

## **Who Is My Neighbor? Thoughts as you walk the labyrinth path**

Need a thought or prayer for your walk?

“The beginning of love is the will to let those we love be perfectly themselves, the resolution not to twist them to fit our own image. If in loving them we do not love what they are, but only their potential likeness to ourselves, then we do not love them: we only love the reflection of ourselves we find in them”

— *Thomas Merton, No Man Is an Island*

### **‘Love Your Neighbour’ Prayer**

Oh Lord, our Father,  
In a world torn apart by fear and suspicion,  
Teach us your children that  
Love is the only means to conquer fear:  
The Love we encounter as we search you out,  
The Love we encounter as we accept your embrace.

Oh Lord, the Son,  
In a world full of anger and frustration,  
Teach us, your servants, your friends, your sisters and your brothers,  
To overturn the tables and tear down the fences  
Which turn away the hungry and homeless:  
To feed and house the disciple that knocks on our door  
In the guise of the stranger,  
And to find the Love we seek in loving others.

Oh Lord, the Holy Spirit,  
Mother of Wisdom,  
Teach us, your children, to be caring of one another,  
To protect one another,  
As you gather the nations under the feathers of your wings.  
Help us to know peace that steals gently in through quiet acts of kindness.  
Amen.

— Diocese of St Alban's (England)

## **Prayer of St. Francis**

Lord make me an instrument of your peace,

Where is hatred, let me sow love; where there is injury, pardon; where there is error, truth; where there is doubt, faith; where there is despair, hope; where there is darkness, light; and where there is sadness, joy.

O Divine Master, Grant that I may not so much seek to be consoled as to console; to be understood as to understand; to be loved, as to love.

For it is in giving that we receive, it is in pardoning that we are pardoned, and it is in dying that we are born to eternal life.

## **Serenity Prayer** [full version]

O God, grant me the serenity to accept the things I cannot change the courage to change the things I can and the wisdom to know the difference. Living one day at a time, enjoying one moment at a time. Accepting hardships as the pathway to peace. Taking, as he did, the sinful world as it is, not as I would have it. Trusting that he will make all things right if I surrender to His will; that I may be reasonably happy in this life, and supremely happy with Him forever and ever in the next.

[Reinhold Niebuhr]

As you walk or trace the labyrinth path towards the center,  
Ask yourself who indeed is your neighbor.

With each turn in the labyrinth path,  
Ask this question again, and listen for the answer.

As you walk or trace the path back out from the center,  
Ask to whom you can be a neighbor.

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