Resources for Friday Finger lab. Walk 10/16/20 theme: *Compassion*, led by Kay Mutert

Focus:

\*Mary, Untier of Knots - Santa Fe, NM, USA Cathedral Basilica of St. Francis of Assisi, outdoor labyrinth in front plaza, sculpture of *Mary, Untier of Knots* in back garden. Photos by KMutert. Selected words from *Prayer to Mary* by Pope Francis.

**\***In the eastern tradition, Kuan Yin, Goddess of Compassion. Thanks to Linda Mikell for background notes and photo of her kitchen presence.

Finger walk music: *Blind Mary* & *Far beyond the Mountain*, from Celtic Meditation Music, Aine Minogue@Sounds True

Quote: from word labyrinth by Henri-Frederic Amiel (1885) offered in the Veriditas auction:

My dear friends, Life is short and we do not have much time to bring joy to the hearts of those who travel the path with us. So, be swift to love, make haste to be kind. May the blessing of our creation, may those who love us, and all who travel with us, bless you and those you love this day and always. May it be so. Henri Frederic Amiel (1885)

Closing Blessing Music: *Irish Blessing*, Music by Kay Mutert ©1984, sung by Voices of DaySpring, KM conducting. For info, contact Kay.