

## Invites you to Come and Walk the Prayer Labyrinth



**Location: Delmar Presbyterian Church Fellowship Hall**

**Dates: Friday, March 31: 12 - 3pm, 4 - 7pm**

**Saturday, April 1: 9am - 3pm**

**Ages: over 12**

**Bring: socks, slippers, or clean shoes with which to walk on the canvas mat**

**Handouts: walking directions and information will be available from the monitor**

**Quiet please: in both the entrance hallway and the Fellowship Hall**

Let go of any expectations you may have. Come and just relax. Walk and enjoy the quiet, peaceful path of prayer and spiritual renewal. There is something powerful about engaging our whole body in prayer. Labyrinth patterns are ancient and play a part in many faith traditions, including the prayer life of Christians. There are no tricks or dead ends. It is simply a circuitous path that winds its way into the center.

As you walk, it is common to consider these stages:

- **Entering the Labyrinth/Setting Intention**

Stand in front of the entrance to the Labyrinth. Acknowledge your coming spiritual journey within the Labyrinth. Closing your eyes, saying a short prayer, or taking a simple bow are nice ways to begin the process.

- **Entering the Path/Shedding Cares**

Walking slowly toward the center, release cares and concerns as you empty and quiet yourself before God. Perhaps as you wind through the twists and turns, you will reflect on the twists and turns in your life. What takes you closer to God and what in your life takes you away from God? What do you notice about yourself as you walk?

- **The Center/Illumination**

Pray, meditate, and reflect within the sacred circle (the Rose of Sharon who is the Christ.) Stand, sit, or lie down. Notice how you feel. Surrender yourself totally to your inner process. Hopefully you will find renewal and clarity for your life. Remain as long as you wish, receiving whatever is there for you.

- **Returning/Integration**

You leave the way you entered, but renewed. Can you see your life in a new way? How will you carry whatever you have received back into your life? Perhaps the returning walk can be a walk of commitment. Offer your thanks for what you have learned.

Some see the path of the Labyrinth is a metaphor for our journey in Christ or as a pilgrimage of faith. The Labyrinth in the Cathedral at Chartres was built in the 1200s. Many people could not go on a pilgrimage to the Holy Land because of danger and cost. So the faithful were invited to make a spiritual pilgrimage by walking the Labyrinth.

You may walk the Labyrinth as many times as you like either on Friday or Saturday. If you have any questions, please contact the office at [office@delmarpres.org](mailto:office@delmarpres.org) or 439-9252.