

## The Prayer Labyrinth



O God of many paths, I stand before this labyrinth today, metaphor of my journey to you. In the Western world I have been taught that "the shortest distance between two points is a straight line," and being an impatient person, I am uncomfortable with waiting. I have often modeled my journey to you on the straight line. But you, God of infinite patience, have shown me that there is another path: the curved path.

On this path, my anticipation is heightened as I approach the center, only to be led out again to the periphery. But this path more closely resembles life itself. On this path, if I just put one foot in front of the other, it may seem at times as if I am not approaching my goal, while in fact I am drawing closer all the time.

But you are a God of surprises and mystery, and I don't control the path. The labyrinth is a symbol of my surrender to mystery, trusting, not knowing for certain, that the path which curves in and out again ultimately leads to the Center, which is you.

Written by Jean Sonnenberg

## Tips for the Temple --

Let me suggest we take some time to address our physical health. My cover letter referred to the problem of weight control, so I suspect you may have thought I'm going to bore you with some diet involving restrictions and negatives. Actually, I'm more interested in our developing healthier lifestyles. I am going to begin with some nutrition suggestions, however, which may have the added benefit of improving our situations in the realm of weight.

Step 1. Take three days to do a nutritional inventory. (Don't get shook up, just keep track of what you eat and when for three days.)

Step 2. I know you aren't a dietitian, but you will be able to see problems in your current habits if you simply take time to look. For example, let's take a look at me on a typical day.

- a. Got lot's to do today, no time for breakfast, how 'bout a Snickers.
- b. Need some fluids, Cherry Coke in the fridge will do.
- c. Not much time for lunch, Hershey's to the rescue.
- d. Dinner time then meeting time, fast food, Bob's, Subway, whatever (Vegetables include french fries and potato chips, don't they?)
- e. Meetings over, still hungry, Bucks on the tube, through the kitchen to the sofa, grab a handful of cookies, bag of chips, wash it down with a cherry coke.

Step 3. Analysis:

Dietary villains: Chocolate, Chips, Cherry Coke- plenty of calories  
no nutrition

Scheduling errors: Three meals not even close; greatest intake,  
dinner and beyond (Everything after dinner turns to love handles.)

Exercise: Only if you count running in administrative circles.

Step 4. Solutions:

1. Schedule three meals
2. Better nutrition, vegetables and fruits, better balance
3. No eating after dinner except fruit (Not between pie crusts and served ala mode.)
4. Get some exercise (Hint: start slow, start gently, but START!)
5. Don't bring the villains home.

This seems like a good place to start. Remember to take time for life in Christ.

Grace and Peace,  
The Keeper of the Labyrinth