



Photo: Ephemeral labyrinth with laurel and rhododendron flowers

How and why to walk a labyrinth

A labyrinth walk can be a form of walking meditation.

People often begin with a question or a phrase they are pondering.

When you follow the path, you reach the centre and then you follow the path out again. You can think of these three stages as releasing/letting go; receiving/centering; and grounding/ returning.

You walk alone but with others.

You go at your own speed. You can stop for a while or pass others on the path.

The labyrinth is a quiet place for contemplation. People don't greet each other either by words or eye contact.

GLAD

Gathering for Labyrinth, Art and Dance



You are invited to join us for a creative and contemplative time to do art, walk a labyrinth and participate in sacred circle dance.

We start with half an hour of circle dance and then do some easy labyrinth-related art. Then we walk a labyrinth for half an hour. If inclement, we create one inside. The last half hour is more circle dancing.

No partner or experience is necessary. Each dance is taught each time we dance it.

3rd Thursday 11am – 1pm

Contact Us

Email: unitarianlabyrinth@gmail.com

Facebook: <https://www.facebook.com/LabyrinthArtDance/>

<http://vancouverunitarians.ca/labyrinths/>



UNITARIAN CHURCH OF VANCOUVER

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LABYRINTHS

**at the Unitarian
Church of Vancouver**

*Photo credit: top: Keith Wilkinson;
bottom: Gail Stephan*



Our Labyrinths

Our outdoor labyrinths are available 24/7.

Inner Courtyard

3-circuit square classical labyrinth



The entrance is from the glass doors in Hewett Hall. We plan to provide benches and re-landscape the centre.

East side (Fremlin) Planted Labyrinth

Double-processional



On the east lawn near Fremlin Street. You can enter from either end and either walk back or retrace your steps. This style is used in ceremonies, such as weddings, where people meet in the centre and then go out again, symbolizing the flow of relationship.

History of Labyrinths at UCV

In 1995, three members offered a worship service about labyrinths and created a temporary outdoor labyrinth, inviting the congregation to walk it following the service. Since then most years there's been a temporary labyrinth on the east lawn.

In 2015 the board approved two permanent labyrinths.



*Vancouver Courier September 2016
Photo by Dan Touglet*

Labyrinth Links

St. Paul's Labyrinth, Jervis & Davie

stpaulsanglican.bc.ca

Worldwide Labyrinth Locator

labyrinthlocator.com

Veriditas: Home of the Labyrinth Movement

veriditas.org/

World Labyrinth Day

labyrinthsociety.org

world-labyrinth-day

Labyrinth Community Network

www.labyrinthnetwork.ca

Spanish Banks Labyrinth

www.meetup.com/Vancouver-walking-a-labyrinth/

Why Walk a Labyrinth?

There are as many reasons for walking the labyrinth as there are people, world views or spiritual traditions.

- Anyone seeking the wisdom of the earth, the sky and the human heart.
- People who draw energy from the elements of the earth — may it be an opening to life.
- Those who dance with the Goddess — may Her presence be felt.
- People who love to meditate in natural surroundings — may it provide quiet in this busy world.
- Those who seek to experience Christ more closely — walk in his footsteps.
- Children who anticipate the adventure of a path winding inward — may they rejoice as they explore.
- Those who are fascinated by the physics of an echo which has been heard at the center — may it increase a sense of wonder.
- People who follow Eastern traditions — may it lead to wisdom, compassion and peace.
- Those who would have nothing to do with a labyrinth — may it remind everyone that there are numerous spiritual paths.

Unitarian Universalist
Church of Elgin, Illinois

www.uuce.org/labyrinth

*You can lose yourself
in a maze, but find yourself
in a labyrinth.*