

What is a Labyrinth? What can it do?

Labyrinths have been used for thousands of years by people of many cultures and faiths. They are found on cathedral floors in Europe, on remote mountainsides in Asia as well as among the sacred spaces of Native Americans. It seems that the invitation to a sacred journey following a path can be a blessing to all people!

Walking in a labyrinth can help you to relax, feel less afraid or sad, let go of embarrassment or shame, concentrate, pray, exercise and be creative.

We encourage you to come to the labyrinth to pray for yourself and your family and friends anytime.

Just remember to celebrate the gift of this place for you and others!

Thank you for visiting with us and do come again!

The Labyrinth is located to the rear of the church just off the right side of the secondary parking lot beyond the garage. You will find it under the tree!
ENJOY!

“When you step out of the labyrinth, turn and stop for a moment. Be fully aware. Say in your heart what needs to be said; thank God for meeting you here.”



CHURCH OF THE
REDEEMER
HERSHEY PA

GARDEN LABYRINTH

Church of the
Redeemer

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Christ



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Welcome to our Labyrinth!

The Garden Labyrinth has been placed on the grounds of Church of the Redeemer for use by all who seek a way to come closer to God. Our prayer is that it will be a place for all ages to find refreshment and direction for their lives.

The labyrinth is not a maze, but an open pathway to God's presence. There is but one path to the center and out again.

Sometimes it helps to have something to think about along the journey. For young children, invite them to look for things in nature and to thank God for them.

Things to see and feel along the way...

Some "mantras" that might be helpful are:

- Open the eyes of my heart, God
- Unite my heart with yours, God
- Walk with me, Jesus
- Whisper to me, Spirit

Listen to what your children say after the walk! There can be sacred experiences even when there is laughter and wandering! Most of all, enjoy the journey!

Preparing to Walk the Labyrinth....

Take a moment and quiet your body; clear your mind and become aware of your breathing.

As you step on to the labyrinth, remember to keep your eyes on the path and just follow your feet! Allow yourself to find the pace that your body wants to go. It is ok to pass others or be passed!

As you walk toward the center, try to let go of any thoughts that are bothering you. Quiet your mind. If the thoughts won't go, don't worry! As you walk they will quiet down naturally.

When you reach the center, stop for awhile. Feel your body and your feelings. Look around you, pray and listen. As you walk out of the labyrinth, listen to your heart, mind, body and soul. Listen for the answers you need. Feel the warmth of God's peace.

The Garden Labyrinth

*Thus says the Lord; Stand at the crossroads, and look, and ask for the ancient paths, where the good way lies; and walk in it, and find rest for your souls. **Jeremiah 6:16***