

St Paul's Labyrinth

Labyrinths, like cloisters and other pathways, have for many centuries provided pilgrims with simple methods of prayer and reflection. St Paul's Labyrinth re-discovers this ancient means of contemplation and meditation.



Meditative walking has been practiced in many traditions and cultures. It is open to people of all faiths and spiritual disciplines.

Walking the labyrinth is a spiritual discipline that invites us to trust the path, to surrender to the many turns our lives take, and to walk through the confusion, the fear, the anger, the grief, that we cannot avoid experiencing as we live our earthly lives.

Lauren Artress, founder of *Veriditas*
Grace Cathedral, San Francisco.

A medieval labyrinth is laid in the stone floor of the 13th-century Cathédrale de Notre-Dame de Chartres, 80Km south of Paris. St Paul's Labyrinth is a full 13-metre replica of the Chartres original, laid on the hardwood upper floor of St Pauls Church Hall in a space once used as a theatre and a basketball court.



People walk the Labyrinth for countless reasons. For many it is a way of centering themselves, slowing down, taking time to reflect. Some walk it for insight during times of transition in their lives. Others walk the path of the Labyrinth to commemorate anniversaries, both joyful and grief-filled, and others before significant times in their lives like changing jobs or facing surgery.



The labyrinth hall has a spacious and comfortable ambiance. Hanging tapestries bear outlines of the hands of persons who walked the Labyrinth at the Millennium. They bring to mind the words of St Teresa of Avila: *God has no hands but our hands*. The windows are decorated with faux-stained-glass medallions from different religious traditions.



From time to time the Labyrinth Guild offers workshops describing the purpose and technique underlying labyrinth walking. Some of these are for groups with special needs. Some are sponsored by organizations not affiliated with St Pauls.

A smaller, portable canvas labyrinth, based on the ancient Cretan pattern, is available for rent for use at other venues.



And when you turn to the right or when you turn to the left, your ears shall hear a word behind you, saying, "This is the way; walk in it." Isaiah 30:21

St Paul's Labyrinth is open
Monday to Thursday 8:30 am to 9:30 am
Friday (second and last of each month) 7 pm to 9 pm
Saturday 10 am to noon
Sunday 9:30 am to 12:30 pm

On Fridays, Saturdays and Sundays volunteers welcome and assist newcomers and first-time walkers. On the last Friday of the month live music is played.



Except for workshops, no fee is levied but users are invited to contribute towards operating expenses. Donors who make identified donations, for either general parish expenses or Labyrinth program expenses, receive tax-deductible receipts.

St Paul's Labyrinth program was created in 1996 under the initiative and leadership of the Reverend April Stanley during her appointment as associate priest at St Paul's. It remains a program of St Paul's Anglican Church, funded as part of parish ministry.

For more information contact the Labyrinth office at 604-685-6832 ext 17, or labyrinth@stpaulsanglican.bc.ca or visit our website at www.stpaulsanglican.bc.ca