

# The Labyrinth

*“A maze is confusing, a labyrinth is peaceful”*

## Finding Faith By Walking Around In Circles

Walking the labyrinth is an invitation to self-discovery, and a deeper union with a Higher Power. During medieval times the Church invited people to make a pilgrimage by going to select Cathedrals to walk the labyrinth. Today it is being rediscovered as a technique for exploring the spiritual challenges of our day, for healing, and for prayer.

Labyrinths are unicursal, offering only one path. By following the path to the center, the seeker can use the Labyrinth to quiet the mind and find peace and illumination at the center of his or her being. One realizes that the path serves as a metaphor for life and for one's spiritual journey.

By stepping into the labyrinth, we are choosing, to walk the spiritual path, to experience the crucible of change, to use this as a meditation tool, a blueprint where psyche meets soul. There will be time during our retreat day for walking the labyrinth and reflection.



The Upper Room, the location for our May 1<sup>st</sup> Retreat Day, has an outdoor eleven-circuit labyrinth. It offers an inviting and contemplative atmosphere for those who walk its path.