

What is a labyrinth?

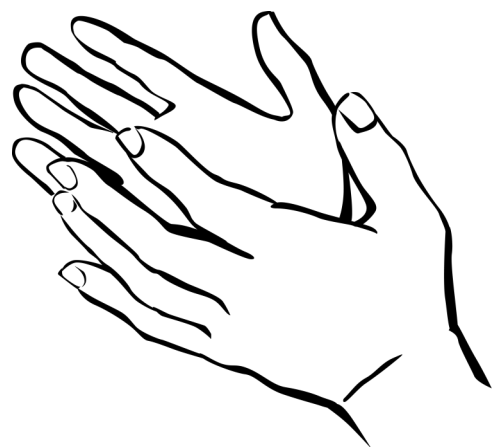
A labyrinth is a path which leads to the center of an intricate design and back out again. Unlike a maze, a labyrinth has only one path, and it is impossible to get lost within one. A prayer labyrinth is used to facilitate prayer, meditation, and spiritual transformation. The most famous prayer labyrinths today include an ancient one in the cathedral of Chartres, France, and two at Grace Episcopal Cathedral in San Francisco.

Four Ways to Pray in a Labyrinth

1 **Ask God a question as you enter the path.** Then, as you walk slowly through the twists and turns, listen for an answer. Let your steps and your silence invite the presence and guidance of God.



2 **Start your journey to the center with confession** (you may want to visualize your sins being left behind with every step you take). When you reach the center, journey out with affirmation (perhaps visualizing yourself picking things up or putting things on—like the forgiveness of God, your baptism into the death and resurrection life of Jesus, the comfort and power of the Holy Spirit, ...). Pause at the exit and give thanks for your cleansing journey.

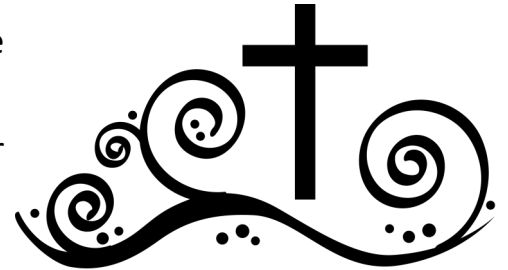


3 Recite a **breath prayer** as you navigate the labyrinth, praying a different prayer on each leg or quadrant of your journey. Here are some simple ones:

- ◆ Lord Jesus Christ, Son of God, have mercy on me a sinner.
- ◆ Speak, Lord, for your servant is listening.
- ◆ My help comes from the Lord, the maker of heaven and earth.
- ◆ Here I am, Lord.
- ◆ Lord, show your power.
- ◆ When I am afraid, I will trust in you.
- ◆ Not my will, but yours, O God.
- ◆ Thy kingdom come, on earth as it in heaven.
- ◆ Maranatha—be present, Lord Jesus.
- ◆ Light of Christ, illumine my path. Love of Christ, fill my heart.



4 Lay down your burdens as you walk to the center of the labyrinth. Release your heavy load, burden by burden, step by step. In the center, pause to thank Jesus for taking on your burdens. Then count your blessings and give thanks on the journey to the exit.



We hope you have found peace at our labyrinth. We also welcome you to our weekly worship services:

Wednesdays	12:15 PM	Brief noontime Eucharist in the chapel
Saturdays	5:00 PM	Rite II Eucharist with music in the chapel
Sundays	8:00 AM	Rite I Traditional-language worship in the chapel
	8:45 AM	Contemporary Eucharist with music in the church
	10:30 AM	Rite II Eucharist with music and choir in the church

All Saints Episcopal Church

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Growing Christ's community by loving, serving, and feeding all people: Soul, Mind, and Body.