

# *Walking the Sacred Path*



This labyrinth is a gift to the community from McMinnville Cooperative Ministries. We hope it provides a safe and sacred space for all to find renewal and healing.

***May you be blessed!***

Labyrinth located at:  
Parkview Ministry Center  
325 NE Burnett Rd.

McMinnville Cooperative Ministries is located at 544 NE Second Street. You are welcome to join us for worship, Sunday mornings at 8:45, 9:30 and 11:00.

## What is a labyrinth?

The labyrinth is an ancient spiritual tool, used by humanity for thousands of years and found on every inhabited continent. The labyrinth knows no geographical or ideological boundaries. Pilgrims and seekers of all faith traditions use the labyrinth for prayer and meditation, for healing, centering and calming.

This labyrinth is a replica of the labyrinth at Chartres Cathedral in France, dating from around 1220. For centuries Christians and others have walked the labyrinth as a spiritual act of pilgrimage, symbolizing one's walk with God or journey through life.



*“(The labyrinth) is a path of prayer, a walking meditation that can become a mirror of the soul... The path becomes a metaphor for our own spiritual journey. A labyrinth is not a maze. A maze is designed for you to lose your way; a labyrinth is designed for you to find your way.”*

- from Praying the Labyrinth by Jill Kimberly Hartwell Geoffrion.

We welcome any comments about your Labyrinth experience. Please feel free to write them in the space below, then tear off and leave in the box near the entrance.

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Questions? Contact McMinnville Cooperative Ministries at (503) 472-5622.

## How to walk the labyrinth

There is no right or wrong way to walk the labyrinth! Walk at your own pace, be it contemplatively or exuberantly. Allow your experience with the labyrinth to unfold naturally.

### Suggestions for your journey

Quiet your mind and become aware of your breath. Allow yourself to find the pace your body wants to go. The path is two ways. Those going in will meet those coming out. You may pass people or let others step around you. Do what feels natural.

### You may discover that there are three phases to your journey:

- **Releasing** ~ As you enter, let go of the details of your life. This is a time to release your thoughts and distractions, to open the heart and quiet the mind.
- **Receiving** ~ When you reach the center, stay as long as you like in meditation and prayer.
- **Returning** ~ On the return journey, notice any new insights or feelings. What will you carry forward from this experience? Give thanks for this time in your life's journey.

## Notes on my experience

### My experience of the walk:

### I want to remember:

### Questions for further consideration:

*"If you want to get to know God better, take a walk with God."*

*- Asa, four years old*