

# Veriditas Friday Finger Walk Resource Guide

By Lars Howlett / DiscoverLabyrinths.com

Friday, December 11<sup>th</sup>, 2020

## Welcome Music:

Villancico by LAS ÁÑEZ

-- [https://youtu.be/ra\\_zEJsrlDk](https://youtu.be/ra_zEJsrlDk)

## Theme: Candlelight

Chalice Labyrinth by Bob Peach (right)



## Opening Quote:

“What distinguishes candle from other lights is that it appeals to our soul, not our eyes!” — **Mehmet Murat Ildan** (Turkish author and playwright)

## [Candlelight in various winter solstice holiday traditions.. .](#)

**Hannukah** (Dec 10-18) The centerpiece of the **Hanukkah** celebration is the menorah, a candelabra that holds nine **candles**. Eight **candles** symbolize the number of days that the Temple lantern blazed. Also called the Festival of Lights, Hannukah celebrates the triumph of light over darkness, spirituality over materiality, and of purity over adulteration.

**Santa Lucia** (Dec 13) Alongside Midsummer, the Lucia celebrations represent one of the foremost cultural traditions in Sweden, with their clear reference to life in the peasant communities of old: darkness and light, cold and warmth. Lucia is an ancient mythical figure with an abiding role as a bearer of light in the dark Swedish winters.

**Winter Solstice** (Dec 21) From the ancient Egyptians to the native American Hopi tribe, for centuries many cultures have looked to the winter solstice as a powerful time of ritual, reflection and spiritual renewal. Mid-winter provides a quiet time to be mindful and reflect on the past, and set goals and intentions for the coming months. Essentially as the sun is re-born, so too can our spirit renew through the personal awakening that winter solstice offers. Rituals honor the return of the sun, so one of the most

important items is a candle that symbolizes the rebirth of light . Being the shortest day means the solstice is also the longest night of the year, and one of the original traditions was rooted in candlelight—both for the needed light, and to celebrate the return of the sun in the coming months.

**Shab-e Yalda (Dec 21)** "Night of Birth", or Zayeshmehr, "Birth of Mithra", or Shab-e Chelleh is the Iranian winter solstice celebration which has been popular since ancient times. The longest and darkest night of the year is a time when friends and family gather together to eat, drink and read poetry (especially Hafez) until well after midnight. Yalda celebrates rebirth in the midst of winter's death, the victory of light over darkness, a victory on the very day in the calendar when at last light will once again begin a steady gain on darkness. There are bonfires, there are symbolic meals celebrating special dried and fresh fruits, there is great music and dance, there are special lights, of course, and there is family celebration.

**Diwali** (Nov 15) gets its name from the row (*avali*) of clay lamps (*deepa*) that Indians light outside their homes to symbolize the inner light that protects from spiritual darkness

**Advent** (Nov 29-Dec 24) Advent candles shine brightly in the midst of darkness, symbolizing and reminding us that Jesus came as Light into our dark world. The **candles** on the **Advent** wreath **symbolize** hope, love, joy and peace. ... Some denominations consider the **fourth candle** to **mean** purity, and most use a fifth **candle**, called the Christ **candle**, that is lit on Christmas.

**Kwanzaa (Dec 26-Jan 1)** The kinara is a seven-space candle holder, representing the original stalk from which the African people originated. The mishumaa saba (seven candles) stand for the Seven Principles. The placement of the mishumaa saba (candles) in the kinara is as follows: Black, for the color of African peoples everywhere, is located in the center. Three red candles, represents the blood of the ancestors, are placed to the left. Three green candles that symbolize the earth, life, and the ideas and promise of the future, are placed to the right. Beginning December 26 with the black mishumaa, a different candle is lit for each day, alternating from left to right. After the candlelighting, the principle of the day is discussed.

## Reading

**Search the Darkness by Rumi**

Sit with your friends, don't go back to sleep.  
Don't sink like a fish to the bottom of the sea.  
Surge like an ocean,  
don't scatter yourself like a storm.  
Life's waters flow from darkness.  
Search the darkness, don't run from it.  
Night travelers are full of light,  
and you are too: don't leave this companionship.  
Be a wakeful candle in a golden dish,  
don't slip into the dirt like quicksilver.  
The moon appears for night travelers,  
be watchful when the moon is full.

### Reflection:

“Look at how a single candle can both defy and define the darkness.”  
— **Anne Frank**

### Music :

Musical Incense by Laura Inserra - Passage 1

<https://laurainserra.bandcamp.com/album/musical-incense-vol-1>

### Closing Quote:

“All the darkness in the world cannot extinguish the light of a single candle.”  
— **St. Francis Of Assisi, The Little Flowers of St. Francis of Assisi**

## Poems shared by others:

### **Legacy**

By Joseph M. Goldstein (From the book Reflections  
by Maryann Scheonfield Jacob, Doris Marie Strom, and Gail Johnson Sudman)

Do not think  
because the light you cast  
is firefly soft  
And gentle  
as the scent  
of sandalwood  
that it does not truly make a difference  
in the soft corners of the world

You are at it's center  
and so you cannot see  
your candle glow  
of inspiration dart  
its evanescent gleam  
down the corridors of forever.

### **Let This Darkness Be a Bell Tower**

Written by Rainer Maria Rilke

Quiet friend who has come so far,

feel how your breathing makes more space around you.  
Let this darkness be a bell tower  
and you the bell. As you ring,

what batters you becomes your strength.  
Move back and forth into the change.  
What is it like, such intensity of pain?  
If the drink is bitter, turn yourself to wine.

In this uncontainable night,  
be the mystery at the crossroads of your senses,  
the meaning discovered there.

And if the world has ceased to hear you,  
say to the silent earth: I flow.  
To the rushing water, speak: I am.

*From Sonnets to Orpheus II, 29*

**Solstice Song:**

Celebrate the light of the sun  
Show the way Lucina  
Dance the ground on Sabbath night  
Blessed be the great Mother

Celebrate the darkness of night  
deep in the womb of the Mother  
Celebrate the dark and the light,  
loving one another

**Untitled Poem by Rilke:**

“You darkness, that I come from,  
I love you more than all the fires  
that fence in the world,  
for the fire makes  
a circle of light for everyone,  
and then no one outside learns of you.

But the darkness pulls in everything:  
shapes and fires, animals and myself,  
how easily it gathers them! -  
powers and people -

and it is possible a great energy  
is moving near me.

I have faith in nights.”

## Other recommendations:

**Learning to Walk in the Dark** by Barbara Brown Taylor (book)

**The Bowl of Light from the Tales of the Night Rainbow** (Hawaiian story)

**The Light shines in the Darkness and the darkness did not overcome it" John 1:5**

Request a copy of the **Advent labyrinth** from Annelle Tanner:  
annelletanner@mbtabt.net

## Other links:

**Nocturno** by Pablo Neruda: <https://yoaltero.wordpress.com/2017/03/10/nocturno-neruda-1918/>

**How Candles are Made by Lupe Mendez:**

<https://www.poetryfoundation.org/poetrymagazine/poems/153227/how-candles-are-made>

Christmas in Chartres

Photo by Les Vitrines de Chartres

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