



Seattle Center Labyrinth

Credits:

Myra Smith/The Laughing Flower Labyrinth & Landscape Co.

Advent Labyrinth Reflection

"May we grow in anticipation of what the coming of Christ can mean for the waiting world." ~ Pamela C. Hawkins

Observing Advent can provide an opportunity for deep reflection in the midst of the busy hustle and bustle before Christmas. Advent is a [season](#) observed in many Western [Christian churches](#), a time of expectant waiting and preparation for the celebration of the [birth of Jesus](#) at [Christmas](#). It is the beginning of the Western [liturgical year](#) and commences on [Advent Sunday](#).

This Advent, try a labyrinth walk to quiet your heart and mind during the chaotic season. If you're not sure where a labyrinth can be found, visit www.labyrinthlocator.org. In the Seattle area, there are labyrinths at [Seattle Center](#) and [Denny Park](#), and in the Kirkland area, there are labyrinths at [Rose Hill Meadows Park](#) and [St. John's Episcopal Church](#), just to name a few locations.

Read through the following scripture and reflection, then read the prayer starter before a labyrinth walk. During your labyrinth walk, open yourself to whatever comes. Any increase in awareness, peace, love or patience with yourself is a gift from Spirit to you this season.

Scripture-Isaiah 2:1-5:

"The word that Isaiah the son of Amoz saw concerning Judah and Jerusalem. It shall come to pass in the latter days that the mountain of the house of the LORD shall be established as the highest of the mountains, and shall be lifted up above the hills; and all the nations shall flow to it, and many peoples shall come, and say: 'Come, let us go up to the mountain of the LORD, to the house of the God of Jacob, that he may teach us his ways and that we many walk in his paths.' For out of Zion shall go the law, and the word of the LORD from Jerusalem. He shall judge between the nations, and shall decide disputes for many peoples; and they shall beat their swords into plowshares, and their spears into pruning hooks; nation shall not lift up sword against nation, neither shall they learn war anymore. O house of Jacob, come, let us walk in the light of the LORD."

Reflection:

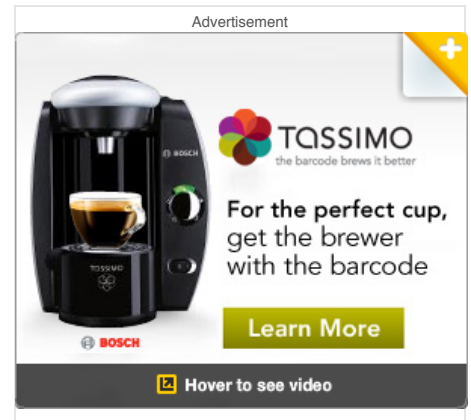
"In days to come..." begins the prophet, painting the first strokes of a promised future for the people of God. Then, in a poetic series of shall after shall after shall, he broadens the vision of what life with God can mean for a people who together to "walk in the light of the LORD."

In the Advent "days to come" when will you make time for reflection and prayer? What do you hope to experience? What will you see? What will you hear? How do you anticipate meeting God in the experience of prayer, worship or reflection? Begin to prepare your heart and life in prayer for those times when you will seek God's Presence.

Labyrinth Prayer Starter:

God of Hospitality, Prepare my heart for your coming.
Stay close by me as I walk through Advent.
Open my eyes and ears and heart that I may see you all around me.
Amen.


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