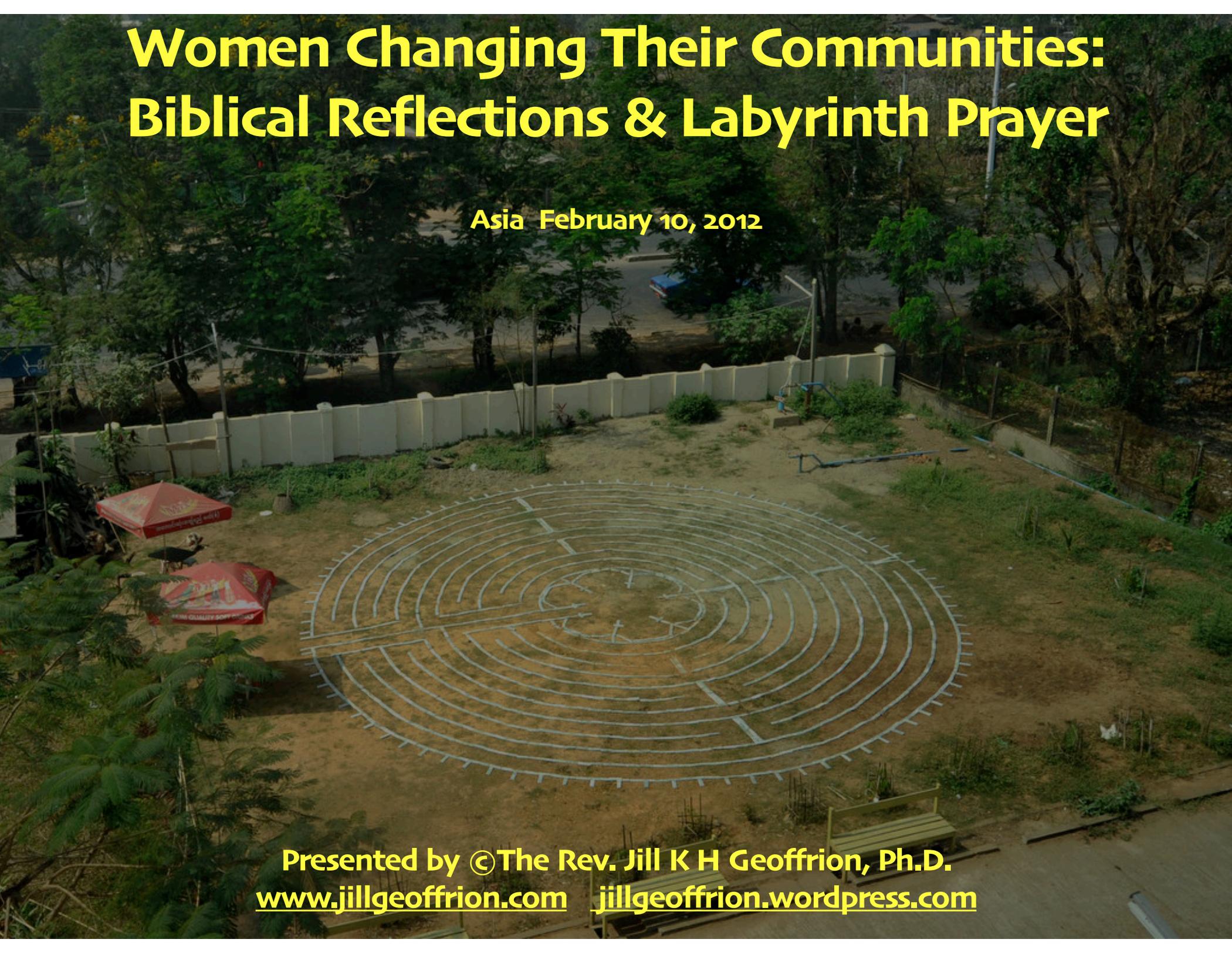


# Women Changing Their Communities: Biblical Reflections & Labyrinth Prayer

Asia February 10, 2012



Presented by ©The Rev. Jill K H Geoffrion, Ph.D.  
[www.jillgeoffrion.com](http://www.jillgeoffrion.com) [jillgeoffrion.wordpress.com](http://jillgeoffrion.wordpress.com)

# Introduction of Jill

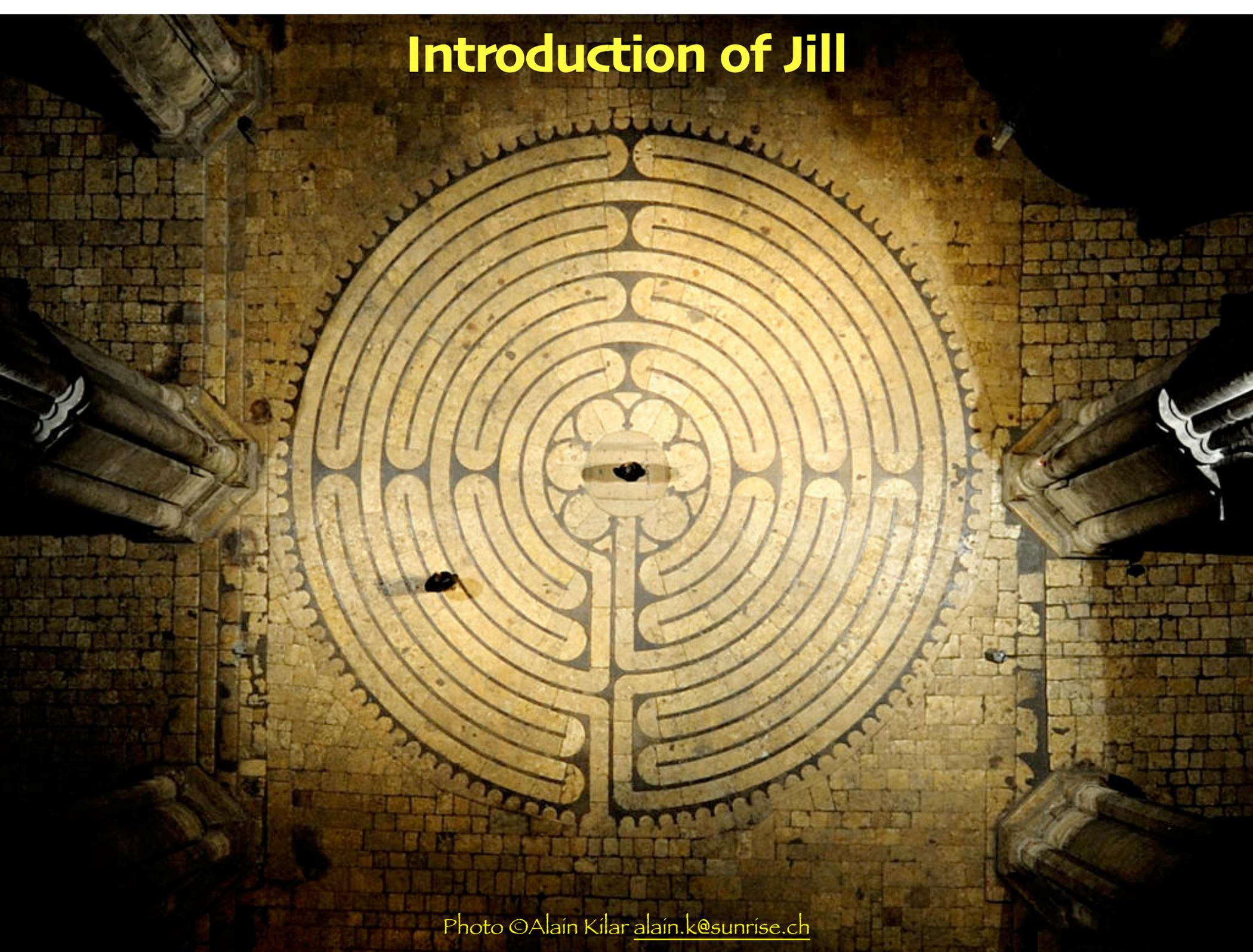


Photo ©Alain Kilar [alain.k@sunrise.ch](mailto:alain.k@sunrise.ch)



**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**

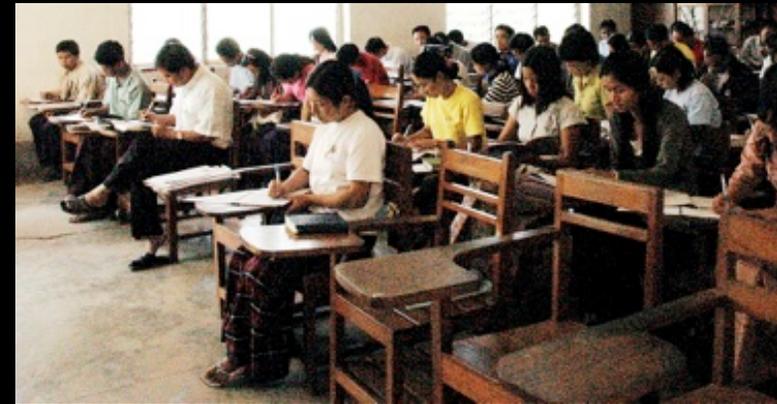
**Timothy 25 years old  
(Stella)**



# 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

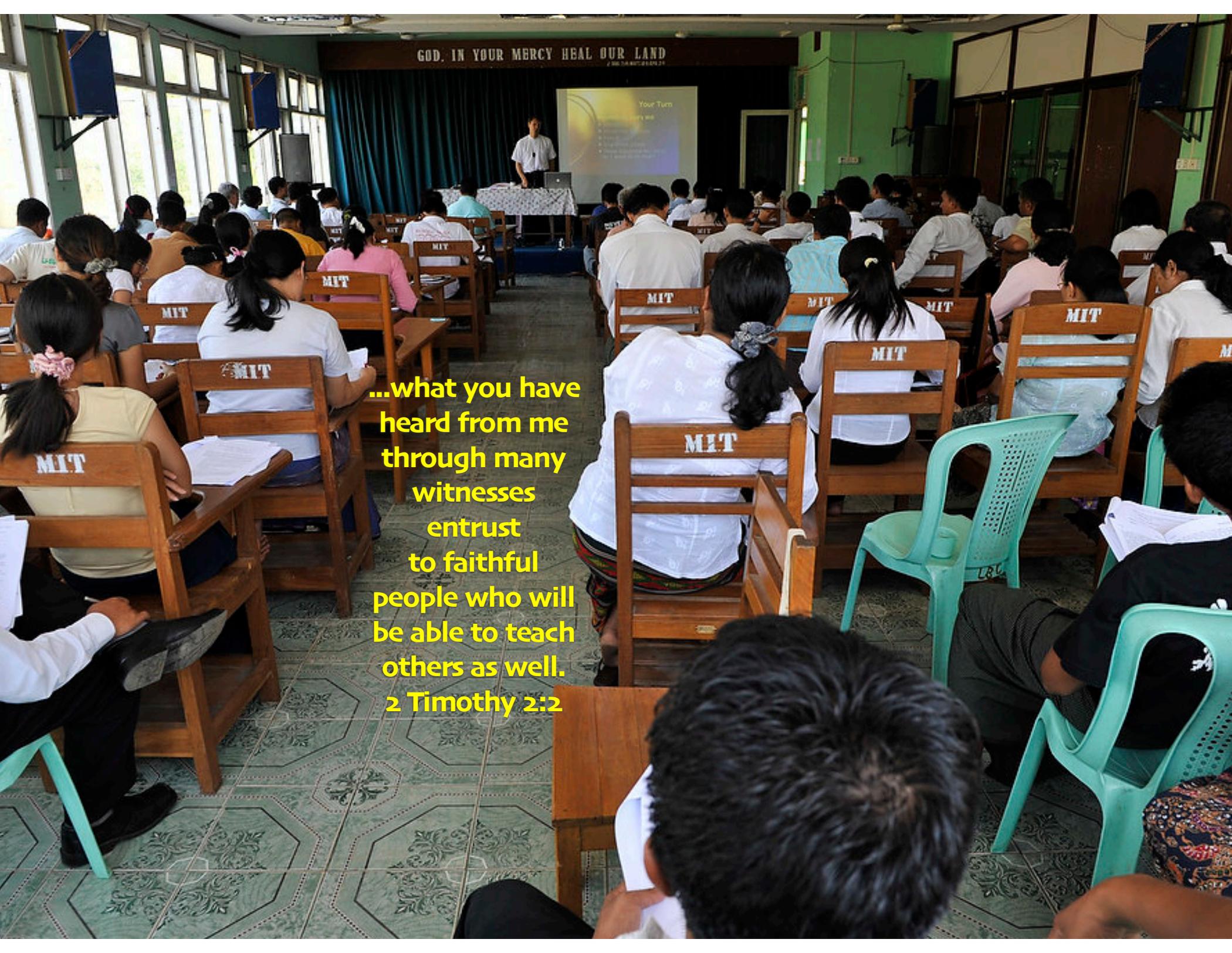


Offering written and web resources [www.fhlglobal.org](http://www.fhlglobal.org)



Faith, Hope and Love  
Global Ministries





GOD, IN YOUR MERCY HEAL OUR LAND

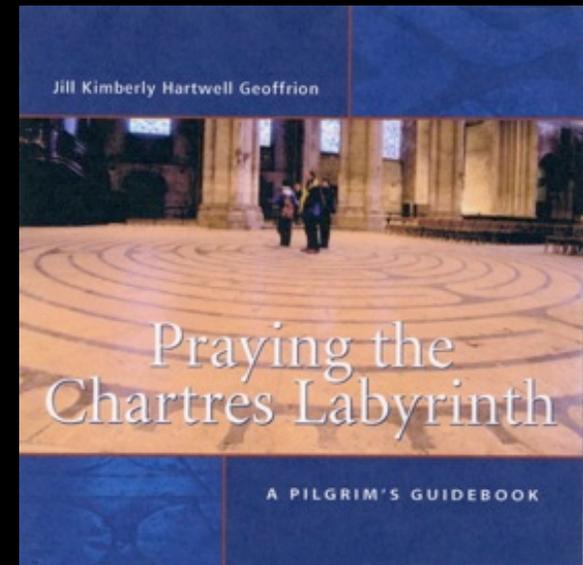
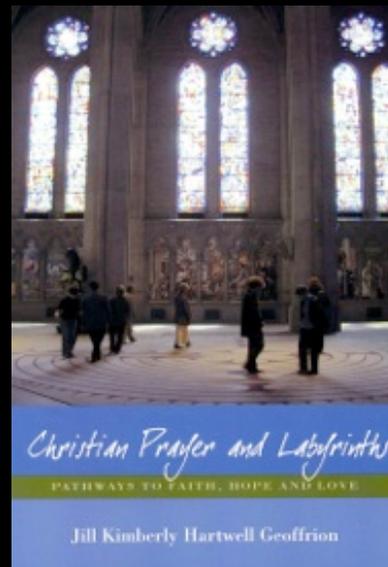
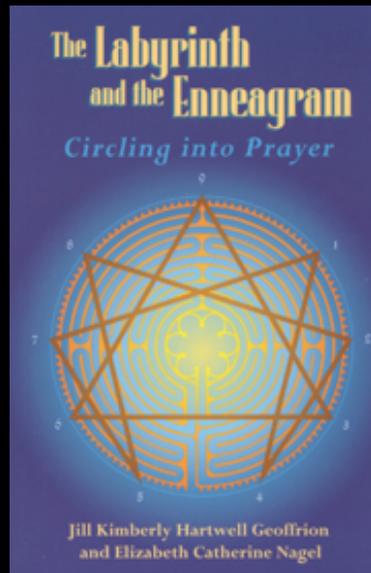
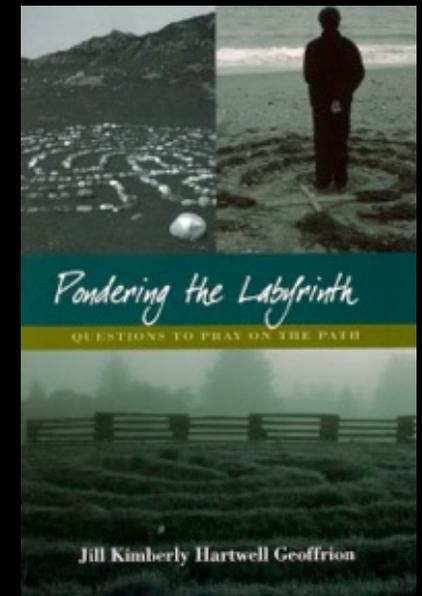
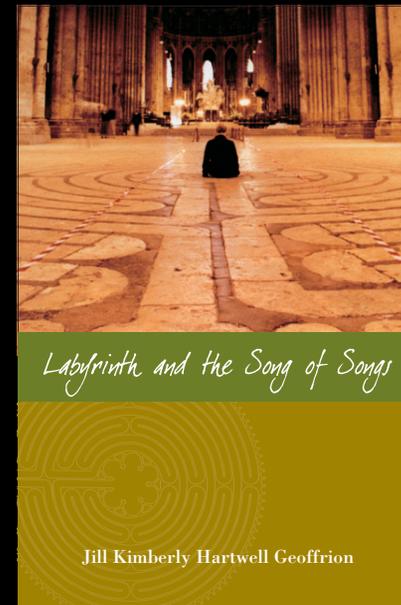
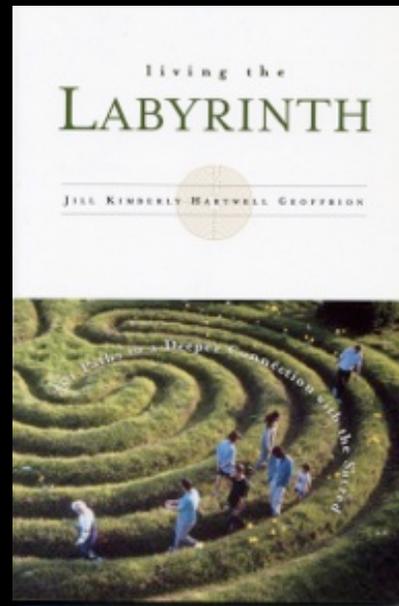
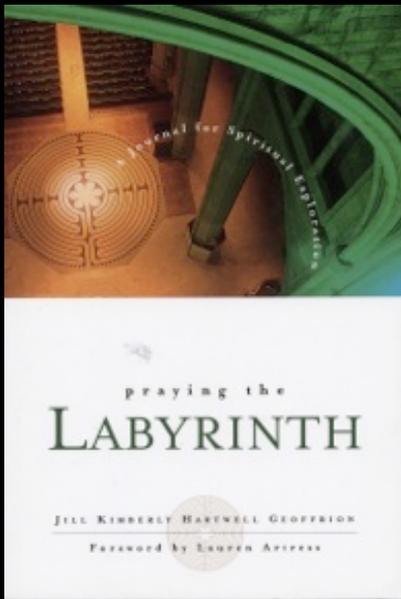
Your Turn

...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?**

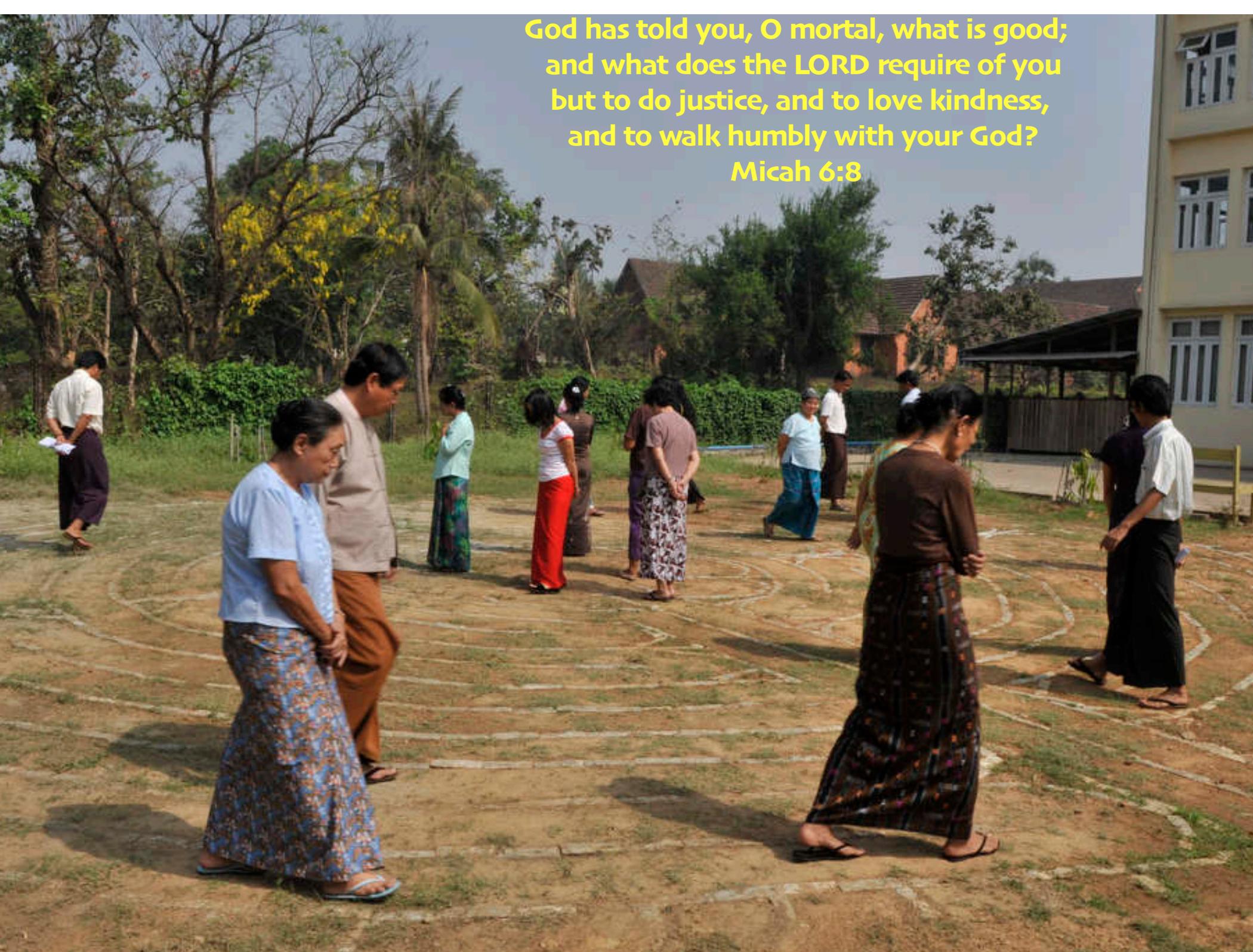
Praying the labyrinth can help us know the next step to take.

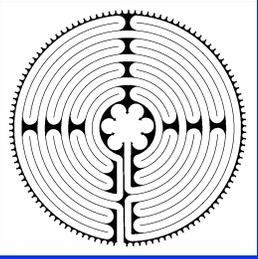


# Introducing Labyrinths

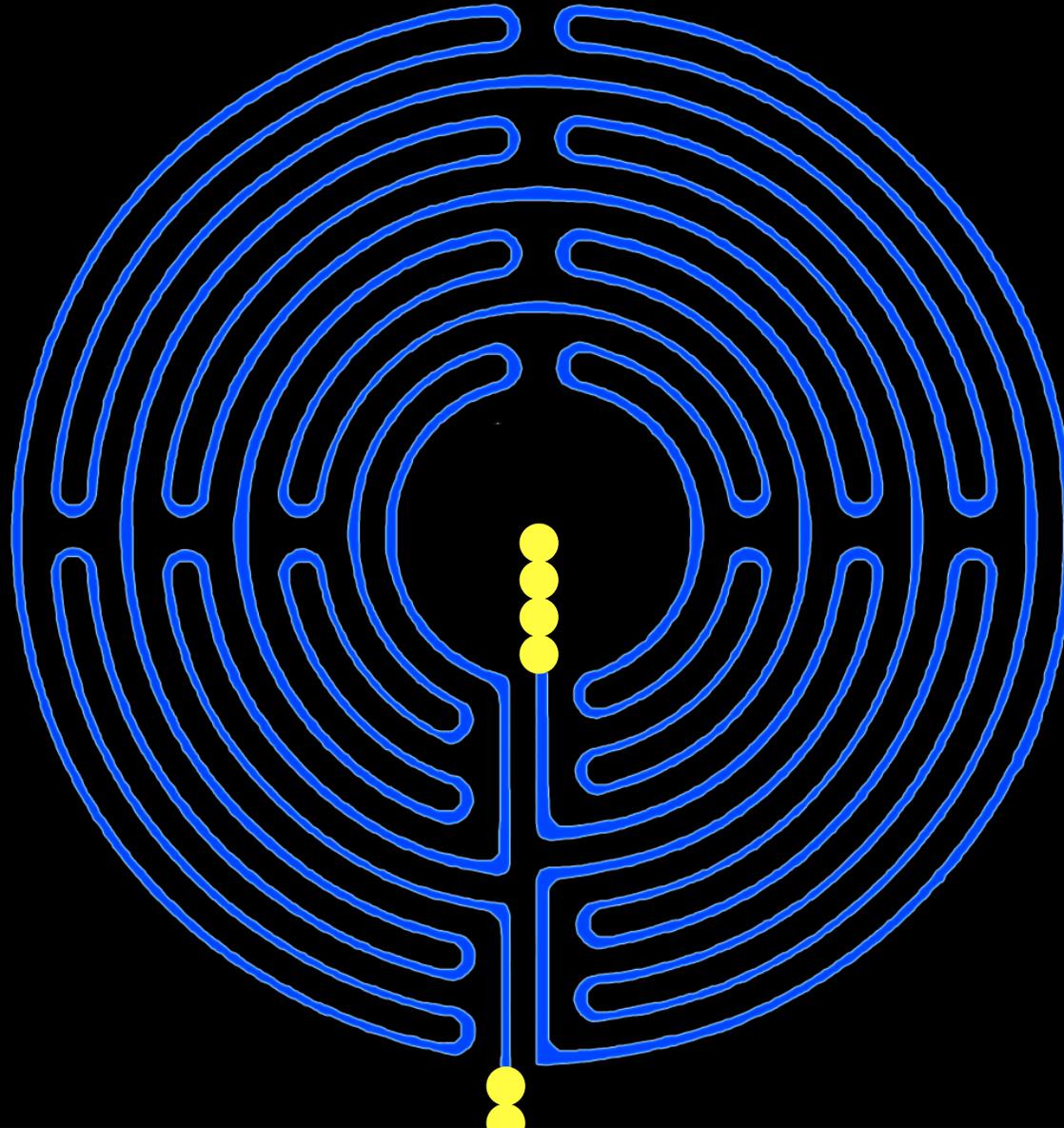
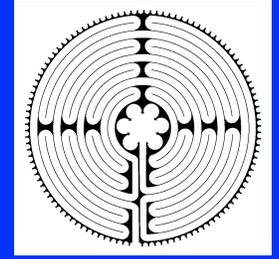


God has told you, O mortal, what is good;  
and what does the LORD require of you  
but to do justice, and to love kindness,  
and to walk humbly with your God?  
Micah 6:8

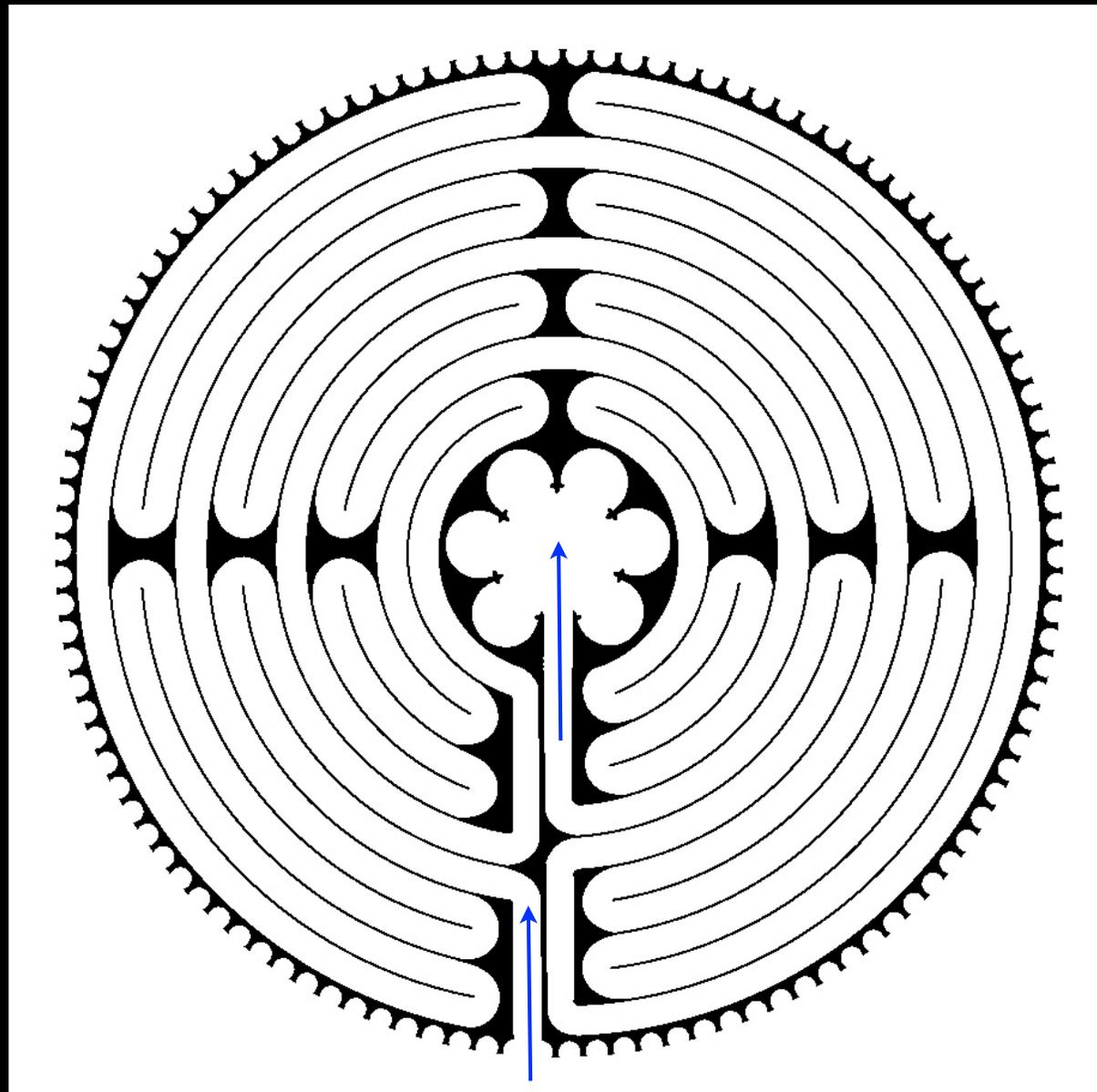




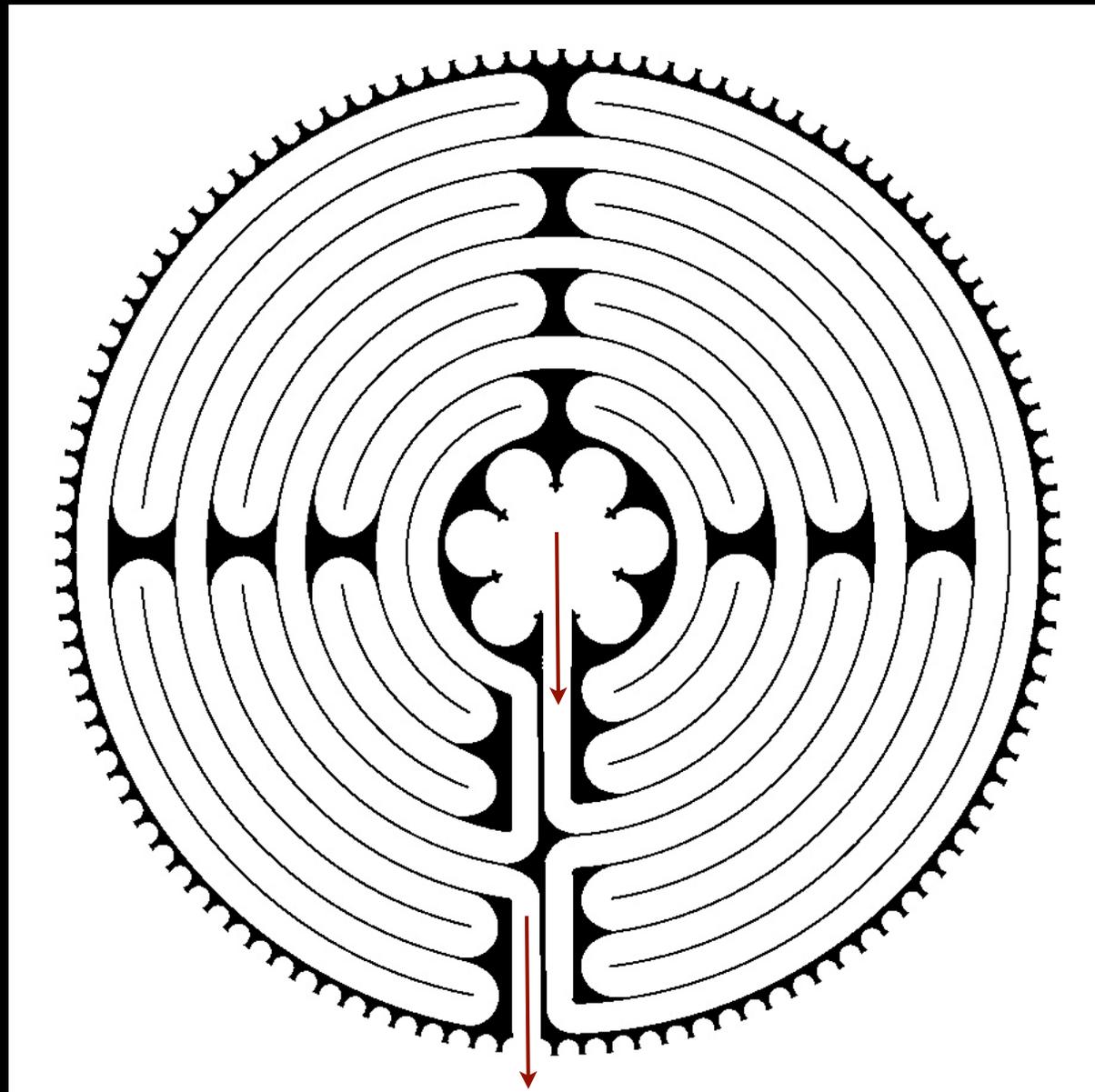
**A labyrinth is a winding path  
that leads to a center.**



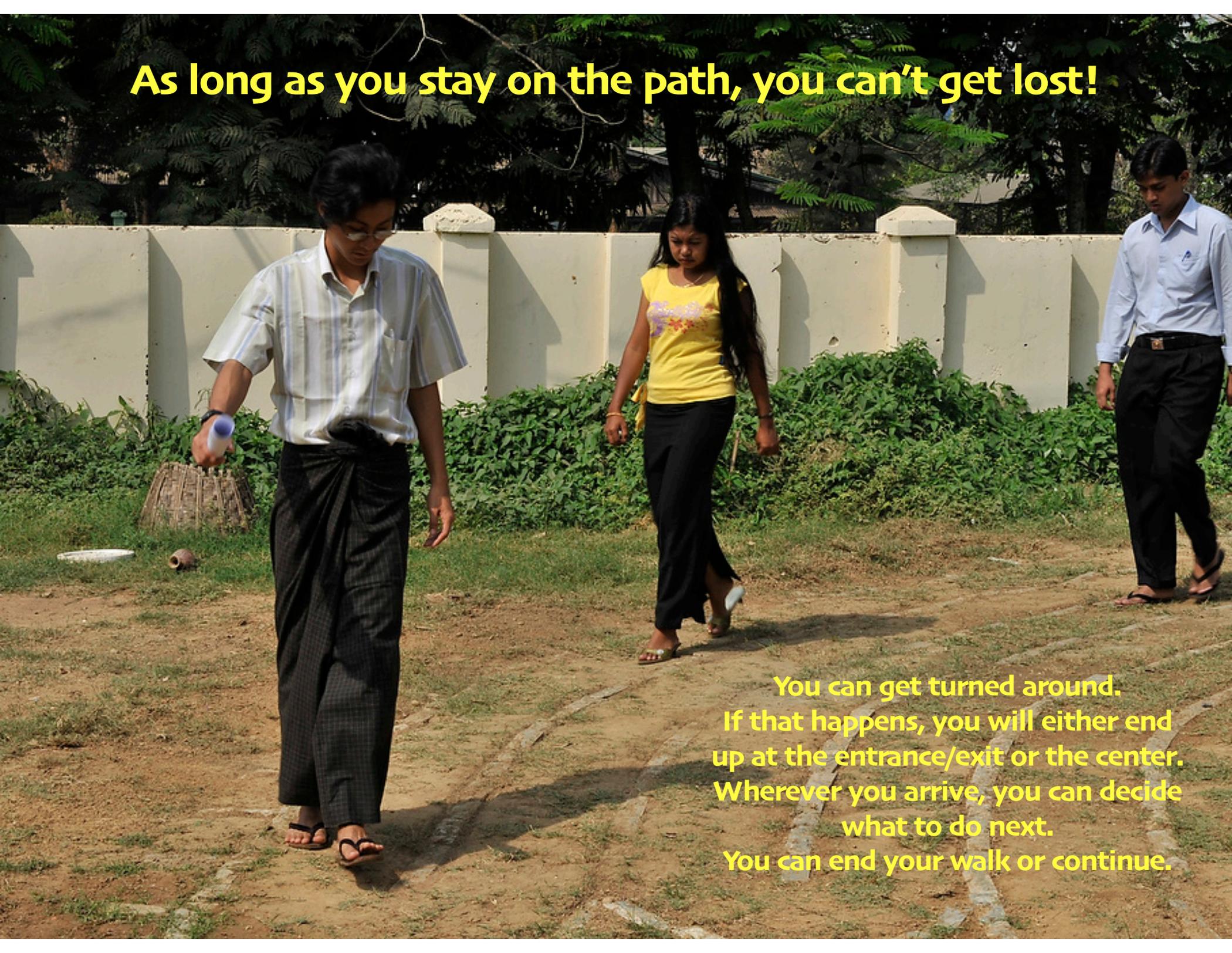
**You enter the labyrinth through the opening in its crown.  
Then, you follow the path to the center.**



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



**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.**

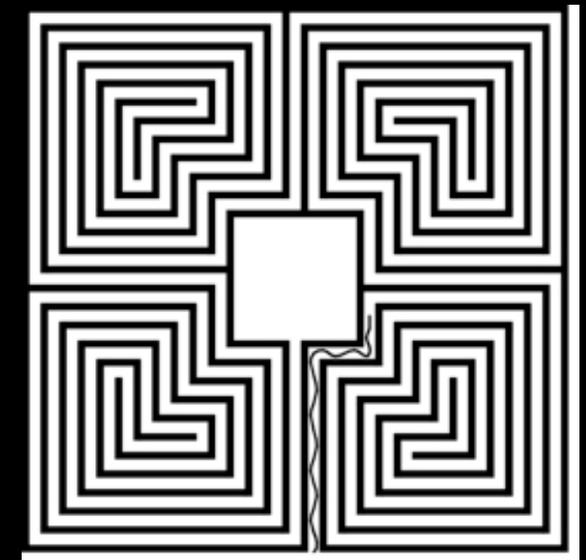
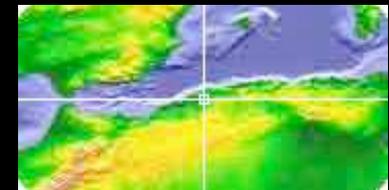
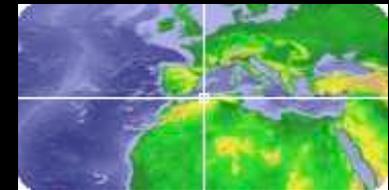
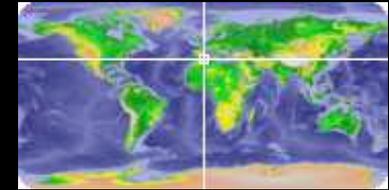
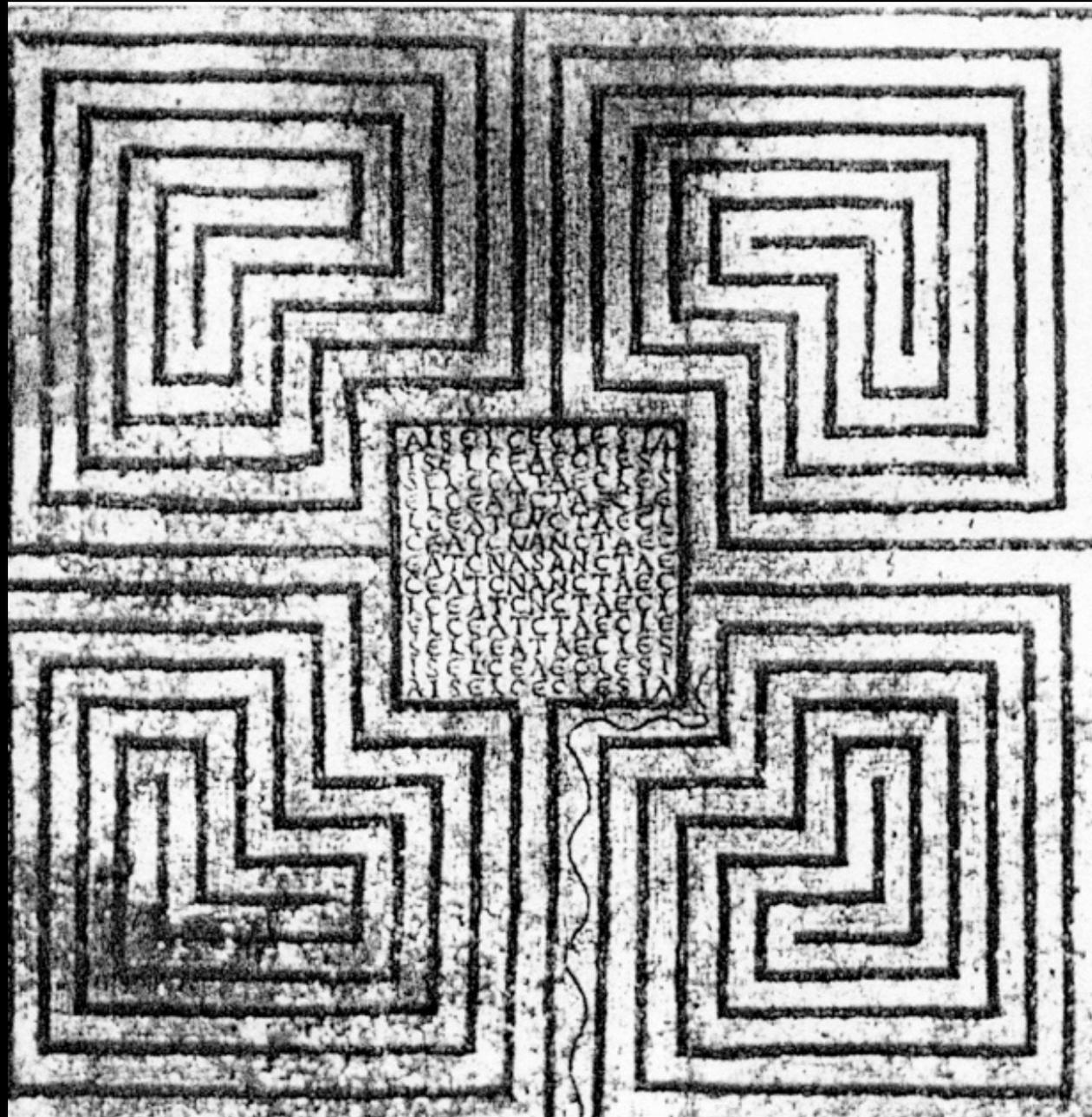
**We do not know the exact origins of labyrinths.  
There are ancient examples on every inhabited continent.**



**Goa, India 2,000-2500 BCE**

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

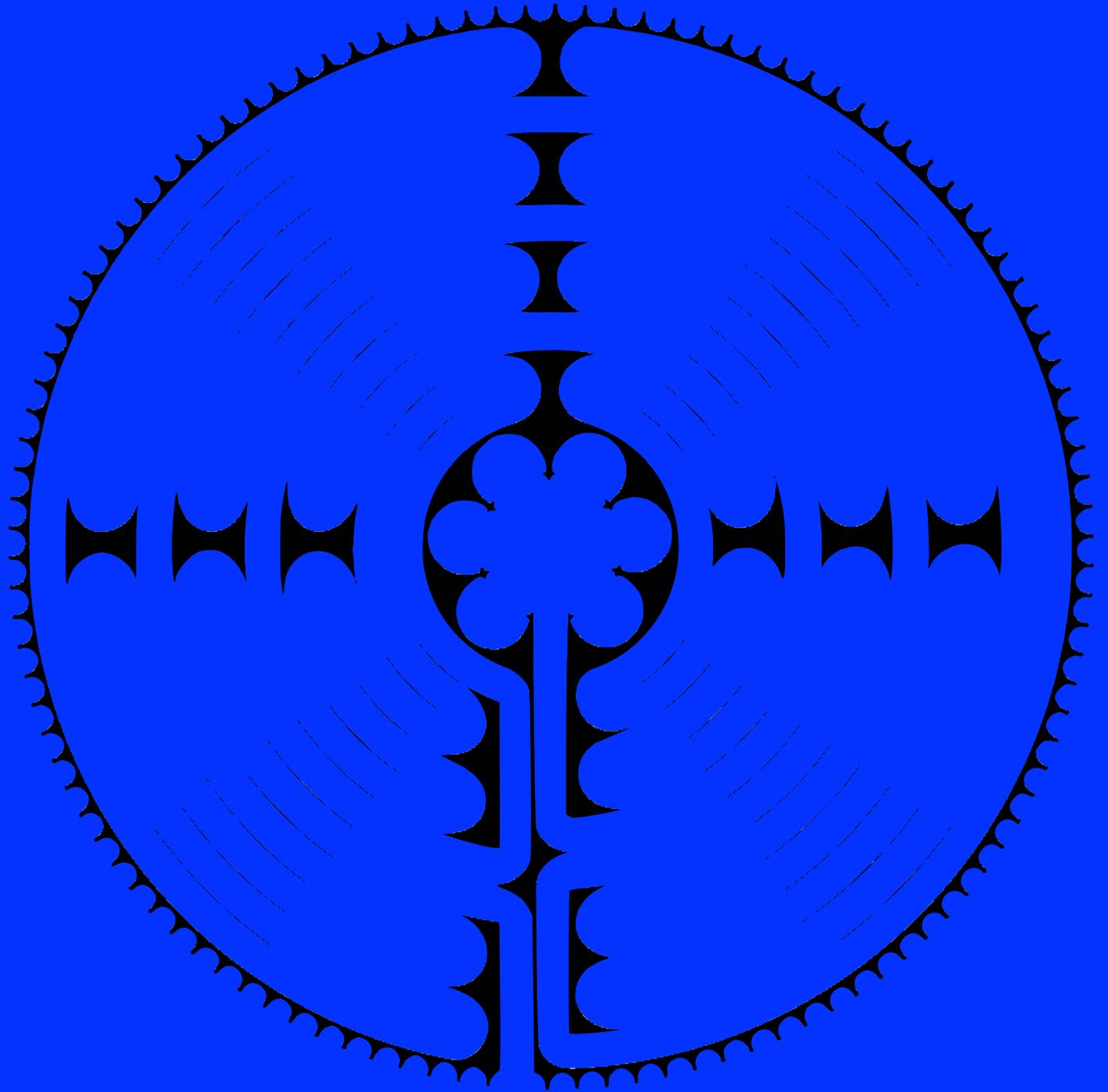
# The oldest surviving Christian labyrinth



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

**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**

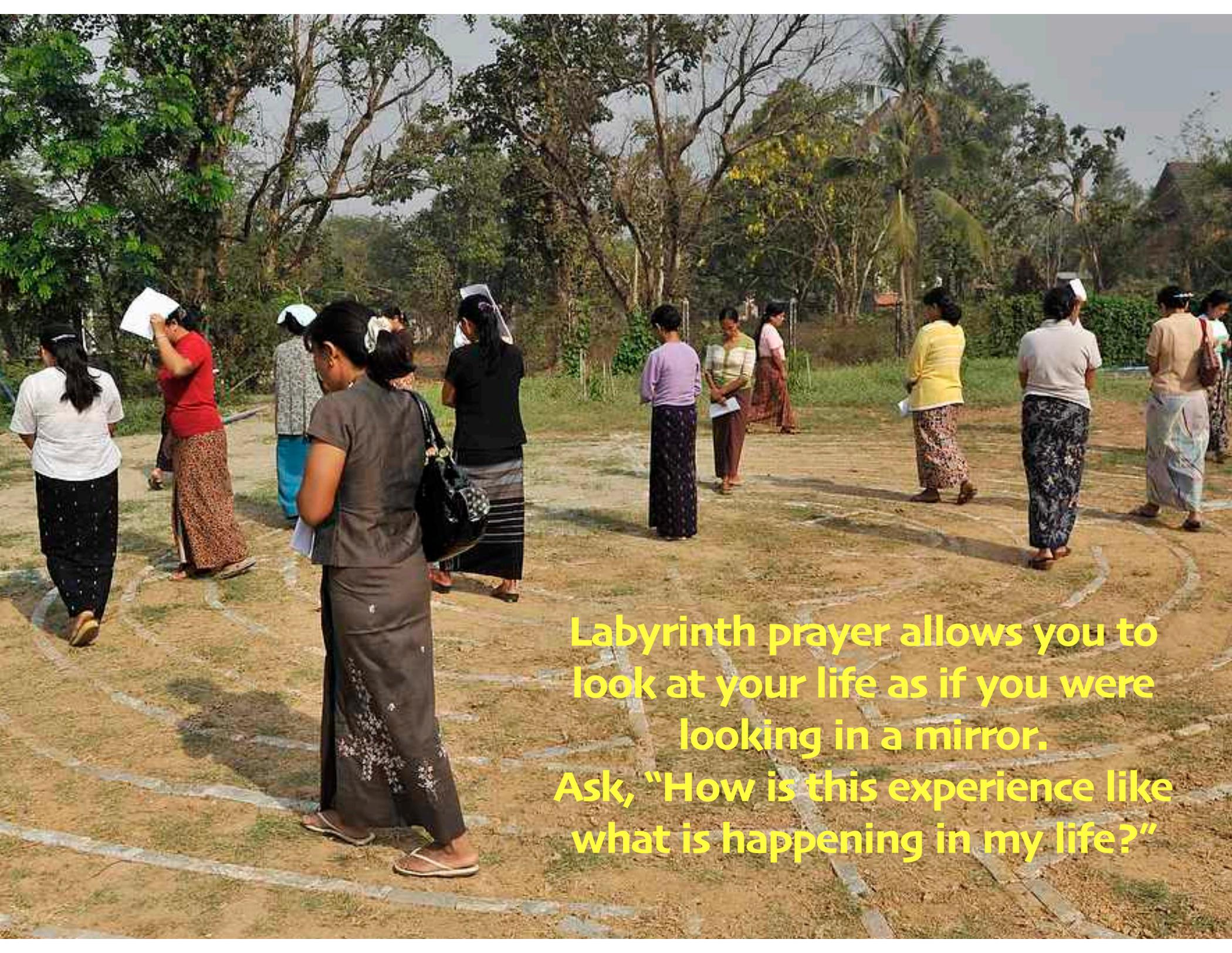


**Be curious.**

**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?"**

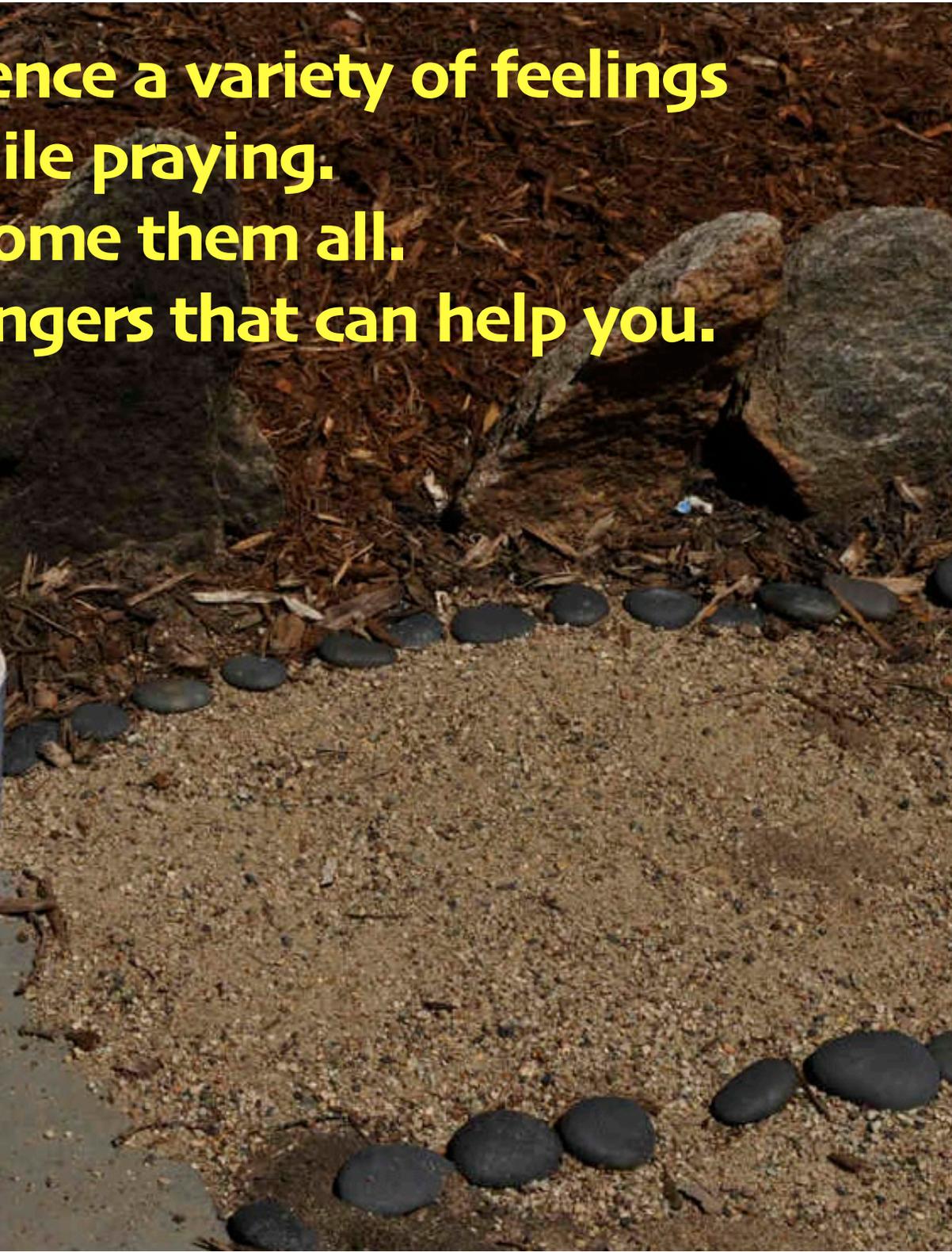
A group of people, including men and women in traditional Burmese attire (white shirts and sarongs), are walking on a dirt path. The path is marked with circular patterns drawn in white. The background is filled with lush green trees and a clear sky. The overall scene suggests a community activity or 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.**



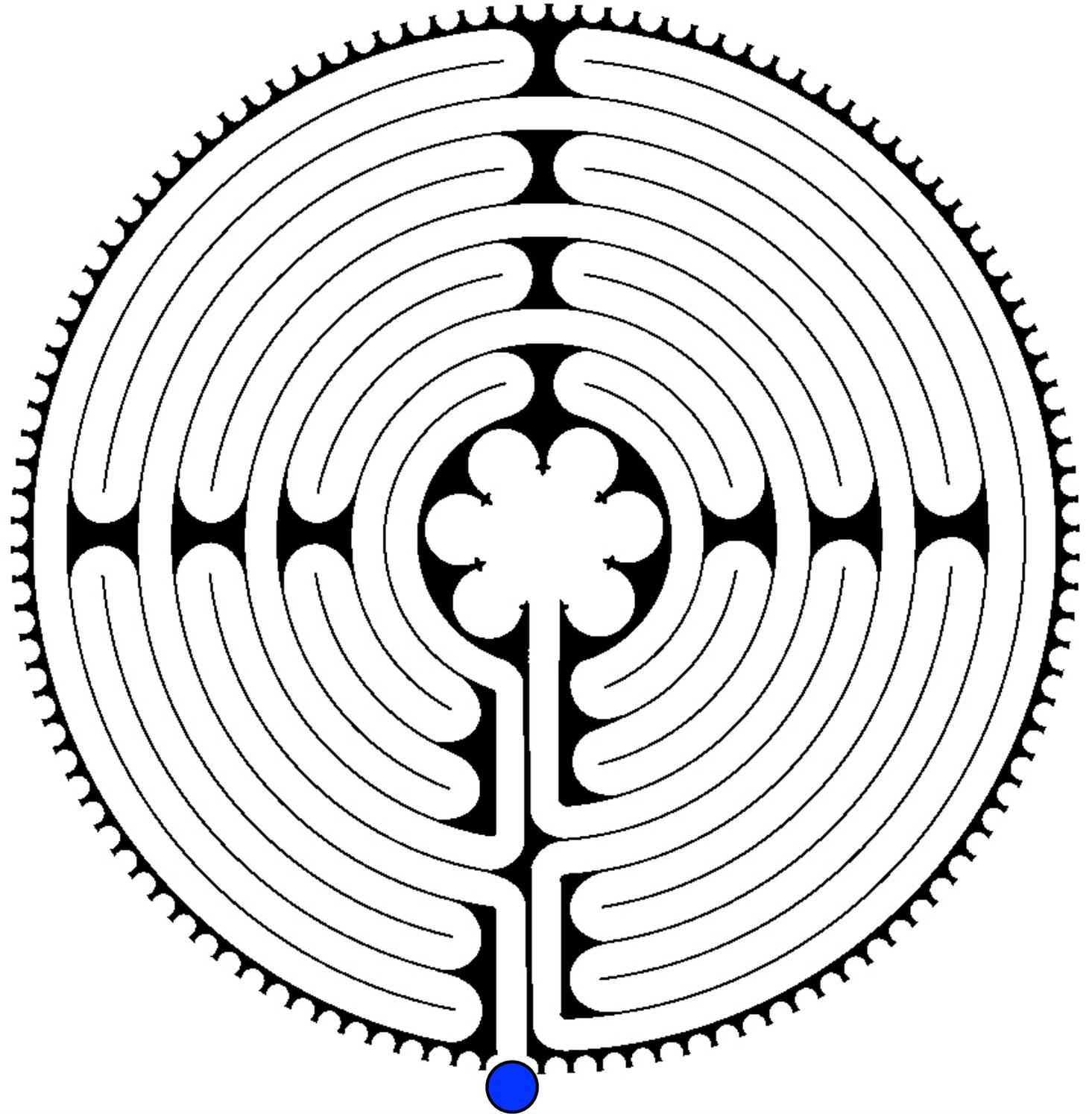
**pause...**

**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 a complex, circular path carved into a wooden surface, consisting of many semi-circular turns. The hand is positioned in the center of the labyrinth, with the index finger pointing along the path. The wood has a warm, natural tone and a smooth finish. The background is slightly blurred, showing a dark surface.

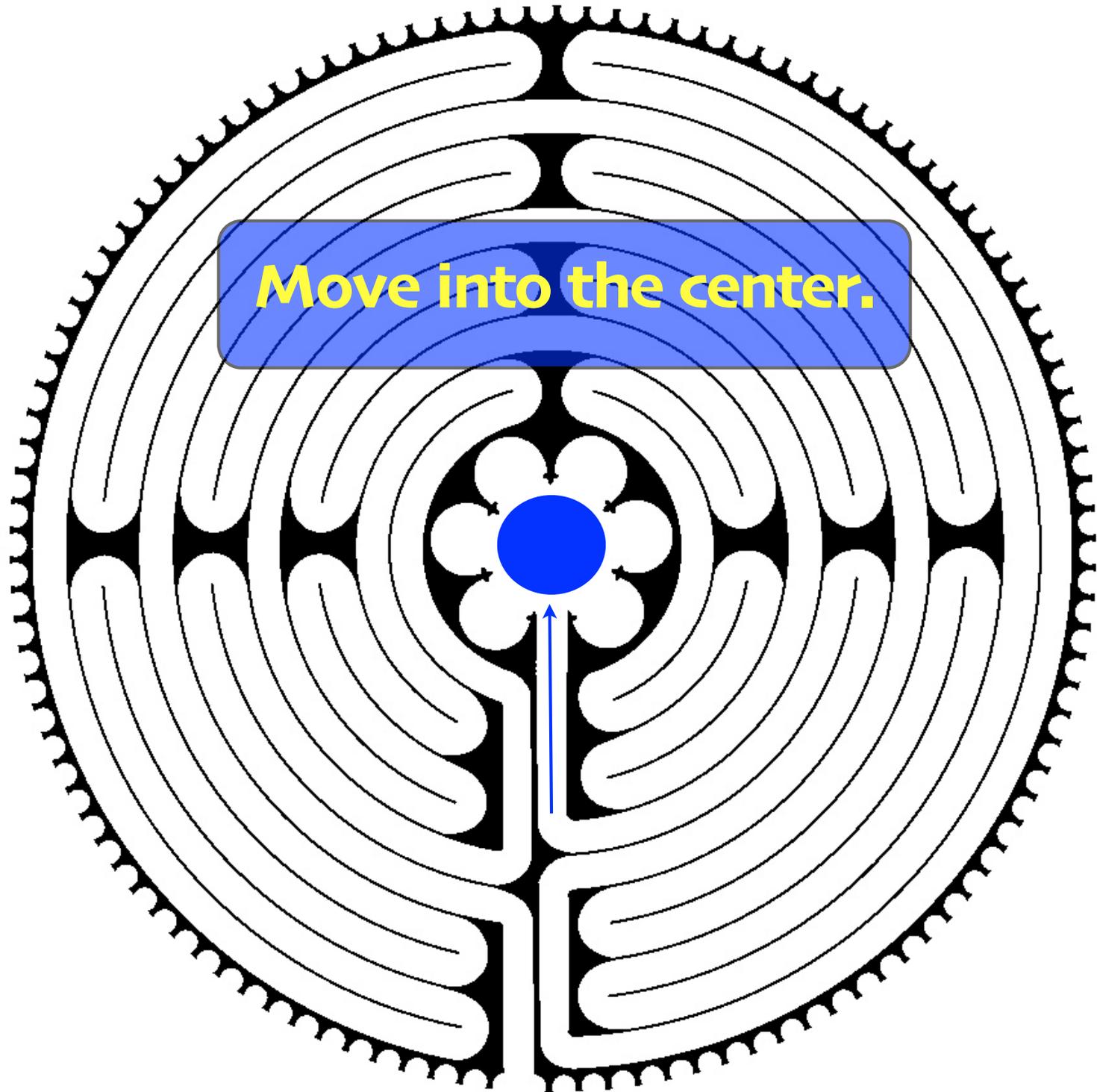
**Find the pace that is right for you.**

**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?**





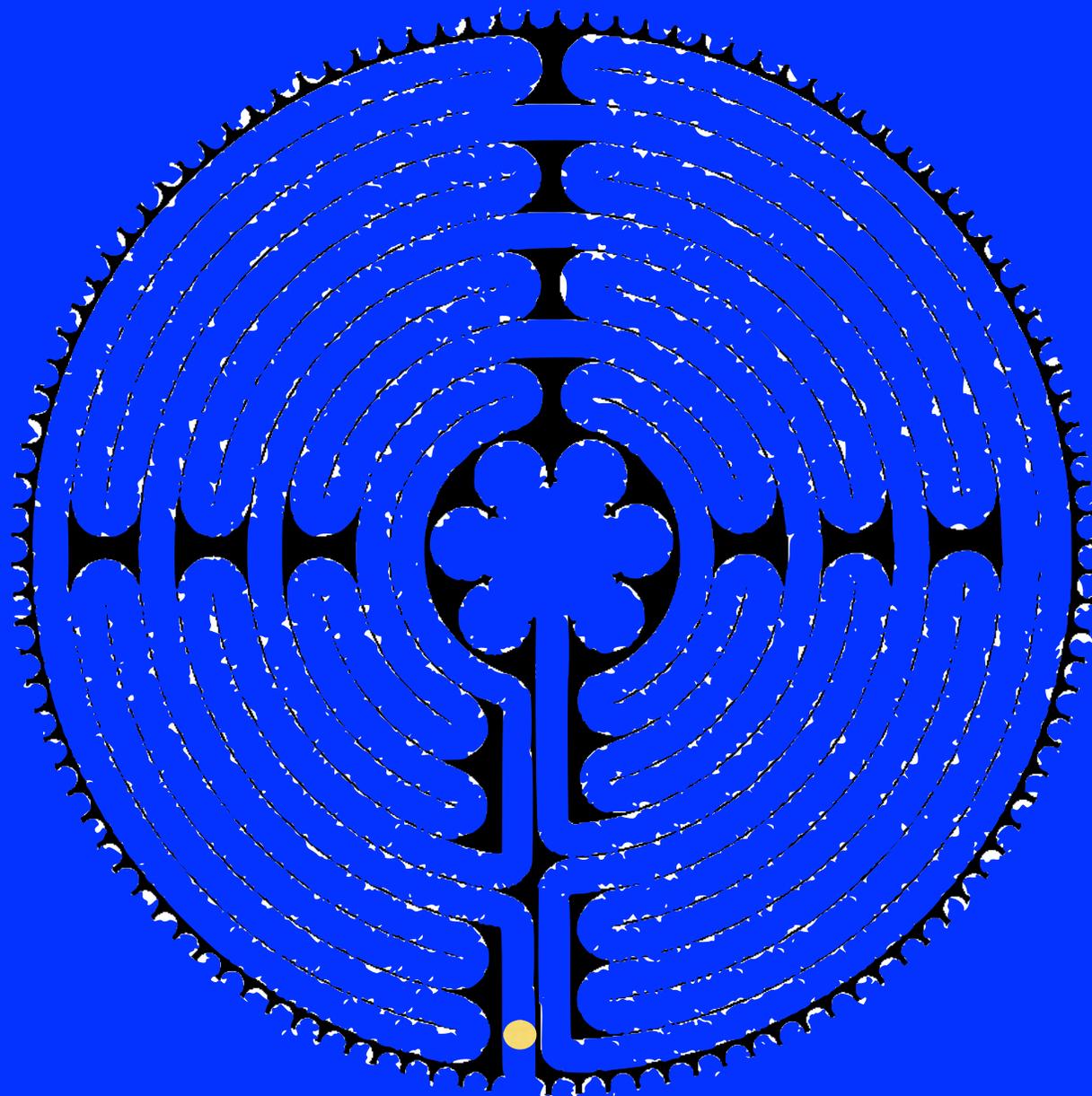
**Follow the  
path to  
the exit**



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



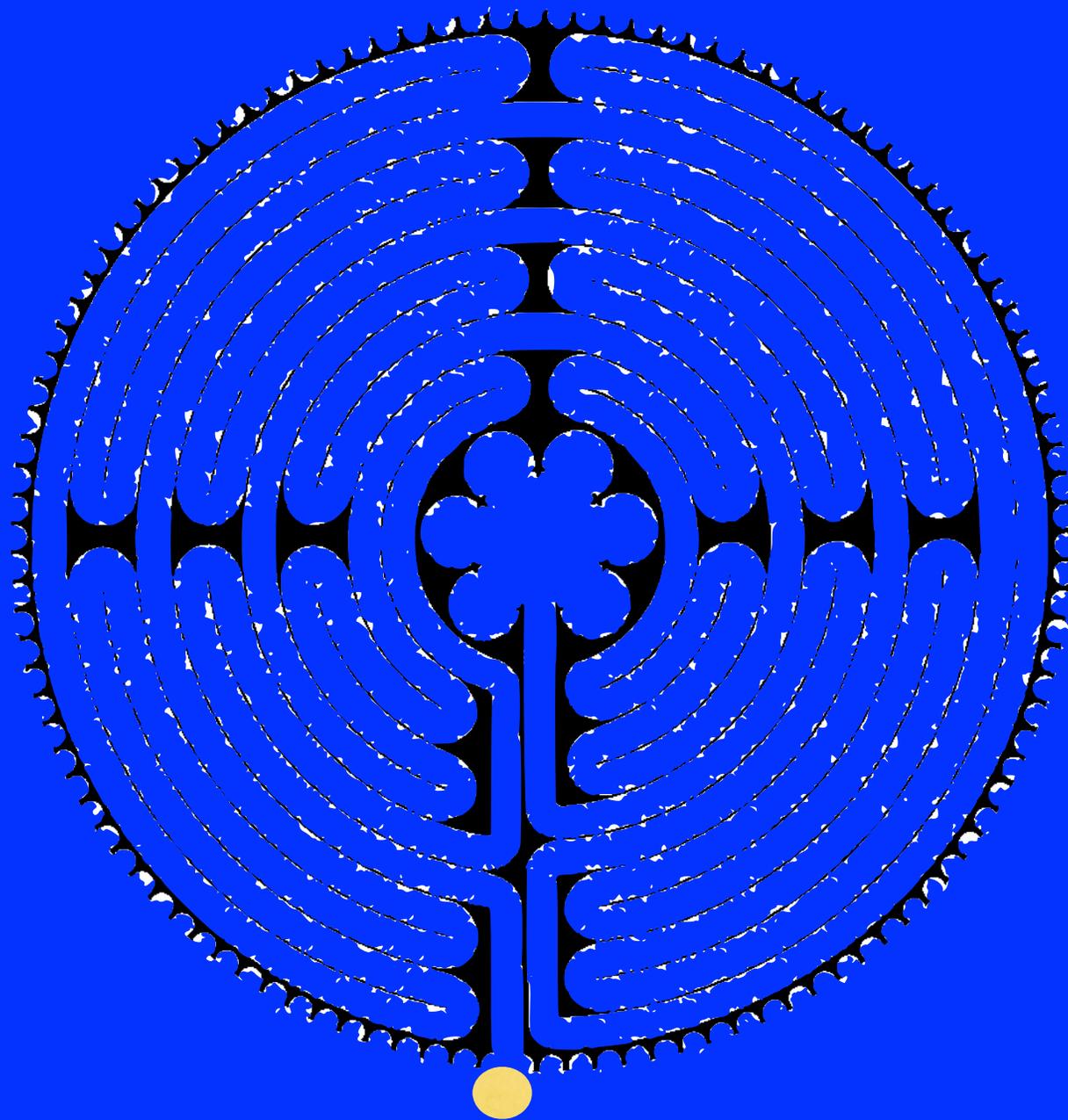
**Before you exit,  
pause.**



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 holding a blue pen and writing in an open notebook. 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 and white patterned mat.

**What did God communicate?**

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

**What are my next steps?**

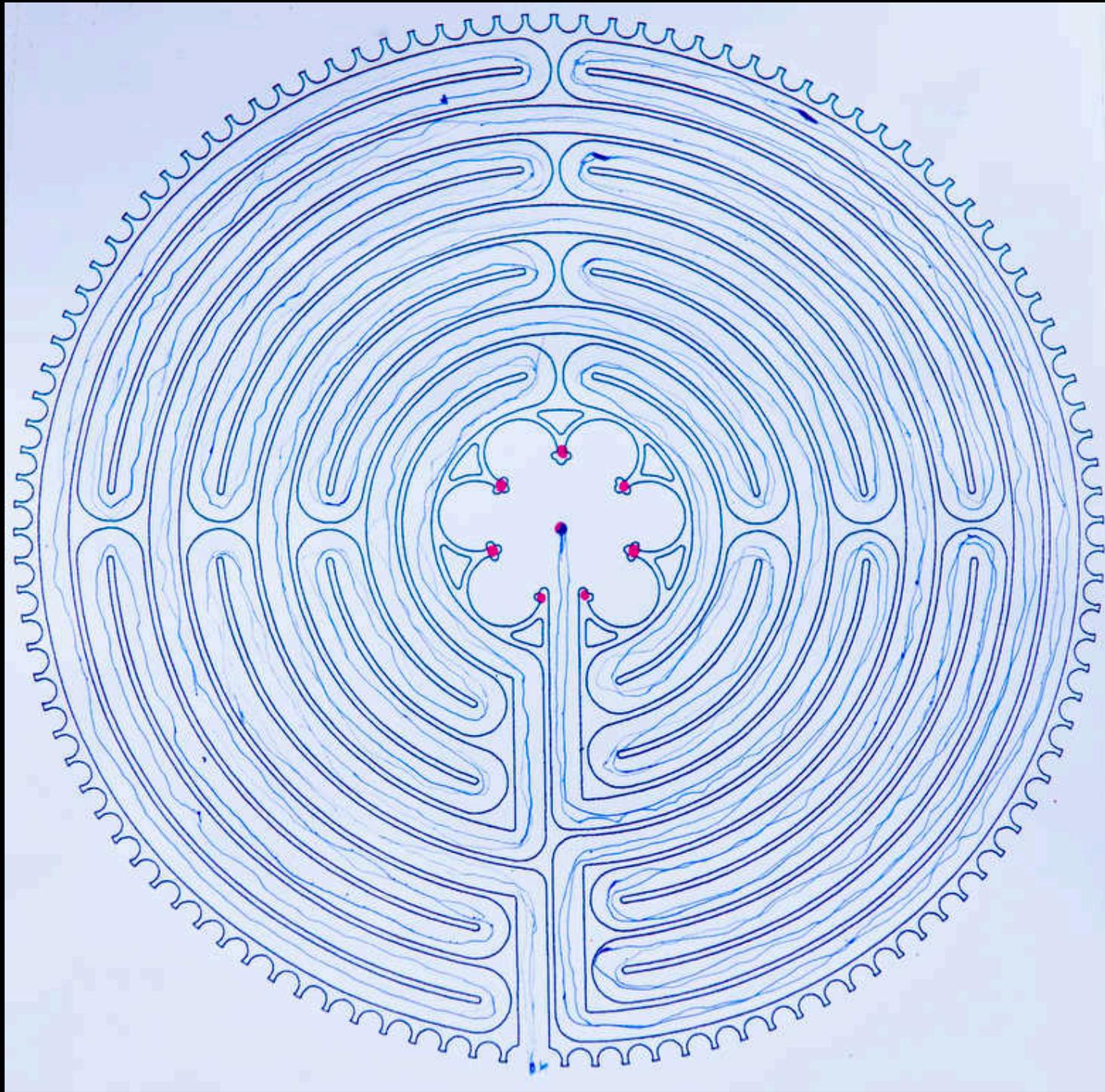


Asking  
your  
questions

# Experiencing Labyrinth Prayer



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



**Pause.**

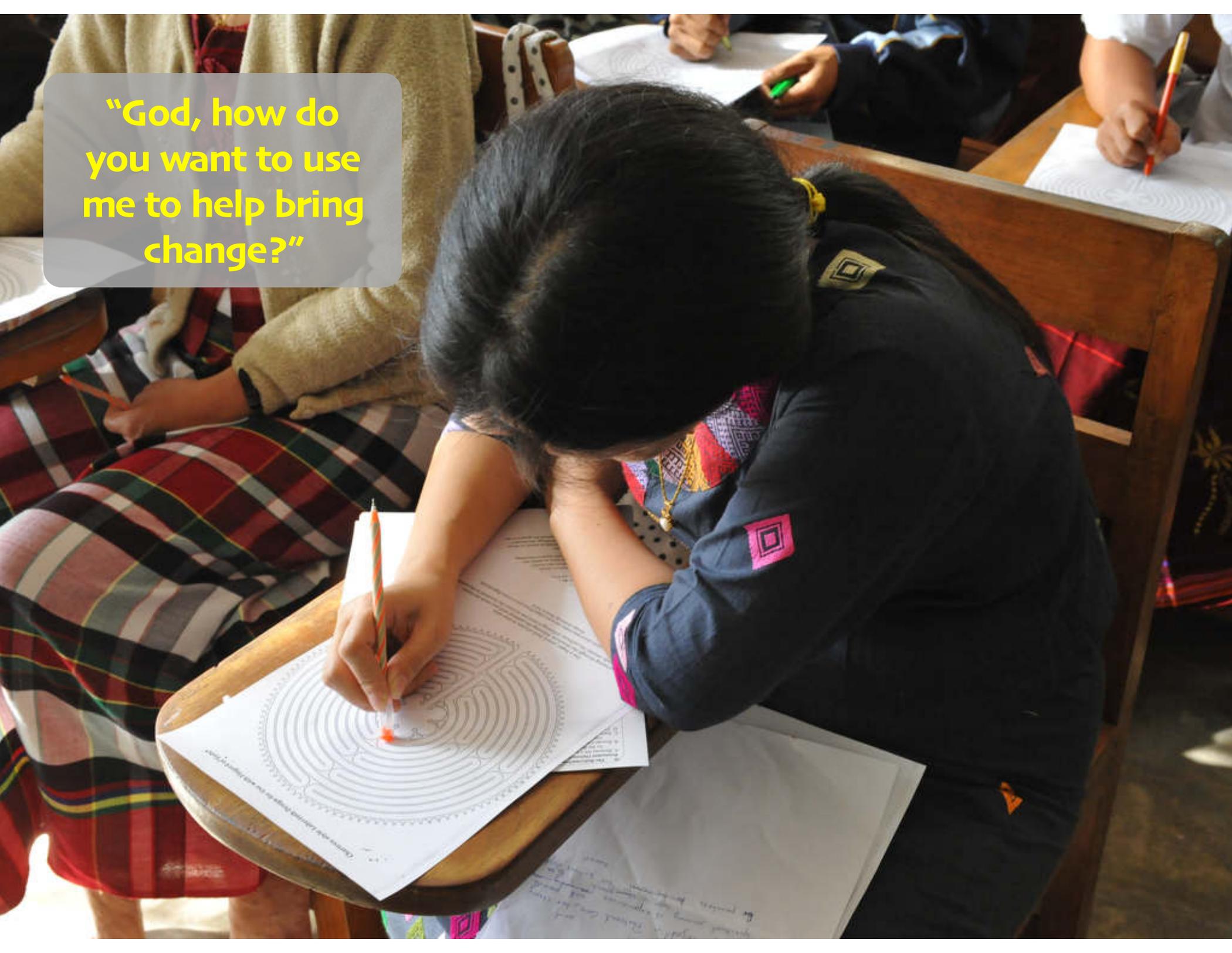
**Take a deep breath.**

**Listen with your heart.**

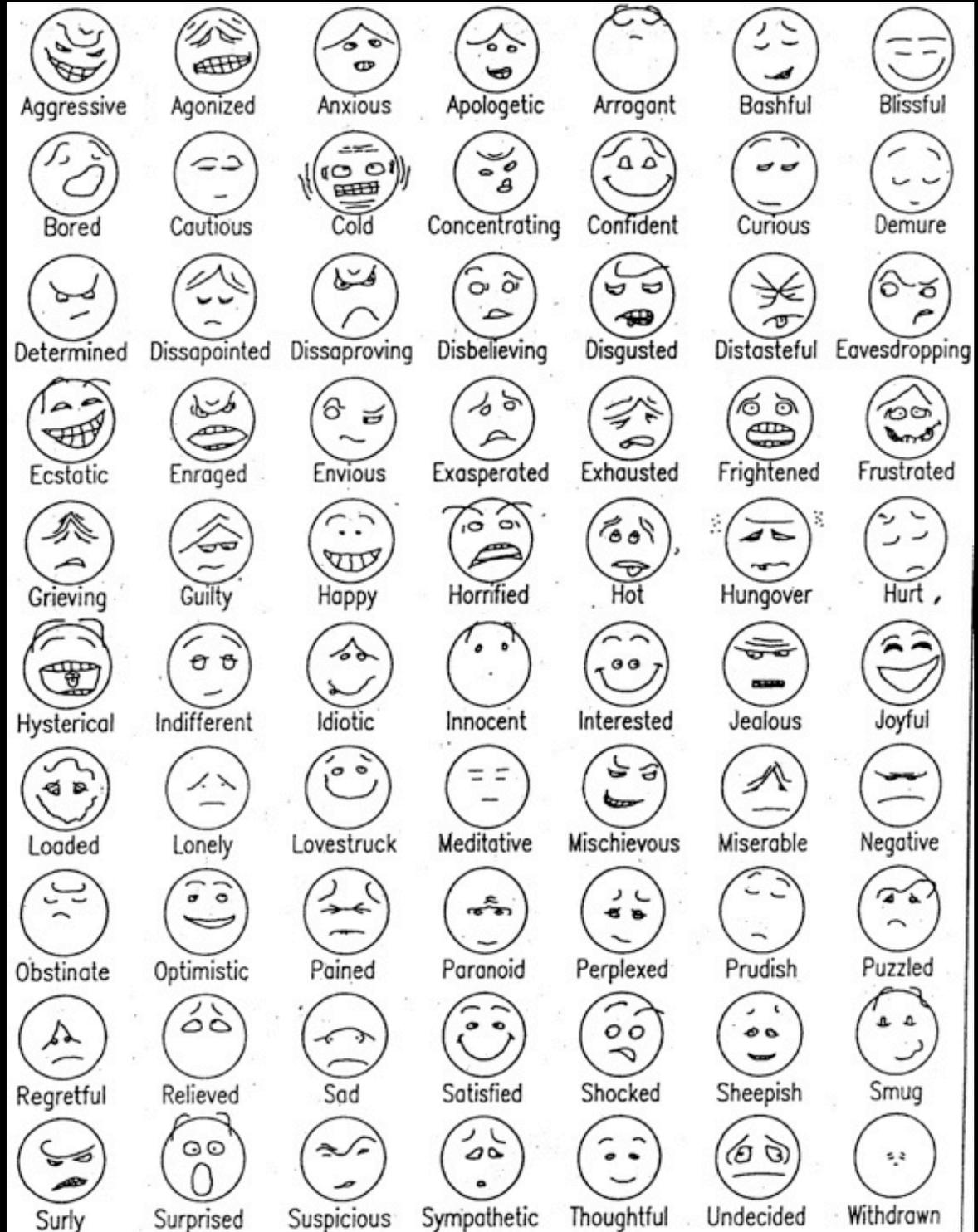
**Let us pray.**

Photo: Lun Man Hau

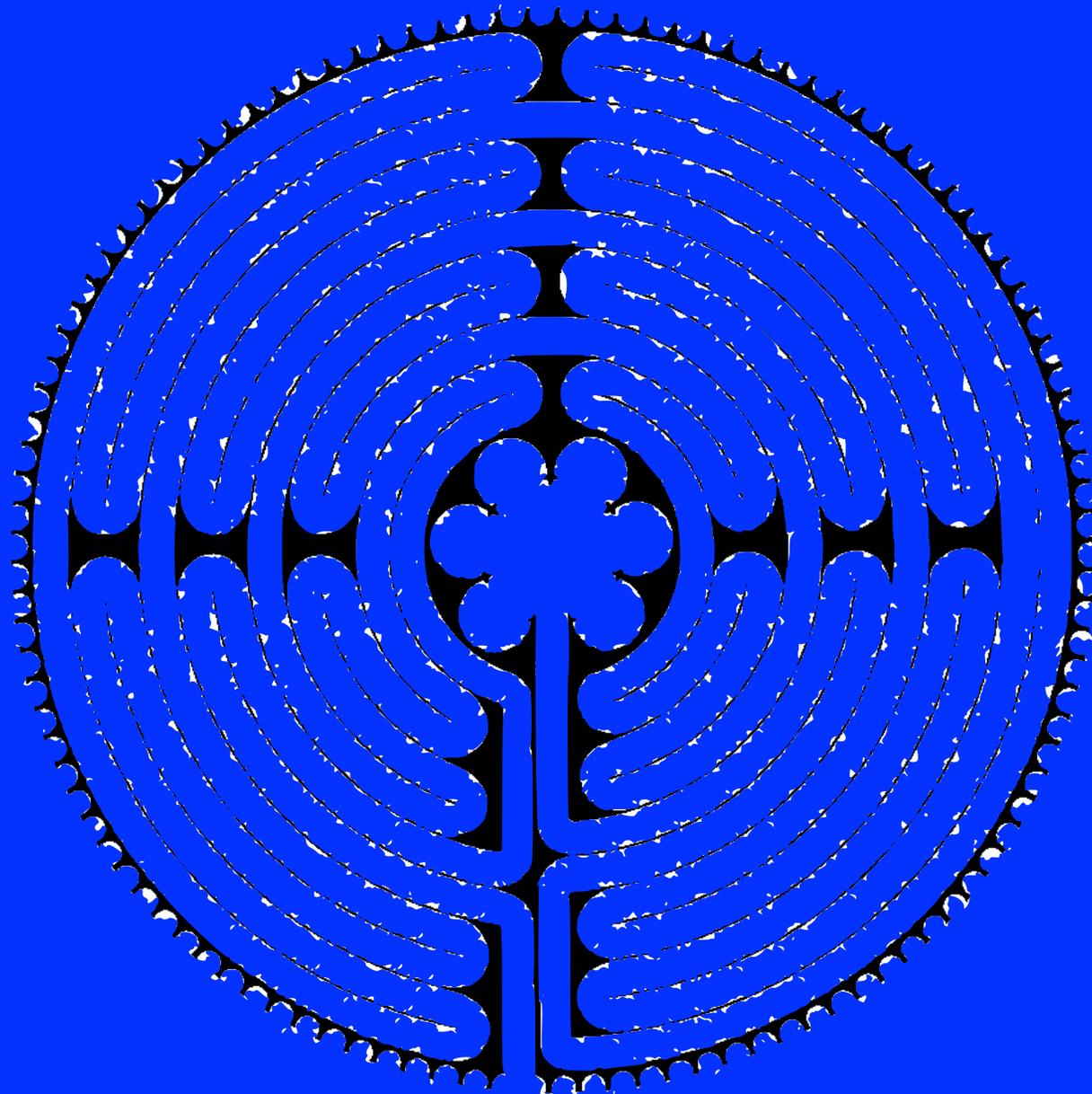
**“God, how do  
you want to use  
me to help bring  
change?”**

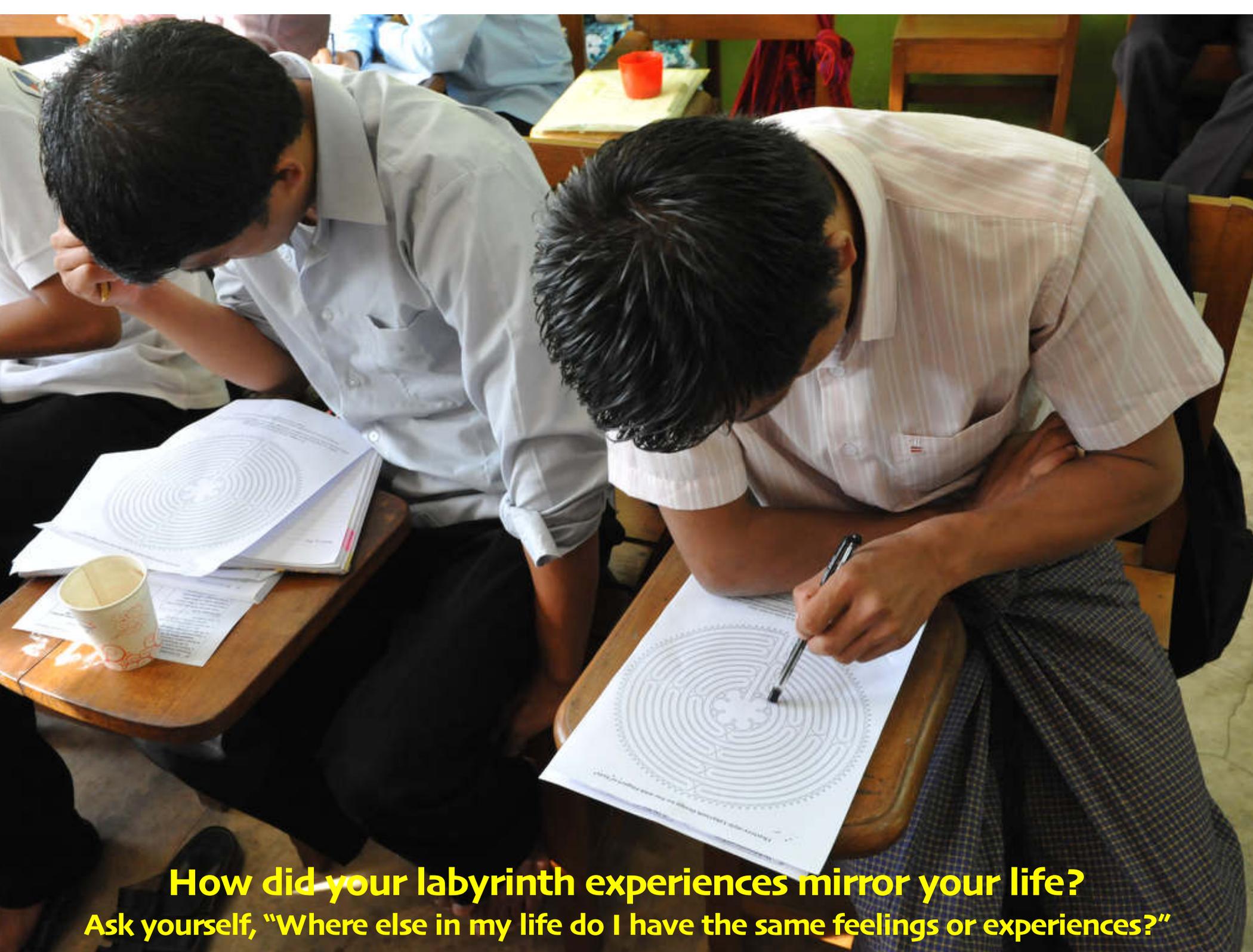


**Share one  
or two feelings  
you are  
experiencing  
right now.**



**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 the person's arms highlighted against the dark, shadowed interior.

ministry website [www.fhlglobal.org](http://www.fhlglobal.org)

labyrinth resources by jill [www.jillgeoffrion.com](http://www.jillgeoffrion.com)

journey blog by jill [jillgeoffrion.wordpress.com](http://jillgeoffrion.wordpress.com)

Jill's email: [jill.geoffrion@fhlglobal.org](mailto:jill.geoffrion@fhlglobal.org)