



Provided by Corydon Presbyterian Church

Members and friends of Corydon Presbyterian Church constructed an eleven-circuit canvas labyrinth during the winter of 1999 and dedicated it on March 25, 1999. Over 40 people worked on the Labyrinth by sewing, drawing, and painting the canvas.

Our labyrinth is a replica of the labyrinth found on the nave floor of Chartres Cathedral in France, which dates from sometime between 1194 and 1220.

Recent History

In 1991 the Reverend Dr. Lauren Artress, Canon for Special Ministries at Grace Cathedral, walked a temporary eleven-circuit labyrinth taped on a floor at a conference offered by the author and psychologist Dr. Jean Houston. Canon Artress tells the story about how the idea to place the labyrinth in Grace Cathedral suddenly dominated her life (in her book *Walking a Sacred Path: Rediscovering the Labyrinth as a Spiritual Tool*). The path of the labyrinth became a metaphor for her own spiritual path. This initial experience nurtured her spirituality and sent her imagination sparking with the idea of creating a universal walking ritual open to all people from all traditions.

**Each time you walk the Labyrinth is unique.
God has so much to offer you.**

It takes approximately 20 - 60 minutes to walk the entire 1/3 mile path of the labyrinth. The path has no dead ends, but weaves back and forth, near the center, then to the outside. It encourages thoughts about our own spiritual journeys which also may have an up or down or weaving pattern. One follows the same path in a reverse direction to return to the outside.

As medieval Christians made a pilgrimage to Chartres Cathedral to walk the Labyrinth there, we modern pilgrims walk the Labyrinth as one of many tools to enhance our faith, prayer life and spiritual journey. There is no correct or incorrect way to walk the Labyrinth. However, you may wish to think of this prayer walk moving through three stages:

Stage 1: PURGATION

Follow the winding path to the center. There are no tricks or dead ends. Breathe deeply and walk at whatever pace you choose. Let go of the details of your daily life and quiet your mind. If you need to go around someone ahead of you, it is acceptable to courteously pass.

Stage 2: ILLUMINATION

Stand, sit or kneel in the center and open yourself to whatever God has to offer. Stay as long as you wish.

Stage 3: UNION

Follow the same path out of the labyrinth. Consider what you have received and how this may be incorporated into your life.

Guidelines for the walk: Clear your mind and become aware of your breathing pattern. Allow yourself to find the pace your body wants to go. You may stand in the purple area of the turns to meditate or to allow people to pass. You need not feel limited to keeping your eyes on the path; look up if you desire. The path is two ways. Those going in will meet those coming out.

In your stocking feet, enter this sacred space and open yourself to receive whatever God has to offer.

We hope you will return again and again. You may find something new each time you walk. Please invite someone you care for to share the labyrinth prayer walk with you.

If you would like someone to speak to your group about walking the Labyrinth, or if you would like us to bring the Labyrinth to your church or group for worship or meditation, please call the church office at 812-738-3929.

Please sign our guest book after walking the labyrinth.

Donations will be used to support this and other
Corydon Presbyterian Church programs

Come Walk the Threefold Path
music and words by Shelley Cliburn

Come, walk the three-fold path; and breathing in a prayer,
Let go all daily thought, releasing every care.

Come, walk the three-fold path; and finding in-most place,
Stay centered, waiting there, refilling Spirit space.

Come, walk the three-fold path; and turning outward way,
Retrace the pilgrim step, rejoining grace-full day.

Come, walk the three-fold path, alone but not apart;
Come join the pilgrims step, and enter worship's heart.

Gloria

Gloria, Gloria, In Excelsis Deo!
Gloria, Gloria, alleluia, alleluia!

Jesus, Remember Me

Jesus, Remember me when you
Come into your kingdom.