

“Your life is a sacred journey. And it is about change, growth, discovery, 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 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, of beauty, of wisdom, of power, of dignity, and of love.”

Caroline Adams

We are all on the path... exactly where we need to be. The labyrinth is a model of that path. A labyrinth is an ancient symbol that relates to wholeness. It combines the imagery of the circle and the spiral into a meandering but purposeful path. The labyrinth represents a journey to our own center and back again out into the world. Labyrinths have long been used as meditation and prayer tools, both in the Christian and in other religious traditions.

A labyrinth is an archetype with which we can have a direct experience. We can walk it. It is a metaphor for life's spiritual journey. It is a symbol that creates a sacred space and place and takes us out of our ego to God, who is "That Which Is Within."

Labyrinths and mazes have often been confused. When most people hear of a labyrinth they think of a maze. A labyrinth is not a maze. A maze is like a puzzle to be solved. It has twists, turns, and blind alleys. It is a left brain task that requires logical, sequential, analytical activity to find the correct path into the maze and out.

A labyrinth has only one path. It is unicursal. The way in is the way out. There are no blind alleys. The path leads you on a circuitous path to the center (God) and out again.

A labyrinth is a right brain task. It involves intuition, creativity, and imagery. With a maze many choices must be made and an active mind is needed to solve the problem of finding the center. With a labyrinth there is only one choice to be made. The choice is to enter or not. A more passive, receptive mindset is needed. The choice is whether or not to walk a spiritual path.

At its most basic level the labyrinth is a metaphor for the journey to the God who dwells at the center of your deepest self and back out into the world with a broadened understanding of who you are in God.

As his Eagle Scout project, Dave Washick, with the help of his family and friends, fellow Scouts, and Scout leaders, has designed and built a labyrinth on our parish property. We are very grateful to Dave and all who assisted him for their talent, expertise, and hard work in providing this very exciting meditation tool for our Church. It is our hope that many parish and community groups will make use of this prayer tool in the months and years ahead.

Peace, Fr. Tom