

Global Healing Response Quarterly

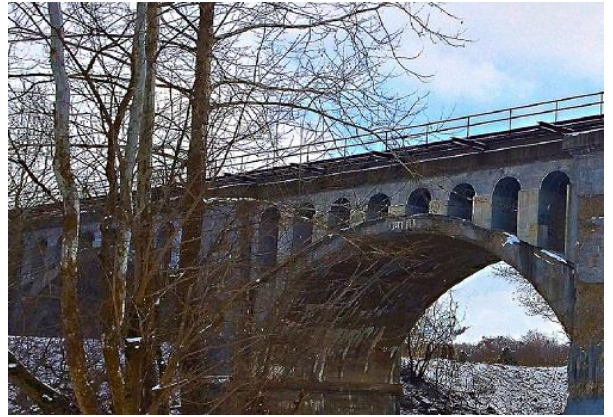
2016 Theme: **Stability**

“The world is beautiful outside where there is stability inside.”

—*Unknown*

April-May-June

Focus: **Support**



Quote: “What I can do is offer myself, wholehearted and present, to walk with the people I love through the fear and the mess. That’s all any of us can do. That’s what we’re here for. —Shauna Niequist

Picture/Symbol: Bridge (Photo by The Rev. Warren Lynn)

Color: Purple

Prayer: Prayer is being aware of “the deep heart’s core” that nourishes our heart with meaning. It perceives the divine in noise and quiet, in light and dark.

Prayer enables us to live freely and gracefully in harmony with the universe.

Before we can pray,

Before we can dream,

Before we can witness

To justice and peace,

we must be a single circle.

A single unbroken circle

A wide open, welcoming circle

Let us build the circle of love and support.

A Walking Prayer---

“Today, we walk together side by side, through the winding safe, secure Path of the labyrinth. Feel the tension slowly dissolving into the labyrinth. There is comfort and support placing one foot in front of the other. Following your breath---in and out, in and out.

Your pace slows. You feel a deep fluttering sigh of release, letting go the deep stress inhabiting your body. The restless mind, the

“monkey mind” jumps into fear mode: lost lives, starvation, suffering children, hopelessness--- pause, breath deep, breath deep in and out, in and out, step by step, step by step, the waves of sadness gradually subside falling from your body into the labyrinth path.

Notice your heartbeat slows, the mind is quiet. As you enter the center, a small heart voice whispers, all will be well, life is an ongoing journey of change and choice, surrendering the old and trust in new beginnings.

You walk quietly out the sacred Path, one foot in front of the other.

The small voice ringing with fresh insights, carrying in your body, in your mind an attitude of the heart that can transform every aspect of your life. Your step is soft, your mind is calm and your heart is alive.”

—Jo Ann Mast, Veriditas Master Teacher

We support one another. The labyrinth supports ALL.

Ideas for benefiting organization: Local Youth Clubs, Libraries, Boys & Girls Clubs etc. Bring books, puzzles, games, (all ages) kites, etc. for Spring and Summer activities.

Ideas for ambiance: Spring Flowers, colorful scarves for dancing on labyrinth, small Easter baskets, May Day baskets, kites, bubbles if walking an outdoor labyrinth.

Music: Christine Tulis “Portal” (www.christinetulis.com/music.html) and Harold Moses “Edges of the Soul” (www.allmusic.com/album/edges-of-the-soul-mw0001585657)