

In the midst of Lent, make time to “walk humbly with God” by experiencing the LABYRINTH... Solvitur Ambulando



“It is solved by walking”

A labyrinth is an ancient design found in many cultures throughout the world. Even the walls of some cities, like Jericho, were labyrinthine and served as protection for the center.

In contrast with a maze, a labyrinth is unicursal, with one path leading to the center and back out again. There are no tricks or wrong turns.

Labyrinths were walked for various reasons, including a type of pilgrimage. The labyrinth embodies a nonlinear way of thinking. Walking in a way of “unknowing”, where the conscious mind does not know the path, allows a true journey of inner exploration to occur.

Labyrinths began to fall out of usage with the emergence of the Renaissance. Reason, science, and mathematics became the reliable knowledge.

In recent years the labyrinth has reemerged as a prayer form, connecting the body, mind, and spirit in one experience.

The labyrinth design above is found on the floor of the cathedral in Chartres, France, which dates from the twelfth century.

A replica of the Chartres labyrinth will be at St. Agnes from March 6 through March 11. Stop in the GYM during the dates and times listed below. If you're not sure how to get started, printed guidelines and suggestions will be available.

Why does the labyrinth attract people?

- † The experience is different for everyone because each of us brings our unique hopes, dreams, history, and longings of the soul.
- † Walking the labyrinth clears the mind and gives insight into the spiritual journey.
- † It urges action.
- † It calms people in the throes of life transitions.
- † It helps them see their lives in the context of a path, a pilgrimage.
- † They realize they are not human beings on a spiritual path but spiritual beings on a human path.

Enter Gym via PAC using door #8; access Gym from PAC;

Pray the Labyrinth

Friday, March 6, 12:00-7:00 PM
Saturday, March 7, 9:00 AM - 7:00 PM
Sunday, March 8, 9:00 AM - 7:00 PM
Monday, March 9, 9:00 AM-7:00 PM
Tuesday, March 10, 3:00-7:00 PM
Wednesday, March 11, 3:00-7:00 PM