Friday Handheld Labyrinth Walk 4/9/2021 Led by Kay Mutert, Theme: *Patience*

\*Music: *Presence* by Dana Cunningham

It is on the CD *Dancing at the Gate*

[https://danacunningham.com](https://danacunningham.com/)

\*Quotes:

“I have simply tried to do what seemed

best each day, as each day came.” - Abraham Lincoln

“May you open your heart and hands to

welcome and embrace with gratitude and joy the gifts revealed in each

present moment today. May you share them with kindness and love with

all those you meet. And may this kindness and love become a helping

and healing presence as you path unfolds this week.” Frank Faine

Brother Toby quote at Starcross Community. community@starcross.org

Hawaiian word for PATIENCE -

is Ahonui… which literally means AHO - breath; NUI - big… so big

breath…

Poem by Joy Michels: The Walk

...And as we walk

We may stumble and fall

But we cross the wall.

Our faces to the Sun.

Our backs to the wind.

Singing on our way home.

For Home we go

No matter the path or challenge.

Borne above the clouds

To a brighter day -

A lighter sky.

Where we walk again together

In peace, in patience, in Love.

\*Poem by Alissa Rae Hill

Patience feels like a nourishing and warm soup.

the translucent bits of onion roughly chopped are like the intensity life brings, in flavor

and in experience.

Mushrooms finely diced are the empathy and compassion for self and others,

ideally scattered evenly through the soup and one's life.

Long noodles serpentine themselves around - representing the ways we can bend and move.

Changing our minds or our trajectory to accommodate this moment.

Then this one.

and on.

Beans sink or float like outbursts or discomforts  --

all the things we can not control.

The cadence in which one eats stirs the soup

even the temperature preferred seems to invite

 new perspectives to pop in

There is an ongoing disturbance, if you will.

but

the soup -

the base --

the nutrient-rich broth is more complex than water

 it is

the deliverer, the conduit

the courage to carry on

that allows us to meet the magic

lips first

and that is how I experience

patience.

I never know what each bite will hold

however I trust that I am divinely fed.

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    [www.alissarae.com](http://www.alissarae.com/)

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