



Writing a Labyrinth Prayer with Words that Make for a Just Peace

- Grab a pen/pencil and the labyrinth image above.
- Center yourself by taking several deep breaths.
- Choose words or a mantra that focus on things that make for a Just Peace. Write your words from the entrance of the labyrinth to the center. Write the word(s) over and over again.
- Once you reach the center – return to the opening reading the words you have written on your path.
- Repeat this practice frequently and hold your prayer in your heart.