



WALKING THE LABYRINTH:

★PAUSE AT THE ENTRANCE TO THE LABYRINTH FOR A MOMENT OF SILENT REFLECTION.

★ENTER THE LABYRINTH AND BREATHE. QUIET YOUR MIND.

★AS YOU MAKE YOUR WAY TO THE CENTER, YOU MAY WANT TO CHOOSE ONE OF THE FOLLOWING:

ALLOW YOUR MIND TO QUIET, HAVE NO EXPECTATIONS.

*PRAY FOR YOURSELF OR SOMEONE ELSE

*CHOOSE A MEDITATION...EXAMPLE:
“BE STILL AND KNOW THAT I AM GOD”

*PICK A SINGLE WORD, GRACE, HOPE, GRATITUDE, TRUTH

* KEEP A QUESTION IN MIND

★WITHIN THE CENTER, RELEASE FROM YOUR MIND AND HEART ANY PRAYER, CONCERN OR QUESTIONS AND GIVE IT TO GOD.

★WHEN YOU ARE READY TO LEAVE THE CENTER, RETRACE THE PATH FROM THE CENTER BACK OUT.



WALKING THE LABYRINTH

A LABYRINTH RESONATES WITH DIFFERENT PEOPLE IN DIFFERENT WAYS, WALKING IT MAY BE A JOYOUS EXPERIENCE FOR SOME

OR A SOMBER, THOUGHT PROVOKING ONE FOR OTHERS.

THE PRINCIPLE IS THAT THE VERY ACT OF WALKING CIRCLES ALTERS CONSCIOUSNESS AND HELPS QUIET THE MIND.

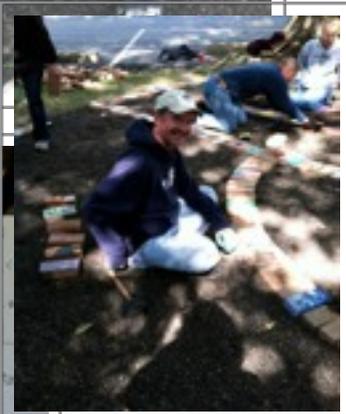
“THE CHURCH DECIDED TO BUILD A LABYRINTH AS A WAY TO BRING A DIFFERENT KIND OF SACRED SPACE TO THE CHURCH FAMILY AND THE COMMUNITY.”

UNION CHURCH LABYRINTH

We extend an invitation to all community members to experience this 2,000-year-old practice of spiritual discovery.



Walking a labyrinth is about the journey, rather than the destination; on being rather than doing.



WALKING A LABYRINTH IS AN ANCIENT SPIRITUAL PRACTICE THAT ALLOWS ONE TO CONTEMPLATE LIFE AND FIND CLARITY AND FOCUS. WITH ONE PATH TO FOLLOW TO THE CENTER AND BACK, WALKING A LABYRINTH IS A JOURNEY TO THE CENTER OF ONE'S SOUL, PROVIDING AN OPPORTUNITY TO FOCUS ON A CHALLENGE, A FRIEND IN NEED, OR SIMPLY TO ENJOY THE QUIET OF ONE'S OWN MIND AND REFLECT.

"If Jesus' ministry had been videotaped," explains Union Church Pastor Mark Hindman, "more than anything we would see Jesus and his followers walking by the seas, through deserts, up and down mountains, to the most rural towns, and toward Jerusalem. Of this we are certain: Jesus slept. Jesus ate. Jesus drank. And Jesus walked."

"Sometimes when we practice sacred rituals (baptism, prayer, communion), they are ordinary, but dear to us nevertheless. In a similar way, sometimes when we walk the labyrinth, it is mostly just a nice walk. Our life isn't changed in an instant. But I find room to breathe, a moment to reflect, a chance to put down what I'm carrying around and

walk without that burden. And all of that is good."

The Union Church invites all people to come and walk its labyrinth - to breathe, to reflect, to relax and to find a moment of pure peace. The Union Church labyrinth is located behind the church on the south side of the parking lot in a nice, quiet space.



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