



Situated adjacent to the St Catherine's Garden of Memories, the Labyrinth will be open at all times. Members of the community are invited to come alone or with family and friends to experience – “resting, walking and pausing” – as a way of restoring balance in a busy world. Early morning and evening “labyrinth walks” are especially inspiring during summer. Parents picking up children from school or recreational classes are encouraged to enjoy a few moments of rest at the Labyrinth.

St Catherine's Anglican Community Labyrinth



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*Let us pause from thinking....
let us stop the noise.
In silence let us listen to our hearts
~ Michael Leunig ~*



In our hectic lives today, many of us wish to find a place of meditation and healing. St Catherine's Community in Middle Park has created just such a space for everyone to visit – be it for an individual retreat, a place of mystery, sanctity, pilgrimage, or for groups of all ages just to rest and enjoy.

St Catherine's Anglican Community Labyrinth is dedicated to peaceful moments, open hearts and self-discovery.

What is a Labyrinth?

St Catherine's Anglican Community has recently installed a Labyrinth, an ancient spiritual design. It has been used throughout history for prayer and meditation, with a revival of interest occurring in the early 1990s.

Labyrinths can be traced back 3,500 years, but the Labyrinth at the Cathedral of Chartres in France – the pattern of our Labyrinth – dates to the 13th century. Throughout history, pilgrims have travelled to holy sites to encounter the sacred and renew their faith. When the Crusades and the plague made pilgrimage to the Holy Land almost impossible, Labyrinths came into use as a pilgrimage-in-place. Pilgrims could engage in the same kind of prayer journey without leaving their native land.

How to walk the Labyrinth

Walking the Labyrinth is a spiritual exercise. The path to the centre and the path out are one and the same. The labyrinth is not a maze or a puzzle. It is simply a path.

Take some time to clear your mind, to relax before you begin your walk.

Weather permitting, you may wish to remove your shoes. Move at your own pace. Be open to inner promptings to pause, to slow down, and to pass others. Do what feels natural. Maintain silence throughout your walk, for your benefit and for the sake of others.

There are three stages to walking a Labyrinth:

1

Purgation

As you enter the Labyrinth this is a time for releasing, letting go of the details of your life, the cares and concerns that keep you distracted and stressed.

With the challenges and concerns of our busy lives, the Labyrinth offers a way to journey in faith, to find stillness, healing and rest. Labyrinths can be found in churches, parks, retreat centres, hospitals, schools, homes and prisons. One architect notes that the Labyrinth is a "sure path in the changing and uncertain world".

You are invited to walk the Labyrinth alone or with a group at any time of the day, as the sun rises or sets, by starlight and moonlight, in all seasons.

2

Illumination

The centre of the Labyrinth is a place for clarity and insight. Receive what there is for you. Continue to do what feels natural – sit, kneel, stand, meditate, face several directions, read something you have brought with you on this journey. Stay in the centre as long as you like.

3

Union

Leaving the Labyrinth is the stage of your walk when you join God and bring back to the world a renewed vision or a refreshed spirit. Take time for gratitude and for integrating this experience into your life. Each time you walk the Labyrinth, you may become more empowered to find and do the work God has given you. Spend sometime outside the Labyrinth in reflection and meditation before you leave.

