

Our Labyrinth

We have a resource that is fairly unique. It is our labyrinth. There are a few others here in San Diego, but it is the only one in Serra Mesa.

A labyrinth is a path that mimics the path of life. There is only one way to go and that is forward, and yet, the path twists around to where at times you seem to be on the outside of things and at other times, you seem to be nearing the center, but then, from either position, one turn and suddenly you are in a very different place! The nice thing about a labyrinth is that you cannot get lost. Keep putting one foot ahead of the other and you will eventually come to the center. That is just like life. In truth, life is like that. If we but trust the process and keep putting one foot in front of the other (both figuratively and literally) we will get through whatever happens to us.

The labyrinth points to the mystery in the spiritual path. We have to decide to enter. That is a voluntary action. It is also voluntary to stay on the path. There is a temptation to step over the lines to get to the center straight-away. The problem is, that subverts the benefits of the journey which will open its own centers of meaning when taken. Can I explain this? No. But I can say it is the same dynamic that cheats us out of the goodness of life any time we give into temptation and operate from the lowest expression of our nature. Trusting that the journey has something to teach us is an ancient wisdom that transcends religious traditions.

The labyrinth just asks you to keep moving and pay attention. And yet, because there is only one path, you can lose yourself in the experience. You don't have to be monitoring your way, just take one step after the other at whatever pace inspires you in the moment. Stay in the moment. Be mindful that you are in the right place. So pay attention to your thoughts or feelings or ideas. Pay attention to your breathing or the sensation of each step. Pay attention to the feel of the breeze on your face or the sounds of the neighborhood.

What might prompt you to walk the labyrinth? Lots of things. You might walk it to focus on confession on the way in, repentance in the center and experiencing or accepting forgiveness on the way out. Or maybe it is something you need to forgive rather than be forgiven for. Acknowledge the hurt you have endured on the way in, then in the center, forgive (or ask for the willingness to forgive) and on the way out, open yourself to a new way of living without that hurt. There may be something you need to let go of. On the way in, reflect on the way it was, in the center acknowledge the loss of that way, and on the way out embrace/open yourself to the willingness to move into the new. Maybe for you walking the labyrinth represents a safe place in a dangerous world and is a way of asking God to help you find that safety in other places. These are just a few. There are as many reasons to walk a labyrinth as there are life experiences.

It is good to remember that there is no right or wrong way to walk the path of the labyrinth. As you enter the space of the labyrinth, just be yourself and let the need of the day direct you.

Honor your own pace and this moment's purpose. Be in touch with your inner self and the presence of the Divine. It is ok to pass others or allow them to pass you. Some walk slowly in deep contemplation or thought. Others may dance, run, skip or even glide through the path. Being sensitive to the others on the path will guide your choices.

Have you walked our labyrinth? If you have, I hope you continue to make it a regular practice. If you haven't I invite you to try it out.

Blessings to you,
Pastor Karla



ALL SAINTS DAY – HISTORY

All Saints' Day (in Danish *allehelgensdag*) falls on the first Sunday of November. It is a day when we commemorate those we have lost as well as the Christians who have lived before us and have testified to their Christian faith.

The history of the commemoration of the dead in the Church

In the Middle Ages the Church celebrated both All Saints' Day and All Souls' Day. All Saints' Day was the day when the Church remembered the Christian martyrs, i.e. those who had died because of their faith, whereas All Souls' Day was the day when the Church commemorated and prayed for the dead. The idea was to help the dead go through purification in purgatory and enter into heaven by praying for them. At the Reformation in the 16th century the existence of purgatory as a place of punishment or purification was rejected. Consequently, All Souls' Day was abolished. The Church kept All Saints' Day to commemorate those who died for the sake of their faith.

All Saints' Day celebrations today

Many parish churches have a tradition of inviting the relatives of those who have passed away during the year to a special commemoration service on All Saints' Sunday. The names of the parishioners who have passed away are read out loud at the service. Many people visit the graveyard or the cemetery on All Saints' Day and it has become common to light a candle on the grave of loved ones.

From: Lutheranchurch.dk

VETERANS DAY

Veterans Day: On the 11th hour of the 11th day of the 11th month of 1918, an armistice, or temporary cessation of hostilities, was declared between the Allied nations and Germany in the First World War, then known as "the Great War."

The date and time was commemorated as Armistice Day beginning the following year, with the signing of the Treaty of Versailles, signed on June 28, 1919. November 11th became a legal federal holiday in the United States in 1938. In the aftermath of World War II and the Korean War, Armistice Day became Veterans Day, a holiday dedicated to American veterans of all wars.

On behalf of all of us who thank those brave, selfless men and women who have served and continue to serve our great nation, an honor guard is stationed at Arlington National Cemetery where each year, precisely at 11:00 a.m., an honorary ceremony is held. Since we cannot attend that ceremony in person, we can honor them in our minds and hearts; and perhaps offer up a little prayer of thanks.



**With Honor & Gratitude
We Remember**

DID YOU KNOW...

- ♦ TURN YOUR CLOCKS BACK ONE HOUR BEFORE YOU GO TO BED NOVEMBER 2nd. Daylight Saving Time ends November 3, 2019.
- ♦ **MMACC BOOK CLUB** - GLC book lovers are invited to join in on Wednesday, November 13, 2019 at 7:00 p.m. in the Garden Room. The book to be discussed will be **THE IMMORTAL LIFE OF HENRIETTA LACKS** by **Rebecca Skloot**. If you have any questions, please contact Bev at 619-322-9342 or Pastor Karla.



*Happy
Birthday*

Dave Pfizenmeier	11th
Paula Cummings	21st
Lily Elizabeth Wasiluk	21st
Virginia Morse	27th

EXPERIENCE THE HOLY LAND, with An Optional Egypt Extension

Travel with Pastor Karla and her husband Ed on a 10-day **Tour of Israel January 4-13, 2021** (the extension to Egypt is January 13-17.) We will fly into Tel Aviv and stay in Netanya, on the Mediterranean, the first night. We will see many biblical sites, visiting Caesarea Maritima, Mt Carmel, Megiddo, Nazareth and Cana and other sites in Galilee. We will visit the Sea of Galilee, Capernaum, the baptismal site on the Jordan River, Caesarea Philippi. We'll go to Jericho, Bethlehem and the Church of the Nativity. We'll go to the Church of the Holy Sepulchre, the Western (Wailing) Wall and many sites in Jerusalem including the Mount of Olives, Garden of Gethsemane, Via Dolorosa, the Upper Room and many more. There will be some free time for shopping and exploring and some times where the days will be jam-packed.

If you should choose to include the Egypt extension, you will join us in seeing sites where Moses walked, including the mountain where Moses is believed to have received the Ten Commandments. Those who choose to do so are invited to get up early (meeting at 2am!) to hike up the mountain following the Path of Moses—a stairway of nearly 4,000 steps—to watch the sun rise. St Catherine's Monastery is at the foot of that mountain and is the site of a splendid art gallery. Traveling on to Cairo, we will see some of Egypt's oldest sites; the Pyramids of Giza, have a camel ride, see the King's Chamber, the Great Sphinx, the Necropolis of Sakkara and King Zoser's Step Pyramid and Memphis, the remains of the nation's first capital. We will have a tour of the Museum of Antiquities, the Alabaster Mosque of Mohammed Ali, the Citadel, Khan El Khalili Bazaar and the Synagogue of Ben Ezra where Moses was pulled out of the bull-rushes.

Cost for the 10 day tour of Israel is \$4292 per person, including airfare from San Diego (other departure cities can be arranged on request) \$695 in US and international departure taxes and fuel surcharges and \$150 in gratuities, breakfast and dinner daily, motor coach ground transportation, lodging in First Class/Superior First Class hotels, guided sightseeing and entrance fees to all sites visited. The optional extension to visit Egypt will cost \$1697 covering airfare from Tel Aviv to Cairo, lodging, ground transportation, border taxes and gratuities.

LABYRINTH WALKS

We will have several opportunities to walk the Labyrinth together between now and the end of the year.

Tuesday, Nov 12 6:30pm — Full Moon Walk — There will be a brief orientation followed by a time of reflection and a group walk

Wednesday, Dec 11 & 18 6pm - Quiet Christmas Labyrinth Walk (short reflection followed by group candlelight walk)

Tuesday, December 31 at Noon — New Year's Resolution Walk (short reflection followed by a group walk)

Group walks are opportunities for silent prayer while simultaneously on the path to the center. It is like life. We are all on the same path but on our own journeys. We all get there at different times, having our own experience on the way. Sometimes people are nearby and sometimes not. But we are never alone. People of all religious tradition or no religious tradition are welcome to participate. (The Quiet Christmas Walks will have a Christian themed reflection.) The labyrinth is fairly well lit, but you are welcome to bring a flashlight to the evening walks if you prefer.



ELCA FEDERAL CHAPLAINCY SCHOLARSHIP

We have achieved the status of a Medallion Congregation. Our collection deadline is Veterans Day, November 11th. Checks are still being accepted to GLC with a note Chaplain Scholarship. A gift of any amount will be gratefully accepted. You still have time to meet the deadline.



Evangelical Lutheran Church in America
God's work. Our hands.

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ADDRESS CORRECTION REQUESTED

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Check out our Website
at
www.gethsemanesd.org

Gethsemane Lutheran Church...
grounded in the gospel, anchored in Word
and Sacrament, traditional yet creative,
seeking to be God's people in this time and
place.



thanksgiving
gather
thankful family
blessed grateful
together
blessings
november



Weekly Opportunities

Worship with us each
Sunday in November
8:00 a.m. Contemplative
Communion Service
9:30 a.m. Classic
Communion Service

November 24th is Gospel Sunday

Monday

10:30 a.m. Text Study
(exception—no meeting on Veteran's Day)

Tuesday

12:30 p.m. Centering Prayer