



Pastor's Letter



Dear Beloved Family of God,

June 2025

Have you ever experienced the profound peace of walking a Labyrinth? Our Trustees and Ad Council are excited to share a vision for our Second Street Lawn – to create a beautiful, spiritual Labyrinth for our church and the wider community. A portion of our Capital Fundraising will be dedicated to bringing this inspiring project to life.

For decades, our Second Street Lawn has offered a welcome green space. However, maintaining its lushness through the summer demands significant water. We believe it's time to transform this area into something new, yet equally dedicated to serving as a peaceful and comforting haven. Our hope is for a space that nurtures not only the soul but also offers tranquility for the body, all while being a more sustainable presence.

My own introduction to the power of a Labyrinth came nearly 25 years ago at a Korean-American UMC Clergywomen's Gathering in Colorado. In the basement of a United Methodist Church, a large, 18-foot Labyrinth print was laid out for about 40 of us. As we began to walk, one by one, tears began to flow. We felt an overwhelming presence of Christ, touching each of us who carried wounds from our ministry fields – from sexism, racism, or cultural discrimination. We spent over three hours in that sacred space, and everyone emerged renewed with healing and spiritual strength. It is my fervent hope and prayer that we can soon offer this gift to our community, allowing many to benefit from its grace.

What is a Labyrinth Prayer Walk?

A Labyrinth prayer walk is a form of walking meditation. It involves journeying along a single, winding path towards a central point and back out again. The Labyrinth itself is a symbolic representation of one's spiritual journey, with the center often signifying a state of peace, enlightenment, or connection with the Divine.

To help you engage with this spiritual practice, here are some gentle guidelines:

- **Entering the Labyrinth:** Approach with an open heart. You might set a specific intention, offer a prayer, or simply decide to be present.
- **Walking the Path:** As you walk, quiet your mind and focus on your intention or your breath. Allow space for contemplation and spiritual reflection.
- **Reaching the Center:** The center is a place for pause, peace, rest, or deeper connection. Receive what is offered.
- **Walking Back Out:** The return journey can be a time for releasing concerns, integrating insights gained, or carrying newfound peace with you.
- **Various Approaches:** Some individuals pray specific prayers or recite scripture. Others may focus on their breath, a sacred word, or simply the act of walking. There is no single "right" way.

The practice of walking a Labyrinth offers numerous benefits:

- **Stress Reduction:** The slow, mindful walk can quiet the mind, ease anxiety, and reduce stress.
- **Spiritual Connection:** It serves as a powerful tool for deepening one's spiritual practice and fostering a connection with God.
- **Self-Reflection:** The journey provides a dedicated space for contemplation on one's life path and spiritual growth.
- **Creativity:** The focused, meditative movement can often unlock new insights and stimulate creativity.
- **Mindfulness:** Walking the Labyrinth encourages a profound focus on the present moment, cultivating mindfulness and heightened awareness.

We are truly excited about the prospect of this Labyrinth and the spiritual enrichment it will offer. We look forward to sharing more as this vision unfolds.

Blessings,

"Rejoice always, pray without ceasing, and give thanks in all circumstances; for this is the will of God in Christ Jesus for you!" (1 Thessalonians 5:16-18)

Your Pastor, Hyesung Lee