

As you enter the labyrinth remember there is no right or wrong way to walk the labyrinth.

Your attitude can be joyous or somber, reflective or prayerful. Adults are usually quiet, while children often talk.

You may remove your shoes if you like. Stand at the entrance and quiet your mind and become aware of your breathing.

When you are ready, begin to walk slowly on the path. Allow yourself to find the pace your body wants to go. Pay attention to your breathing and your walking, letting them calm and carry your thoughts. Notice the icons and sounds around you. You may want to pause along the way, being mindful of others, leaving space for them to go around you.

You may pause at the center for prayer. The path is two-way; those going out will meet those coming in. You may pass people or pause to let others step around you.

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Some general guidelines for walking a labyrinth

Focus -- Pause and wait at the entrance, allow yourself some time to become quiet and centered. You may wish to give a slight bow, or nod or other gesture as you enter. If someone is in front of you give him or her a few moments to proceed before you begin.

Experience -- Walk purposefully and at a comfortable pace, simply observing the process. When you arrive at the center you are welcome to stay there as long as you like. Leave when it seems appropriate.

Exit -- Turn and face the entrance of the labyrinth and give an acknowledgement of ending, such as amen or peace or you may pray the Lord's Prayer.

Reflect -- After walking the labyrinth you may reflect back on your labyrinth walk or you may journal or draw about your experience.

The LABYRINTH TOH at Christ Church



Welcome

May the labyrinth be
a place of
rest and reflection,
meditation and joy,
prayer and delight.



What is a Labyrinth?

The labyrinth is an archetype, a divine imprint, found in many religious traditions, in various forms. It is a meandering path, with one entrance and a single route that winds in a circular pattern to the center; from the center point of the labyrinth the same path takes you out again.

SUGGESTIONS FOR FIRST TIME WALKERS

It is good to quiet your mind and stay focused in the present moment, observe your physical sensations. Feel your breath as you inhale and exhale; notice whether any parts of your body are tight or uncomfortable; feel the air on your skin. When your mind wanders gently bring it back to the present moment, as you are able. Simply do as Rev. Lauren Artress says, "Experience the experience".

READING SCRIPTURE

The use of Scripture on the labyrinth can be meaningful; you may want to read a psalm or portion of scripture before you begin. Then at the center reread the text and then again at the end.

SOME THOUGHTS

The experience of walking the labyrinth varies from person to person. God meets us where we are and blesses us.

This is a sacred place. We pray that you find and experience what you seek.

A little history

The labyrinth became part of the Christian journey out of necessity. Early Christians took a vow to visit the Holy City of Jerusalem at some point in their lives, to make a pilgrimage. Over the centuries as Christianity spread it became increasingly difficult to fulfill this vow.

Practices began to emerge which allowed Christians to honor their commitments to pilgrimage; one of these was the labyrinth. They were created on the floors in many European cathedrals to be walked as a substitute for the great pilgrimage to Jerusalem.

The most famous and earliest labyrinth dates from 1200 AD and is found on the floor of Chartres Cathedral in France. Our labyrinth follows the same design as the one found at Chartres.

If you would like more information we recommend the following websites and books ...

www.veriditas.org

www.labyrinthsociety.org

[Walking a Sacred Path: Rediscovering the Labyrinth as a Spiritual Practice,](#)

Lauren Artress

[Labyrinths for the Spirit,](#) Jim

Buchanan