

WALKING AND PRAYING THE LABYRINTH

Saturday, Feb. 25, 2012

Faith Presbyterian Church

Labyrinths have long been used as meditation and prayer tools. A temporary prayer labyrinth will be set up in the church sanctuary. **There will be 30 minute intervals for entering the labyrinth beginning at 9 am, Saturday, February 25. The last group will enter the Labyrinth at 10:30 am.** When you arrive, please take a seat and wait quietly until the next Labyrinth journey begins.



The Chartres Cathedral Labyrinth

Labyrinths have long been used as meditation and prayer tools. The labyrinth is a model of the personal spiritual path. It is an ancient symbol that relates to wholeness. Walking and praying the labyrinth offers a sacred journey for pursuing and finding your spiritual center and then leads you back again out into the world. Of course, in your true spiritual center, we believe you will find a very deep relationship with Jesus Christ and through this relationship He will guide you as you walk with Him back out into the world.

A labyrinth has only one path. The way in is the way out. Unlike a maze, with a labyrinth there is only one choice to be made. The choice is to enter or not. An open and receptive mindset and heart is all that is needed for the labyrinth journey. You can take whatever you have on your mind and/or in your heart into your labyrinth journey. Your goal is to get to your spiritual center and find guidance for what to do with these things you've brought with you—or let go of all of them along the way so that you may simply enjoy your visit with Christ in the center. The only choice is whether or not to walk a spiritual path. We hope you will.