

# Self-Guided Spiritual Tour

## A Moment of Reflection

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Welcome! We hope this space helps you spiritually connect.

There is a meditation provided for three locations. Please begin the journey wherever you find yourself.

- Entrance
- Main Seated Area
- High Altar

If a worship service is happening, please feel free to sit, join in or quietly engage in this tour. If you require help, please reach out to a Cathedral Guide.

This land was first cared for by the peoples of the Haudenosaunee Confederacy and the Anishinaabe Nation. As they gathered, traded and gave thanks, they considered the land a sacred trust. We continue with this same sacred responsibility.

May peace attend you while you stay.

*Sacred Pilgrim's Prayer*  
*I am seeking, I am hesitant*  
*and uncertain*  
*but will you, O God,*  
*watch over each step of mine and*  
*guide me in your way. Amen*

Augustine

## Entrance

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*Please feel free to step inside and enter the main seated area to participate in the second meditation.*

Welcome to this sacred space. As you enter, become aware of how big and open the building is. It is always good for the spiritual seeker to gain a sense of perspective. We are both cherished beyond imagining and tiny before the Divine mystery.

God's message of love has been spoken and heard within these walls since 1836. You join a vast community—both visible and invisible—who bring their spiritual yearnings to the great mystery of life, to the God of love.

Feel free to step toward the stone structure just inside the main seated area. This is called a font. The waters in it symbolize new life. Touch the water to remind yourself that we can all begin again.

**Reflective Questions**

Where in your life, do you need to gain perspective? What burdens and concerns do you bring on your heart today? Can you offer them to God and in return breathe in peace?

**Spiritual Activity**

Stand or sit in silence...still your body, slow your breathing, clear your mind...take in this space...surrender...be open to God's divine love...

## Main Seated Area

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For close to 1,500 years Christian worship spaces did not have chairs. They were open spaces for people to gather, share news, trade goods and connect with God.

Celtic spirituality includes a concept called "Thin Space." A thin space is where the spiritual world and the physical world touch. Many have experienced this cathedral as a thin space.

We can encounter the sacred mystery of love by being alone in silence and by being engaged in noisy community.

**Reflective Questions**

Are you aware of a sense of thin space here? What helps you spiritually connect, silence or community?

**Spiritual Activity**

Quiet your body and mind. Be mindful of the noises and activity around you but then let them float away. Be aware of the countless whispered prayers, the numerous holy yearnings, the spiritual dance of energy that surrounds you. Breathe slowly and deeply. Listen for God's word to speak into your heart. Whisper a prayer or wish of response.

*If no worship service or concert, please proceed to the High Altar. Sit in the choir stalls or go up to the four stone carved panels along the back wall.*

## High Altar

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**Panel 1 (left): "I have come that they might have life."**

Jesus taught about the love of God, the value of every person, the need for forgiveness and the promise that we can start again. This is good news.

**Reflective Questions**

Do you feel you are worthy of God's love? What stops you from sensing God's love in your life?

**Spiritual Activity**

Look at the faces in the panel. Which one best expresses your yearning? Quiet the body and mind. Hear Jesus speak into your soul, "I want you to have fullness of life."

**Panel 2: "I find no fault in him."**

Jesus' message of love was not considered good news by those in power. They were threatened by the thought that "last will be first" and all are called to live to their fullest.

**Reflective Questions**

Where do you feel challenged to include and love? Who is your enemy?

**Spiritual Activity**

Look at the face of Pontius Pilate and make two tight fists. Now look at Jesus' face and slowly relax and open your hands, palms facing up. Release your frustration and be open to the power of love.

**Panel 3: "My Lord and my God."**

Thomas had doubts and wanted proof of Jesus' resurrection. Jesus did not scold Thomas but instead commended his questioning.

**Reflective Questions**

How does intellectual curiosity and spiritual seeking work together? Have you had a mystical experience? How has that experience shaped your life?

**Spiritual Activity**

If you have had a spiritual experience in your life, think about the words you would use to describe that experience.

**Panel 4: "Feed my sheep."**

One morning, the disciples were fishing and encountered the resurrected Jesus. Jesus sent his followers out to care for other people and the needs of the world.

**Reflective Questions**

What concerns do you have for the world? What do you sense you are called to do?

**Spiritual Activity**

Look at or touch the stone carving of Jesus' feet. His wounds did not disappear but were transformed. Our wounds and limitations shape us. Ask God to help transform your hurts so that you can serve the world with peace and love.

