

### Suggested Meditational Words & Phrases

- \* Abba
- \* Father
- \* Lord, hear my prayer
- \* Come, Spirit, come
- \* I will go unto the house of the Lord
- \* Lead me, Lord
- \* Thy word is a lamp unto my feet and a light unto my path
- \* The Lord is my Shepherd, I shall not want
- \* Peace I leave with you; my peace I give to you
- \* Lord, I believe; help thou mine unbelief
- \* In you, O Lord, have I taken refuge
- \* Teach me, O lord, the ways of your statutes
- \* Be not far from me, Lord, for trouble is near
- \* To you, O Lord, I lift up my soul



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The Rev. Mark H. Chattin, Rector  
*Our Doors are Open - All are Welcome!*

### Weekly Service Schedule

**Sunday Mornings**  
9:30 Family Mass & Sunday School

**Wednesday Mornings**  
11:00 Healing Service

**Saturday Evening**  
5:30 Holy Eucharist

# The Labyrinth at Trinity Plaza



# Walking the Path of Peace

## The Labyrinth at Trinity Plaza Quieting the Mind - Opening Heart

The Sacred Labyrinth Walk, Illuminating the Inner Path, is the ancient practice of "Circling to the Center" by walking the labyrinth. Some of the earliest forms of labyrinths are found in Greece, dating back to 2500-2000 B.C. So much a part of the fabric of this early society was the labyrinth that it was embossed on coins and pottery.

Early Christian labyrinths date back to the 4th century, in a basilica in Algeria. The Chartres design labyrinth is a replica of the labyrinth laid into the floor at Chartres Cathedral in France around 1220. This design is a classical eleven-circuit labyrinth – eleven concentric circles with the twelfth being in the center of the labyrinth. The labyrinth here in Trinity Plaza is a smaller eight-circuit version of the labyrinth at Chartres.

Historically, Christian pilgrims walked labyrinth paths as a symbolic journey to Jerusalem, following the footsteps of Jesus. Today, labyrinths serve as a metaphor for the spiritual journey through life, as a source of solace and spiritual introspection, as a setting for religious ceremonies, and as a tool for everyday focusing. As we walk the labyrinth we move toward understanding ourselves as "spiritual beings on a human path, not simply human beings on a spiritual path."

There is no "right" or "wrong" way to walk a labyrinth. The labyrinth has only one path so there are no tricks to it and no dead ends. The path winds throughout and becomes a mirror for where we are in our lives. It touches our sorrows and releases our joys. Walk it with an open mind and an open heart. Allow yourself to find the pace your body wants to go. The path is two way; those going in will meet those coming out. You may "pass" people or let others step around you. Do what feels natural.

The entrance can be a place to stop and reflect or pray about the spiritual walk you are about to take. You may think of the walk as having three stages:

- **The walk to the center** can be a "letting go" - a quieting of the thoughts, worries, lists of tasks to do, a letting go into the experience of being present in the body.
- **Arrival at the center** - a place of prayer/meditation - "letting in" God's guidance, the divine into our lives.
- When ready, **the walk out** "letting out" takes us back into our lives, empowered by the spirit to transform our lives and actions.

The labyrinth is a spiritual practice, not a magical tool. Its effectiveness lies in our commitment to enter into the sacred spiritual walk not merely once but as a part of an ongoing spiritual practice. Methods of walking a labyrinth are as individual as the people walking. Here are a few approaches for you to consider as you begin your walk:

- **Gracious Attention:** Quieting the mind and letting your thoughts fall where they may.
- **Asking a Question:** You may focus on a question that you have been asking yourself.
- **Use of Repetition:** Choosing a word or phrase and repeating it as you walk.
- **Reading Scripture:** Carrying with you a longer passage to read as you walk.
- **Spiritual Songs:** Meditating on hymns or spiritual music as you walk
- **Asking for Help through Prayer:** Praying your way around the labyrinth.

Each walker is free to choose a method that fits the moment at which he or she enters the labyrinth. No one method is better than another, and it is possible that you will use a different one each time you walk. If you'd like to learn more about the Labyrinth, please feel free to call the church at 856-858-0491.