

Labyrinth

A labyrinth is a single, undivided path with no choices to make other than travelling onward through the winding pattern to an assured goal. The meandering pattern may tease the traveller by leading now inward, then suddenly outward, but eventually it arrives surely at the goal.

In the Middle Ages, walking a cathedral labyrinth was a substitute for going on a pilgrimage to Jerusalem.

Not everyone could make the long and arduous journey to the Holy Land, so walking a labyrinth in a church was a devotional activity. Today, meandering labyrinths are often used as walking meditations, to focus the mind and remind the walker that even when the path seems to be going in the wrong direction, it ultimately leads to the center, much like the Christian life.

Jim Dexter has taped a

simple labyrinth to the floor of the multipurpose room downstairs. You are invited to walk it as a form of prayer, reflecting on the various twists and turns of your life. Sometimes it may seem like we are moving away from God. When we trust God, eventually the path will take us home to God. As we consider our own spiritual timelines, we hope that the labyrinth will be an aid in our reflections.

