



## Never Heard of a Labyrinth?

The word labyrinth refers to the maze-like patterns on the floor of some medieval churches, such as Chartres Cathedral in France.

These labyrinths may have been intended to symbolize the Christian pilgrim's walk with God. They may also have been used as a focus for meditation and prayer.

Today, in our fast-paced technological society, we often have difficulty finding time for prayer and meditation.

That is why some churches, such as Trinity United Methodist Church in Duncanville, have rediscovered labyrinths.

They have developed intricate pathways on floors within their church buildings and invite people to walk these paths while reflecting on themselves as spiritual beings, created by God.

They suggest that while walking the labyrinth, people may want to reflect on where they are in their lives; quiet their minds—letting go of some of the worries of work and home; focus on a question that they have been asking themselves; read scripture; or simply pray.



### Q: What is a Labyrinth?

A: The labyrinth is an archetype, an original design, found in many religious traditions in various forms around the world. By walking a labyrinth you are rediscovering a long-forgotten tradition of prayer meditation that is being reborn in today's world.

The labyrinth has only one path so there are no tricks to it and no dead ends. The path winds throughout and becomes a mirror for where we are in our lives; it touches our sorrows and releases our joys.



### Q: Why Walk a Labyrinth?

A: Labyrinths are tools that have been used by many cultures throughout history. Their function is to further those who walk the path to a more balanced spiritual, emotional, psychological and physical well being.

More and more, people are being drawn to the power and magnetism of labyrinths. They have become a sought-after healing tool for today's hectic times. While no clinical studies have been done (yet) to prove exactly how they unravel stress, some frequent labyrinth users call the experience a meditation.

Concentrating only on the course before you, your pace slows, your breathing deepens, and your mind becomes clearer as you let go of stress.

**Q: Is this a pagan symbol?**

**A:** The labyrinth is found in many faith traditions across history. Examples include those found on the island of Crete, in Gothic cathedrals, in China, in American Indian cultures, in Egypt, in Africa, and all across Europe.



**Q: Where is Jesus in the Labyrinth?**

**A:** Jesus dwells within you. You walk with Jesus in the path. Walking the labyrinth is a wonderful way to pray, as it helps to unclutter your inner “noise” so that you can hear God.

Receiving may occur when you reach the center. You may stand, sit, lay down, or whatever feels right to you. Take the time to receive whatever is there for you to receive.



**Q: What does the labyrinth symbolize?**

**A:** As a spiritual tool, the labyrinth dates back to the Middle Ages. It speaks to the present age also because it a universal, inclusive tool.

The labyrinth symbolizes the journey to the center of self, the life journey, or the spiritual journey—our walk with God. It is also said to represent the ongoing cycle of birth, life, death, rebirth, and the process of transformation and healing.



**Q: I still don't understand ....**

**A:** Don't worry! Trinity United Methodist has a Certified Labyrinth Facilitator and several trained Labyrinth Facilitators who are available to answer any and all of your questions.

Kathy Norrod, our Certified Labyrinth Facilitator, received her training and certification from Dr. Lauren Artress of The World Wide Labyrinth Project.

Kathy has a gift for encouragement and a passion for sharing the labyrinth with others. She has led children as young as two through the labyrinth, as well as groups of all ages and sizes.

*We would love to share the  
Labyrinth Experience with  
you!*



We have soothing music, candles, an indoor fountain, and privacy scarves to enhance your labyrinth experience.

The Indoor Labyrinth at Trinity is always open and staffed on the last Sunday evening of every month from 7pm to 9pm. Childcare is provided.

**TAKE TIME ... to give thanks**

...

**to pray for others ...**

**to seek God's direction ...**

**to care for the hurting ...**

**To contemplate God's mercy.**