



Diocese of Aberdeen and Orkney's Lent Course 2024

THE WAY TO THE CROSS

THURSDAY 29 FEBRUARY



CONTEMPLATIVE ACTS - LABYRINTH

A labyrinth is a path to walk which twists and turns but unlike a maze you can not get lost and the single path always leads to the centre and then out again.

A labyrinth is simply a place to walk and pray. It is intended to give you freedom to walk (yourself or your finger) around whilst focusing your mind on God and not having to worry about getting lost on the way. You can put one foot in front of the other without having to think about where you are going.

Labyrinths can be mown in grass, painted on the floor, marked in gravel or you can trace a labyrinth with your finger. There are portable labyrinths and The Bield (near Perth) and the Coach House (Kilmuir) retreat houses both have labyrinths on site.

A finger labyrinth can be found on the next page, you may wish to print it out to try walking the labyrinth.

One way to look at walking a labyrinth is three stages: releasing, receiving and returning. As you begin your journey towards the centre of the labyrinth you release your concerns and thoughts, when you reach the centre you remain a while, meditating and then you return on the same path back.

The path winds throughout and becomes a mirror for where you are in your life: it can help you see yourself more clearly. In Western Christian mystical tradition, it is traditionally called The Threefold Path: 1. Purgation letting go of the details of your life. 2. Illumination when you reach the centre - a place of prayer and meditation where you receive what is there for you to receive and 3. (Re)Union - joining with God.

Collect for Second Sunday of Lent

God of patience and humility, in your love you gave your Son to be rejected and raised up on a cross.

Gather us under its shadow and open our eyes to its mystery, that we may share even now in the life that is from above; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever.

Amen.

There is no right or wrong way to walk a labyrinth. You may wish to use a labyrinth as your reflect or read scripture, as you pray for the world, people or yourself, as you repeat a useful phrase or word or just to be with God and to help you dwell in God's presence.

A finger labyrinth is below for you to try the practice, you can buy portable handheld labyrinths and there are labyrinths in places around the world.



The Labyrinth at Lutheran Church of Our Savior,
Rehoboth, Delaware, USA.

“If any want to become my followers, let them deny themselves and take up their cross and follow me”

Mark 8.34

Usual Weekly Pattern

Sunday
RCL Eucharist
Readings and Collect

Monday
Delving Deeper into
the Readings

Tuesday
Words from Others
(sacred & secular)

Wednesday
Resources from the
Arts

Thursday
Contemplative Acts

Friday
Personal Reflection
- what this means to
me

Saturday
Acts & Deeds