

A labyrinth offers a simple, sacred journey— one path inward, and the same path outward. There are no wrong turns – only an invitation to slow down, listen deeply, and be present.



Before You Begin

- Leave food and beverages in the sitting area
- For indoor labyrinth, remove shoes; socks are welcome
- For outdoor labyrinth, shoes optional

journey

Ways to Use the Labyrinth

- As a walking meditation
- As a time of prayer
- For reflection or discernment
- To release stress and find calm
- Simply to slow down and breathe

listen



OUTSIDE: The First Church outdoor labyrinth is built into the front lawn at 12 South Main St., West Hartford CT and is based on the classic eleven-circuit labyrinth in Chartres Cathedral, France – a labyrinth which has been in use for over 800 years.

INSIDE: Created in 2000, the First Church Indoor Canvas Labyrinth was designed by Joan Burton and painted by members of the church. It is used on special occasions in the First Church auditorium. It's meant to be portable, and if you would like to borrow this labyrinth, contact the **John P. Webster Library** at **860-232-3893**.

www.whfirstchurch.org/labyrinth/



There are three simple stages

to the labyrinth journey



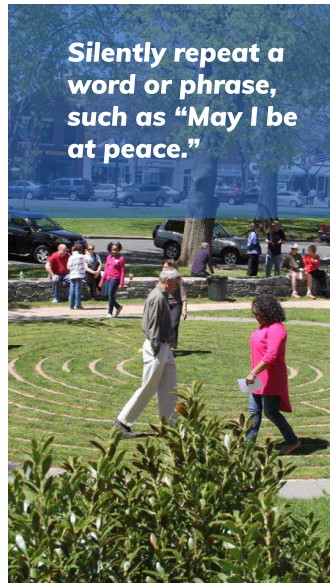
1 Releasing/ Letting Go

As you begin, take a moment to arrive fully. Turn off your cell phone, take a deep breath, and allow yourself to settle into the present moment.

Let your mind soften and your heart open. Notice your breath. Walk at a natural, unhurried pace. If it helps you focus, you might match your breathing to your steps—inhale with one step, exhale with the next.



Silently repeat a word or phrase, such as "May I be at peace."



2 Receiving/ Listening Within

The center of the labyrinth is a space for stillness, prayer, and reflection. When you arrive, feel free to remain for as long as you wish.

Here, you are invited to simply be—open to whatever arises, and receptive to whatever you may need to receive.

3 Reconnecting/ Returning

When you feel ready, begin your return along the same path, or gently step off the labyrinth if appropriate. Be mindful of others as you move.

Bring your labyrinth experience with you as you reconnect with your community, your sense of the sacred, and the world around you. You may wish to sit quietly afterward and reflect on your journey.

