

## CALVARY HAS A LABYRINTH!

First proposed to the Building & Grounds Committee in October of 2005 by the Garden Party, Calvary finally has a labyrinth! Great thanks to Bobbie and Paul Beck for the bricks, and to Isles Wohlfahrter for transporting them to the church and to Diana Dohrmann for hours of work in placing the bricks to create our labyrinth. (See picture on next page.)

The labyrinth has been placed between the outside hedge of the Memorial Garden and the sidewalk along Lippincott Avenue. The bricks outline the path and are flush to the ground while walkway is grass.

The left handed “Classical 7 circuit” design, or “Cretan” labyrinth was chosen for Calvary. This design is about 5,000 years old and examples appeared on every continent in prehistory.

A labyrinth as we think of it today is not a maze. A labyrinth has a definite route to the center and back out again. Labyrinths are used to help achieve a contemplative state. Walking among the turnings, one loses track of direction and of the outside world, and thus quiets the mind. Many people in Medieval times could not afford to [travel](#) to holy sites and lands, so labyrinths and prayer substituted for such travel. Recently their spiritual aspect has seen a resurgence. Many newly made labyrinths exist today, in [churches](#) and [parks](#).

There is no “right way” to walk a labyrinth. Adults are often serious in the labyrinth while children may run in and out as fast as they can. Enter and follow the path; your attitude can be joyous or somber, thoughtful or prayerful. You may use your walk as a meditation, dropping the cares of the day as you approach the center, and after a short rest and with renewed strength pick them up again on the way out. Choose a different attitude from time to time - serious, prayerful, or playful. You can have music, walk alone or with friends.

### **Some general guidelines for walking a labyrinth are:**

1. Focus: Pause and wait at the entrance. Become quiet and centered.
2. Experience: Walk purposefully. Observe the process. When you reach the center, stay there and focus several moments. Leave when it seems appropriate. Be attentive on the way out.
3. Exit: Turn and face the entrance. Give an acknowledgement of ending, such as "Amen."
4. Reflect: After walking the labyrinth reflect back on your experience.

