

WHAT IS A LABYRINTH?

A Labyrinth is a path to walk prayerfully. In a small space it shares some aspects of a pilgrimage - we have a start, a destination and a return home, but the journeying is in itself a large part of the experience. A labyrinth is not a maze; there are no tricks, hidden entrances or dead ends. It is a single path that winds its way to the centre: now on, now back, now inward, now outward.

Labyrinths are ancient; labyrinth patterns are found on 5,000 year old pottery, but the practice of walking the labyrinth has long been taken into Christian devotion. Labyrinths were set out in many mediaeval churches, and are often shaped around the cross, as ours is.

THE QUIET GARDEN

A garden space has been separated off from the Rectory lawn with a curved dry-stone wall to make a quiet space for prayer and reflection. As in any garden, this is a work in progress as we watch plants grow. There are a spiral box hedge, fragrant climbers over the pergola and trained apple trees. Please feel free to use this garden as you may find helpful.



At the still point of the turning
world. Neither flesh nor fleshless;
Neither from nor towards; at the
still point, there the dance is,
But neither arrest nor movement.

(T.S.Eliot *Burnt Norton*)

Be still, and know that I am God!

(Psalm 46.10)



WALKING THE ST MARY'S LABYRINTH



HOW DO YOU WALK A LABYRINTH?

Every individual will find their own best way to walk a labyrinth. What is in this leaflet are only suggestions or possible starting points. If you are walking with other people it is easy just to step aside to let others pass and then resume your own journey.

- Quiet your mind before you start. Stand at the entrance and consider whatever you may be bringing to God - your thanks and your worries, and what you may be asking of God - strength, peace, guidance.
- As you walk the inward path, take your own time, release your concerns to God, know that God loves you and welcomes you.
- At the centre, pause as long as you choose. Be still, listen, receive what you may be given.
- As you return on the path, bring what you have received back into the world to strengthen you.
- When you have finished, pause and give thanks.

SOME PRAYERS YOU MIGHT USE IN WALKING THE LABYRINTH

On Love:

Beloved, let us love one another, because love is from God; everyone who loves is born of God and knows God. Whoever does not love does not know God, for God is love. (1 John 4.7-8)

On Thankfulness

For the beauty of the earth,
For the beauty of the skies,
For the love which from our birth
Over and around us lies
Lord of all, to you we raise
This our grateful hymn of praise

For each perfect gift of thine,
To our race so freely given
Graces human and divine,
Flowers of earth and buds of heaven,
Lord of all, to you we raise
This our grateful hymn of praise
(Folliott S. Pierpoint)

When in Distress

Lead me, O Lord, in your righteousness
... make your way straight before me.
(Psalm 5.8)

Cast your burden on the Lord, and he
will sustain you; he will never permit
the righteous to be moved.
(Psalm 55.22)

A Labyrinth Blessing

May each step root you deeply in the
loveliness of the present moment.

May the twists and turns on the way
encourage you to be ever open to the
new in your life.

May the still point at the centre keep you
mindful of that sacred place in your own
inner being from where blessing springs.

May the path outward and beyond em-
power you to radiate blessing, peace
and justice to all.

May the labyrinth journey weave in you
a sense of everlasting connectedness
with the great journey of all life.