

From the Pastor's Office

COA's Fall Season Will Be Like None Before It



Dear friends at Christ Our Anchor and in the community,

This is will be a fall like no other in a year like no other! As you read this, we have been dealing with the changes and stresses of pandemic life for six months. We have not

been able to hug loved ones, to see others beyond our screens, or to do the things that we count on as part of our life rhythms in this season. Graduations have looked different. Birthday celebrations have looked different. School has looked different.

Worship has looked different. I can think of no other time when we have had to be so constantly adaptable. *My prayer for all of us is patience and wisdom—not from ourselves and our own strength, but from God who knows what it is to adapt to (and even be creative in) a changing world.*

See "Pastor Jessie," p 2

COA Going to Single Virtual Service On September 13

After much prayer and deliberation, our latest meeting of our church Re-Opening Task Force concluded with the following decisions, which have been approved by the Session:

- COA will continue virtual-only worship through September.
- On Sunday [13 September](#), COA worship will go to one service at 10 a.m. streaming via Facebook Live.

See "Single Service," p 3

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“Pastor Jessie,” from p 1

I have been connecting with some of you regularly. Others I have not seen or really talked to during all this time. No matter what, please know that it is my greatest honor being your Pastor and I am here for you. You can call me, text me, e-mail me, or set up a meeting (over Zoom or socially distanced in person), and I would love to hear how all this has been for you.

Fall will definitely be different at COA, and I will speak to the Worship piece of this here. We have established a Re-Opening Task Force, which includes:

	Karen Hoover
	Rick Link
Debbie Barbour	Diana Martin
Judy Clark	Joleen Mays
Stacie Cochran McNeal	
Lawrie Gardner	

Together with Session and our Worship Committee, this Task Force has determined the following worship updates

COA will continue with *virtual-only* worship through September.

Due to low participation in the 11 a.m. Zoom service, it is being suspended. Other Zoom opportunities are on our [Web site](#), and we encourage everyone to try something new this Fall to connect.

We will move our virtual service to ONE SERVICE ONLY at 10 a.m., streaming on Facebook Live. It will also be available as an on-demand video on our Web site. More Worship Updates are in a separate article.



The Task Force will continue to meet bimonthly and make decisions about future months with the aid of new information, guidelines, and best practices of other congregations. Please be sure that you are on the church e-mail list to receive the most current updates—you can get on that list by e-mailing our church office at coa21409@gmail.com.

Until we see each other again, remember that this is a social distance but not a spiritual one! We are still a faith family, adapting and praying and growing together.

Blessings and Peace,

Pastor Jessie

pastorcoapc@gmail.com

Cell: (973) 722- 3311

“Single Service,” from p 1

- The service will still be available as an on-demand video on our Web site. We will continue to have communion the first Sunday of the month and that service will continue to be offered on demand on our Web site via YouTube,

- In addition, on Sunday 20 September, COA will offer a brief special service for communion and prayer on Zoom at 11 a.m. and thereafter on the third Sunday of each month.

Our church Re-Opening Task Force, which has been meeting every two weeks, will continue to carefully

consider whether and when we can offer in-person worship, meetings and activities, so be sure to keep an eye on [our Web site](#), and our Facebook page, where updated information will be posted. If you are on our circulation list, updates will be sent to you by e-mail. To be sure that you are on the church e-mail list, send an e-mail to our church office requesting you be added.

If you have any questions or comments, please do not hesitate to contact the church office at 410-974-1713 coa21409@gmail.com

New Media Suite To Upgrade the Quality Of COA's Virtual Experience

You said you can't hear the services, and we heard you! We're unboxing equipment for a new and improved virtual experience. Coming in this fall, we are upgrading our media capabilities to bring you a better, clearer, and fully audible live stream of our online services and more.

A Technology Task Force has emerged in response to the high demand for a quality digital church experience. This small group is currently working to bring Christ Our Anchor to your phone, tablet, and computer in a new and exciting way. Not only will the look and sound of our live-stream improve, but we'll have much more potential with our new equipment. Our church does a number of noteworthy (and video worthy!) events and performances that we can record. Weddings and other events can be recorded, too.

Our community has grown during this pandemic time. People near and

far have joined in our conversations and even given to the church financially. The gifts of new voices, new faces, and new contributors has

come about as a result of our expanded online presence. In March/April, we saw an 614% increase in engagement on our Facebook page and 64.5% more sessions on our Web site. More than just “likes” and page views, our reach online has been an impactful one and we aim to continue to spread our message during and beyond the COVID-19 pandemic.

Equipment has been in high demand, but despite backordered tools, we're working diligently so that when the final pieces arrive, we'll be ready for it! Our expected launch date is October 4.

Our footprint in the sanctuary will be minimal. When you return in person, you'll see some cameras subtly mounted on the walls. You'll also notice our new production hub hiding in the back. That's where we'll take three new camera angles, graphics, sound, and stream into the Web for a greatly improved digital experience that we are so excited to bring to you. You'll hear the sermon, the music, the readers, and the messages loud and clear.

The COA Technology Task Force looks forward to enhanced services this fall and beyond.



Welcome COA's Newest Members

Stephanie Riley and husband Jim and children TJ and Isabella Joined August 2020

- ☺ From Iowa originally, but Jim is from MD
- ☺ Member of Woods Memorial Presbyterian Church for several years, but found her way here through the Anchors-A-Wee Preschool
- ☺ Works at UNUM in their Columbia field office managing a 30-person sales office
- ☺ Hobbies: Volunteer with Operation Paws for Homes dog rescue, baseball! (missing the MLB stadiums this year)
- ☺ Grew up in the Presbyterian Church and even made her best friend in the Youth Group



Ali Lang and daughter Katie Joined August 2020

- ☺ Born in Pasadena and grew up in Arnold
- ☺ Graduated from UMCP with a degree in Mathematics
- ☺ Teaches math at Northeast High School
- ☺ Head referee for girls' lacrosse with her mother Bonnye
- ☺ Hobbies: Painting/crafting/creating, reading, playing in my garden, the beach and Ocean, Disney is our second home and I used to work at the MD Renaissance Festival. Before Kate I liked to read and hope to get back to that.

Bonnye Lang Joined August 2020

- ☺ Born in Baltimore but moved to Pasadena at age 5 and Arnold in 1985
- ☺ Self-employed with WLC Officials. She and Ali schedule women's lacrosse officials for AACo. HS, AACo. Rec and Parks, numerous privately owned leagues and tournaments
- ☺ Hobbies: Gardening, crafting outdoor activities.

Ben & Jen Reynolds and children Oliver and Gunnar Joined August 2020

- ☺ Jen and her family have lived in Cape St. Claire for more than ten years, and their sons both attended Anchors-A-Wee preschool.
- ☺ Ben grew up in Severna Park and serves as a cycling (bicycle) consultant and coach and Jen grew up in central Kentucky and St. Louis, served in the Navy, and now works for the Department of Defense.
- ☺ Oliver (8) and Gunnar (4) keep them very busy and the whole family loves to bike, camp, and sail.
- ☺ They have been looking for a church home on and off for several years and are excited to see how a deeper connection with the church and God will bring their family closer.



See "New Members," p 5

“New Members,” from p 4

Patrick & Regina Flynn and children James, Declan, and Aidy Joined March 2020

- ☺ Regina is from Saratoga Springs, NY and Patrick from Scranton, PA
- ☺ Regina graduated from Georgetown University in Washington, DC with a degree in Psychology and Patrick from the University of Richmond with a degree in Economics and from the Relay School of Education with a master’s degree in teaching English.
- ☺ Regina worked in public education in New Orleans, LA and Washington, DC (taught middle school and high school math and was the math instructional coach for a large charter school network in DC) and now is home full time with their three children in hopes of return to grad school soon.
- ☺ Patrick worked in public education in Washington DC, teaching middle school American History and is currently a vice principal coaching English teachers.
- ☺ They met on their first day of work at a school in DC
- ☺ Hobbies: (Regina) playing with our kids, cooking together, anything outdoors, and eating Girl Scout cookies; (Patrick) classic rock music, reading business/leadership and nonfiction books, and snobby coffee.



Tuesday Wake-Up Meetings

All Are Welcome For Ongoing Discussions

Before the COVID shutdown, COA started our annual Lenten early morning small groups every Tuesday from 6:45 to 7:45 a.m. and have decided to keep it going by Zoom ever since. We are gathering to discuss current events in light of our faith. Various news stories come up—everything from Black Lives Matter to re-opening plans to immigration. All of it is on the table because our group believes in the power of civil discourse. ALL ARE WELCOME who wish to learn from each other. We even have people who have been joining us from New Jersey, Pennsylvania, and Massachusetts. Check it out and invite a friend!

You all are invited to join our Zoom meetings:

<https://zoom.us/j/255384389>

Meeting ID: 255 384 389

E-mail the church office for a password.

Testimonials from group members

“I consider it a special gift during these unusual times that COA holds this intimate space every week where I can start my day with meaningful engagement about what’s going on in the world and how I can grow spiritually by wrestling with it.”

“During this time of COVID-19, it’s been especially comforting and enjoyable to share concerns and ideas in response to the numerous problems facing individuals, families, and our nation today. It’s a joy to see everyone’s face and connect with this small group every week and have something constant in this time of so much uncertainty.”

“Tuesday morning wake up group has been a wonderful opportunity to connect with a small, diverse group of people and discuss current issues in a safe, respectful environment. Well worth getting up early for.”

“Despite the distance (and social distancing) we are able to connect about issues that seem to divide most of America and try and make sense of how we can navigate the turbulent times when things feel so murky and gray.”

Connect With COA

Don't forget there are many other opportunities to connect in coming weeks.

- [Tuesday Wake-Up Small Group \(6:45-7:45 a.m.\)](#)
- [Tuesday Tea & Theology \(2:30-4:00 p.m.\) beginning 9/15/2020](#)
- [Wednesday Bible Study of Sunday's Scriptures \(1:00-2:00 p.m.\)](#)
- [Thursday Lunchtime Prayer and Check In \(12:00 -12:30 p.m.\)](#)
- [Thursday Parents' After Hours Support Group \(8:30 p.m.\) select dates beginning 9/17/2020](#)
- [Sunday FUN-DAY School \(Jesus & Jammies\) \(9:00-9:30 a.m.\) select dates beginning 9/13/2020](#)
- [Sunday Worship Walks \(in person in small groups 11:15 a.m.\) beginning 9/13/2020](#)
- [Adult Sunday School \(4:00-5:00 p.m. Sunday\) beginning 9/13/2020](#)

NOTE: RIGHT-CLICK ON ANY LINE AND OPEN HYPERLINK FOR MORE INFORMATION. These are all over ZOOM and may require the Church ZIPCODE password.

My Brother's Pantry and the Pandemic

My Brother's Pantry is a 501(c)3 nonprofit organization to aid families and individuals experiencing food insecurity on the Broadneck Peninsula of Anne Arundel County. Founded in 1986, it is staffed entirely by volunteers from area congregations. The Pantry provides monthly food assistance to more than 130

households, ranging from families with children to individual adults and senior citizens.

Our congregation has been a member of My Brother's Pantry since the beginning. We are responsible for distributing food in October, but due to changes resulting from COVID-19, we are limited in the number of volunteers for our distribution. In mid-September, Linda Link and Stacie Cochran-McNeal, COA's My Brother's Pantry representatives, will be sending out information identifying ways you can help. My Brother's Pantry always accepts monetary donations. Due to the corona virus pandemic and the rapid spread of the virus, this is the best way to contribute to the pantry and help feed hungry families.

Please go to the link below to donate.

<https://www.mybrotherspantry.org/donate.html>



Christian Education

CORNER

COA FAMILY FUN-DAY School

This fall we are switching gears for our family Christian Education programs. This school year, twice a month COA is offering “**COA FAMILY FUN-DAY School**” (a.k.a., “**Jesus Jammie Jams**”) via Zoom at 9 a.m. on select Sundays.

It will be a chance for families in our congregation to connect with one

another—singing, dancing, praying, and playing together while learning Bible lessons. Each family with children ages newborn through fifth grade can sign-up to receive a “**COA FAMILY FUN-DAY**” Tote that includes resources for you to use at home, on your own time, to incorporate meaningful faith-filled rituals into your everyday routines.



I also am hosting a monthly “**COA Parents After-Hours**” Zoom meet-up to give COA's parents an opportunity to exchange ideas in a relaxed atmosphere. This year's goals are for each child and parent to feel loved and to learn about the Bible AND for COA to continue to be a **FUN** and safe church home, even while we have to stay socially distant.

If you have feedback or ideas for improvement for COA Family Faith Formation At-Home initiatives, including **COA FAMILY FUN DAY School** please let me know. I welcome your suggestions and look forward to a fabulous year of growing in God's love together. Seek the joy,

Debbie Barbour
COA Christian Educator

ADULT SUNDAY SCHOOL BEGINS SEPTEMBER 13

Zoom into the Psalms. Beginning September 13, we will have an opportunity to explore some of the Psalms each week for 12 weeks. We will meet via Zoom at 4 p.m. for about an hour each week. Using a study guide authored by the late Eugene Peterson, we will be led through “Praying our ...”

The first lesson will focus on Psalm 1, *Praying our Inattention*. Prayer is the language used in relation to God—“How do I answer the God who speaks to me?” As you read through Psalm 1, consider all the distractions in your life that prevent you from paying attention to God and hinder your prayer life. Let's see where our discussions will lead us. Click on the link below to join in.

Join Zoom Meeting:

<https://us02web.zoom.us/j/82234720508?pwd=NnQ2VWVhdhlnMVm4vL25kZWU2VE9mZz09>

Meeting ID: 822 3472 0508

Passcode: 21409

or call in by phone to...

301 715 8592

Meeting ID: 822 3472 0508

Passcode: 21409

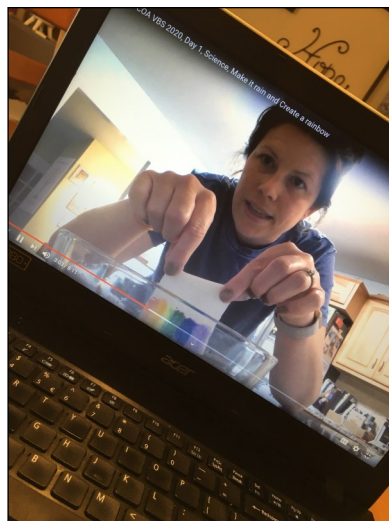
V(irtual)BS Has Another Great Year

COA's first ever VIRTUAL BIBLE SCHOOL week in June was a success because of your prayers and support! We used the creative energy of more

I ♥ VBS

than 20 volunteers to make nearly 30 video mini-lessons for families to connect with five "Helpers: The HEROES of the Bible" stories." Throughout COA VBS week at the end of June, 12 families in our community joined us via Zoom to dance, sing, play, and learn about Noah, Miriam, Abigail, the Four Friends, and the Beatitudes. My heart is full of gratitude for the 20+ Volunteer "HELPER HEROES" who made the program possible along with Pastor Jessie and Stacie McNeal.

Thank you also for your support of the two 2020 VBS Summer Mission Projects—our annual Back Pack mission to collect school supplies for children in need and our new COA Kindness Rocks Garden. I challenge each



of you to contribute at least one painted rock to our garden by the end of September, so the entire Rock Garden space around the tree will be filled with words and images of inspiration



for community members to enjoy and take with them as needed. More information can be found here [The COA Kindness Rocks Garden Project](https://www.christouranchorpcc.org/virtual-bible-school-2020/).

If you missed VBS week, you can still access all the bible story, craft, games,

science, and snack mini-lessons at <https://www.christouranchorpcc.org/virtual-bible-school-2020/> and click [here](#)

for the COA VBS 2020 Daily Supply List so you can do the activities along with the videos.



COA Youth Group To Meet Virtually in September

It is time for COA Youth Group again!

Anyone in grades 6 through 12 who is interested in connecting more deeply to



God and to other youth is invited to join us on Sunday evenings from 5:30 to 6:30 p.m. Things will look different during the pandemic, with most meetings being virtual over Zoom, but plans are in the works for monthly

in person meetings with precautions (social distancing, masks, etc.)

☺ *You do NOT have to be a member of COA to attend the youth group! All Are Welcome!*

☺ **FIRST FALL MEETING: Sunday, September 13**

from 5:30 – 6:30 p.m. on Zoom. *There will be a parents' meeting so plan to attend virtually with your kids for all kinds of information you'll need for the year ahead.*

☺ *Make sure you are getting youth group e-mails because plans may change week to week for safety precautions! Some e-mails have already been sent out. If you are not currently receiving these, please e-mail Pastor Jessie at pastorcoapcc@gmail.com*

Adult volunteers are always needed. We cannot meet regularly without help. You can be a parent, grandparent or just an adult who cares about this next generation! Talk to Pastor Jessie if you are interested in helping!



COA Transformed by Property Committee and Volunteers

Even though our facility usage is at a bare minimum due to the pandemic, the Property Committee has been remarkably busy through the spring and summer and has been able to complete several significant projects.

The Spring Workday had to be cancelled due to the pandemic, but members of the Property



Committee were able to complete all of the tasks that were planned by having individuals take on specific tasks throughout the spring. God's Gardeners took care of all the landscaping tasks and other volunteers pitched in to handle various maintenance jobs.

The entire exterior of the building was power washed in preparation for re-staining. Once that task was completed, all the wood siding was stained. In addition, new trim was put up along the soffits and the exterior wood doors were freshly painted. The building exterior is looking beautiful now. A big thank you to Mike



Henderson, Tom Rorick, Grant Anderson, Lawrie Gardner, Jeff Harnois, and Rick Link for all of their work.

The HVAC system that serves the sanctuary reached the end of its service life and was replaced in the spring. This was a major repair that we had been anticipating for some time. The new system appears to be working well.

All the interior and exterior lighting in the building was replaced with high efficiency LED lights through the BGE Smart Energy Program. Seventy-five percent of the cost of the project was funded through the program and COA had to pay 25%. We expect to save enough on our electric bill to recover all of our expenses on the project within 15 months. After that, we will continue to enjoy the savings for many years to come.



All the exterior doors on the building have been rekeyed and a new keyless entry system utilizing a keypad has been installed at the main office entrance. Anyone authorized to access the building will be issued a unique code that they will use to enter the building. This new system lets us maintain better control of who can come into the building and does away with the need for distributing and collecting keys from users. Key codes can be deleted when a user no longer needs access and outside groups can be restricted

See "Property,"
p 10

“Property,” from p 9

to accessing the building only during specifically approved times.

Two special projects were completed. Caroline DiPietro, daughter of AAW teacher) built a “carport” for play vehicles on the preschool playground as a scouting project. COA member and veteran Norman Hall restored the sign for COA’s Veterans Garden.



In addition to all these projects, we have been keeping

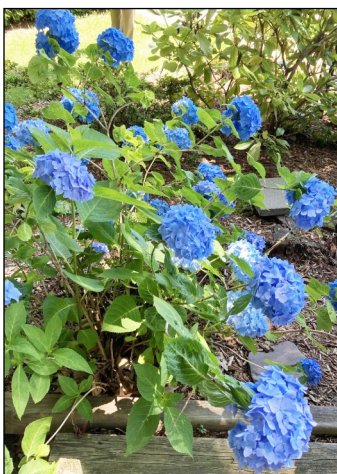
up with normal maintenance. We have nearly completed replacing the flush valves for all the toilets, many of which had become unreliable lately. The roof was inspected, and several small defects were repaired before they turned into major leaks and caused damage to the building. We have had volunteers sign up to mow the lawn. Anyone interested in lending a hand can sign-up for a turn at <https://www.signupgenius.com/go/60b0d4aa8ab28a1f94-christ1>

There are still open mowing slots available through the fall. Thanks to Mike Henderson, Grant Anderson, Jason Lowry, William Moomau, Mike Brown, Tom Rorick, Jeff Harnois, and Rick Link for keeping the grass looking good.

We greatly appreciate the time and talents offered by everyone who has contributed to all our efforts this year. With their help we have been able to accomplish quite a bit. Please contact Rick Link or Jeff Harnois if you would like to participate in any of the Property Committee activities. It is a great form of stewardship to help the church achieve its mission and a wonderful fellowship opportunity.



Rick Link and Jeff Harnois, Property Committee Elders



God’s Gardeners Not Deterred By Coronavirus

Gardening has been a blessing in this time of social distancing. Many of us have enjoyed the safety of the great outdoors, fresh air, sun, and exercise as well as enjoying the beauty of nature that God has provided.

Our spring was beautiful with a long spell of cool weather and plenty of

rain for our flowers to last for an extended period. If only more people could have enjoyed them. At least the grounds looked beautiful and the church well loved.

Summer arrived and July was extremely hot and dry. We were busy every two or three days watering flowers and shrubs to keep the fruits of our labor alive.

Our Memorial Garden with its lovely shade and benches has been an inviting place on Sunday mornings for anywhere from two to eight church members. They enjoy a kind of religious experience with their morning cup of Joe sitting in lawn chairs spaced at least 6 feet apart and sharing conversation and the beauty and comfort of our church grounds.

Norm Hall has joined us on occasion and has generously donated a new sign for our Veteran’s and First Responder’s Garden. He and Mike Henderson put the new sign up recently.

The gardens are for everyone to enjoy and if you need a peaceful place to relax, take time and sit a spell or bring the little ones out back to enjoy the playground. We are truly blessed to have such a spacious area to enjoy.

Anyone interested in helping keep our grounds looking good can call PJ Gilbert at 410-349-0312 or Joan Henderson at 410-757-6525.

THINGS TO CELEBRATE

We need reasons to give thanks during hard times. These are a few within our church family. Congratulations to these members and we encourage everyone to share your joys with us in the months ahead.



Carl Link, serving on a Navy ship in San Diego, completed all the qualifications to be pinned as a SWO (Surface Warfare Officer) and in early August.

Noel and Jake Wagner welcomed a new baby on March 26—**Nolan Lloyd**. Big sister Adalyn and big brother Emmett are thrilled!



Van Nguyen and **Franklin Kenter** who joined the church in the last year were joined in marriage on June 10 on the campus of USNA where they both are professors.

Class of 2020 graduates

From Millersville University—
Brandon Jerome

From Broadneck High School—
Jill Carty, Alisha Neptune, and Ney-Lum Forti



Welcome to Our New Elders and Deacons

First, please give a great big thank you to Elders and Deacons who have completed their terms:

Matt Bieber (Deacon)

Judy Clark (Mission)

Sam Kelley (Youth Deacon)

Mary Parsons (Deacon)

Tom Rorick (Property)

Jake Wagner (Deacon)

Jennifer Wilhelm (Mission)

And our church welcomes new leadership in the following positions:

Megan Barnum (Deacon)

Jeff Harnois (Property)

Rich Kelley (Deacon)

Ann Leipold (Mission)

Sue Mainhart (Deacon)

Keith Maynard (Mission)

Our church is grateful to all of you who use your time, talents and treasure to make our faith community thrive!

“Thank You” From the COA Generosity Team

We thank all of you for faithfully keeping up with your 2020 pledges. Your generosity during this difficult time has been instrumental in allowing COA to continue to maintain our building and to support our community and mission activities.

The Generosity Team here at COA is working hard to prepare for our upcoming Stewardship Campaign. This year’s theme will be “Giving and Growing” and in September you will receive information in the mail explaining how to submit your pledge during October.

In addition to Stewardship, the Generosity Team is working to make it easier to financially support COA through requesting information on ways to support our church, submitting your pledges on the COA Web site, and donating online. Through our giving, we will continue to grow in our faith and remain an enthusiastic and financially viable church.



SUPPORT COA AT GRAUL’S

Please be sure to mail your August Graul’s receipts to the church as soon as possible. All receipts must be stamped at Express or the first regular cashier station in the store on the day of the purchase. They must be stamped in order for us to get the credit. Our address is 1281 Green Holly Drive, Annapolis, MD 21409.

Receipts each month are turned around by the 15th of the next month. We cannot turn in receipts that are dated more than a few days before the first of the month being submitted.

The Administrative and Generosity Committees are thankful to Graul’s for their community outreach and to our congregation members for supporting this program.

Women’s Retreat Cancelled

Due to the COVID-19 pandemic, the COA Women’s Retreat for October 2–4 at Shrine Mont Conference Center has been cancelled. I have once again signed us up for spring 2021 and will let you know when they get us on the schedule. Thank you all for being so patients, and please don’t hesitate to e-mail me if you have any questions, werntzedu@comcast.net. God Bless you all, stay safe.

Anna Werutz

Walking the COA Labyrinth

Did you know we have a labyrinth? Have you ever heard of a labyrinth? Have you ever seen a labyrinth? Have you seen or walked in our labyrinth? It was built in 2006 by Eric Link as an Eagle Scout project and is located just to the left of the church building.

A labyrinth is simply a place to walk and pray. There is nothing mystical about it. It gives you the freedom to walk around while focusing your mind on God—and not worry about getting lost. You can take a seat on the bench in the center.

A labyrinth is an ancient symbol that relates to wholeness. It combines the imagery of the circle and the spiral into a meandering but purposeful path. The labyrinth represents a journey to our own center and back again out into the world. Labyrinths have long been used as meditation and prayer tools

For Christians, the purpose of the labyrinth is personal and spiritual transformation. One way to pray a labyrinth is to worship and praise God as you walk to the center, then intercede for people and concerns as you walk back to the outside. At its most basic level the labyrinth is a metaphor for the journey to the center of your deepest self and back out into the world with a broadened understanding of who you are. There is no right or wrong way to walk a labyrinth.

Two (of the many) favorite verses used while walking and praying the labyrinth, are, "You show me the path of life. In your presence there is fullness of joy." (Psalm 16:11) and Jesus' words, "I am the way, the truth and the life..." (John 14:16), but you can find and choose a phrase, a scripture, a statement, or poem that is meaningful and fulfilling to you personally, or just walk the labyrinth in silence and appreciate the beauty, simplicity, and quiet of it. There is no wrong way to experience the labyrinth.

We invite you to walk the labyrinth and pray; and hope you find that it helps you relax, and discover and appreciate a deeper relationship with God.



A Labyrinth Prayer

*Rows of ragged rocks outline a path for healing?
Brown, decaying leaves hug the winter ground—
a blanket to transform?
The labyrinth awaits the sojourner—almost calls
her name—
Will you enter my simple boundaries and journey
my paths
One Step at a Time?*

*Straight ahead, yet winding and crooked
The curled road beckons to be trod—
reinforcing the uplifted
blessing the downtrodden
Maybe tears, maybe joy, maybe peace
One Step at a Time.*

*All who are heavy laden, come stand at the gate
All who are fragmented, place one foot down
and the other in front
All who find wonder in the commonplace,
Come travel the narrow rows
One Step at a Time.*

*Give up your burdens, your middle of the night worries
Lay a care on a silver, craggy rock as you pass
and move on to the next,
the monotony will soothe you
One Step at a Time.*

*Moving inward,
The trail winds in and out
Muscles untensing,
The walker's job seems easy,
The cares tumble down
and hit the ground with imagined force
lightening the load on contact
One Step at a Time.*

*Step 48, step 49, many more follow
while curling toward center like a
snail into its shell
Motionless at last,
a wooden cross is sighted,
God's presence overwhelms
and envelopes the inner sanctum—
His peace now a cloister
on the journey half over
One Step at a Time.*

*The pause to discover
new perspectives to ponder
fresh eyes, lightened heart
the world is a wonder
with steps unencumbered
the pilgrimage rewinds
One Step at a Time.*

*The breathing is slower
the feet touch down lower,
and easier on the road well-worn
The unknown, now familiar
the end is the beginning
the sad is now glory
All happening unexpectedly
One Step at a Time.*

*A twist inward
A transformation outward
A fresh view from fatigued eyes
All part of a simple design
of much complexity
with the whole greater
than the sum of the steps
All the while traveling
One Step at a Time.*

**By: Suzanne Moody
March 1999
Macon, Georgia**