



UMin Spiritual Rhythm of Prayer Labyrinth *An Invitation for Our SPU Community* Self-Care 2020

Remembering | Releasing | Receiving | Returning



Labyrinths have been around for thousands of years. The circle and the path are symbols found across cultures and religious traditions. The labyrinth and other spiritual practices help to ground us during unsettled times when our foundations seem to shift, we can as Richard Rohr says, “gradually come to recognize that this thing we call ‘thinking’ does not enable us to love God and love others. We [personally and our society] need a different operating system”. Walking and praying a labyrinth is an invitation to a pathway where we can be our full selves, take a deep breath and receive mercy. God can hold and transform us in the moments of journeying through the labyrinth.

During this election week, you may be experiencing a variety of emotions and pondering many different questions and convictions. The labyrinth is an invitation to bring all of that with you to a time of meditation and reflection. When engaging or praying a labyrinth, a person travels on a single path where the way in is the same way out. The person follows the path as it winds through the labyrinth. There is no right or wrong way to walk it. On this path, we bring all of our cares and thoughts in this walk of life on our journey to the center. The labyrinth can be a metaphor for how we walk through life and the situations that may be currently confronting us. It is an invitation for people to open themselves up and to release and offer what we bring to the center with the invitation to open oneself up to the presence of God in the journey and to ground oneself in stillness, quiet and rest and pause in prayer and reflection in the center. Then turning to return, walking from the center outward through meditation.

You are invited to walk through the labyrinth and in the future to download and pray with the finger labyrinth found at the link below. In her book *Walking a Sacred Path: Rediscovering the Labyrinth as a Spiritual Tool*, Lauren Artress presents a four-fold path for praying the labyrinth:

Remembering: be open as you begin, notice what comes and remember you are loved. Welcome God.

Releasing: on the way to the center, release those things that are causing you pain and confusion.

Receiving: enjoy the center, be still and linger. Take a deep breath. Receive what God has for you.

Returning: moving back out into the world, more replenished, grounded, empowered, receiving a kindness and mercy. Look for an invitation with God to do the work in the world that is yours to do.

We continue to invite you to pray with our campus and community and “to act justly and to love mercy and to walk humbly with your God” (Micah 6:8). In our Prayer and Lament chapel in the Spring 2020, Dr. Newby exhorted us to, “Take courage. God didn’t bring us this far to leave us hanging. We are all invited to join in the work of the Kingdom. Be blessed. Make a change. We shall live in peace, get the vision. . . “ May it be so.

Finger Labyrinth: <https://zdi1.zd-cms.com/cms/res/files/382/ChartresLabyrinth.pdf>