

WALKING THE LABYRINTH

- Locate a labyrinth. You can find permanent ones in some locations, such as Emmanuel Episcopal Church in Cumberland.
- A “finger labyrinth” that’s carved in wood, is a good alternative if you can’t find a labyrinth or if you find walking difficult. A labyrinth drawn on paper would even work.
- Pause at the opening of the labyrinth. Ask God to walk with you and to guide you through the stages of prayer.
- If you encounter someone on a labyrinth and want to go around them, it is not impolite to do so (gently and graciously).
- The first stage is Purgation—Empty yourself of whatever is distracting you from God. Practice this purgation all the way to the center.
- The second stage is Illumination—Stop at the center of the labyrinth and be fully present to this moment with God. Pray silently or out loud – whatever brings you closer to God.
- The third stage is Union—The journey back out from the center allows you time to integrate any insight you received in prayer as you prepare to go back out into the world in Christ’s name.
- Pause at the end of the labyrinth and thank God for being with you, both in this prayer and in the life journey it symbolizes.
- Spend some time reflecting on your experience.