

# Veriditas Friday Finger Walk Resource Guide

By Lars Howlett / DiscoverLabyrinths.com

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Theme: Elections

## Welcome Music:

Alma from the album Camino by Gustavo Santaololla

## Opening Quote:

“The human heart is the first home of democracy. It is where we embrace our questions. Can we be equitable? Can we be generous? Can we listen with our whole beings, not just our minds, and offer our attention rather than our opinions? And do we have enough resolve in our hearts to act courageously, relentlessly, without giving up—ever—trusting our fellow citizens to join with us in our determined pursuit of a living democracy? -- Terry Tempest Williams

<https://www.globalonenessproject.org/library/articles/five-habits-heal-heart-democracy>

## Reflection:

God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.

- [Reinhold Niebuhr](#)

A song inspired by the Serenity Prayer: [https://www.youtube.com/watch?v=1R98F6J\\_cjw](https://www.youtube.com/watch?v=1R98F6J_cjw)

## Music for a Labyrinth Walk by composer Corrina Bonshek

Composed for a walking meditation at Centennial Park Labyrinth, Sydney, Australia

Free audio stream or download and full credits: [bonmusic.com.au/lab/](http://bonmusic.com.au/lab/)

Story of the composition: [bonmusic.com.au/composing-labyrinth-music/](http://bonmusic.com.au/composing-labyrinth-music/)

Also Musical Incense by Laura Inserra and Darren Gibbs

<https://laurainserra.bandcamp.com/album/musical-incense-vol-1>

**Closing Quote:** Via fellow  
faculty member Betty Lopez  
Towey

## Everything Falls Away

*There's a thread you follow. It goes among  
things that change. But it doesn't change.*

—William Stafford

Sooner or later, everything falls away.  
You, the work you've done, your successes,  
large and small, your failures, too. Those  
moments when you were light, along-  
side the times you became one with the  
night. The friends, the people you loved  
who loved you, those who might have  
wished you ill, none of this is forever. All  
of it is soon to go, or going, or long gone.

Everything falls away, except the thread  
you've followed, unknowing, all along.  
The thread that strings together all you've  
been and done, the thread you didn't know  
you were tracking until, toward the end,  
you see that the thread is what stays  
as everything else falls away.

Follow that thread as far as you can and  
you'll find that it does not end, but weaves  
into the unimaginable vastness of life. Your  
life never was the solo turn it seemed to be.  
It was always part of the great weave of  
nature and humanity, an immensity we  
come to know only as we follow our own  
small threads to the place where they  
merge with the boundless whole.

Each of our threads runs its course, then  
joins in life together. This magnificent tapestry—  
this masterpiece in which we live forever.

—Parker J. Palmer