

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

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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

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A GIFT TO
THE COMMUNITY

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&
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