

Bibliography

Artress, Lauren. *Walking a Sacred Path: Rediscovering the Labyrinth as a Sacred Tool*. New York: Riverhead Books, 1995.

Curry, Helen. *The Way of the Labyrinth – A Powerful Meditation for Everyday Life*. New York: Penguin Putnam Inc., 2000.

West, Melissa Gayle. *Exploring the Labyrinth: A Guide for Healing and Spiritual Growth*. New York: Broadway Books, 2000.



Locations of Labyrinths

The Spiritual Growth Resources Committee is compiling a list of labyrinths within the diocese. We encourage your participation in this project. If your church has a labyrinth and would like to be listed, contact the SGRC chair giving the location and availability.

The current listing is given as an insert to this brochure.

About the Spiritual Growth Resources Committee

The Spiritual Growth Resources Committee consists of lay and ordained persons whose mission is to support and strengthen the spiritual life of the diocese.

Members bring a wide variety of interests and experiences to their ministry of service to enhance the prayer life of parishes and individuals.

If you have an interest in participating in the work of this committee, contact the chair listed below.

How to contact us

Diane Powell, Chair (215) 242-2055 X25

E-mail dpowell@stpaulschestnuthill.org

Mail St. Paul's Church
22 East Chestnut Hill Avenue
Philadelphia PA 19118



To access this and other resources on the web

Go to

www.stpaulschestnuthill.org



Scroll down and click on:
Diocese of Pennsylvania
[Spiritual Growth Resources](#)

This takes you to the Spiritual Growth Resources Committee's introduction under

[Links to Resources](#)

You will find brochures and information to browse or print.

Walking the Labyrinth



What are Labyrinths?

How to use them

What resources are available?

A brochure in the Spiritual Disciplines series created for individuals and parishes by the Spiritual Growth Resources Committee of the Episcopal Diocese of Pennsylvania



What is a labyrinth and where does it come from?

Labyrinths are usually single (unicursal) pathways that lead to the center of the pattern and then back out by retracing the same path. Unlike in mazes, one cannot become lost or trapped.

A labyrinth provides a sacred space. It invites the walker to set aside the cares of the world and to enter into the realm of the Holy. To walk the labyrinth is to make a pilgrimage, to discover something about ourselves and God. The destination is not important; the journey is.

Labyrinths have been in existence for over 4,000 years. They have been used in many different religious ways. Christians began using labyrinths in churches/cathedrals in the Middle Ages. The labyrinth on the floor of the Chartres Cathedral in France is a model for many modern labyrinths. It consists of eleven concentric circles with a twelfth circle in the center. The rosette in the center where people stand, sit or kneel is made of six petals.

The labyrinth is a path for prayer and meditation. It echoes the turns and twists in life. The best way to learn about it is to walk it – with an open heart and an open mind – and experience your own sacred response. There is no right or wrong way to walk the path. Relax and enjoy the experience.

Guidelines for walking the labyrinth

- Please remove your shoes if you are walking indoor on canvas.
- Maintain silence for your reflection and that of others.
- Let go of extraneous thoughts as you enter. Become aware of your breathing. Enter your walk in a receptive, non-judgmental state.
- Walk at your own pace. As you meet other walkers, gently give way to your meeting and passing.
- Take time after your walk to reflect and meditate. Repeat the path, if you wish. Consider journaling your experience.



Canvas labyrinth in use at St. Stephen's Church, Philadelphia.

Photograph: Charles Flood

To arrange off-site use of the canvas labyrinth kept at St. Stephen's Church, Philadelphia

Requirements for use The labyrinth is about 32 feet in diameter and is quite heavy. You need to have a clean, dry floor free of poles or obstructions. Due to the delicate nature of the labyrinth **OUTDOOR USAGE IS NOT POSSIBLE** and you cannot walk on the labyrinth in street shoes – stocking feet are a requirement of usage.

Contact St. Stephen's, office@ststephensphl.org or 215 -922-3807 for a request form and complete instructions.

Pick up. Make an appointment, generally **Thursdays between 4 and 4:30 pm** unless other arrangements are made. There is some heavy lifting and it **takes at least two people** to get it in a big trunk, hatchback or SUV. Parking is difficult and we recommend one person wait outside with the car on Ludlow Street, south of the church.

Return. Please make an appointment to return the labyrinth to St. Stephen's, generally **Tuesdays between 11 and 11:30 am.**

Donations. The labyrinth has undergone wear and tear over the years. We charge \$125 for a weekend of use – you can donate more, if you wish (make checks payable to St. Stephen's Church). Episcopal Churches in the Diocese of Pennsylvania may use it at their own site free of charge, although a contribution towards the repair/cleaning/replacement of the labyrinth is appreciated.

St. Stephen's Episcopal Church
19 South 10th Street
Philadelphia, PA 19107

215-922-3807 office@ststephensphl.org



Locations of Labyrinths

Bryn Mawr College Labyrinth
101 N. Merion Avenue
Bryn Mawr, PA 19010
Outdoor: turf & mulch
Semi-public: always available for individuals

St. David's Episcopal Church
763 Valley Forge Road
Wayne, PA 19087
610-688-7947
Indoor: available on 1st Saturday of each month
1-5 pm; 1st Sunday 10 am to 12:30 pm.

Church of St. Asaph, Bala Cynwyd
P. O. Box 118
Bala Cynwyd, PA 19004
610-664-0966
Outdoor

Church of the Holy Spirit, Harleysville
2871 Barndt Road
Harleysville PA 19438
215-234-8020
Outdoor

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19 South 10th Street
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The canvas labyrinth at St. Stephen's Church may be set up in the church for walking for several hours each week – normally Tuesdays through Thursdays 11 am to 4 pm, and Sundays after the service. Groups of three or more persons are necessary to properly unfold and refold it. Additionally, we are happy to discuss a use of our church facilities and the labyrinth for a workshop or retreat on a weekday evening or Saturday.

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