

## ST MABYN LABYRINTH – 2015

### I. BEGINNING (seated around the font)

We are Spiritually battered by everyday life.

We have no time to dream, no time to develop the Spiritual side of ourselves, no time for others.

What person are you? What are you good at and would like to do more of? What do your friends say you are good at?

How can we get rid of “stuff” that gets in the way of living, learning, helping others and enjoying life?

Accepting what is possible and not possible is the start of a new life.

Take an apple from the basket. Look, touch, feel, and smell the apple. **It is God’s creation, and** it is beautiful. This apple reminds us of the good things in our lives.

We also think about things that are not so good. We think about our own faults; the things we have said and done; the things we should have said and done.

Prayers could include:

1. “Holy Spirit help me as I prepare my heart to discover what it is that you expect of me.”
2. “Give me the vision to sense your hand in my future as I come to terms with the changing patterns of work, leisure and community.”
3. “Gracious God, there are many things in my life that I have done of which I am not proud. Sometimes I have deliberately chosen the wrong way; sometimes this has been by accident. Please help me to be forgiven. Amen.”

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2. BURDENS – the rubbish, the “stuff” we carry.  
(Rubbish bin underneath the painting of Amazing Grace. Sit on a chair, with paper, pen/felt tip and foil)

What’s weighing us down?

What should we put down and leave behind us?

Write it down and wrap the paper in tin foil and throw it into the bin!

A prayer could include:

1. “Jesus, Son of God, your cross is bare and plain. It calls for my life to be simple, stripped of all that is unnecessary, all the stuff that clutters up my life. Help me to come before you just as I am, focussed on you and your call to me.”

2. “Alone and clutching the tin foil of pain, Jesus finds me, and stretches forth His hand ‘Come My child, give it to Me, trust Me with this,’ Reluctantly, fearing the emptiness, I place my tin foil of sorrow in heaven’s hands. Then watch as pain is broken and blessed and I am fed hope, help and life everlasting.”

3. “We bring our broken loves, friends parted, families torn and ask that our love be reborn.

We bring our broken selves, confused and closed and tired; and ask for your gift of healing grace and a new purpose inspired.

Breathe on us, Fire of God, our life and strength renew, find in us peace and hope and love.

### 3. SEEDS OF HOPE (chairs and a tree by the pulpit)

Start something new, do something for others, do something for yourself, share what you have.

Love is not a sweet sugary word. It means work and tears and sometimes blood. Love can be long suffering, self effacing and as wonderful as the sunrise!

Take home a sunflower seed, prepare the ground, plant the seed of hope and water it regularly!

Reflect on what you have done and not done.

Write on a tag, in a few words, what you hope to do, what help you may need and who might help you. Tie the tag onto the tree.

Light a candle.

A prayer to God could be:

1. "The candle that is lit will be a light from you to lighten my way through difficulties and decisions.

May it be a fire from you to burn up my selfishness, my pride and all that is impure in me."

2. "Why me Lord? Here I am 'in the thick of things'.

Once I wasn't, someday I won't be. But here, now, I am.

Right in the middle of a strange, mixed-up world, and you want ME to DO something or SAY something or BE something different that will make a difference.

What would you have me do?"

3. "Breathe in us, Fire of God,

Our life and strength renew;

Find in us peace and hope and love, and lift us up to you."

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#### 4. WALK THE LABYRINTH (set up in the nave – 23ft x 19ft, tape to fit and secure to floor)

Labyrinths are very ancient forms of worship that enact a form of spiritual pilgrimage. Unlike a maze, a labyrinth has only one path – there are no dead ends.

Take the stone with the Labyrinth sticker, feel the warmth in the stone and remember the seeds of hope that you have “planted” on the tree.

Step onto the Labyrinth path and walk slowly, as an aid to contemplation, renewal and spiritual growth. This is a starting point for exploring the nature of one’s spirituality; acting as an aid to prayer and a method of meditation. Many have found that walking a labyrinth can be a powerful spiritual experience, enabling people to engage in or deepen their relationship with God. It can be an extremely powerful way of introducing people simply to the concept of the ‘other’.

There is no ‘right’ or ‘wrong’ way to walk it, nothing that ‘has to be done’, its flexibility and accessibility enables people to engage with God in a direct and personal way. It can serve as a desert, a wilderness for the explorer, offering opportunities for renewal and growth.

Prayers may include:

1. “Make me to know your ways, O Lord; teach me your paths.” (Ps 26.4)

2. “What does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God.” (Micah 6:8)

3. “And know the place where I am going” (John 14:6)

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## 5. PRAYERS (kneeling before the altar)

Be still, for the presence of the Lord,  
the Holy One is here,  
come bow before him now,  
with reverence and fear,  
in him no sin is found,  
we stand on holy ground.

Be still, for the presence of the Lord,  
the Holy One, is here.

Be still, for the power of the Lord  
Is moving in this place;  
He comes to cleanse and heal,  
to minister his grace.

No work is too hard for him,  
in faith receive from him.

Be still, for the power of the Lord  
is moving in this place.

1. Prepare the prayer beads, select one coloured bead for a prayer for those in trouble around the world; one colour for the village and the community and one coloured bead for your family and friends; one for the sick, particularly Esme Slater and her family. Thread the beads, tie a knot and hold.

2. Kneel before the altar, allow your breathing to slow and your mind to focus. Say your prayers to yourself and to God. It does not matter if you get muddled or forget. You may start with the world, then the community, family and friends and the sick; end with Our Father, which art in heaven etc.

3. Ask Jesus “ to give me grace, help us to love, grow our seeds of hope, help others and place our life in his hands”

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6. REFLECTIONS (table by the lectern/vestry door covered with lining paper and coloured pens/crayons, a world map? Clay and footprints)

What will you remember about your visit today?

What came into your mind when you were walking the labyrinth?

Draw pictures of what you remember or write something or both! Draw pictures of people, animals, things that come into your mind and/or write comments about the experience, on the paper.

Look at the map of the world; select a country/ people/ place you want to think/pray about e.g. peace where there is war, food to combat starvation, medicine for the sick, justice and freedom for persecuted Christians etc. Put your thumb or finger in the inkpad, press your thumb or finger on the selected part of the map. Leave your mark!

Take a footprint and write a seed word, e.g. hope, love, on it or draw/ create patterns on the footprint representing a journey using natural items such as twigs, leaves, stones etc

A prayer to end might be:

1. “Help me Jesus to balance my life with what I do and do not do, with work and rest.  
Give me the gift of resting with you  
Allowing your hands to hold me and all my concerns  
Feeling surrounded by your love  
Safe and at peace.”

