

The Labyrinth at St. Timothy's

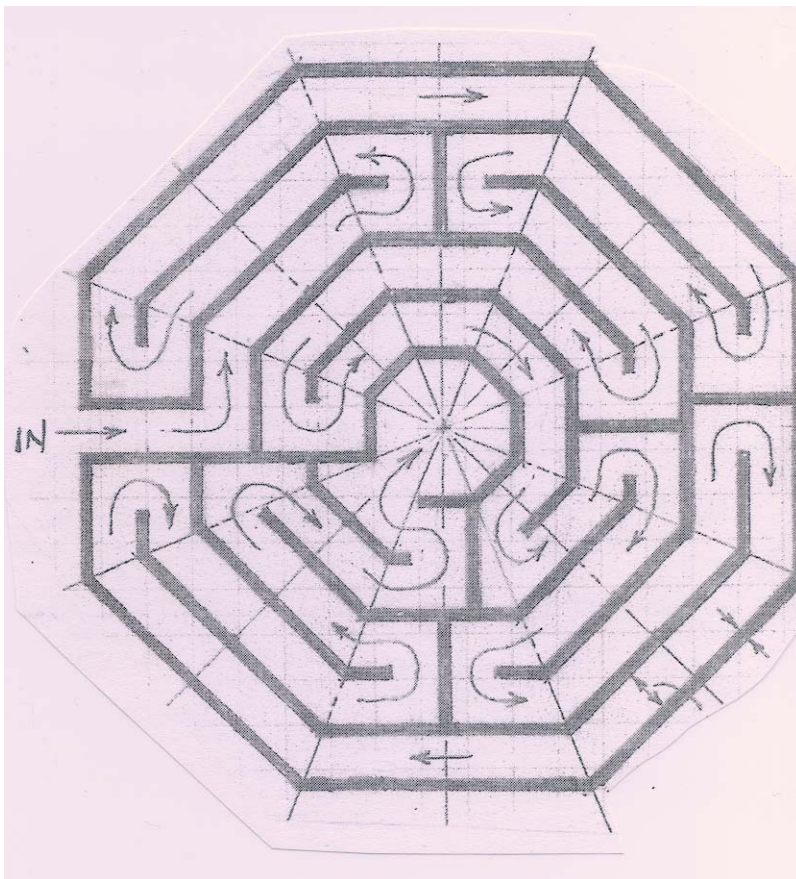
What is a Labyrinth?

A labyrinth is a twisty path that leads to a centre. You cannot walk in a straight line. You must follow the turns correctly to get to your goal.

A maze is a kind of labyrinth that may have many paths, some with dead-ends. You can get lost in a maze. You may never find your way back out again.

Labyrinths that are used for meditation are called “uni-cursal” or “one-path” labyrinths. There is only one way to walk. If you follow the path you cannot get lost, and you will always find your way into the centre and out again.

The labyrinth at St. Timothy's is like this. Here is what it looks like. Try tracing your finger from the entrance to the centre and out again.



Did you get lost?

Labyrinths in History

Labyrinths are found in many ancient cultures. They have been found carved into rock and painted on walls and floors. They can be dug into the ground or made of hedges. There is said to be a labyrinth around the Glastonbury Tor in England. The most famous is perhaps the Cretan labyrinth in Greece, where King Minos was said to have imprisoned a fearsome monster called the Minotaur. Every year, seven young men and seven maidens were sent into the labyrinth only to be eaten by the monster. The hero Theseus found his way in and out of the maze with the help of a magic ball of yarn from Ariadne and slew the Minotaur.

Christian Labyrinths

Many churches made labyrinths, especially during medieval times. They were built as a way of walking prayer. When you enter a labyrinth, be open to the possibility that this sacred space may speak to your heart.

Manners in the Labyrinth

Other people use this labyrinth to pray and walk. Respect their journeys by:

- walking quietly around them if they are walking slower than you
- not speaking to them in the labyrinth
- no rough play or loud voices in the garden
- close the gate behind you and DO NOT swing on it!