

Faithfully Uncomfortable: A 21-Day Journey Toward Racial Equity
Labyrinth Walk

Outdoor Labyrinth Location: Holy Trinity Episcopal Church, 607 N Greene Street

The labyrinth is not a maze. You will not get lost. There is one path in to the center and that same path takes you back out. Pilgrims have been walking the labyrinth for ages. As Catherine Anderson explains in her book, *Meeting Your Soul on the Labyrinth*:

The spiral path of the labyrinth is a metaphor for the journey of life, the inner pilgrimage or spiritual journey. The journey to the center of the labyrinth is symbolic of the journey to discovering the inner self.

As the entrance and the exit of the labyrinth are the same place and the only difference is the direction in which we are facing, the labyrinth reminds us that all beginnings are endings and all endings are beginnings.

As a part of the Faithfully Uncomfortable: 21 Day Journey Toward Racial Equity, we invite you to walk the labyrinth, asking for guidance, letting go of old beliefs, remembering those whose lives have been lost, learning to balance new actions, or finding peace in discomfort.

Before entering the labyrinth, read this brief meditation. Take a few breaths, open your heart and your hands to receive God's grace as you travel the path. Rest in the center.

Entering the Labyrinth

This is not walking,
This is touching the ground with reverence.
This is stepping inwards.
This is slowing down.
This is listening to the bones of body,
receiving messages from deep within.
This is breathing through soles of feet
into wide open sky.
This is turning toward Self.

This is not walking.
This is awareness of senses.
This is letting go of heaviness.
This is one slow step at a time,
time slowing.
This is embodied prayer.
This is gratitude for joy, for sorrow,
for each opening to growth.
This is moving closer to peace.

- Catherine Anderson

For Covid 19 precautions, bring a mask with you in case someone else is also walking the labyrinth. Take a journal and pencil to write any insights that come to you when walking.