

# Welcome!

## We invite you to walk St. Paul's Prayer Labyrinth

As part of our 100<sup>th</sup> Anniversary celebrations in 2008, a Labyrinth with red stone path markers and grass circuit was constructed in our side garden yard.

The Labyrinth is a replica of the famous 11 circuit "Rose Labyrinth" on the floor of the historic Chartres Cathedral in France. You will notice that some of the path markers are engraved with family names, scripture verses, or special sayings.



Entrance into Prayer Labyrinth

# How to Walk the Labyrinth

Our labyrinth is open anytime. Not everyone may be able to go on a pilgrimage to Jerusalem, but everyone can go on a Labyrinth Pilgrimage right on our church property.

The labyrinth is a symbolic form of pilgrimage; you can walk the path for contemplation, meditation, and spiritual renewal. It is a universal symbol for our life's journey, filled with twists and turns.

Unlike a maze, there are no dead ends and no wrong turns in a labyrinth. You journey along one path into the centre, and then you return along the same path.

## To begin:

1. Stand quietly at the entrance and take one or two deep breaths.
2. Say a prayer and thank God for this time of journeying.
3. Begin to walk on the grassy pathway.
4. Walk with a question, an issue, a decision, or just be present for the experience.
5. Pick a pace that works for you. Stop and reflect along the way.
6. Be attentive to how you feel as you are walking. What are you experiencing? What are you thinking about? What do you wish to let go of?
7. When you reach the centre, stay there as long as you would like. What insights have you received? Say a prayer of thanksgiving to God.
8. As you walk out, pray to receive the blessings that God wants you to have.
9. More than one person may walk the labyrinth at one time. You may smile as people move by you, but do not speak with them. Silence is part of the experience.

May this labyrinth be a blessing to you.

