

The Boardwalk Labyrinth

at

St. Paul's by-the-Sea Episcopal Church

inside Dewees Hall

The Boardwalk at 3rd Street

Ocean City, MD 21842

410/289-3453

A Guide for Walking

1. Have "Intention". We encourage you to take the time you need to prepare yourself at the entrance of the labyrinth. Focus your attention, and identify why you are walking: prayer, meditation, to reflect on a question or issue in your mind, "to walk with an open mind and an open heart," or "just for the fun of it."
2. Know that There Is No Right or Wrong Way to Walk the Labyrinth. It is not a perfectionist act; it is often necessary to step outside the lines. The journey becomes a metaphor for your own spiritual journey in life.
3. Find Your Own Pace. You may choose to walk briskly, passing others along the way, or more slowly, pausing at times to reflect. Some have been known to dance. Be aware, however, that it is a two-way street; as in life, you will meet others along the way, and some you will walk beside for a while.
4. A Three-Fold Path. The 1st stage, RELEASE, and leads to the center. It is a time to let go of, to quiet, to let everyday thoughts fade, so that the depths of your mind can surface. The 2nd stage, RECEIVE, is found in the center of the Labyrinth, the most sacred space. Allow yourself time to contemplate what it means for you to be there. A place to pause, reflect, & receive any insight. The 3rd stage, RETURN, is a chance to consider what it might mean for your daily living.
5. After You have Completed Your Walk... you may wish to find a quiet place to sit & reflect. We invite you to stay or return for Night Prayers after 9:00PM.

"The simple act of walking the labyrinth invites us back into the center of our being... No matter where we are in our own life's journey, no matter what tradition sparks the creative imagination, we may glimpse the Divine."

-The Rev. Dr. Lauren Artress

***Walking a Sacred Path: Rediscovering the Labyrinth as a Spiritual Tool*



The World-Wide Labyrinth Project
Veriditas@gracecathedral.org