



## The Labyrinth at Saint Luke's Cathedral

The labyrinth is a prayerful pilgrimage into the center— our own centers and the heart of God. Labyrinths have existed since ancient times in such diverse cultures as the Native American Tohono O'odham people, Tantric Buddhists, and ancient Greece. It was popularized in Christian Europe during the Middle Ages when the Crusades interfered with pilgrimages to the Holy Land. The Labyrinth at Saint Luke's has been fashioned after that at Chartres and is offered for you.

There are many ways to walk the labyrinth. You may walk with an intention such as meditating on a scripture, word, or phrase, praying, or seeking wisdom on a particular question or issue in your life. Many people walk the labyrinth to ground their spirituality and become more aware of the gift of Creation. You may also walk the labyrinth with no intention beyond staying open to what the Spirit offers during your walk.

When you reach the heart of the labyrinth you may remain as long as you wish. You may want to make a circuit of the six stone circles at the center allow God to align your energy centers, to pray for particular people in your life, or to offer a lovingkindness prayer for your family, your friends, your associates, your enemies, the whole world and yourself. Or, if you are walking to deepen your connection with nature and the earth, you might consider using a prayer like the one on the back of this page to honor the seven days of creation.

However you choose to walk the labyrinth, may it be a sacred experience for you.

# A LABYRINTH PRAYER FOR THE GIFT OF CREATION

## **Day 1: The gift of the deep**

GEN1:1-3

*O God, who hovered over the chaos of the deep, abide with us in times of confusion and trouble. May your light help us to face the tumult of our climate crisis with courage and strength, that it might serve as a spur to action on behalf of your created world.*

## **Day 2: The gift of sky**

GEN 1:6-8

*We give thanks, O God, for the gift of air and sky. Through your grace may we never take them for granted and work to ensure that all people who dwell below your skies have clean air to breathe.*

## **Day 3: The gifts of water, earth and vegetation.**

GEN1:9-11

*O God, we give thanks for the earth and the waters that nourish all the plants in our created world. May we each do our part to ensure that this delicate balance of land and water continues so that the bushes, flowers and trees that grow on the earth and the algae and seagrasses that dwell beneath the seas are able to thrive.*

## **Day 4: The gifts of sun, moon, and stars.**

GEN1:14

*We stare into the night sky and look at photos from space, and we are cowed by its majesty. Fill us with your strength, O God, that feelings of powerlessness not so overtake us that we cower at the tasks required of us to sustain your creation.*

## **Day 5: The gift of creatures of the sea and sky**

GEN1:20-22

*We give thanks, O God, for the creatures of the oceans that have nourished your people for millennia and the birds whose beauty and flight have inspired us to look beyond our earthly limitations. May we live in such a way that the seas and skies continue to sustain them for millennia to come.*

## **Day 6: The gift of animals and humanity**

GEN1:24, 16-27

*We give thanks, O God, for all the animals you created to live among us. May we forever be mindful of the unique ways each of them sustains and enriches our lives. May we honor and protect them, serving as faithful stewards of this world you have given us.*

## **Day 7: The gift of rest**

GEN2:1-3.

*O God, we offer thanks that you have shown us by your own example that rest is necessary and good. As we walk through your forests and lie beneath your heavens, may our souls know your presence and trust in your abiding love for all creation.*