

Lenten Labyrinth *Journey*



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, giving special attention to the work of self-examination and repentance. 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.

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

Photography by Andrew Schmid

Image locations

Cover Image: Snow Geese migration, Pennsylvania

Ash Wednesday: Montezuma Wildlife Preserve, New York

First Week: Olympic National Park, Washington

Second Week: Joshua Tree National Park, California

Fourth Week: Montezuma Wildlife Preserve, New York

Fifth Week: Death Valley National Park, California

Benediction: Snow Geese migration, Pennsylvania

ASH WEDNESDAY

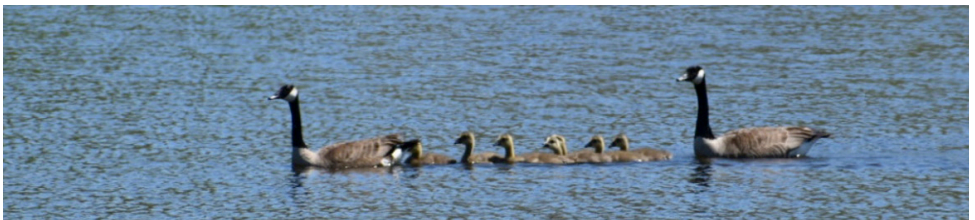
Scripture: Luke 2:41-52

The Boy Jesus in the Temple

Wild Geese

BY MARY OLIVER

You do not have to be good.
You do not have to walk on your knees
for a hundred miles through the desert repenting.
You only have to let the soft animal of your body
love what it loves.
Tell me about despair, yours, and I will tell you mine.
Meanwhile, the world goes on.
Meanwhile the sun and the clear pebbles of the rain
are moving across the landscapes,
over the prairies and the deep trees,
the mountains and the rivers.
Meanwhile the wild geese, high in the clean blue air,
are heading home again.
Whoever you are, no matter how lonely,
the world offers itself to your imagination,
calls to you like the wild geese, harsh and exciting
over and over announcing your place
in the family of things.



FIRST WEEK

Scripture: Luke 4:1-13

The Temptation in the Wilderness

Meditation

BY NAN C. MERRILL, EXCERPTED FROM *Meditations and Mandalas*

“O dear one, do you not know,
has no one told you –
You are here to learn of love and light!
I will fill your empty spaces with love,
I will bring light into the dark places,
as you learn to heed my Word.
Then, little by little, day by day,
you will come to live in joy, the freedom
of all who choose a life
in communion with me,
aspiring to make this world heaven
on Earth.
Listen and know! I am with you always!”



SECOND WEEK

Scripture: Luke 13:22-30

The Narrow Door

What I Must Tell Myself

BY DAVID WHYTE, EXCERPTED FROM *The House of Belonging*

When one thing dies, all things
die together, and must live again
in a different way,
when one thing
is missing, everything is missing,
and must be found again
in a new whole
and everything wants to be complete,
everything wants to go home
and the geese travelling south
are like the shadow of my breath
flying into the darkness
on great heart-beats
to an unknown land where I belong.



THIRD WEEK

Scripture: Luke 13:31-35
The Lament over Jerusalem

Patient Trust

BY PIERRE TEILHARD DE CHARDIN, SJ, EXCERPTED FROM *Hearts on Fire*

Above all, trust in the slow work of God.

We are quite naturally impatient in everything to reach the end without delay.

We should like to skip the intermediate stages.

We are impatient of being on the way to something unknown, something new.

And yet it is the law of all progress
that it is made by passing through some stages of instability—
and that it may take a very long time.

And so I think it is with you;
your ideas mature gradually—let them grow,
let them shape themselves, without undue haste.

Don't try to force them on,
as though you could be today what time
(that is to say, grace and circumstances acting on your own good will)
will make of you tomorrow.

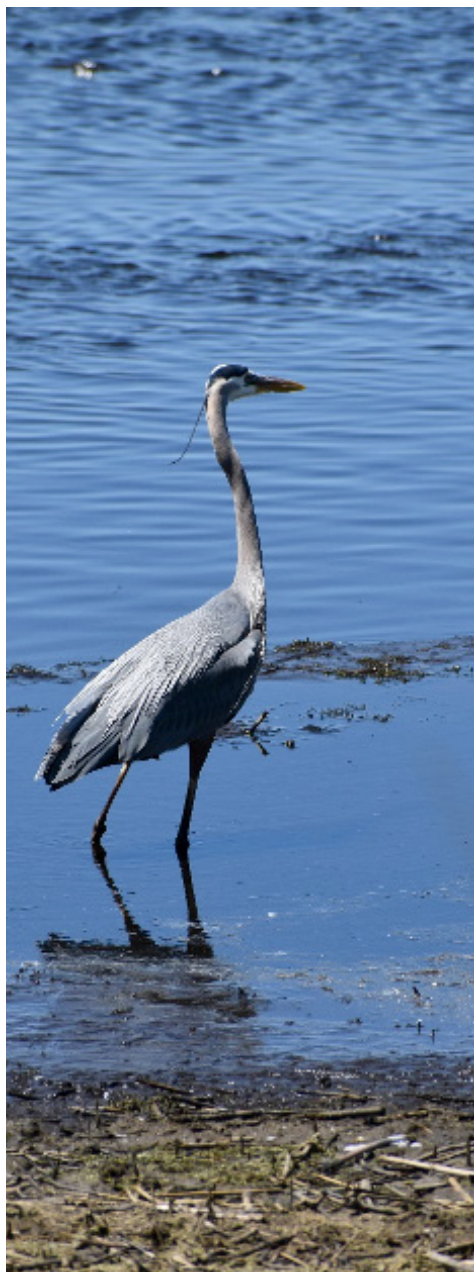
Only God could say what this new spirit
gradually forming within you will be.

Give Our Lord the benefit of believing
that his hand is leading you,
and accept the anxiety of feeling yourself
in suspense and incomplete.

FOURTH WEEK

Scripture: Luke 15:1-3, 11b-32

The Prodigal Son



For An Absence

BY WENDELL BERRY

When I cannot be with you
I will send my love
to watch over you in the dark –
a winged small presence
who never sleeps, however long
the night. Perhaps it cannot
protect or help, I do not know,
but it watches always, and so
you will sleep within my love
within the room within the dark.
And when, restless, you wake
and see the room palely lit
by that watching, you will think,
“It is only dawn,” and go
quiet to sleep again.

FIFTH WEEK

Scripture: Luke 18:18-30

The Rich Young Ruler

Litany of the Hours

BY MACRINA WIEDERKEHR, *seven sacred pauses*

Make of me a midafternoon shadow that I may soften the intensity of the sun. Let me be shade. Robe me with wisdom. Enable me to be at home with impermanence. Teach me the dance of surrender. O make of me a great letting go. May the sacred emptiness of my life help others to know fullness. May I never fear a death that brings me life.

---- Let me rejoice in the harvest of each dying day.



HOLY WEEK

Scripture: Luke 19:28-40

Entry into Jerusalem

Blessing of Hope

BY JAN RICHARDSON, *The Cure for Sorrow: A Book of Blessings for Times of Grief*

So may we know
the hope
that is not just
for someday
but for this day—
here, now,
in this moment
that opens to us:

hope not made
of wishes
but of substance,

hope made of sinew
and muscle
and bone,

hope that has breath
and a beating heart,

hope that will not
keep quiet
and be polite,

hope that knows
how to holler
when it is called for,

hope that knows
how to sing
when there seems
little cause,

hope that raises us
from the dead—

not someday
but this day,
every day,
again and
again and
again.

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BENEDICTION

“Did I offer peace today?
Did I bring a smile to someone’s face?
Did I say words of healing?
Did I let go of my anger and resentment?
Did I forgive?
Did I love?
These are the real questions.”
-Henri Nouwen



REFLECTIONS & NOTES



Bryn Mawr Presbyterian Church

625 Montgomery Avenue

Bryn Mawr, PA 19010

www.bmpc.org/labyrinth