

What is a Labyrinth?

Dating back at least 4,000 years Labyrinths are a natural guide to an inner spiritual journey.

As one prayerfully and physically walks toward the center, so the mind examines deeply the heart and soul opening a path to God's will. Through reflection, discernment and enlightenment, the Spirit guides footsteps while the mind and soul are refreshed and re-energized equipping for the challenges that await.

Use the Labyrinth for...

Deepening Spirituality
Self reflection
Relaxation
Hope and direction

Labyrinths may also be used to:

- Address specific concerns (Intentional)
- Offer prayer for others (Intercessory)
- Meditate on a specific passage or word from scripture
- Pray repeatedly, as in the Jesus Prayer

(Lord Jesus Christ, Son of God, have mercy on me...)

or Universal prayer for world peace

(Let Peace prevail on Earth!)

The Journey

Moving inward is a time to cast doubt, let go of worries, and seek a peaceful state of mind.

The labyrinth's center is a place to be open and receptive. Pray, meditate, or let the tears flow. Cleanse your soul.

When you depart from the center, review and reflect as you retrace your steps. This is a time to gain direction, comfort, and to restore your mind and spirit.

In the Labyrinth you can:

- *Have a thoughtful walk, a sacred journey, or a spiritual dance.*
- *Use one prayer or mantra*
- *Ask one question repeatedly*
- *Just listen to God*
- *Cast off worldly concerns and fears*
- *Be open to hearing God's voice*
- *Stroll with your soul*
- *Let your heart and mind be opened*
- *Go to a deeper place*
- *Find peace and comfort*

When you enter the labyrinth you may pray,

**God, may You bless this sacred path that it may become an avenue to You and an aid in our time of prayer together.
Amen.**

When you leave the center of the labyrinth you may pray,

**“God, you search out our path and are acquainted with all our ways.”
“Show us the path into life – for in Your presence there is fullness of joy.”
Amen**

Psalm 139:3 and Psalm 16:11

All are Welcome!

- † Ages 1-101
- † Individuals
- † Couples
- † Families
- † Church groups
- † Community groups

For

- † Spiritual renewal
- † Retreats
- † Meditation and Relaxation
- † Weddings and Memorials
- † Grief counseling
- † Kick off for fundraisers

*Many can walk the labyrinth
at the same time.*

*Be courteous and walk quietly around
those who have paused
in the path way.*

*Be respectful of each other's
space and silence.*

The Labyrinth was built by

Earth Works
PROFESSIONAL LANDSCAPE SERVICE
DESIGN • INSTALLATION • MAINTENANCE
CAMP HILL PA 717.554.9845

June 2009

Resources used/suggested reading:
Exploring the Labyrinth” Melissa G. West
Walking A Sacred Path, Dr Lauren Artress
The Way of the Labyrinth, Helen Curry
The Healing Labyrinth, Helen Raphael
Sands
St John's Lutheran, North Versailles, PA
Constructing the Chartres, Robert Ferre
www.veriditas.org
www.labyrinthociety.org
www.labyrinthcompany.com
www.labyrinthlocator.com

Design/Content
Vicar Cheri Korte
Trinity Lutheran,
Camp Hill, PA
June 2009



A GIFT TO
THE COMMUNITY

from
Trinity Evangelical Lutheran Church
&
Mount Calvary Episcopal Church
125 25th Street North
Camp Hill, Pennsylvania
2009