

Spring House Gathering and Labyrinth Walk template

This is a sample service from Spring House in Little Rock, Arkansas. Change it make it your own. We gather monthly on the 1st Wednesday of the month. Each month we have a different theme and therefore different readings, introductions and modified prayers to the theme. Most of our gatherings are about 15-18 people. The gathering and labyrinth walk takes about an hour. After the labyrinth walk, we offer 10 minutes of silence to stay sitting around the labyrinth for those who want that extended silence or invite folks back to the house for a cup of tea and a chat.

Sample Service:

Sit in a Circle

Opening- light central candle: God our Mother, we gather with one another and in your midst today to give thanks for Creation - our creation. Let us remember that no matter who we are, our first home, our first habitat was a woman's body, our first element was water, and our first reality was darkness. You are incubating within us even when we do not know it. Remind us that the warm womb of creation is dark and nurturing and that the tiniest seed of change needs dark rich soil and the mycelium of connection, to burst into life. We are all connected to our first red thread – the umbilical cord – all of creation is connected.

Introductions: Instruct people turn to neighbor chat and ask about their relationships (i.e. Lisa is a mother, daughter, aunt, friend...) then each person will introduce their neighbor to the whole group

Visualization– close your eyes put your hand on your shoulder and imagine the hand of someone who loved and nurtured you touching your shoulder and the the hand of someone who loved them and nurtured them touching their shoulder and on and on back through time, back, back, back in a long line of nurturing love. Now reach your hand forward imagine putting your hand on the shoulder of someone you love and nurture and they reach and place their hand on a shoulder forward, forward, forward – you are in a long line of love.

Insert a prayer, poem or other reading here or use the following

Psalm 107 from Nan Merrill translation "Psalms for Praying"

Who will offer the dance of their own life, as a creation of devotion and beauty? Only those who have come through the darkness and walk now in the Light can offer their Lives in service to build the new world, where justice and freedom will truly flourish. Awaken, all you who are yet asleep, let us plant seeds for the commingling of heaven and earth: For the Energy of Love radiates in everything and receptive hearts are purified by its Fire. Blessed are the children of Light, for they know their home in the Universal Heart.

Offering the Names and lighting candles

In the house each one's candle is lit and says. "I light this candle in remembrance of _____"

Walk to labyrinth - *simple music is playing as we enter, candles are already lit as we gather in the gym where our canvas labyrinth is set up-*

Gather around labyrinth in a circle -Each person sets down their candle and, in the circle, and says Thank you _____(name)

Prayer of thanksgiving and acknowledgement for the names that have been presented

We recognize The Sacred Feminine in an abundance of Love, abundance of Hope, abundance of Life, and the infinity of Creation. We thank You for this moment --- the eternity in this moment, the power and richness of this moment, the fertility and the presence of this moment. We thank You for the vulnerability in our hearts, for the ones beside us, for the wisdom of our teachers, the compassion inspired within us, and the knowledge that we may grow and become who we were created to be. Amen

Labyrinth instructions

We will walk the circuits then once in the middle pause for as long as you want then walk directly out through the birth passage. – Hold your nurturers in your hearts as you walk. Then sit in one of the chairs ringing the labyrinth until everyone is done.

Closing gesture:

Thank you, Thank you, Thank you (all scoop up some of this wonderful energy and bring it to their hearts.) then fling arms out “because this love is yours to share” fling arms out 3 times.

Closing: Beloved Mother and Maternal Creator, you envelop us in your loving, welcoming, unbreakable embrace – You have shown yourself tonight in the sparkling eyes and lilting voices of the sisters and brothers gathered here tonight – you have surrounded us with the names of your messengers and angels shared in this circle. Remind us, this night and always, you are ever- present we need only look across this circle and tap our own hearts to see you, to feel you –

Around us, beside us, within us.

Around, beside, with in.

Feel free to reach out with questions or to share your experience and see what we are up to at our website springhouselr.org