

ST. COLUMBA'S LABYRINTH

St. Columba's canvas labyrinth is a replica of the pavement labyrinth in the nave of the Chartres Cathedral in France. When our labyrinth is unfolded and in place—and lit only by battery-operated candles and a bit of natural light through the windows—our Great Hall is transformed and becomes a magical place. People of all faiths, ages and abilities are invited to experience our labyrinth. All visitors are welcome.

“There are many ways to describe a labyrinth. It is a path of prayer, a walking meditation, a crucible of change, a watering hole for the spirit and a mirror of the soul.”

From Veriditas.org

About Labyrinths

A labyrinth is a circular pattern and path that leads to the center and back out again. The oldest known surviving labyrinth dates to 2500-2000 B.C. Walking a labyrinth is a form of meditation that has been practiced by nearly every religious tradition since ancient times. Today, labyrinths can be found in secular settings as well.

Experiencing the St. C's Labyrinth

“The walk, and all that happens on it, can be grasped through the intuitive, pattern-discerning faculty of the person walking it. The genius of this tool is that it reflects back to the seeker whatever he or she needs to discover from a new level of awareness.”

Lauren Artress, “Walking a Sacred Path”

Labyrinths are used as a tool for spiritual growth and to promote self-reflection, stress reduction and quieting the mind. Labyrinths have been described as a pattern with a purpose. The many turns along the path can represent the mystery and journey of life, as we change course, retreat, advance and wind our way through. Experiencing a labyrinth is a chance to take a break from our busy lives. Consider walking a labyrinth as a gift to yourself.

Come walk the labyrinth alone, with family or friends, as often as you like. We look forward to joining you on the path.

“Walking a labyrinth can be an opportunity to slow down, relax, reflect, talk to God, and restore your sanity.”

St. Columba's Labyrinth Guide

Walking a Labyrinth

There is no “right way” to walk a labyrinth. One approach may include these stages:

- ❖ **Remember:** Pause at the entrance to the labyrinth to remember life’s many blessings. Bring your focus inward, perhaps setting an intention for your walk.
- ❖ **Release:** As you progress toward the center, allow your thoughts to fall away. Walk at your own pace. Release concerns. Quiet the mind.
- ❖ **Receive:** Reflect and pray in the center. Open your heart and receive whatever is there. Stay as long as you like.
- ❖ **Return:** Return on the same path to where you began, grateful for the time spent and what you have received. Carry the experience into your life.

Adapted from Veriditas (2013)



For More Information

For more information about St. Columba’s Labyrinth, walks and programs, visit:

tinyurl.com/StCsLabyrinth

For more information about labyrinths in general, visit

Veriditas.org

Labyrinthsociety.org

Labyrinthonline.com



St. Columba's
EPISCOPAL CHURCH

St. Columba's is a welcoming Christian community that seeks to be open in spirit, deep in faith, rich in worship, active in service.

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THE
LABYRINTH AT
ST. COLUMBA'S

A Sacred Path for All



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