

To begin the Labyrinth Walk:

Pause a moment before entering

Set your own natural pace to walk

*Stay in the moment and your
experience will guide you.*

*During your walk, shed anything
that might hinder your journey.*

*When you reach the inner circle,
take time to be still, be with God
the centre of your being.*

*On your return walk, ponder your
experience, what have you
received during the walk.*

*You may pass people. Let others
step around you or greet others,
whatever is natural to you.*

*Upon completing your walk, bow or
make a sign of gratitude and
reverence to God who has walked
with you.*

*Each time you walk the labyrinth,
your experience may be different.*

Be open and receptive

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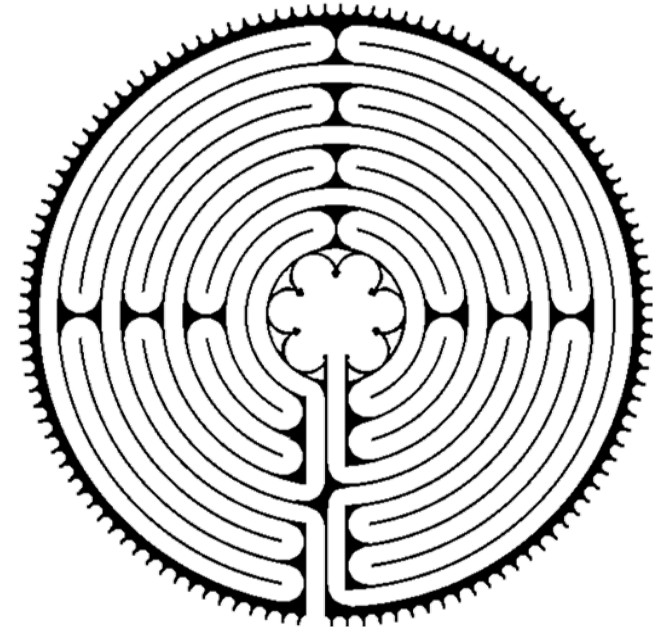


***It is solved
by walking.***

*“Solvitur ambuland”
Saint Augustine*



***St. Mary’s Church,
Barrie, Ontario
The Labyrinth***



Where is the Labyrinth?

The Labyrinth at St. Mary's Church is located directly in front of the church entrance. It was built in 2011 as part of the renewal and renovation project.

The Labyrinth is 43 feet in diameter with 8 circuits. The Labyrinth is made of concrete pavers in sandstone and the path outline is grey-blue paver.

Four benches are placed on the perimeter of the labyrinth. The Labyrinth at St. Mary's is a modified design based on the Labyrinth at Chartres Cathedral in France which was built between 1194 and 1210.

What is it's purpose?

Labyrinths have been found in ancient cultures all over the world. The Labyrinth is an ancient symbol that is being re-discovered as a path for spiritual growth. It dates back over 4000 years and restores to Christianity a prayer form often called the walking meditation.

The Labyrinth can symbolize life as a pilgrimage. Our lives are a spiritual

How do I walk a Labyrinth?

As you walk the Labyrinth, the path to the centre is never straight.

You return from the centre and the entrance becomes the exit.

Guidelines for Walking the Labyrinth

There are four movements in the journey and each movement adds a new element to your experience.

The Threshold/Entrance

Journeying In

The Resting Place

Journeying Out