

Notes to the Leader for Session 75 – The Labyrinth

About This Topic

The labyrinth is one of the most useful spiritual tools, our church offers to its congregants and friends. At this time of the year when the noise, the expectations, the excitements and perhaps the disappointments of the just-past festivities might have left our spirits weary and tired, walking the labyrinth could be exactly what we need to do to calm, soothe and heal ourselves. Walking the labyrinth either alone or as part of a group is an activity guaranteed to bring a different perspective to our lives.

Session Preparation

- Talk with your group about when you would like to schedule this session.
- Call Laura Diaz to reserve the sanctuary.
- Get to the church 10 to 30 minutes ahead of time to set up, 10 minutes if not using candles; 30 minutes otherwise.
- The Labyrinth Guild keeps a set-up box in the closet under the staircase leading up to the balcony. Inside you will find all the basic tools for hosting a walk for your group. Wheel the cart to the seats at the back of the entrance to the labyrinth.
- Lay the tablecloth on the table and the registry open to the last page. The Labyrinth Guild would love it if you could ask walkers to write in the logbook upon completing their walk. This simply records the variety of experiences and lets them know how many people use this spiritual tool in our community
- The CD player can be plugged in either under the podium with the sound facing the labyrinth or on the last chair closest to the swinging doors at the back of the sanctuary. A box of appropriate CDs allows you to choose the music that suits your day/night. It is fine to simply be curious about how certain music sounds and play that without knowing it ahead of time. Of course you may come in early and try out a few and then select.
- Button 2 will light the dome OR Button number 4 on the light wand will illuminate the dome and the UU symbols and is very beautiful night or day. Point it toward the Hattie Porter EXIT door at the light knob on the ceiling until it flashes red and the lights come on.
- If you want to surround the labyrinth with candles you will need to bring your own. We suggest paper or foam plates and tea lights to protect the carpet from drips. One suggestion is to place them every third lutation. You may choose to use the large, wooden candle holders which are located in the worship associates closet but you need to provide candles for that and it is more time consuming although beautiful.
- Often the Tingsa Chimes are placed at the entrance to the labyrinth for individuals to ring as they enter or exit.
- A tissue box also should be left near the entrance.
- Please remove shoes before walking unless you need them for support.
- After everyone has walked and before leaving please repack the box and return it under the staircase.
- Don't forget to turn off the lights in the sanctuary

Please feel free to contact Oona Cadorin, Belinda Hoose, Frank Farris or Susan Burke DiQuisto for assistance or guidance if you should have any questions or hesitations about bringing your group in.

The depth of this session will be enhanced if each member thinks about the topic in advance. Please distribute the preparation sheet at the end of the prior session and make sure absent members receive a copy.

Preliminaries

Remind members of the next meeting date. Get volunteers to light the chalice, read the opening poem, and read the closing poem. Outline how the session will go.

Timekeeping

Use this timetable as an aid to keep the gathering on track.

Preliminaries	2 minutes
Opening	2 minute
Check-in	15 minutes
Walking the labyrinth	40 minutes
Deep listening	50 minutes
Song	1 minute
<u>Closing</u>	<u>2 minute</u>
Total	approx. 110 minutes

Preparation for the Next Session

Make sure everyone gets a copy of the preparation sheet for the next session.