

The Lichfield Labyrinth

Lichfield Diocesan Spirituality Team has a labyrinth which can be borrowed for use at Christian events.

The labyrinth requires a minimum area of 7 m x 7m; it is not possible to use this Labyrinth in a smaller space as folding the edges under might render it a safety (tripping/falling) hazard. For the same reason, the edges of the labyrinth should be taped down with wide masking tape. You also need to have either overshoes or a supply of thickish socks available to give people to wear so that they do not walk on the labyrinth in their shoes.

The labyrinth is stored at St Bertelin's Church, Holmcroft Rd, Stafford ST16 1JB and will need to be collected from and returned to there. It is folded for transportation and fits in a normal car boot.

Please contact Emily Howard: Tel: 01785 220363 or e-mail stbertelinsoffice@uwclub.net to discuss availability and to arrange collection and return.

The Team would appreciate a donation toward the cost of making the labyrinth. Suggested donation is £7 to £15 for a day's use. Cheques (payable to 'LDBF') can be left with Emily or payment made to LDBF, sort: 30-95-04, a/c: 00030004, ref: Spirituality Team.

ABOUT LABYRINTHS

Labyrinths are very ancient. They are found in many cultures and faith traditions. Perhaps the most famous in the Christian tradition is on the floor of Chartres Cathedral in France.

A labyrinth is a pathway on which you are invited to walk. It is not a maze. A maze is designed for you to lose your way but a labyrinth is designed for you to find your way. Unlike mazes, a labyrinth has only one path in and one path out.

A labyrinth can symbolise many things: our journey through life, our journey to God, a time of confusion, or transition, or emerging determination. Using a labyrinth can be a kind of 'prayer in motion' which can sometimes help when words won't do.

USING THE LABYRINTH

It can be used for plain fun! Or as a solo meditation, an accompanied walk, or a way of interacting with others in a group. It can be used at the beginning of a day to encourage openness to God, or at the end to draw things together. One suggested use is as follows:

- ❖ Walk the labyrinth slowly and thoughtfully. As you do so, think about your life.:

Where is it going? What are the things that get in the way? When are the times that you seem to be going backwards or round in circles? Who are the people, what are the things that make life good? Are there times when it all seems straightforward?
- ❖ Share your thoughts with God.
- ❖ When you reach the centre of the labyrinth pause a minute to think about what is at the centre of your life?
- ❖ At the heart of this labyrinth is a cross, the symbol of God's love, the reminder that He sent us Jesus to be our guide and way through life, and beyond life.
- ❖ As you walk slowly back out, remind yourself that Jesus promises to be with us always. Ask Him to help you face the future in that confidence.

The Spirituality Team would be happy to help with suggestions for using the labyrinth and other ways of encouraging people in their journeys with and towards God.



DIOCESE OF LICHFIELD SPIRITUALITY TEAM

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