

Soul Session (5.25.2022)

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Thank you Andrea for this invitation to be with our community today

My words/phrase how I arrive today: **depleted**....can't get to end of this academic year quick enough and feeling overwhelmed by all to do in the next two plus weeks to graduation!

Also mindful of the **second anniversary of the murder of George Floyd**

Of the tragic gun violence and murder of school children and educators in Texas

Given this context and in preparation for today, I returned to the first Soul Session of this spring quarter and **Pat Twohy, SJ's** question that deeply resonated, "**What is my prayer practice?**" especially in these times of desolation and depletion...

How am I present?

How am I searching for the Holy?

How am I seeing God in All Things?

Significant for me is the practice of walking the Labyrinth, thus the image shared today as you joined. If we could, I would gather us behind Loyola Hall surrounded by the cascading beauty of the Rhodies and azaleas to walk the Labyrinth:

A journey of Releasing, Receiving, and Returning

"a watering hole for the Spirit and the mirror for the Soul" (Lauren Artress, 2017)

In the spirit of the Labyrinth, I invite you on a journey.....a guided meditation, using your imagination take a journey of this past academic year, perhaps a mirror for your soul. Make yourself comfortable and perhaps close your eyes....

I ask you to identify two things:

A **favorite place** on campus that brings you serenity/calm: garden, bench, the green, or perhaps the Labyrinth or perhaps a place in your neighborhood, a favorite park, overlook view

Wisdom companion, someone here at Seattle U that you have turned to for support this past year...a colleague, spiritual guide, perhaps a walking friend

Go to your special place and invite your Wisdom Companion into this space....take a moment, pause, soak in the beauty

- Turn to your companion and share your joys, gifts, and perhaps accomplishments of this past year
- Share your challenges, conflicts, hurtful times of this year Ask your companion.....Will you help me in my desolation?

- As you anticipate this summer, what do you need to let go of?
Share how your spirit, soul needs to replenish/heal to **return anew** next year Ask your companion for words of encouragement and hope

Sit in silence with your companion. Soak in the beauty, peace, and warmth of your special place

Invite us to return to our Zoom space and as you do, I share a prayer poem, *The Map You Make Yourself* by Jan Richardson, which gives me hope and renewal of spirit for my work and the journey ahead.

The Map You Make Yourself by Jan Richardson

You have looked
at so many doors
with longing,
wondering if your life
lay on the other side.

For today,
choose the door
that opens
to the inside.

Travel the most ancient way
of all:
the path that leads you
to the center
of your life.

No map
but the one
you make yourself.

No provision
but what you already carry
and the grace that comes
to those who walk
the pilgrim's way.

Speak this blessing
as you set out
and watch how
your rhythm slows,
the cadence of the road
drawing you into the pace
that is your own.

Eat when hungry.
Rest when tired.
Listen to your dreaming.
Welcome detours
as doors deeper in.

Pray for protection.
Ask for the guidance you need.
Offer gladness
for the gifts that come
and then
let them go.

Do not expect
to return
by the same road.
Home is always
by another way
and you will know it
not by the light
that waits for you

but by the star
that blazes inside you
telling you
where you are
is holy
and you are welcome
here.