

Walking with you...

Do you have further questions about the use of the labyrinth?

Would you like to take a class or speak to someone about the labyrinth?

Are you interested in reserving the labyrinth for group use?

We have trained facilitators who would be happy to speak with you.

Or

Would you like to be one of our garden-maintenance volunteers?



Call the church: 503-665-9442

Or Judy Bevilacqua 503-666-6870
(Director of Labyrinth Guild)

Welcome to St. Luke's

St. Luke the Physician Episcopal Church
Welcomes you!

Our Vision:

***"We see all people in relationship with God,
and through God, with each other."***

Sunday worship at 9:00 am

Nursery provided

(Coffee hour follows)

Rev. Jennifer Creswell 503-665-9442



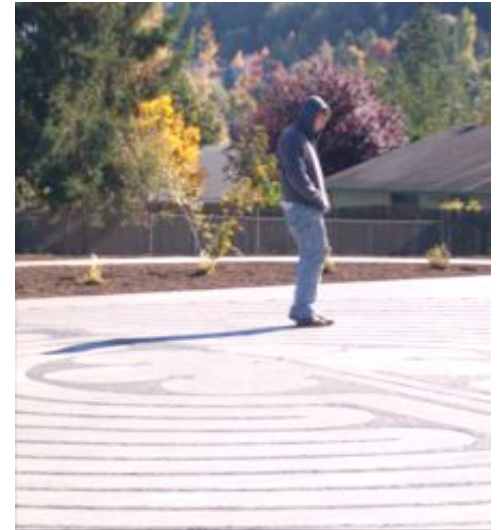
*St. Luke the Physician
Episcopal Church*

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*Did you
know?*

... in your neighborhood



*...there is a place
of quiet and solitude
waiting for you...?*

You are invited....

*to walk the labyrinth
at St. Luke's*

Just down the street, there is a new addition in your neighborhood. It is a **Labyrinth Garden** that is open for your use at all times.

It belongs to the community of St. Luke's and to the wider community of East County and beyond.

Perhaps you've never seen or heard of a labyrinth! What is it? What is it for? Is it just for church people? Monks and mystics? The answer is simple....it's for **everyone**. The young and old, churched or un-churched, lost or found, sick or well, those in mourning or celebration. There are no pre-requisites and no obligations....this is simply an invitation to come and walk. Anytime you like.

At the entrance to the labyrinth an **Information Kiosk** will welcome you. Here you can find simple guidelines for walking the labyrinth. Feel free to sign our guestbook and offer your thoughts, if you like. A place to put your private prayer requests is also available.



What is a Labyrinth?

Labyrinths are usually in the form of a circle with a meandering but purposeful path, from the edge to the center and back again, large enough to be walked into. Each has only one path and when we choose to enter it, the path becomes a metaphor for our journey through life. The labyrinth is a spiritual tool meant to awaken us to the deep rhythms of our inner life. In surrendering to the winding path, the soul finds healing and wholeness. The labyrinth is a sacred space and can give us a first hand experience of the Divine.

*From "Walking a Sacred Path" by Lauren Artress

How to Walk a Labyrinth:

The two most important points to share are:

- 1. There is no right or wrong way to walk a labyrinth!** Each person's walk is a very personal walk, free of "shoulds" and expectations.
- 2. A labyrinth is not a maze, you cannot get lost!** There's only one path in and one path out.

Releasing...Receiving...Returning

One simple way to walk the labyrinth is with the

"Three R's."

Releasing all cares, worries and expectations as you walk in.

Receiving what is offered, as you reach the center.

Returning in gratitude as you walk out.

About the St. Luke's labyrinth



The labyrinth at St. Luke's is modeled after the medieval eleven-circuit labyrinth. It entered Christian prayer life during the Middle Ages, when the labyrinth was incorporated into Cathedrals across Europe. The best-known example of this labyrinth has remained embedded in the floor of Chartres Cathedral in France since 1201. It is approximately one-third-mile of winding path.

