

THE LABYRINTH: PROVIDING A PATH FOR THE NOURISHMENT OF THE SOUL

Workshop in Spiritual Learning and Prayer to be offered jointly
by St. Andrew's By-the-Sea and Christ the King, Santa Rosa Beach

When and where?

Thursday, October 16th at St. Andrew's By-the-Sea,
Registration & coffee: 9:30 am in the parish hall / Workshop begins: 9:45 am

Who can participate?

The workshop is open to any interested person.

What is a labyrinth?

"The Labyrinth is an archetype, a traditions in various forms around the Chartres labyrinth laid in the floor of 1220, we are rediscovering a long-insisting to be reborn. The path winds for where we are in our lives. It touches Walk it with an open mind and an open Cathedral, San Francisco:



divine imprint, found in all religious world. By walking a replica of the Chartres Cathedral in France around forgotten mystical tradition that is throughout and becomes a mirror our sorrows and releases our joys. heart."—from the website of Grace www.gracecathedral.org/labyrinth

How is the labyrinth used as a spiritual tool?

"Rediscover your spiritual being by walking a sacred path....All of the larger than life questions about our presence here on earth and what gifts we have to offer are spiritual questions. To see the answers to these questions is to see a sacred path. The labyrinth offers a sacred and stable space for us to focus and listen to the longing of our soul. Most of us find ourselves consumed with hectic schedules, with little or no time to discover our authentic self. We need to take time to balance and reflect on all facets of life—family, education, play, work and spirituality. The time spent walking this spiritual path will allow you the opportunity to center yourself and reflect on who you are and where you are going."—from the labyrinth brochure of Church of the Resurrection, Miramar Beach Drive, Destin

Who is leading the labyrinth day?

Diane Macrae, an experienced Spiritual Director and teacher and a member of Christ the King, is the leader. She will base the spiritual and prayer tools taught in this class on the book *Way of the Winding Path: A Map for the Labyrinth of Life—Simple Steps for Experiencing Life as A Spiritual Journey* by Eve Eshner Hogan. The book is available for sale at www.amazon.com; a new book costs \$10.29 and a used book is \$4.29, plus \$3.99 per copy for shipping, new or used.

Will I actually walk a labyrinth?

At the end of our workshop, at approximately 11 am, participants will travel via carpools to the Catholic Church of the Resurrection at 259 Miramar Beach Drive in Destin, where we will take turns walking and practicing new prayer tools at the outdoor labyrinth there. We will then break into small groups to review our experiences.

Following the walks at Resurrection, you are invited to lunch with the group at a nearby restaurant (location to be announced at the workshop), where we will dine "Dutch treat" and have the opportunity to continue fellowship with members of the other Episcopal Churches in this area and other workshop participants.

How do I register?

Please contact Joyce Waters-Smith (269-2170) or Peggy Cramer (231-6389) to register. For questions about the labyrinth or the workshop material, please contact Diane Macrae (269-0627). The workshop will be limited to the first 20 people to register.