



## Meditation Labyrinth Walk

Holy Week begins on Palm Sunday, and for the three days following, we offer you an opportunity to break away from the private pressures that swirl about us—even if only for an hour.

Walk the Labyrinth.

Be—At One—with the God who cares for us.

Mark your calendars:

**Monday, April 18, 2011— 5-7 PM**

**Tuesday, April 19, 2011 — 2-4 PM & 5-7 PM**

**Wednesday, April 20, 2011 — 2-4 PM & 5-7 PM**

This will be the tenth year a Labyrinth Walk has been offered at St. John's Lutheran Church.

Trying to describe another Labyrinth Event is like trying to describe the return of Spring. From experience, you may think you know what to expect, but it is never quite the same. This uniqueness of both Spring and the labyrinth is what makes them so fresh, appealing and rewarding.

For starters, it's a great setting in which to recall those that have died, loved ones, and others with gratitude, or perhaps to confess our personal brokenness. It's a place where Simon and Garfunkel's "Sounds of Silence" finally trumps the world's busy noise. It's a place where we can bare our scarred souls and not be ashamed of our nakedness, for God already sees and is eager to clothe or bind us up with the epoxy of prayer and forgiveness.

The Labyrinth is also a place of preparation for the rest of Holy Week; for the sadness of the Last Supper, the agony of the Cross, the gathering of fear and despair.

The labyrinth is a path of Christian devotion extending from ancient times to the 21st century. It is not a substitute for other forms of worship or faith systems. You might wish to consider it as that "extra" act of personal faith which is appropriate during Lent.

This form of quiet spirituality doesn't appeal to everyone in a hi-tech world where instant communication means status, not substance. In God's economy, prayer is still the best form of instant communication; no batteries needed, or ring tones to disturb others, no dead zones, batteries or extra charges. Just a contrite heart as the psalmist cried. Bring all your electronic gizmos, but leave them in the lobby. God isn't interested in them. He is interested in us, and has a willing heart to hear what we have to say. And all of us may be pleased beyond the telling and what He has to offer us.

Come, read scripture if you wish, pour out your adoration, joy or sorrow, pray for whatever is needful in your body, mind or spirit, but - above all - open yourself to the power and presence of God's Spirit in such moments of heartfelt meditation.

**Come and walk**

**Come and pray**

You may come any time during the hours listed. Walking time varies. We recommend you allow at least 30 minutes.

Come prepared to walk in stocking or bare feet to keep the Chartres design canvas labyrinth clean.

Experienced walkers will be present to offer suggestions and answer questions.

For more information, contact :  
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