

# WALKING PATHWAYS OF PEACE TOGETHER

Opening Prayer:

“Jesus , please bring Your healing and peace amongst us, right where we are - here and now. Help me become more like You .. .a peacemaker within myself and in my family, school, work and amongst my friends. Show me how we can all walk the pathways of peace together. **AMEN**”

What are some ways for you to be a peacemaker ?

Share a smile with at least 3 people each day ;

Identify 3 good things that happened to you today and brought you joy ;

Remember a place of “deep peace” for you - and “go back there” each day ;

Say sorry to someone you may have hurt ;

Sit and chat (or play a game) with someone who you have not spent a lot of time with or who may just need a real friend right now ;

Be patient if you have to wait;

Compliment another’s achievement ;

Thank everyone who does something for you - particularly your parents and family ;

**How many other suggestions can you add ?**

*“Peace does not mean to be in a place where there is no noise, trouble or hard work .*

*It means to be in the midst of those things and still be calm in your heart” - Anonymous*

*If you don’t have easy access to a walkable labyrinth you can download one from here -*

*<https://aln.org.au/resources/Documents/WLD%20in%20Schools%20documents/Chartres%2011%20Circu.it.pdf> or*



<https://aln.org.au/resources/Documents/WLD%20in%20Schools%20documents/Classical%207%20-%20Circuit.pdf>

**SOME THOUGHTS TO WALK WITH :** (*but feel free to go with what may be on your heart ...*)

**ON THE WAY IN :** Ask Jesus to help you remember a time when you experienced **deep peace** or **joy, wellness or health**.... When was this? What were you doing? Where were you? Who was there? How did it make you feel? “Go back there” in your mind... what can you smell, see, hear ?

**AT THE CENTRE :** Ask Jesus to help you think of **one thing** for you to do so as to “share a **piece of peace or wellness**” with someone in your family, class, workplace or amongst friends or neighbours today. Perhaps you can “**pay forward**” the **kindness given to you by (an)other(s)**?

**ON THE WAY OUT :** Ask Jesus to help you listen deeply to Him and others as you prepare and share your special “peace or wellness act” .Perhaps He will suggest some other things to do also?

**AS YOU LEAVE :** Give thanks for what you have received just now and share a sign of peace with those around you as you can ...

**Also,** take a moment after you share your peace or wellness act to **reflect on how it all worked out ...**

Close with St Francis’s Peace Prayer :

Lord, make me an instrument of your peace.

Where there is hatred, let me sow love.

Where there is offence, let me bring pardon.

Where there is discord, let me bring union.

Where there is error, let me bring truth.

Where there is doubt, let me bring faith.

Where there is despair, let me bring hope.

Where there is darkness, let me bring your light.

Where there is sadness, let me bring joy.

O Master, let me not seek as much

to be consoled as to console,

to be understood as to understand,

to be loved as to love,

for it is in giving that one receives,

it is in self-forgetting that one finds,

it is in pardoning that one is pardoned,

it is in dying that one is raised to eternal life. **AMEN.**

### **Additional Resources for Teachers and Parents:**

#### **1. For older students:**



<https://www.ncronline.org/blogs/road-peace/50-years-birmingham-pledge-nonviolence-still-inspires> ; The Birmingham Pledge of Non Violence .

<http://www.gandhiinstitute.org/wp-content/uploads/2017/02/2017-PLEDGE-OF-NONVIOLENCE.pdf> ; The Gandhi Institute's Pledge .

## 2. For younger students :

### **The Kid's Pledge of Nonviolence : "Making peace must start with me."**

"I promise to try to do my very best to be a peace-making person.

I will try to respect myself by taking care of myself.

I will try to respect others by being a good listener.

I will try to think before I talk or act when I am really mad.

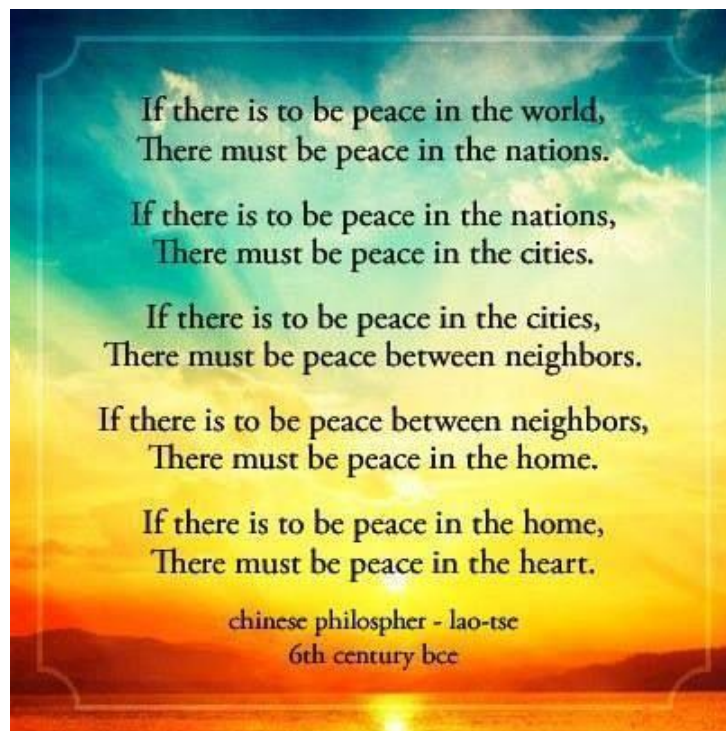
I will try to forgive people and not be bad-tempered if I think I'm right but still don't get my way.

I will try to take care of God's world.

I will try to choose games, movies and TV programs that are not filled with violent pictures and language.

I will try to speak up if I see ways that other people in my life could be practicing how to live nonviolently as well."

Source: <https://www.nonviolencett.org/index.php/pledge-1/kids-pledge>



School resource : <https://www.nonviolencett.org/index.php/pledge-1/youth-pledge>



### 3. How to Walk a Labyrinth

- there are no set rules
- walk with an open heart and mind
- take a few deep breaths before setting out
- walk at a natural pace, find your own rhythm
- experience the experience

**Three stages:**

**LET GO** (walking in),

**LET IN** (usually at the centre),

**INTEGRATE** (walking out, reconnecting)

#### Guidelines for Walking a Labyrinth

- remove shoes (optional)
- walk with “soft” eyes
- move around people thoughtfully
- stay in the centre as long as you like
- lightly notice feelings and sensations as you walk
- wait respectfully for all to complete their walk before speaking

Source : Handouts for an Introduction to Labyrinths - <https://aln.org.au/wld-resources>

**4. Some resources for “walking a finger labyrinth” from Jill Geoffrion’s “Living the Labyrinth”** ( <https://jillgeoffrion.com/books/living-the-labyrinth-101-paths-to-a-deeper-connection-with-the-sacred/> ):

#### Being Rocked

Parents comfort their children by rocking them gently.

As your finger enters the labyrinth , pay attention to the back and forth motion of your hand as you follow the path .

If you can , close your eyes and feel the gentle rocking motion .

Sense the ways that your body is comforted by this movement within the labyrinth .

When you reach the centre - rest .

When you are ready to be comforted on a deeper level, let your finger enter the pathway heading out.



Slowly let it make its way - back and forth ... back and forth.

Welcome body and mental memories of rocking and physical comfort . (Exercise 89)

Follow the path on your finger labyrinth with each of the fingers of the hand that you use most naturally .



### Use Both Hands

Then follow the path with each of the fingers of the other hand .

Notice the difference - are there any surprises for you from this ?  
(Exercise 90)

### Customise your own Labyrinth.

Print out an outline of a finger labyrinth .

Colour the labyrinth using as many colours and textures as you wish - and don't feel any compulsion to stay within the lines !

Use your own custom designed labyrinth as a visual aid to prayer - what is the divine invitation in this for you ? ( Exercise 91 )

### 5. Some suggestions on how to do a Finger Labyrinth Meditation from Education

**Voice** ( <https://educationsvoice.wordpress.com/2016/03/26/mindfulness-in-the-classroom-finger-labyrinth-meditation/>)...

1. Take deep breaths to begin to relax and focus on the entrance to the labyrinth.
2. Place your pointer finger from your non-dominant hand on the entrance of the labyrinth. If you find this too awkward at first, use your dominant hand. However, over time, keep trying your non-dominant hand. This helps keep the mind focused on the meditation due to the challenge it presents.
3. Slowly trace the pattern of the labyrinth with your finger allowing your mind to clear from extra thought and focus solely on following the path of the labyrinth.
4. "Walk" to the centre of the labyrinth and rest momentarily, taking deep breaths observing how you are feeling.
5. Retrace your path out of the labyrinth.
6. Sit back, breathe deeply and relax. Observe how you are feeling again.

### 6. Some other Labyrinth activities and resources -

a. A link to the World Labyrinth Day in Schools resources including printable templates to draw various labyrinths - <https://aln.org.au/wld-resources>

b. A link to materials ( suitable for younger children) Story path :

<http://www.storypathlabyrinth.com> and Pilgrims path resources :

<http://www.pilgrimpaths.co.uk/page35.html> ... the latter have 2 volumes of extra resources at reasonable prices also available from their website .

c. A link to the Veriditas <https://www.veriditas.org> ; the Australian Labyrinth Network website <https://www.aln.org.au> and the International WLD page: <https://www.worldlabyrinthday.org/home>

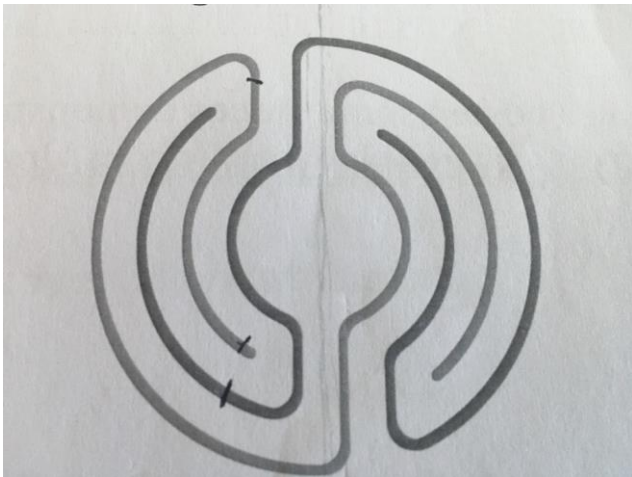
d. A link to articles in the Anglican Focus on labyrinths and WLD <https://anglicanfocus.org.au/2019/08/22/labyrinths-ancient-practice-anglican-renaissance/> ; and <https://anglicanfocus.org.au/2020/04/20/world-labyrinth-day-walking-alone-but-together-in-spirit/> ; and

e. We used a processional labyrinth for the grade 4's at the Anglican Church Grammar school Brisbane using "trust walks" with 2 students walking together with one blindfolded . The classes were approx. 28 students and with no rushing each walk took 10 - 15 mins . - see

[https://issuu.com/scottprint0/docs/184240\\_angsau\\_electronic\\_newsletter\\_sept\\_2019\\_web](https://issuu.com/scottprint0/docs/184240_angsau_electronic_newsletter_sept_2019_web) . P 24 .

### 7 . Building Your Own Processional Labyrinth - that's more COVID friendly

We suggest using a Processional labyrinth using 2 entrances so that walkers can walk straight though and don't need to "cross back" over the path from the centre to return . This quickens the walk and minimises the "bump in factor" and COVID risk. Perhaps you could use strips of waste rag / materials cut into metre lengths / width a 3-4 inches ? The lanes of the path are approximately 2 foot wide .



The labyrinth on the right was used at the 2020 New Years Eve Walk Labyrinth at St George's Anglican Church Mount Tamborine near the Gold Coast.

See the full design to the left for you to



copy. Perhaps ask the students ( or your family ) to build the labyrinth with you or have them put materials over the top of a chalked outline ? Or simply draw the outline with chalk or use flour to mark the outline on a grassed area ?

But anything can be used to make a labyrinth e.g. churches have asked walkers to bring along tins of food ,old clothing, books, coins etc which are then used to make the labyrinth and after the walk is finished the articles are then "donated" to a suitable cause . e.g. see below for some examples from Lars Howlett's Labyrinth site : <https://discoverlabyrinths.com> .



**8. Purchasing your own Finger labyrinths :**

There are many “online vendors” to suit all requirements .For example see:

- a. <https://thelabyrinthcollective.com.au> ( Mark Healey);
- b. Google “to purchase finger labyrinths”; or
- c. An excellent Brisbane based supplier is Ross Brown whose mobile number is 0466 770 960 and his email address is [rkjtbrown@hotmail.com](mailto:rkjtbrown@hotmail.com) . Prices range from \$20 -



\$65 .

**9. For more information contact :** Randal and Susan Dennings

([rdennings@gmail.com](mailto:rdennings@gmail.com) / 0408 878711) Coordinators SEQ Anglican Labyrinth Reference Group and Australian Labyrinth Network SEQ Regional Representatives

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