



The Labyrinth at Holy Cross



Photo Thomas S. Cooper

Stages

You might consider three stages of the walk:

Releasing. On the way in, let go of the details and distractions of daily life to go deeper into the self.

Receiving. In the center, pause and open your heart. Stay as long as you like.

Returning. While walking the return journey, claim the thoughts and inspiration, the calm or relaxation, the strength or comfort, whatever was received in the center. Prepare to re-enter the world. At the end of the walk, stop a moment and give thanks.

“Your word is a lamp to my feet and a light to my path.” (*Psalms 119:105*)



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Sunday Worship Services
8:30 a.m. Communion, no music
10:15 a.m. Communion, choir, Sunday School

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The Labyrinth at Holy Cross

Welcome

Welcome to the labyrinth at Holy Cross Church. The labyrinth is located on the Heyer Avenue side of the church and can be reached by a path from the upper parking lot through a large gateway. You may also enter by a wheelchair accessible sidewalk from the lower parking lots to the church proper and across the western porch of the church. This sacred space was placed outside for walking prayer, meditation and renewal. It is available for all at any time and is a very special place to walk. Saint Augustine said, “It is solved by walking”.



Photo Thomas S. Cooper

What is a Labyrinth?



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A labyrinth is an enclosed path having only one route that winds toward a center point and uses the same path on the way back out. Unlike a maze, it has no dead ends. The oldest examples of these designs are found in art of many cultures, some dating back 3,000 years. The path of the labyrinth can be seen as the journey of life. We are all born and then our lives take twists and turns. This is a spiritual journey, moving toward our center, our God, and back out into the world. To walk the labyrinth is to become a pilgrim, to leave our familiar places and to seek. *“Yet the Lord pleads with you still: Ask where the good road is, the godly paths you used to walk in, in the days of long ago. Travel there, and you will find rest for your souls.”* (Jeremiah 6:16)

How do I use the Labyrinth?

There is no “correct” way to use the labyrinth; some go slowly, some skip, some sit on the perimeter. This is one’s own journey. There are no mistakes. Each time a person walks, the experience is different.

A few suggestions might be useful.

Pause at the entrance. Allow space between walkers. Breathe. Pay attention to your breath throughout the walk. If you have a question or concern to carry, consider it before walking. Some repeat a mantra or verse. If the mind is full of thoughts, let them go with the breeze and the breath.

Walk as you are led, at a comfortable pace. One can pass others or be passed. Remember that the path into the center is the same path that leads back from the center. Those going in will meet those going out. If it feels right, stop along the way; sit on the wall; step out into the garden and rest.