

- J.W. Brown

A labyrinth may be many things to many people, and yet, not be the same experience for the same person at a different time.

The journey through a labyrinth helps us to focus on our faith, understand the contradictions we endure, and love ourselves and others whom we may overlook within our "warp factor" society.

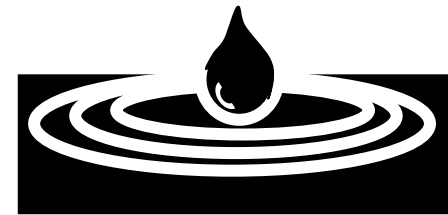
Although primarily a tool derived from the Christian faith, this is a path for anyone to use to help develop ourselves and our relationships with our creator, family, friends, associates, and acquaintances.

All of nature is built upon subtle, but absolutely critical patterns. From our own DNA chains, to the migration patterns of wildlife, we exist within patterns.

The labyrinth is, in essence, a simple pattern that encourages tranquility, understanding, peace, and love.

When walking through a labyrinth, we reach within ourselves and find the essence of our creation.

A simple pattern, but critical to our being.



SMALL GROUP MINISTRY
FIRST UNITARIAN CHURCH OF
SAN JOSE

The Labyrinth

Remove the sandals from your feet, for the place on which you are standing is holy ground.

- Exodus 3:5b

Keep walking, though there's no place to get to.
Don't try to see through the distances.
That's not for human beings. Move within,
but don't move the way fear makes you move.
Walk to the well.

Turn as the earth and the moon turn,
circling what they love.
Whatever circles comes from the center.

-Rumi

Preliminaries Announcements, chalice lighter, reader to lead responsive readings.

Opening/ Chalice Lighting The same stream of life that runs through my veins night and day runs though the world and dances in rhythmic measure.
(read responsively)
Rabindranath Tagore, Hymnal #529

It is the same life that shoots in joy though the dust of the earth in numberless blades of grass and breaks into tumultuous waves of leaves and flowers.

It is the same life that is rocked in the ocean-cradle of birth and death, in ebb and in flow.

I feel my limbs are made glorious by the touch of this world of life. and my pride is from the life-throb of ages dancing in my blood this moment.

Check-in Take a minute or two to share briefly the high point or the low point of your life since the time we last met.

Walking the Labyrinth

Sharing/ Deep Listening This is a time to share something about your experience of walking the labyrinth.

Singing Hymnal #184
Be ye lamps unto yourselves;
be your own confidence;
hold to the truth within yourselves
as to the only lamp.

Closing/ Extinguishing the Chalice (stand)
- Barbara Pescan, Hymnal #534

Gloria
The tenacity of Earth and its creatures.

Kyrie Eleison
These children who will go on to save what we cannot

Baruch ata adonai
The ordinary tenacity of plants and of people.

Om
The center of the universe which is everywhere, not the least place in the human heart.

Alleluia
Love that survives anger, and winter, and despair, and sorrow, and even death.

Shalom
Love that persists.

Nam myo-ho renge kyo
Calm that is the seed in the dark.

Amen
For endings that are beginnings, for beginnings that are endings.

Alleluia
For the circle, the spiral, the web, the egg, the orbit, the center, the seed, the flower, the fruit, the opening, the death, the release, the seed.

Amen
We are going on.

Amen
It is going on.

Amen
Blessed be.