



Into The Center:
New Year's Eve Labyrinth Meditations



Unitarian Universalist
Church of Greater Lynn

As the wheel of the year turns

and we prepare for 2024, we gather to connect with our deeper selves and set intentions to attend to our souls in the year to come.

You may choose to do all of these meditations or to focus on one or two. It is recommended to read through the entire meditation once or twice before starting it.

I

The Noticing and Honoring Path

PREPARING:

Take a few moments to follow your breath and call into your awareness some of the highlights of the past year. They may be things you did, or things you felt. Trust that the important things will come to your consciousness; you cannot possibly remember everything.

Continue to welcome these impressions and highlights into your awareness as you set out on the path inward to the center. There may be some surprises. Observe them without judgment.

IN AND OUT FROM THE CENTER:

When you reach the center of the labyrinth, rest there for a moment to honor everything you have just reviewed. Was there one particular memory or personal trend that came up for you from the year?

As you walk the path back out of the center, focus again on your breath. Notice how strong you are. Send yourself compassion and congratulations. You are here now.

DEPART IN PEACE:

As you exit the labyrinth, make a gesture of blessing by bowing or crossing your hands over your heart. You are beloved.

II

The Blessings and Banishings Path

PREPARING:

As you prepare to enter the labyrinth, slow and steady your breathing and visualize the blessings you wish to be yours in the year to come. Let yourself freely dream. When you are ready, begin your path inwards.

THE WAY IN (BLESSINGS):

As you begin your slow walk in toward the center, reflect ~

- Who am I called to be?

- How can I best use my gifts?
- What are my ego needs? Do they truly serve my life's purpose?
- What are my soul needs? How can I support them?

When you reach the center, spend a moment experiencing the sensation of blessing and wholeness that you have invoked.

THE WAY OUT (BANISHING BLOCKINGS):

Now, while still in the center of the labyrinth, begin to bring into your awareness any ideas, feelings, relationships or activities that can block blessings, steal your life force, or alienate you from your life's purpose.

As you travel the path out of the center, and as you inhale and exhale,

- **inhale** blessing, and
- **exhale** blockings... with compassion, send them away to be absorbed by God/Creation's creative, transforming love.

You may choose a mantra like, "I breathe in blessing, I breathe

out negativity" or "I am open to blessing. I send from me those things that do not serve my life's purpose."

DEPART IN PEACE:

As you exit the labyrinth, make a gesture of blessing by bowing or crossing your hands over your heart.

III

The Gratitude Path

As you follow the path in to the center, bring into your mind and heart what you are grateful for in your life and in the world.

As you rest for a moment in the center of the labyrinth or path, pay close attention to how you feel and where you are. Find three things to give thanks for in the present moment.

As you walk the return path out of the center, silently repeat the prayer, "Thank you."

As you exit the labyrinth, make a gesture of blessing by bowing or crossing your hands over your heart. You are beloved.

Blessings to you and yours for a safe, healthy, joyful new year.

Meditations: Rev. Dr. Victoria Weinstein • victoria.weinstein@gmail.com
Unitarian Universalist Church of Greater Lynn • uucgl.org

JOIN US!

(Visit uucgl.org for more information and additional announcements.)

Saturday Craft Circle

Saturday, January 6 | 10am-2pm | Skylight Room

Sunday Evening Meditations

Sunday, January 7 | 4-5 pm | Sanctuary

Registration required; see uucgl.org

Tai Chi Class —Beginner Level (First Class)

Tuesday, January 9 | 10am | Parish Hall

All ages and abilities welcome. Sign up at www.uucgl.org/taichi

Wisdom Circle

Tuesday, January 9 | 12-1:30pm

Plant-Based Cooking Group (FOR ALL AGES)

Thursday, January 11 | 5pm | UUCGL Kitchen

Church History Ministry Team Meeting

Sunday, January 14 | 11:30am-12:30pm | Skylight Room

5th-6th Grade OWL and Parent Orientation (First Class)

Sunday, January 14 | 6-8pm

Classes run every Sunday, except holidays and first Sundays of school vacation weeks. Learn more or sign up at www.uucgl.org/owl

Path to Membership

Sunday, January 21 (also Sunday, January 28) | 11:15am | Fellowship Room

Are you interested in learning more about Unitarian Universalism and our congregation? The sessions are fun, informative, and a great way for you and the church to get to know each other better.

“Drumagic” Community Drum Circle

Sunday, January 21 | 1:30-3:30 pm | Sanctuary

Open to ages 8 and up; no experience necessary! Expect an afternoon of spiritual awakening, fun and meeting wonderful people. Drums are available for borrowing. Read more about it at uucgl.org/adultprograms.

Potluck Community Meal

Sunday, January 21 | 5-7pm

Sign up at uucgl.org

Parents & Caregivers as Sexuality Educators Support Group

Sunday, January 21 | 6-8pm

Sessions are designed to meet the needs of adults raising children of a wide age range, from elementary through high school. Read more at uucgl.org