

Advent One: The Annunciation

Advent I Scripture Reading: Luke 1:26-27

God sent the angel Gabriel to Nazareth, a town in Galilee, to a virgin pledged to be married to a man named Joseph, a descendant of David. The virgin's name was Mary.



***What do you see in the painting?
What do you think it means?***

Labyrinth Meditation:

Like Mary, we are called to say, “Yes.” How can walking the labyrinth be seen as an invitation to say “yes” to the journey?

“Annunciation” by **Henry Ossawa Tanner** (1859-1937),
the first African American painter ever to gain international acclaim.

Walking a Labyrinth

There is no “right way” to walk a labyrinth.

One approach may include these stages*:

PREPARE

Take a moment to release and reflect.

When you are ready,
enter with a simple bow or nod.

THE JOURNEY IN

Release concern and quiet the mind.

Move at your own pace,
pausing whenever you wish.

AT THE CENTER

Receive what this moment offers.

Stay as long as you wish.

THE JOURNEY OUT

Retrace the path that brought you in.

Review and Reflect.

EXITING

Carry the experience into your life

***Steps have been adapted from words at labyrinths at Bon Secours, Marriottsville, MD, and St. Luke's Episcopal Church, Bethesda, MD**

Advent Two: Journeying as a Community

Advent 2 Scripture Reading: Luke 1:57-58

*Now the time came for Elizabeth to give birth, and she bore a son.
Her neighbors and relatives heard that the Lord had shown his
great mercy to her and they rejoiced with her.*



What do you see in the painting?*

What are some of your favorite times of joy?

Labyrinth Meditation:

How does our community celebrate joy together?

How does our community support others in their joy?

*“Nativity” by Carol Aust

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Advent Three: A Journey to Ready your Heart

Advent 3 Scripture Reading: Luke 3:11

John said to them in reply, "Whoever has two coats must share with anyone who has none; and whoever has food must do likewise."



What do you see in the photograph?*

How does it make you feel?

Labyrinth Meditation:

In teaching us to share goods justly, John is preparing the way for the Lord. While you journey on the labyrinth, ready your heart for the message of Christmas.

*"Mali" by Michele Catanni via The Guardian

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Advent Four: Journeying with Love into the World

Advent 4 Scripture Reading: Luke 2:16-17

The shepherds hurried off and found the baby, who was lying in the manger. When they had seen him, they spread the word about this child.



Put yourself in the painting and remain in Christ's presence for a few minutes.

Labyrinth Meditation:

The Way of Love bursts out into the world, crossing boundaries and offering blessings to many. Consider how you might share the gifts of Christmas with others.

*"King of Kings" by Liz Hess

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