

WALKING THE LABYRINTH

Be present and
experience the moment

Your life is a sacred journey
and it's all about change, growth, discovery

You are on the path
exactly where you are meant to be right now
and from here you can only go forward
shaping your life story

The labyrinth entered Christian prayer life in the Middle Ages, when it was incorporated into Cathedrals across Europe.

The labyrinth differs from a maze in that it has only ONE path and there are no dead ends.
The path winds throughout and becomes a mirror for where we are in our lives,
touching our sorrows and releasing our joys.
Walk it with an open mind and an open heart.



WHERE: Emmaus House, Sleep Lane, Whitchurch, BS14 0QN
(01275 792670 or annemmaus40@mail.com)

If you wish to WALK the LABYRINTH please phone or email with a day and time convenient for yourself. We can then see whether this is possible and get back to you. Handouts can be provided if you wish.

If you find walking difficult, you will be able to sit with a finger labyrinth.

A donation is welcome, if possible for you.