

The use of a Labyrinth for Peace during the Dominican Month for Peace

To highlight the 2018 Dominican Month for Peace, focused on the Democratic Republic of Congo (DRC), and to assist a deepening of prayer and reflection about peace in this period, we propose the creation of a Labyrinth for Peace in your community, church, school, place of work, garden, park or any other spacious place where people can easily gain access. It can be used for one day or for the whole month.

A labyrinth can be symbolic of a journey, a pilgrimage, that people can walk, entering into deeper contemplation as one follows the path, losing track of direction and of the outside world, which can quieten the mind. It can also give a sense of entering and getting lost in an unknown world, a difficult situation where one's faith is tested. It can therefore offer an appropriate space to meditate about peace in one's own life and environment, in the world and in the DRC.

Begin by preparing a design of your labyrinth, according to the chosen space. It can be created out of stones, plants, candles, painted lines, or whatever, as long as it forms only one path through which people can walk towards the centre. Here are a few examples:



Outside or at the entrance to the labyrinth, with a welcoming presence to encourage entry:

- there could be a board with posters and explanations on the situation in the DRC, as well as on the meaning of a labyrinth, and
- the “pilgrims” can be invited to take a copy of the flyer explaining the Dominican Month for Peace in the DRC.
- They could then be offered a card
 - o with an invitation to walk the labyrinth on one side and
 - o questions for contemplation on the other.

We offer a suggestion for these texts below, which can be adapted according to local conditions.

At the centre of the labyrinth:

- there could be a space to pause (with a few cushions, stools, ...) where the pilgrims can pray, read the information about the Dominican Month for Peace or write down prayers which can be placed in a basket or box at the entrance to the labyrinth.
- Paper and pens could be available to write the prayers.
- Small candles could be available and the pilgrim may be invited to take two of them – one to keep as a personal reminder and source of inspiration; the other to give to someone else to share the experience and the intention.

These are all only suggestions which you can use or adapt according to your own conditions and capacities. We hope that you can be inspired to think of many more! Please then share them with us!

Invitation at the Entrance to the Labyrinth

Dear Friend,

Welcome to the Dominican Month for Peace focused on the Democratic Republic of Congo (DRC) in Central Africa.

You are warmly invited to pray for this peace and for the courage to make peace with yourself and with others by walking slowly through this labyrinth in silence. On the other side of this card you will find suggestions to assist your prayer.

In the centre of the labyrinth you will have an opportunity to write a prayer which you can deposit in the box/basket at this entrance as you exit.

You will also find candles in the centre. You are invited to take one as a source of inspiration to continue praying for the DRC this month. And you are invited to take a second one to give to someone else to share the experience and the intention.

Thank you for your solidarity and prayers.

Possible questions for contemplation in the Labyrinth

- How often do I allow myself a few minutes of silence?
- Which two recent events in my life left me insecure without a sense of peace?
- Where and how did I experience God in such moments?
- Which people help me to have a sense of peace?
- With whom do I need to make peace?
- What image about the DR Congo strikes me?
- When I imagine myself in that situation, how do I feel?
- What is my prayer for the people of the DR Congo?
- How can I offer support to the people of the DR Congo?
- How can I bring light and peace to those around me?