

## Our Labyrinth

Labyrinths have been found all over the world, dating back over 5000 years. Used for pilgrimage in the Middle Ages, labyrinths have been experiencing a resurgence in popularity. By walking our labyrinth, a replica of the Chartres Eleven Circuit Medieval Labyrinth, you can discover a long-forgotten mystical tradition.

Walking the labyrinth is a practice gaining recognition because it offers a sure path in uncertain times. The simple act of walking the labyrinth, in community or alone, allows our quieter, more reflective mind to come forward. It nurtures flowing self-reflection that, in our busy, challenging lives, we often do not have the ability to reach.

The world-wide growth in labyrinths has been tremendous. There are over 10,000 located in churches, hospitals, schools, private gardens, and public parks. The calm movement of 'walking prayer' is often soothing for a thirsting and troubled soul, while lowering the heart beat and blood pressure at the same time. We bring to the labyrinth our prayers of thanksgiving, joy, healing and hurting; we also 'listen' for the Holy Spirit. A labyrinth walk can be a 'Conversation with God', a meditative spiritual gift.

Our outdoor labyrinth is a gift to our community and is available to walk on a daily basis. We also offer various opportunities to learn about the labyrinth and walk the labyrinth in community. [Check the calendar](#) to find the next guided walk.

## The Labyrinth Ministry Committee

The Labyrinth Ministry Committee meets at 3:30 p.m. on the first Tuesday of each month (October – April). This committee draws volunteers from our congregation, as well as others in our community. The committee supports labyrinth walks and creates our programs. We welcome volunteers who are trained labyrinth facilitators and individuals who have an interest in the labyrinth as a spiritual practice. To learn more about the Labyrinth Ministry Committee phone us at (239)261-5469.

