



Prayer Labyrinth Opportunity Hosted by St Paul's Presbyterian Church, Woodstock



Adapted from "Prayer Walk Labyrinth | Lutheran Church Of The Resurrection". Lcrchurch.org. N.p., 2016. Web. 22 July 2016.

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**Christ said, "Come to me all who are heavy-laden
and I will give your rest." Matt 11:28**



Our Christian life can be described as a journey with God, bringing us ever closer in our relationship with God and with others. A prayer labyrinth provides a metaphor model of our Christian life journey as we face many turns we did not expect in our search for a quiet center. Some gently curving sections of the walk allow us to move easily and quickly; others slow us down and catch our attention as they turn us abruptly in the opposite direction. The path may begin by leading us deceptively toward the center, only to circle around it and then move away.

There is no right or wrong way to walk the prayer labyrinth. The only rules are to respect the prayer walk and others who are there.

Instructions

- Enter and remain in silence throughout the walk
- When you reach the center, you may want to pause and experience God's presence and/or offer a prayer.
- You choose your pace, you may need to step aside to allow someone who chooses to go more quickly to pass you.

One process people often use includes:

- ❖ The Journey In: as you open your mind to spend this time in the presence of God

- ❖ The Center: where you can pause, pray or simply "be in the moment."
- ❖ The Journey Out: that allows you to reflect and gradually return to your daily world.

You might want to

- Simple; focus on God's voice or message to you, beginning and ending the walk with prayer
- Release Worries; lay them down with each step while going in, at the center pause to thank God for the peace and continued peace as you journey out
- Reconciliation; confess on the way in, a prayer of repentance at the center, and open to forgiveness on the way out.
- Thanksgiving and gratitude; with each step in, think of something for which you are thankful. In the Center, stop and thank God for the people and blessings you remember. Stepping out, experience the joy of those remembered blessings and the people of God who have been part of each blessing.
- Remembrance; Walking in, remember the person or event you are focusing on; the joys and special times you shared. In the center, thank God for this person or event. On the journey out, open your mind and heart to the people/events that currently add meaning to your life.

Finding the Labyrinth - Weather permitting 149 Connell St. back yard, access from Water St.

In case of rain **St. James United Church hall.**

Available – July 27, 28, August 3, 4 from 9am-7pm

July 31, August 7 from 1-4pm