

St. Mary's Church Green Prayer Labyrinth

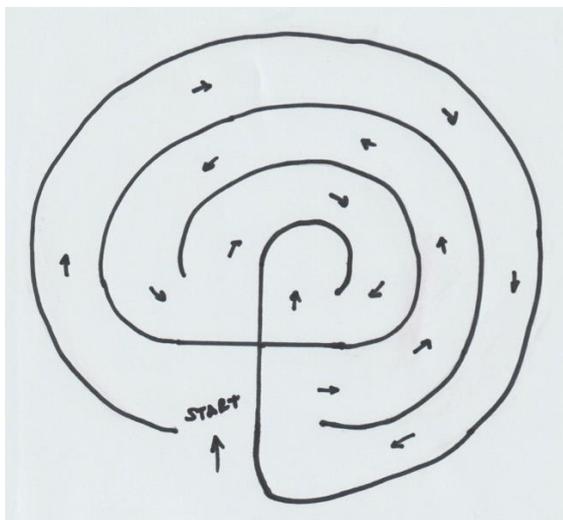
Labyrinths have existed for thousands of years; they appear in many faith and cultural traditions and in many parts of the world. The labyrinth has a long, rich tradition of use within the Christian church. St. Mary's labyrinth is a classical three circuit.

The space can be used for mindfulness; a way of calming, settling and learning to live in the moment. It is a path of prayer. There is only one path that leads from the outer edge in a circular way toward the centre. It is not like a maze where there are dead ends and you lose your way. A labyrinth is a spiritual tool that can help you find your way.

The labyrinth is via pedestrian access only as the car park gate is currently closed. You are welcome to walk it whenever you wish.

To help you we have created a short guide below. Just remember to take your time.

- Stand at the start of the labyrinth. Try to clear your mind and focus on a prayer conversation with God
- Centre yourself by taking a couple of deep breaths.
- Begin your prayerful walk...
- Let your mind settle. If your thoughts start to wander just gently bring them back to the conversation you would have with God walking with you
- Follow the path slowly – noticing how at some points you are closer to the centre and at other times on the journey you are on the edge
- When you reach the centre, give thanks and rest there a moment
- Take in the space around you – God's beautiful and bountiful creation
- When you are ready, begin your journey out of the labyrinth by retracing your steps. *(Or if you prefer, you can leave by the straight path out)*





Philippians 4:4-9

Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.