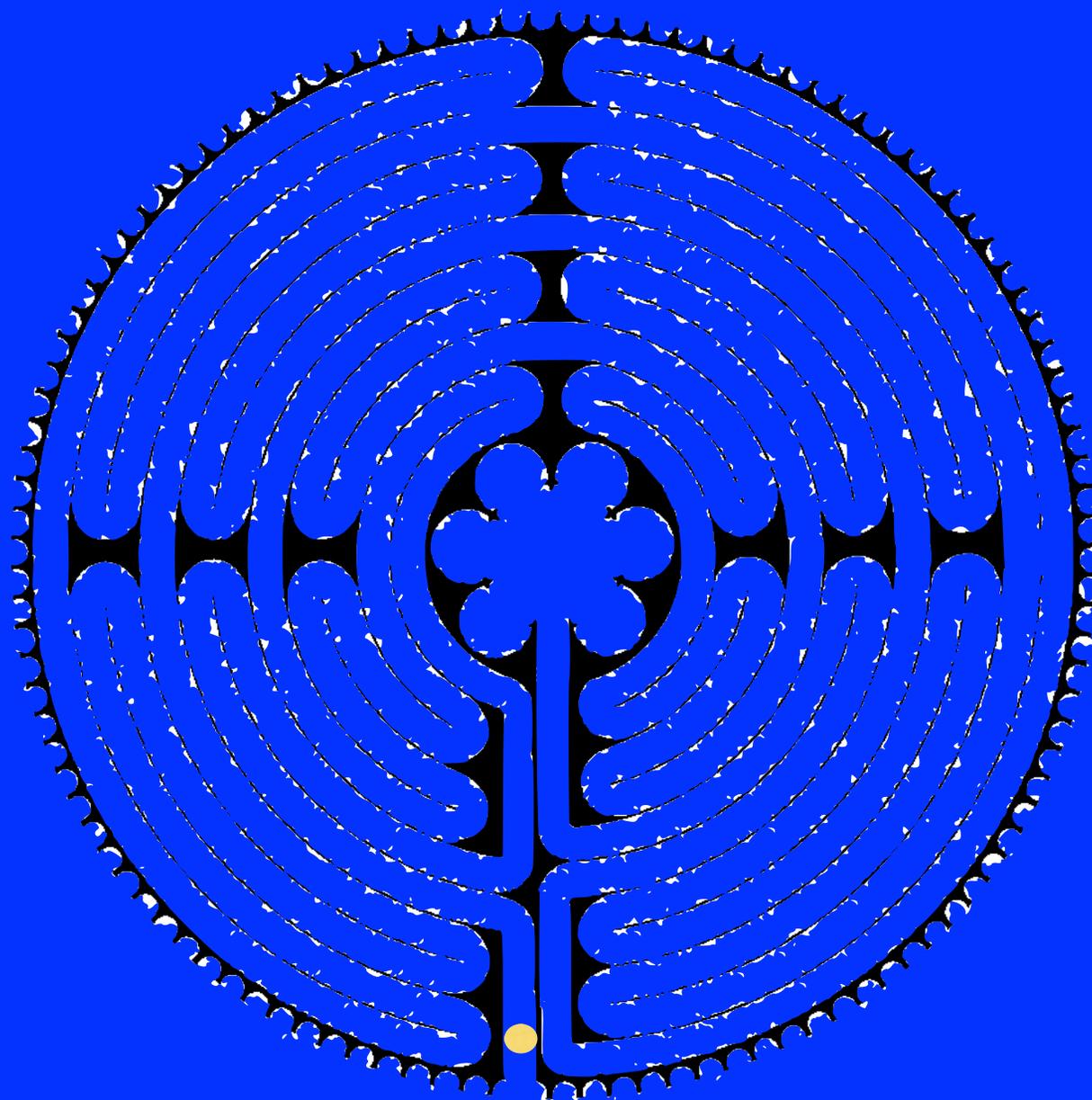


**Follow the
path to
the exit**

**What is my next step?
How can I integrate my experience
into my daily life?**



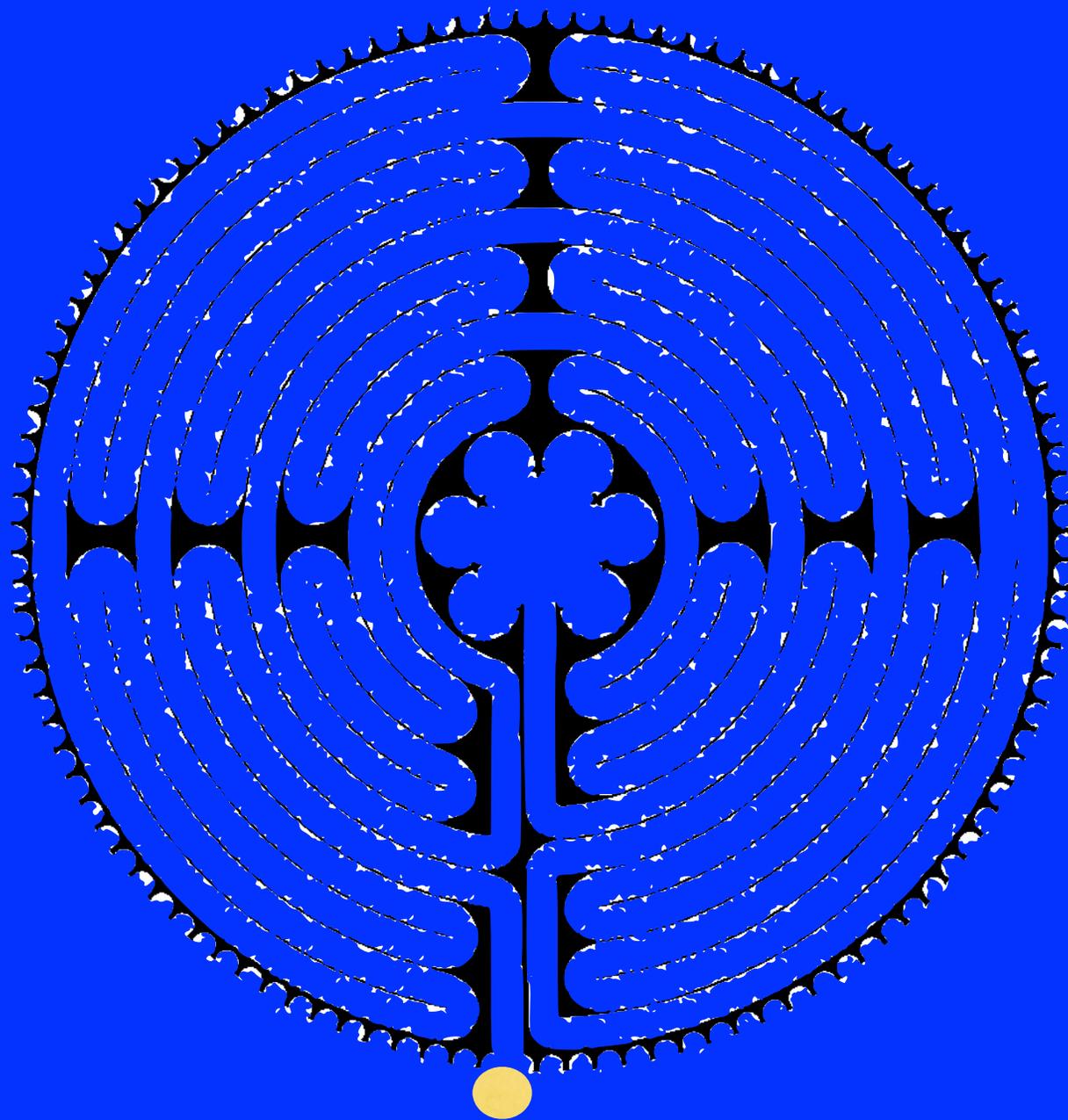
**Before you exit,
pause.**



Take a few moments
to savor the gifts God has given.



**Revisting Your Prayer Experience:
make time for personal reflection.**



A person with short dark hair, wearing a light blue shirt, is seen from behind, sitting at a wooden desk. They are writing in an open notebook with a blue pen. On the desk, there is a stack of books, including one with a pink cover and a yellow and red logo, and a black wallet. The desk is placed on a patterned rug with red and yellow designs. The background shows a blue patterned mat.

What did God communicate?

What images, sounds, and/or experiences were important?

What are my next steps?

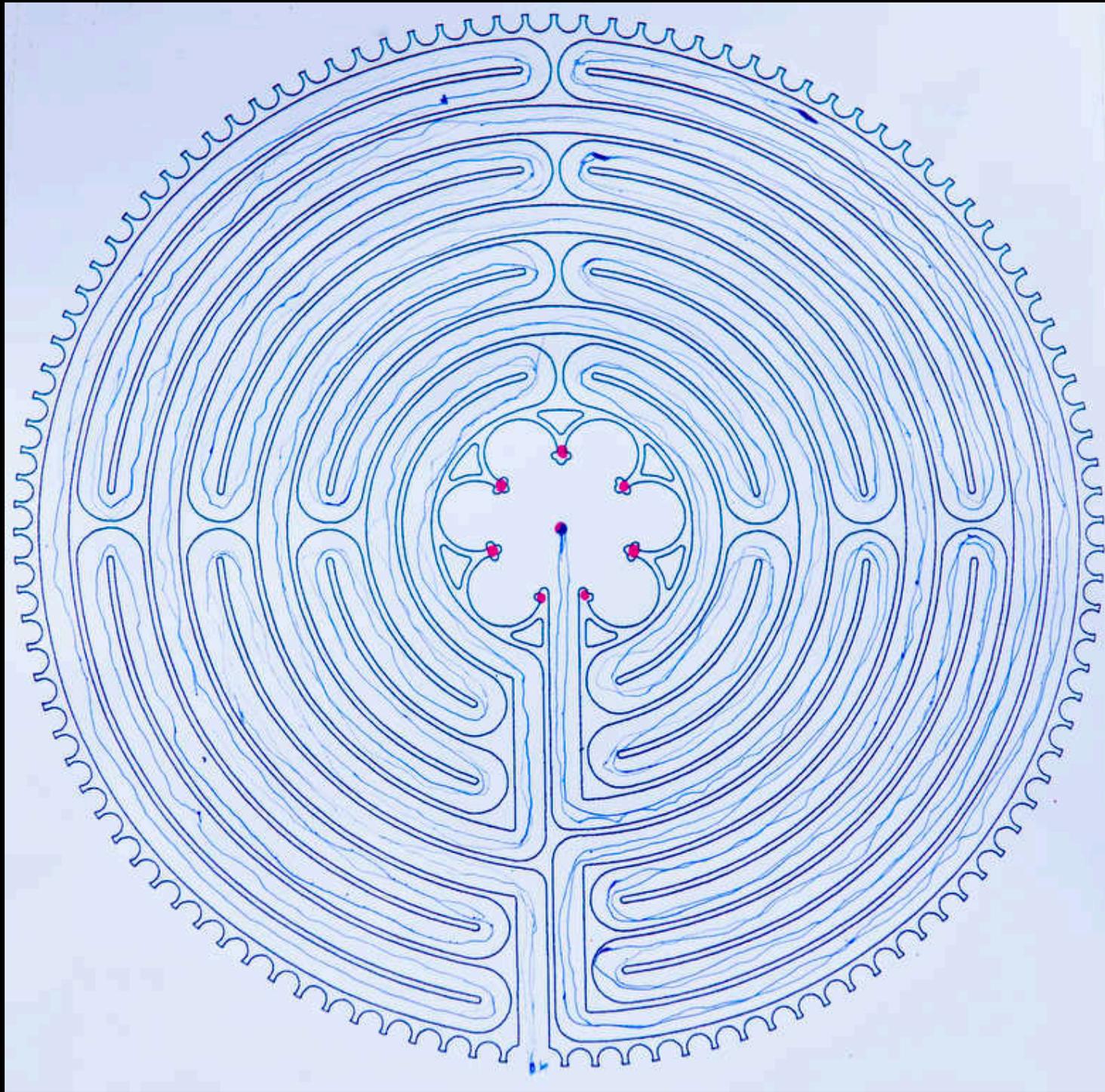


Asking
your
questions

Experiencing Labyrinth Prayer



“God, how do you want to use me to help bring change?”



Pause.

Take a deep breath.

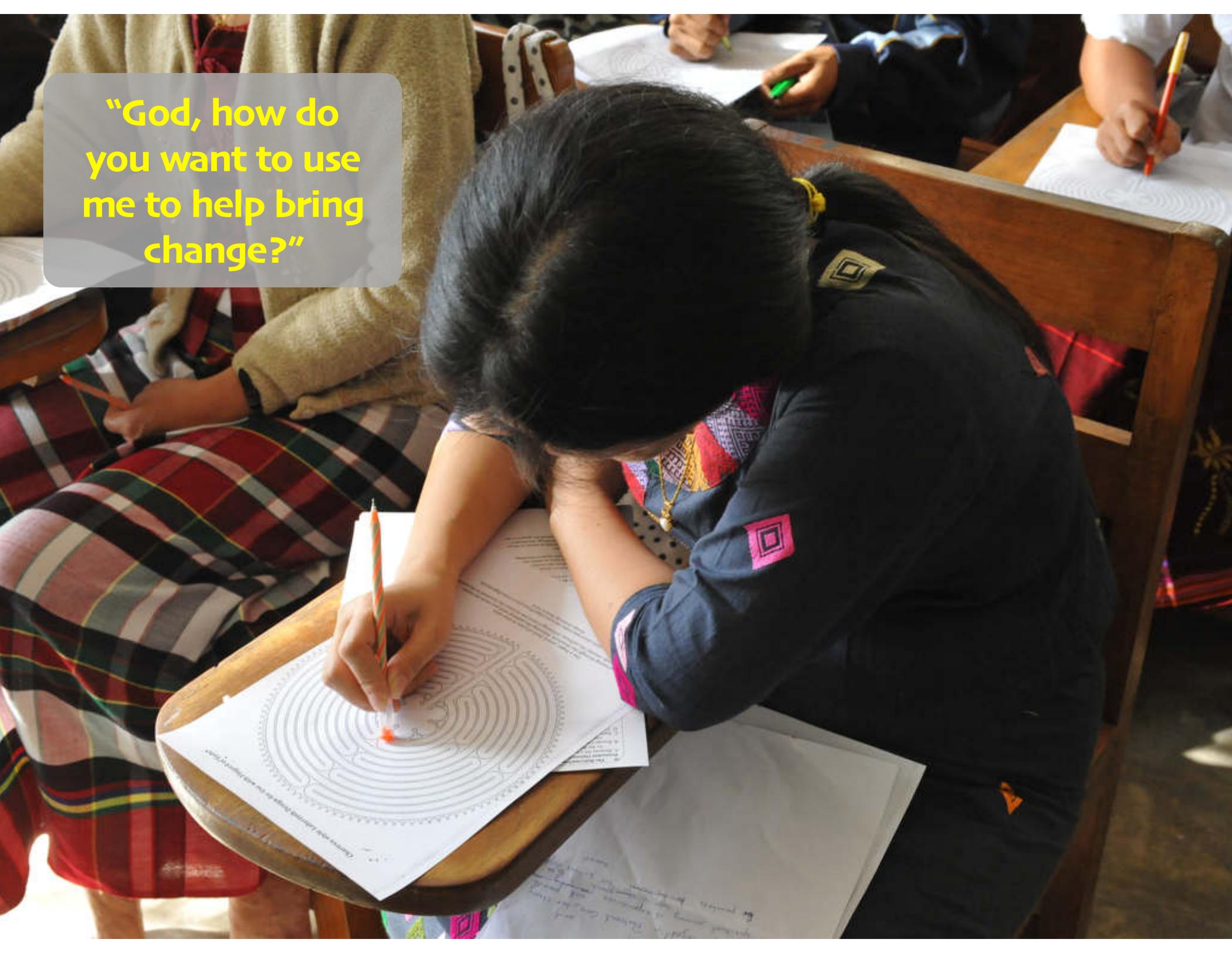
Listen with your heart.

Let us pray.

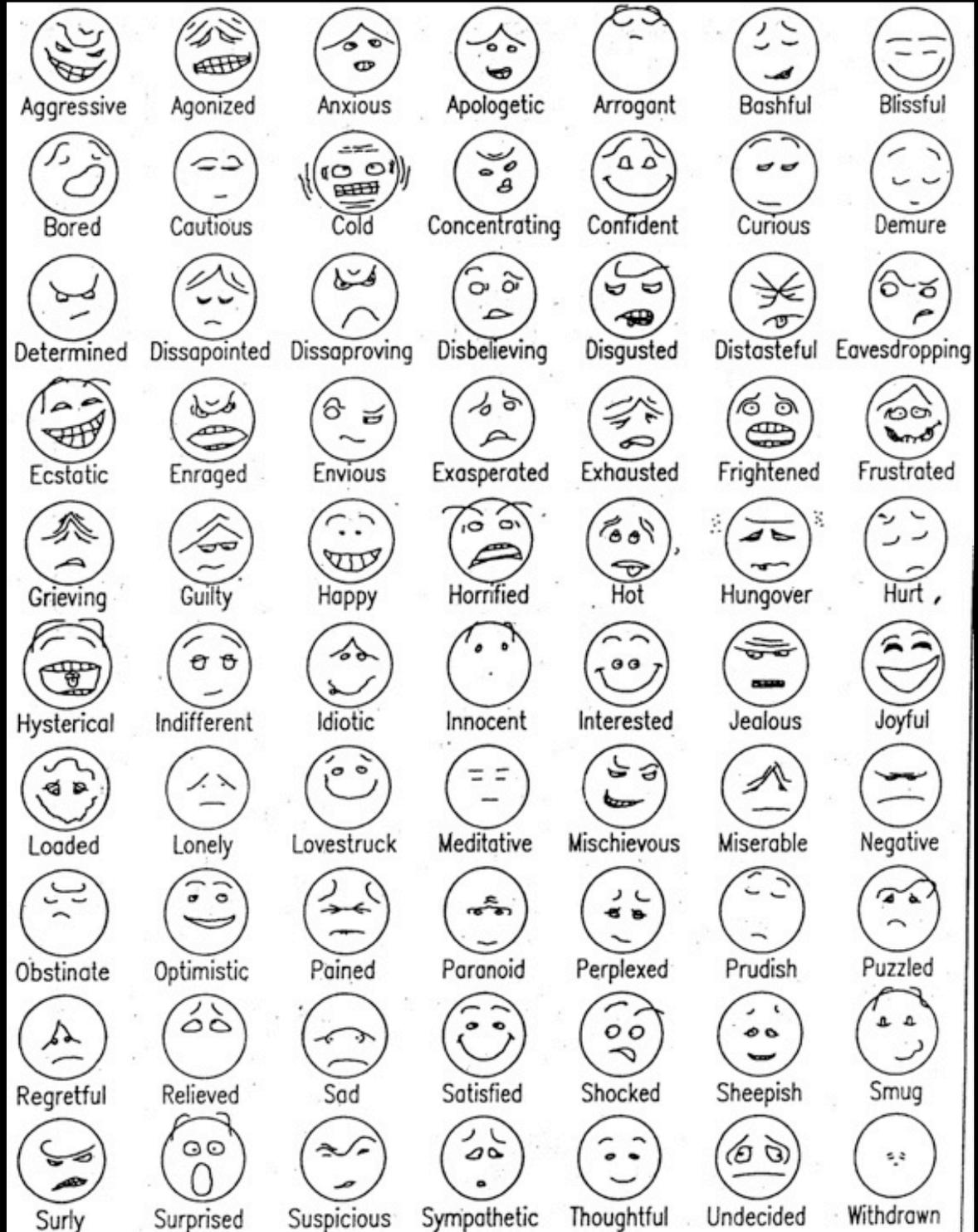
Photo: Lun Man Hau



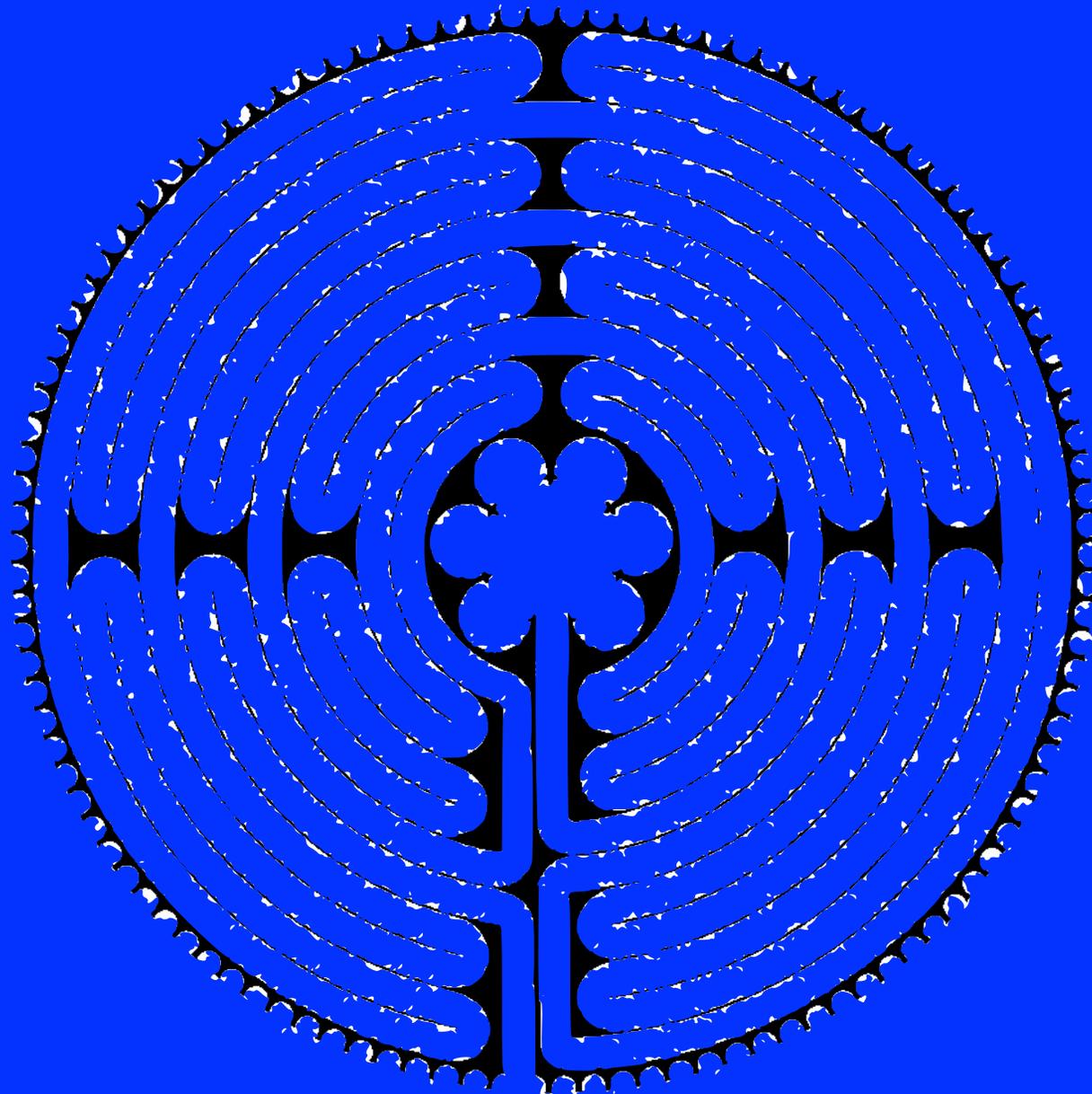
**“God, how do
you want to use
me to help bring
change?”**

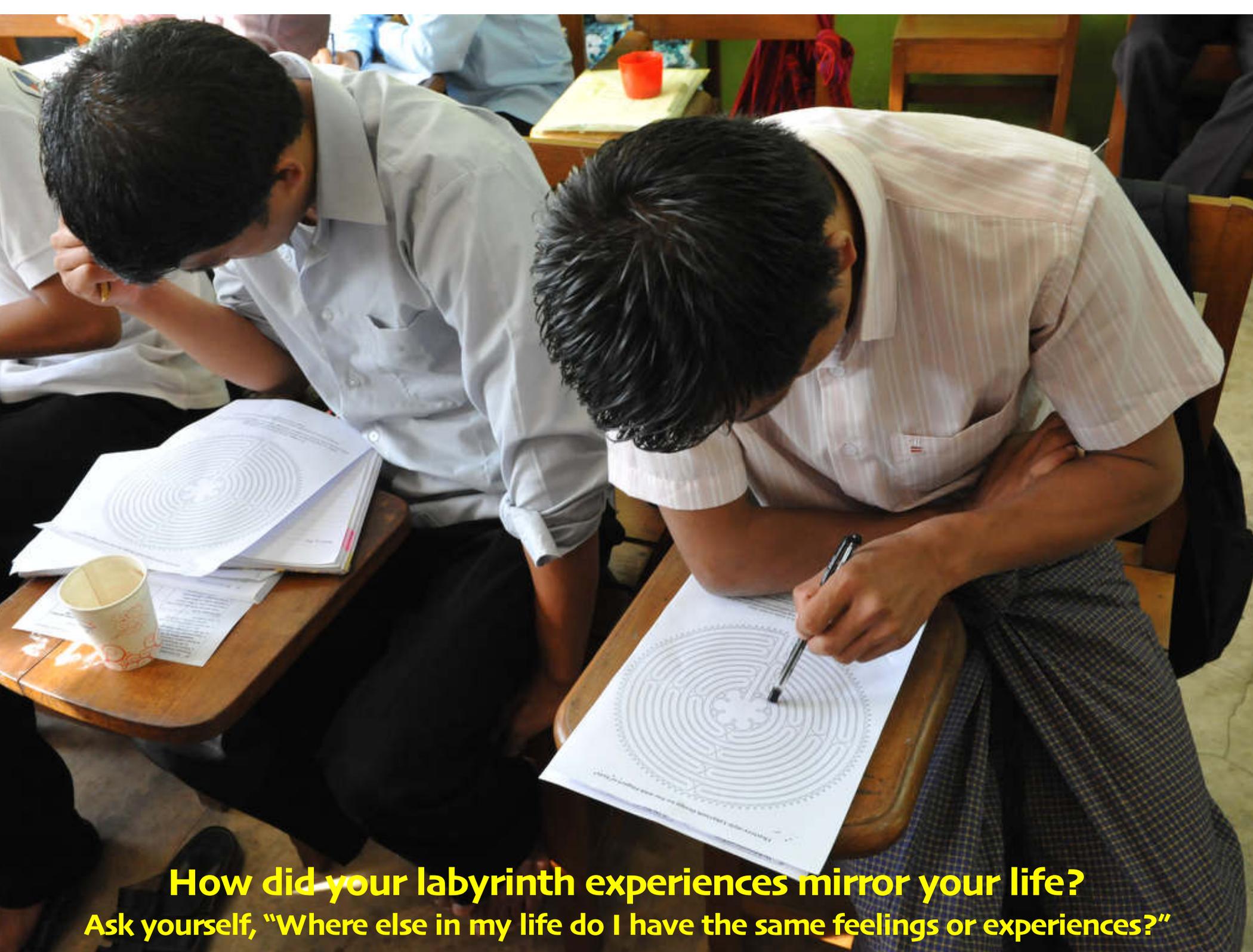


Share one
or two feelings
you are
experiencing
right now.



What did God communicate to you?





**How did your labyrinth experiences mirror your life?
Ask yourself, "Where else in my life do I have the same feelings or experiences?"**



**Be Safe and Well
Peace,
Love,
(Wisdom),
and
Courage**

**Egyptian blessing for those
leaving on pilgrimage**

A photograph of the interior of a large, ancient cathedral. The space is filled with tall, dark stone columns and arches. In the center of the floor, a large, circular labyrinth is drawn in light-colored stone or paint. A person stands in the middle of the labyrinth, arms outstretched, providing a sense of scale. The lighting is dramatic, with the floor and columns illuminated against a dark background.

ministry website www.fhlglobal.org

labyrinth resources by jill www.jillgeoffrion.com

journey blog by jill jillgeoffrion.wordpress.com

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