

## FOR ALL ON THE JOURNEY

**THE SHALLOWFORD LABYRINTH was built by the congregation of Shallowford Presbyterian Church in the spring and summer of 2005**

**We hope that it will be a gift to our community of faith and to all who come to walk.**

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As a deer longs for flowing streams,  
so longs my soul for you, O God.

Psalm 42:1-2

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Make me to know your ways, O God.  
Teach me your paths.

Psalm 25: 4

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And when you turn to the right or when you  
turn to the left, your ears shall hear a word  
behind you, saying,  
"This is the way; walk in it."

Isaiah 30:21

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Jesus said, "I am the way, and the truth,  
and the life."

John 14: 6

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God restores my soul. God leads me in the  
right paths, for God's name's sake.

Psalm 23: 3

## A PRAYER

**Gracious God,**

The people of Israel walked from slavery in Egypt to  
new life in the Promised Land.

Crowds traveled great distances to be in Christ's  
presence, to hear His teaching  
and to touch the hem of His robe.

In body, mind and spirit  
they were healed by His grace.

In Him they found new life and hope.

Women, men and children today are still in search  
of holy places where the presence of Christ is real,  
the voice of God is clear,  
and the power of the Holy Spirit is strong.

Our God, we set aside this portion of our land  
for people on their journey of faith,  
for those who seek your face,  
for those who long to hear your voice,  
for those who need your healing touch—  
for all who seek to walk a path  
of goodness and grace for our Christ's sake.

We ask you to make this  
a hallowed ground and a holy path.  
We dedicate it to your glory and honor.  
We offer it in service to your church.  
We welcome all whom you call  
to walk in faith and hope.  
In Christ's name we pray, Amen.

*Written by Lucy Turner, Pastor of  
Shallowford Presbyterian Church, 2000-2004,  
in celebration of the dedication of the Shallowford Labyrinth,  
October 23, 2005*

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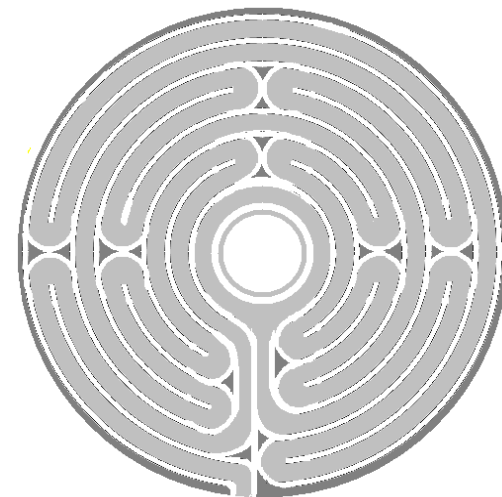
**Groups and individuals are invited to walk  
the Shallowford Labyrinth.**

**Located on the church grounds, the labyrinth is  
open to visitors from dawn to dusk. A finger  
labyrinth is also provided at the entrance.**

**Contact the church at 336-766-3178  
for information, to schedule group visits,  
or to arrange for a guided introduction.**

*Welcome to*

# THE SHALLOWFORD LABYRINTH



**Shallowford Presbyterian Church**  
welcomes you  
and invites you  
to walk our labyrinth

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**1200 Lewisville-Clemmons Road  
Lewisville, North Carolina 27023**

Near the Lewisville-Clemmons Exit (242) of U. S. 421  
Approximately ten miles west of Winston-Salem

**[www.shallowfordpresbyterian.org](http://www.shallowfordpresbyterian.org)  
336-766-3178**

## WHAT IS A LABYRINTH?

The labyrinth has been used as a place for prayer, meditative walking, contemplation, inspiration and renewal by many religious cultures for thousands of years.

Ancient labyrinths have been found at sites dating more than 5,000 years old.



Different from a maze, which is designed to puzzle and confuse, the labyrinth is one path with many turns, gently leading one on a circular journey to the center and back.

### **One path . . . many turns . . .**

We are all on a journey.

We move at different speeds, from different places, for different reasons, and with different needs.

The labyrinth is a metaphor for that journey and a model of that journey.

*The labyrinth awaits our discovery,  
for it will guide us through the troubles of  
our lives to the grand mysterious patterns that  
shape the web of creation.*

*It will lead us toward the Source and eventually  
guide us home. . .*

*Walking the labyrinth clears the mind and gives  
insight into the spiritual journey.*

*It urges action.*

*It calms people in the throes of life transitions.*

*It helps them see their lives in the context of a  
path, a pilgrimage.*

***They realize that they are not human beings  
on a spiritual path, but spiritual beings on a  
human path.***

*From Walking a Sacred Path:  
Rediscovering the Labyrinth as a Spiritual Tool,  
Dr. Lauren Artress, p. 22 and p. 21*

### *Solvitur ambulando*



*Saint Augustine, 4<sup>th</sup> century*

## WALKING THE LABYRINTH

There is no right or wrong way to walk a labyrinth. There are no right or wrong turns along this path. The only choice you must make is to take the first step.

As you walk, find your own pace.

You may want to move at different paces during your walk; you may wish to stop and remain still at times.

Others may be sharing the path with you. Allow them to pass you going or coming. You may acknowledge their presence, or you may remain focused upon your own journey.

### **Over the centuries, people have patterned their labyrinth walk in this way:**

- As you enter and move forward, seek to quiet your thoughts, your body and your soul. Allow this to be a time of release and of emptying.
- Arrive at the center with an open heart and mind. Come to this place of rest, prayer and reflection. Sit, stand, kneel, remain as long as you like. Be aware of the center of your being, the center where God awaits you.
- As you return along the same path, take with you into the world what you have found at the center.