

Lenten Labyrinth  
*Journey*



As we continue to navigate through this time of compassionate retreat, we find ourselves approaching the familiar in reimagined ways. Spiritual practices guide us to focus our attention as we look to deepen our relationship with God. Walking a labyrinth during Lent provides a meaningful way to journey through this season of repentance and healing. Included in this booklet are scripture verses, prayers, and poems for each week offered to help you quiet your mind and engage your body as you participate in the ancient spiritual practice of walking a labyrinth. Perhaps you will walk a labyrinth with your feet as you are accustomed to doing. Or consider tracing a finger labyrinth, using your non-writing hand. Or maybe you will walk through your neighborhood or a park winding back and forth as you focus on your breath and footsteps. As you walk and spend time in prayer, may grace and peace surround you.

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This booklet, surrounding labyrinth ministry,  
is offered to the glory of God by  
Anne Montgomery Schmid, Certified Labyrinth Facilitator.

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Photography by Andrew Schmid

#### Image locations

Cover Image: Grotto Bay, Bermuda

Ash Wednesday: Canyonlands National Park, Utah

Week One: Wynnewood, Pennsylvania

Week Three: San Diego, California

Week Four: Ogunquit, Maine

Benediction: Onondaga Lake, NY

# ASH WEDNESDAY

**Scripture: Psalm 25:4**

## *Blessing*

by Jan Richardson, *In the Sanctuary of Women*

That you will let yourself be lost  
from time to time  
in the labyrinth of the Word.

That you may, for a while,  
empty yourself of all the words you know.

That Christ the living Word  
will find you  
and fill you  
with his wisdom.

That he will write himself anew  
across the pages of your life.



# FIRST WEEK

**Scripture: Isaiah 30:21**

## *Lost*

by David Wagoner

Stand still. The trees ahead and bushes beside you  
Are not lost. Wherever you are is called Here,  
And you must treat it as a powerful stranger,  
Must ask permission to know it and be known.

The forest breathes. Listen. It answers,

I have made this place around you.

If you leave it, you may come back again, saying Here

No two trees are the same to Raven.

No two branches are the same to Wren.

If what a tree or a bush does is lost on you,

You are surely lost. Stand still. The forest knows

Where you are. You must let it find you.



# SECOND WEEK

**Scripture: Jeremiah 6:16**

## *Praise What Comes*

by Jeanne Lohmann

Surprising as unplanned kisses, all you haven't deserved of days and solitude, your body's immoderate good health that lets you work in many kinds of weather. Praise talk with just about anyone. And quiet intervals, books that are your food and your hunger; nightfall and walks before sleep. Praising these for practice, perhaps you will come at last to praise grief and the wrongs you never intended. At the end there may be no answers and only a few very simple questions: did I love, finish my task in the world? Learn at least one of the many names of God? At the intersections, the boundaries where one life began and another ended, the jumping-off places between fear and possibility, at the ragged edges of pain, did I catch the smallest glimpse of the holy?

# THIRD WEEK

**Scripture: Isaiah 40:31**

## *The Avowal*

by Denise Levertov

As swimmers dare  
to lie face to the sky  
and water bears them,  
as hawks rest upon air  
and air sustains them,  
so would I learn to attain  
freefall, and float  
into Creator Spirit's deep embrace,  
knowing no effort earns  
that all-surrounding grace.



# FOURTH WEEK

**Scripture: Psalm 51:6**

## *Listening*

by J. Barrie Shepherd

Interrupt my fevered chatter, Father.  
Replace my empty noises with the fullness of your silence.

And in that silence let me hear  
your simple word of truth that calls me into life.

The truth that I am yours, and not my own.  
The truth that your faithfulness will never abandon me,  
that even in the most painful and desperate moments  
all of your love, all of your power  
is on my side, forever.

The truth that there is work for me to do,  
to share that love and power, to make it a reality,  
not only in my life, but in the lives of those around me,  
and especially those in need.

Let me hear, and know, and live your truth, Lord.  
Then send me forth to do your holy will in Jesus' name.



# FIFTH WEEK

**Scripture: Jeremiah 17:14**

From *A Tree Full of Angels*

by Macrina Wiederkehr

All-Seeing One,  
above me, around me, within  
me.

Be my seeing as I read these  
sacred words.

Look down upon me

Look out from within me

Look all around me

See through my eyes

Hear through my ears

Feel through my heart

Touch me where I need to be  
touched;

and when my heart is  
touched,

give me the grace to lay down  
this Holy Book

and ask significant questions:

Why has my heart been  
touched?

How am I to be changed  
through this touch?

All-Seeing One,

I need to change

I need to look a little more  
like You

May these sacred words  
change and transform me.

Then I can meet You face to  
face

without dying

because I've finally died  
enough.

To die is to be healed a little  
more each death,

until that final death

when I'll be healed forever. It  
will be a healing that will last.

Your Words are healing  
although they bring about my  
death.

O Eye of God, look not away.

# HOLY WEEK

**Scripture: Psalm 138:2**

## *The Grace to be Haunted*

by Walter Brueggemann

As we come to the text,

we are mindful that we have not come first –  
for others have been there before us.

We do not come alone –

For a cloud of witnesses await us.

We give you thanks for the brave people of the text,  
“prophets and apostles, saints and martyrs.”

These cadences come easy to us and are familiar.

But if we pray slow,

we acknowledge before you that there hover around this text:  
prophets – ancient and contemporary –

who have been truth-tellers at risk.

apostles – ancient and contemporary –

sent with passion and courage undaunted.

saints – ancient and contemporary –

who have been single-minded for the vision of this text.

martyrs – ancient and contemporary –

who have witnessed and suffered and died

for this particular truth.

And we are their heirs, children, continuers.

Give us freedom to be in their presence.

Give us their innocence before the text.

Most of all, give us the grace to be haunted by them,

haunted as they were

by the text,

haunted to newness.

We pray in the haunting name of Jesus. Amen.

# BENEDICTION

## *Closing Blessing, Earth as the Original Scriptures*

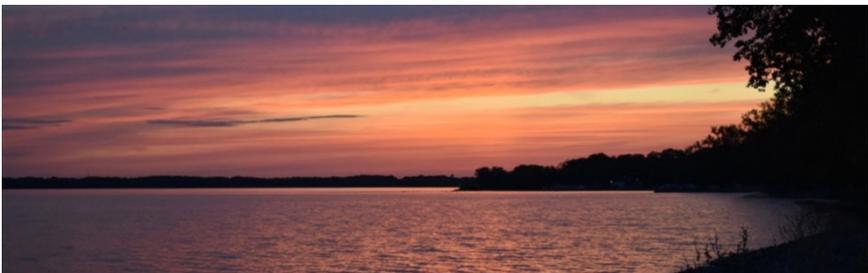
by Christine Valters Paintner

May our eyes be opened to the Word of God  
scribed on every leaf and petal,  
on every wing and paw.

As the seasons unfold in their vibrant dance of change  
may we hear the call from their pages  
to blossom forth, to bear fruit,  
to surrender and yield, to rest into mystery.

Let the journey of caterpillar to moth  
teach you the path of transformation.  
Let the patience of mountains and singing of stones  
give guidance for what it means to endure.  
Let the rise and fall of the sun and moon  
circling the blue-tiled sky  
teach you about journeys to fullness  
and to rest and to release.

May Holy Wisdom be revealed in each season,  
reading grace at every turn.



# REFLECTIONS

Lent is a journey. Walking a labyrinth during Lent provides a meaningful way to make this journey to Jerusalem. Even though this year the journey looks different, you are still invited to “walk” the labyrinth. You can do so using a finger labyrinth or participating in a virtual labyrinth journey online. You can find suggestions, as well as information about in-person walks when they become available at [www.bmpc.org/labyrinth](http://www.bmpc.org/labyrinth)

Included in this booklet are scripture verses, poems and prayers for each week of Lent. May they help you focus your attention as you move through the season. Space is available on the last page for reflections to be noted of your Lenten labyrinth experience. Keep this labyrinth companion guide with you as you travel from Ash Wednesday through Holy Week.



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