

Mary Monthly Labyrinth Walk

Monthly Labyrinth Walk with Mary	
<p>“They have taken the Lord from the tomb, and we don’t know where they’ve put him.” (John 20:2)</p> <p>“Sir, if you have carried him away, tell me where you have put him and I will get him.” (John 20:15)</p> <p>“I’ve seen the Lord.” (John 20:18)</p> <p>Mary Magdalene as a historical figure is shrouded in mystery: she’s been called a prostitute, minimized and maligned and yet she is also declared as the Apostle to the Apostles, the first witness to the Resurrection. In her words above, taken from John’s story of that first Easter, we can hear her emotions, her sense of loss and confusion and ultimately joy. As we feel the pressure of political forces beyond our control, we might ask her, “What’s the good news of resurrection for us today, here, with all the confusion and chaos around us? Where do we need someone to show us the way?”</p> <p>Labyrinth walking is a powerful way to answer these questions, to soak in the mystery, and to find our way again. A labyrinth is an ancient discernment tool: a convoluted path that slows our walking and gives us time to think, to breathe, to wonder, and to pray.</p> <p>There’s no chance of getting lost here; there is only one way in and one way out.</p>	<p>Today’s invitation is very simple:</p> <p>~Pause at the beginning of the labyrinth, maybe take a few deep breaths. Then, set an intention for your walk: a question you are searching for an answer to, a sense of God’s presence, an openness to whatever comes.</p> <p>~Walk the path at a comfortable pace, not too quickly, and allow the task of following the path to slow your body and your thoughts.</p> <p>~On the way to the center, consider your intention. Pause as long as you need to in the center. Expect to meet God or Mary there. Allow yourself to sense a response to your intention.</p> <p>~When you’re ready, follow the path back out, with the same measured steps. Allow the emotions you’ve felt or the presence you’ve encountered to shape how you will return to the world.</p> <p>~Pause to give thanks as you leave the labyrinth.</p>