



*Labyrinth at Chartres Cathedral, France*

### ***Labyrinth Poem / Prayer***

*Jesus came to show us the Way.*

*The Way begins with the Cross.*

*The Cross reveals the Paradox.*

*The Paradox leads to the Mystery.*

*The Mystery is known by many names, including God.*

*God is Spirit is Source.*

*The Source can be reached by following the winding Path.*

*The Path is always there for those who choose to experience the Sacred.*

*The Sacred is the Divine nature within all of us, which we call Love.*

*Love is the Power that connects us, as the mystical Body of Christ,  
and is meant to be freely shared on the Journey.*

*The Journey is a gift so we can enjoy the wonders of Life.*

*Life is lived fully when we walk as One, in Truth, in Jesus' Way.*

~ ~ ~

Thank you for visiting our Chartres labyrinth at St. Paul's Episcopal Church. We hope you will return to walk our labyrinth again, and check out other activities at St. Paul's. Please see our website – <http://stpaulsexton.com> - for more information.

If you are interested in learning more about our plans for a permanent labyrinth and/or helping us make it happen, please contact our church office at the number below.



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# Welcome to the Labyrinth

*at St. Paul's Episcopal Church, Exton*



Walking a labyrinth integrates the body,  
mind and spirit, and gives one time to  
meditate on our journey with God.

There is much information online about the history and types of labyrinths. The Middle Ages showed a renewed interest in labyrinths and a design more complex than the classical seven-circuit labyrinth became popular. This was an eleven-circuit design divided into four quadrants. It was often found in Gothic Cathedrals but over time many of these eleven-circuit designs were destroyed or intentionally removed. The most famous of these remaining labyrinths is at Chartres Cathedral near Paris, France. The labyrinth at Chartres was built around 1200 and is laid into the floor in a style sometimes referred to as a pavement maze.

Please check online for more details. For now, while you are here, please be aware that:

- The original Chartres labyrinth is approximately 42 feet in diameter
- St. Paul's labyrinth in the Chartres-style is 88 feet in diameter
- It takes approximately 8-10 minutes to leisurely walk to the center
- In general, please allow 30 minutes total for your labyrinth experience

Three quotes for your consideration as you begin your labyrinth experience:

*A labyrinth creates a sacred space for walking meditation on a universal path that leads into the center and back out ... It is a tool in the quest for healing and wholeness. For centuries it has been used for meditation, prayer, personal and spiritual growth, ritual, and initiation.* - Carol MacDonald

*Your life is a sacred journey. And it is about change, growth, movement, transformation, continuously expanding your vision of what is possible, stretching your soul, learning to see clearly and deeply, listening to your intuition, taking courageous risks, and embracing challenges at every step along the way ... You are on the path, exactly where you are meant to be right now ... And from here, you can only go forward, shaping your life story into a magnificent tale of triumph, of healing, of courage, beauty, wisdom, power, dignity and love...* - Caroline Adams

*Not all those who wander are lost ...* - J.R.R. Tolkien

The excerpts below provide some insights into walking a labyrinth, (from the dedication ceremony for Rose Park labyrinth in Macon, Georgia):

*The labyrinth's path has a beginning and an end that are one and the same. In the walking, exploration of a labyrinth we always end up where we started, but as acknowledged by the English poet T.S. Eliot, "... the end of all our exploring will be to arrive where we started and know the place for the first time."*

*Walking a labyrinth offers us the opportunity for reflection and meditation and the chance to become more aware of where we are in life, perhaps, an opportunity to come to "know" ourselves for the first time.*

*Walking a labyrinth alone opens you to the possibility of gaining a new understanding and insight about who you are and about your place in the world.*

*Walking a labyrinth with a group is a quite different experience and helps us to learn about the importance of community and to understand that in life there is only one path, and we are all on it together. In our apparent diversity there is a hidden unity that is emphasized by the one, winding path of the labyrinth that always leads us to a common goal. In order for a group of people to safely navigate the labyrinth and journey back out into the world, the cooperation of everyone on the path is required.*

*Come and experience it. Take the labyrinth journey and see what you can discover about yourself, about your community, and about your place in the world.*

Young people share thoughtful insights after walking a labyrinth for the first time:

*Things aren't always what they seem.*

*Life is about choices; always remember to be open to situations and experiences.*

*You choose your own pace.*

*Everything is connected. The beginning is the end.*