

Easter Monday Reflection from Revd Gerry



The Labyrinth

Although the Easter season continues in the Church, Easter Day itself is past, but our new journey is just beginning. We don't know how long the lockdown for the Coronavirus will last. Yet, our journey in life continues, because tomorrow comes. We can't stay behind with today.

You may have walked a Labyrinth similar to one in these pictures, at Norwich Cathedral or elsewhere. Charlie brought a portable one to St Mary's last year. The idea is that with every step, every turn of the path, you have the opportunity to reflect on who you are, where you are and where God is leading. It may or may not be to a new place physically, but relationally with others and with Him.

Labyrinths are ancient walking meditations. One of the oldest surviving paths dating around 1220, can be found in the Chartres Cathedral in France. Originally, it may have been used to symbolize or enact Christian pilgrimage to Jerusalem, for those who were unable to make it in person. But the basic enduring symbolism is the notion of a spiritual journey, which, at its most fundamental human level, we all share.

Brian Draper's book 'Labyrinth' (ISBN 978 0 7459 5508 7) describes: 'The Inward Path, Reaching the Centre and The Outward Journey'. The Labyrinth connects you to those around you and to the earth and to God, but, he writes, "it does not make you join hands and sing 'Bind us

together'. It sheds light on your path, but it doesn't tell you precisely what you must sign up to. It helps you to feel you belong, even before you believe".

In these days when we are not allowed to connect or join hands, except with our immediate household, maybe you could imagine this walk as you engage on a personal journey with your thoughts, but also imagine all the people on the way, who are in your thoughts and prayers and so pause with them. Let us imagine we are travelling together....you never know what connections you will make.

Perhaps you could draw or print out a Labyrinth and use it daily, as we go on together.

Questions you may like to reflect on, which Brian Draper poses:

"What, or who, lies at the very centre of my own journey in life?

To whom have I given the centre ground of my being?

In this great journey of life, whom do I hope to find when I reach the centre?"

[Matthew 28: 20](#): Jesus said "Therefore go and make disciples of all nations.....teaching them to obey everything I have commanded you. And surely **I am with you always**, to the very end of the age."

[Genesis 28:15](#)¹⁵ "I am **with** you and will watch over you wherever you go, and I will bring you back to this land. I will not leave you until I have done what I have promised **you**."

[John 14:6](#)⁶ Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me".

