

Walking the Labyrinth
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The labyrinth is a prayer tool that dates back many centuries. In the Middle Ages it was used in the Cathedrals throughout Europe as a symbolic pilgrimage to Jerusalem. Earlier labyrinths date back to the early centuries of Christianity and the oldest dates from 2500 BC. Ours is a seven circuit labyrinth. This is not a maze you do not need to find the correct path, there is just the one path to the center and one path back out.

Our Labyrinth is what is called a medieval style similar to the one found on the floor of the Cathedral in Chartes, France.

Today the labyrinth represents a pilgrimage of offering one's whole being to God.

There are many ways to walk the labyrinth. Here is one way of walking the labyrinth:

1. Quiet yourself with a few deep breaths and consider what concerns or people you would like to offer to God this day as you walk the labyrinth.
2. Offer a prayer at the entrance to the labyrinth to begin your walk.
3. As you walk lift up your concern, intercession or petition to God. If you feel like stopping at some point for a moment do so.
4. If you need to pass someone, just step around them and continue on your journey.
5. As you reach the center, stop and spend some time just noticing what God is offering you. Thank God for this time together and follow the path back out.
6. As you come to the end of your walk turn towards the center and thank God for this time together.
7. Take a moment to reflect on what you have experienced.

For more information visit the Labyrinth Society
@ <http://labyrinthsociety.org/home>

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ABOUT OUR PARISH WITH YOU**