



Awaken the Night, Embracing the Light

- ❖ “The Winter Solstice is the time of ending and beginning,” Frederick Lenz wrote, “A powerful time—a time to contemplate your immortality. A time to forgive, to be forgiven, and to make a fresh start.” Where do you need a fresh start this Christmas?
- ❖ “The Advent mystery,” Thomas Merton wrote, “is the beginning of the end of all in us that is not yet Christ.” This is at the heart of the Incarnation. What in me is not yet Christ? What is keeping me from living fully the life of Christ?
- ❖ What needs to be cleaned out of the stable of your heart before Christmas?
- ❖ The Winter Solstice invites us to make friends with the darkness, to listen to what darkness can teach us. What have you learned about yourself in those dark nights of the soul?
- ❖ This night invites us to check the timer on our soul. What do I need to adjust in my life to keep the light of hope burning?

Prayer of Departure for the Labyrinth

**O Radiant Dawn,
Creator of Darkness and Light,
Be with us as we walk the labyrinth this Winter Solstice night.
Guide our feet on the path to peace and protect us on our way.
As we seek the center, we long for the light that will never fade.
We make this prayer in the name of Jesus, the Light.
Amen.**