

Blessing of the Labyrinth
UU Society of Sacramento
December 22, 2013
Reverend Lucy Bunch

We gather here today to bless this labyrinth - the result of ten years of planning, and the efforts of many people. This labyrinth is the first product of our 50 year master plan - the beginning step of the vision for physical space for our community. And it is appropriate that the labyrinth is the first – for it represents a path, physical and spiritual, that can lead to wholeness.

Walking the labyrinth is a journey, a quest for solace, for truth, for inner peace. A pilgrimage to find one's soul. As a metaphor for one's life journey, the labyrinth can help show the way. There is only one path – one profound choice. The very act of walking the labyrinth encourages focus, assists in opening up the self, in creating a place deep inside where new insights and awareness can germinate, take root and grow. The labyrinth is a tool for mystics - in the sacred geometry of the labyrinth we get in touch with the mystery that is greater than any one of us. To enter the labyrinth is to walk a spiritual path.

The labyrinth has ancient roots in many cultures – one discovered in ruins of ancient turkey dates back to 5,000 BCE. Others have been found in many European cultures and among the artifacts of indigenous peoples of New Zealand, North America and South East Asia. Our labyrinth here at UUSS is based on the design from the Chartres Cathedral in France built in the 12th century.

Let us now join in blessing this sacred path.
Please form a circle around the labyrinth.

We first honor this path in the tradition of Unitarian Universalism. Our living tradition draws from many sources, ancient and modern. We light this chalice in honor of the quest for meaning and connection with the great mysteries of life and death.

Please join hands. Spirit of Life, be with us today as we dedicate this labyrinth as our sacred path. We invite the presence of mystic seekers of all faith traditions throughout time and space.

We dedicate and bless this holy space, this ancient path. Grounded here in this earth, this place, this labyrinth is witness to the sky and wind, sun and moon. Made sacred by its ancient roots this labyrinth will invite and witness our pilgrimage to the heart and soul of life. Made sacred by our intention this labyrinth invites us into a path of deeper meaning.

After each phrase please say

“May you find what you need on this path “

For those who seek a sense of peace

For those who seek comfort from pain or freedom from fear

For those who have burdens too great to bear

For those who are lost and can't find the way

For those who seek healing of body or soul

For those who seek answers or wisdom to face life's challenges

For those who seek deeper meaning and connection

Blessed Be

Will anyone who has been involved in the creation of this labyrinth please step forward:

Repeat after me :

By the work of my hands and the gift of my efforts I bless this sacred path.

May this labyrinth serve as place of power and spirit for all who choose to walk the path.

Will everyone here who is open to the power of the labyrinth please repeat after me.

By our intentions and our honor of ancient traditions, we bless this sacred place.

May this labyrinth serve as place of power and spirit for all who choose to walk the path.

May all who walk this labyrinth be balanced, centered and grounded; have peace and happiness; be healed according to their needs; have

their hearts filled with unconditional love.

May the energy of this labyrinth always be pure, full of light and love.
May the experiences of all who walk this labyrinth be for their highest good.

So May it Be and Blessed Be