

Like bread for the journey,
may these texts nourish you.



«You show me the path of life.
In your presence is the fullness of joy.»
Psalm 16: 11

«Take care of your body for your soul
longs to live within it.»
Basil of Ceasarea

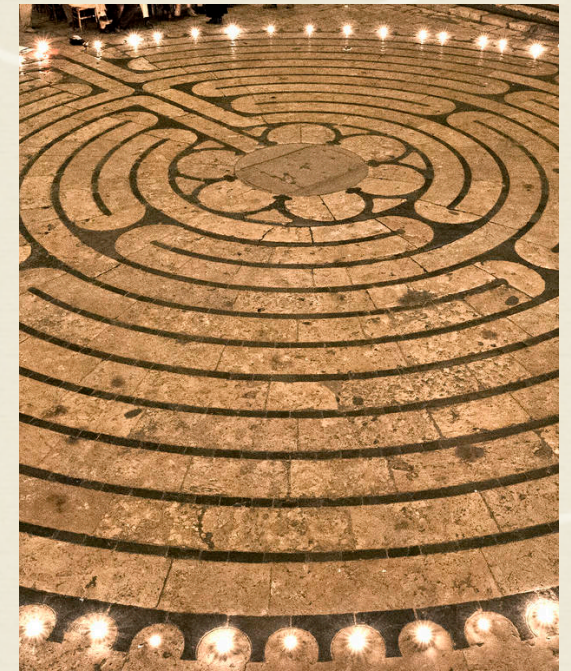
«...the fruit of the spirit is love, joy, peace
patience, goodness, kindness, generosity,
faithfulness, gentleness and self-control.
If we live by the Spirit,
let us be guided by the Spirit.»
Galatians 5:22,23,25

The labyrinth
on the floor of the Chartres Cathedral
grew out of a scriptural understanding
of God's guidance and presence
with those on the way.



S.A.V. text C Soupeaux & © photos JKHGeoffrion 2012

PRAYING THE CHARTRES LABYRINTH



There is not one «right» way
to walk the labyrinth.

Following in the ancient biblical
tradition of pilgrimage,
you are invited to journey with God.

Before entering:

Take a deep breath.

Choose to let go of your
preoccupations,
worries,
and all distractions.

Ask for God's blessing.



As you move towards the center:

Cross the threshold.

Follow the pathway
where it leads you.

Pay attention to your experience
without judging it.

It can serve as a mirror
for what you are experiencing
elsewhere.

*"It is solved by walking."
Saint Augustine*



After you walk the labyrinth:

Notice what you are feeling.

Consider your experience.
Take time to journal, draw, or think.

Perhaps a question has emerged,
or you would like to reflect
on something that happened.

In the center:

Rest with God.

Listen.

Receive whatever is given.

Offer thanks.

Don't hurry away!

You can return to the threshold by
following the pathway out.
Some prefer to go directly to the altar,
continuing their prayer there.

