



opportunity to meet our creative, loving God through contemplative prayer.

The pattern at right is based on the pattern built into the floor of Chartres Cathedral in France more than 800 years ago. It is the best known Christian labyrinth design. It is one element in a larger plan to encourage people to experience the rich depths of spirituality found in Christianity.

Suggestions for Walking the Labyrinth

The Labyrinth can offer a time to hold up a particular intention to God, such as when you are trying to discern God's will, or pray for another person. But most often, a labyrinth walk is a time of opening yourself to God without an agenda.

Before you step onto the labyrinth, spend a few moments quieting your mind in preparation for the experience. Notice your breathing and become in tune to its rhythm as you quiet yourself

in preparation. Then you may want to say a prayer before beginning the walk.

As you walk toward the center, you may want to consider things you need to let go to be in God's presence. Or you may want to hold on to one intention for which you are walking.

Walk at your own pace—which may be slow and measured or relatively quickly. The pace that feels right to you is the right speed for the labyrinth. You may also pause as you wish, at turns or at other points along the path.

If others are walking the labyrinth at the same time, you may want to step off the path to let them pass or pause to allow them to step around you. You may acknowledge one another or stay focused on your own walk as feels appropriate.

As you walk, notice how the path winds sometimes close to the center, sometimes near the edge. This is a metaphor for our own spiritual journeys. The path that leads us to God may bring us nearer to God's presence at times, and sometimes further, all the while on the path.

When you reach the center, you may continue standing or sit. Spend as much

The labyrinth is a tool to use in contemplative prayer and meditation. Labyrinths are often confused with mazes. But while a maze has dead ends and blind alleys, the labyrinth has only one path leading both in and out of the center. The labyrinth is flat.

One can always see the center. The destination is assured, so that the mind can be still and attentive. Walking the labyrinth clears the mind and gives us insight into our spiritual journeys. The labyrinth does nothing on its own. It is simply a tool helpful for many people in deepening their prayer lives. Each walk into and out of the labyrinth is a unique

or as little time within the center of the labyrinth as you wish.

When you are ready begin the outward journey on the same path that brought you to the center. As you retrace your steps, you may want to consider what you take from the experience.

As you reach the exit from the labyrinth, you may want to remain in the area for a little while. This can be a productive time to draw, journal, or sit and enjoy the relative stillness for a while.

A PRAYER

Eternal God, you call us to ventures of which we cannot see the end by paths as yet untraveled, through perils unknown. Give us faith to go out with courage, not knowing where we go, but only that your hand is leading us and your love supporting us; through Jesus Christ our Lord. Amen.

—The Book of Common Worship

Walking the Labyrinth at First Presbyterian Church

Our labyrinth is part of our Spirituality Center. The center is will usually open one week a month. In addition, the center is open frequently during the seasons of Lent (the seven weeks leading up to Easter) and Advent (the four weeks leading up to Christmas). You can check our website at or phone us for the current schedule.



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