

SALEM MEMORIAL LABYRINTH



The Salem Memorial Labyrinth is open to all and available anytime. As you begin your journey at the labyrinth consider the following as a guide.

A labyrinth is not a maze designed to confuse, but a sure and certain path to a sure and certain center. Our spiritual paths may feel indirect at times, but God is always calling us to draw closer. We walk in, releasing our cares to God. We rest at the center in the presence of God. Then we walk back out again, so that having been nurtured in prayer we may return to the world in service to others.

- 1) Quiet your mind and become aware of your breath. Let go of thoughts that creep in during this time. Notice what happens.
- 2) Perhaps there's a question you've been thinking about or a decision you need to make. The labyrinth may help you focus on this. Remember, walking the labyrinth isn't like asking a magic 8 ball a question, but a time for centering, deep listening and gaining clarity.
- 3) Maybe there is a word or phrase that you utter as you make your way through the labyrinth. Similar to a breath prayer, let this word or phrase guide you.
- 4) There's no right way to walk a labyrinth [it's not a race!], so listen to your breath and how fast or slow your body wants to go.

Blessings as you meditate on the path ahead.

Salem Memorial Labyrinth: This outdoor prayer walk has been installed as a reminder of the ways the people of God worked outside the walls of this church to bring hope, healing, and Good News to the world during the COVID-19 pandemic and as a testimony to God's presence with us at all times and in all places