

Pilgrimage Ritual

Stand.

As we bow our heads, we remember that the first step on the path is humility.

The second step, letting go, is symbolized by holding two fists out and opening them downward.

The third step, receiving, is honored by turning the palms up in a gesture of openness.

For the fourth step, both hands are placed over the heart.

Then, all pray, "May the path lead us Home."

Created by:Cielle Tewksbury <a href="mailto:ciellet9@gmail.com">ciellet9@gmail.com</a>



Our pilgrim's prayer adapted from the medieval Codex Callixtus (c. 1 140)

"God, You called your servant Abraham from Ur in Chaldea, watching over him in all his wanderings, and guided the Hebrew people as they crossed the desert.

Guard we your children who, for the love of your Name, are making a pilgrimage to [Chartres].

Be our companion on the way, our guide at the crossroads, our strength in weariness, our defense in dangers, our shelter on the path, our shade in the heat, our light in the darkness, our comfort in discouragement, and the firmness of our intentions; that through your guidance, we may arrive safely at the end of our journey and, enriched with grace and virtue, may return to our homes filled with salutary and lasting joy."

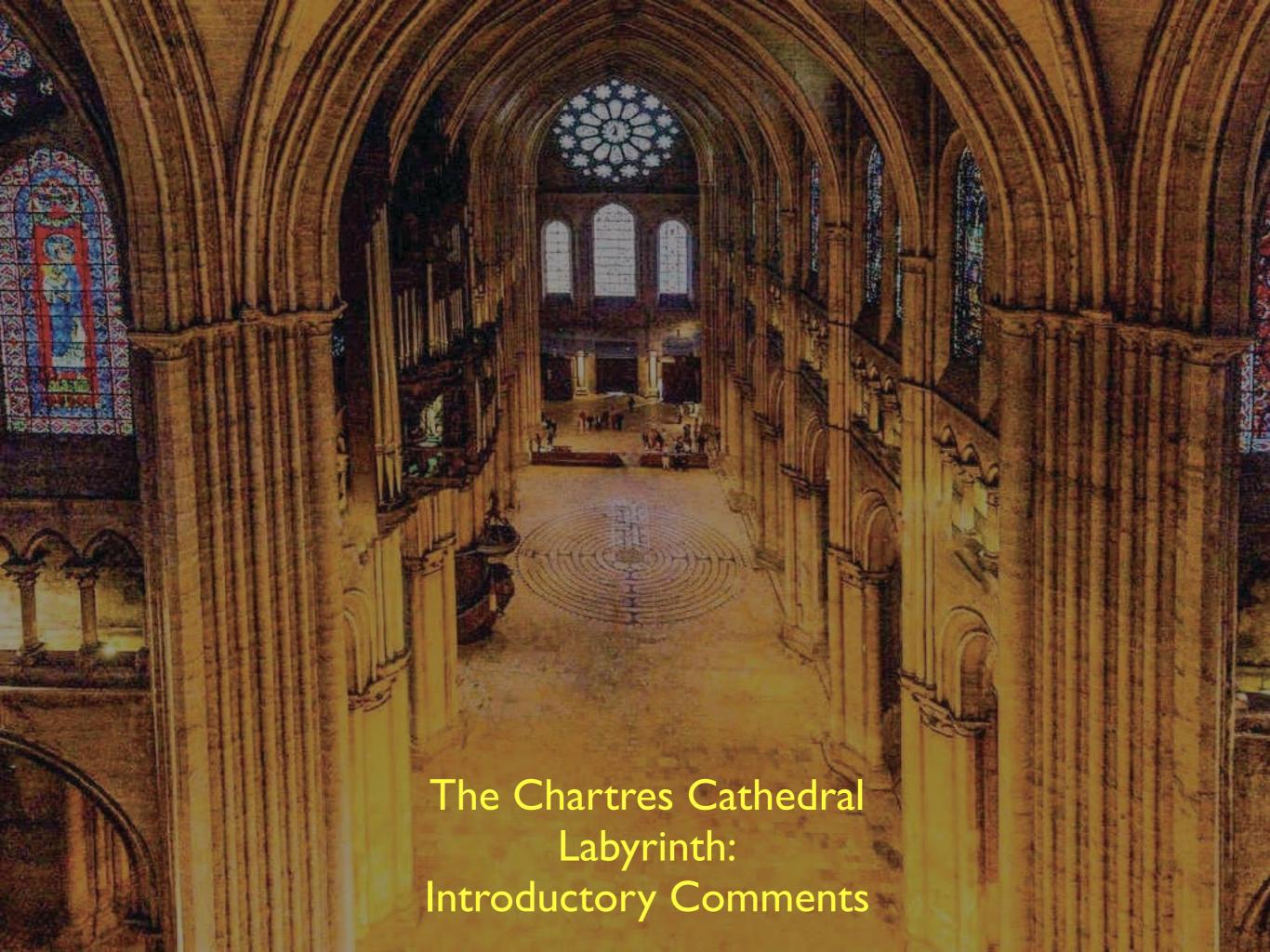


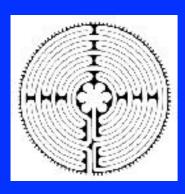
Keep walking, though there is nowhere to get to.

Move within, but don't move the way fear makes you move."

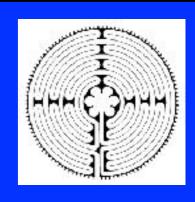
Rumi in Coleman Barks, The Illuminated Rumi, 31.

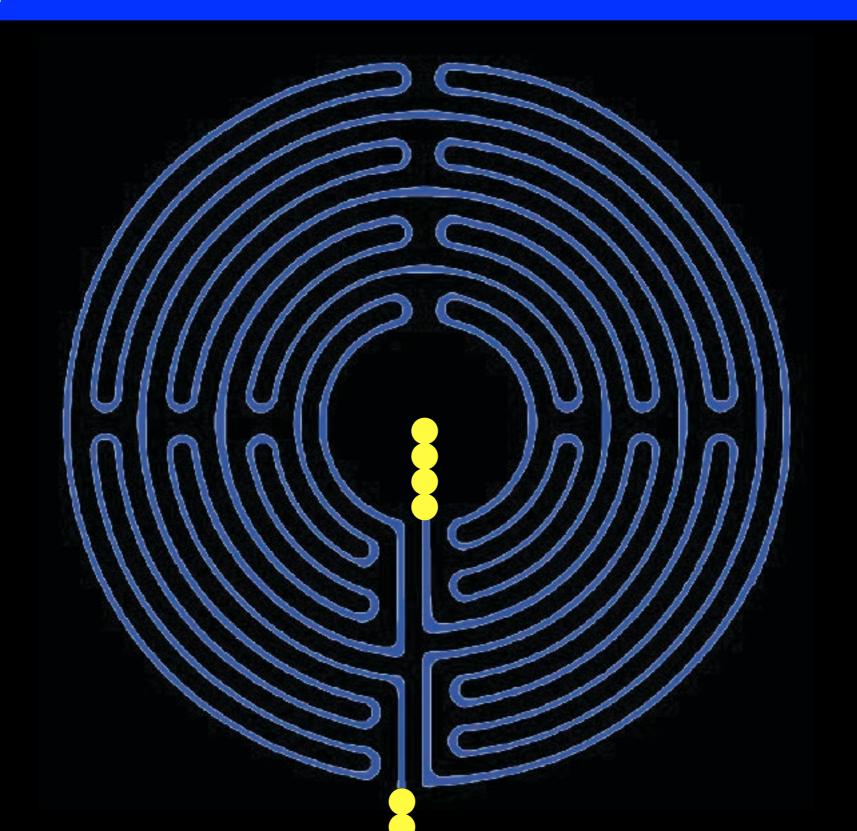






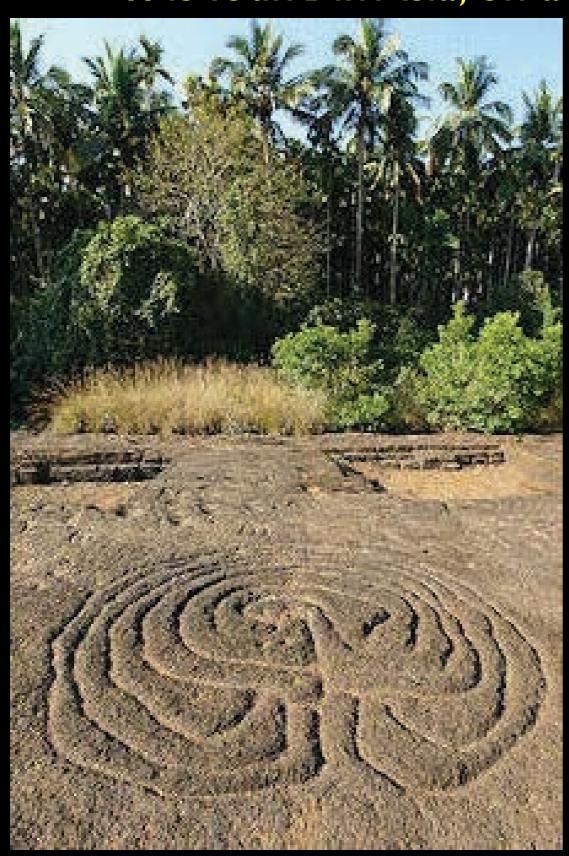
## A labyrinth is a pattern with a winding path that leads to a center.







Historical labyrinths exist all over the world. The oldest is approximately 4,000 years old. It is found in Asia, on a rock surface in Goa, India.



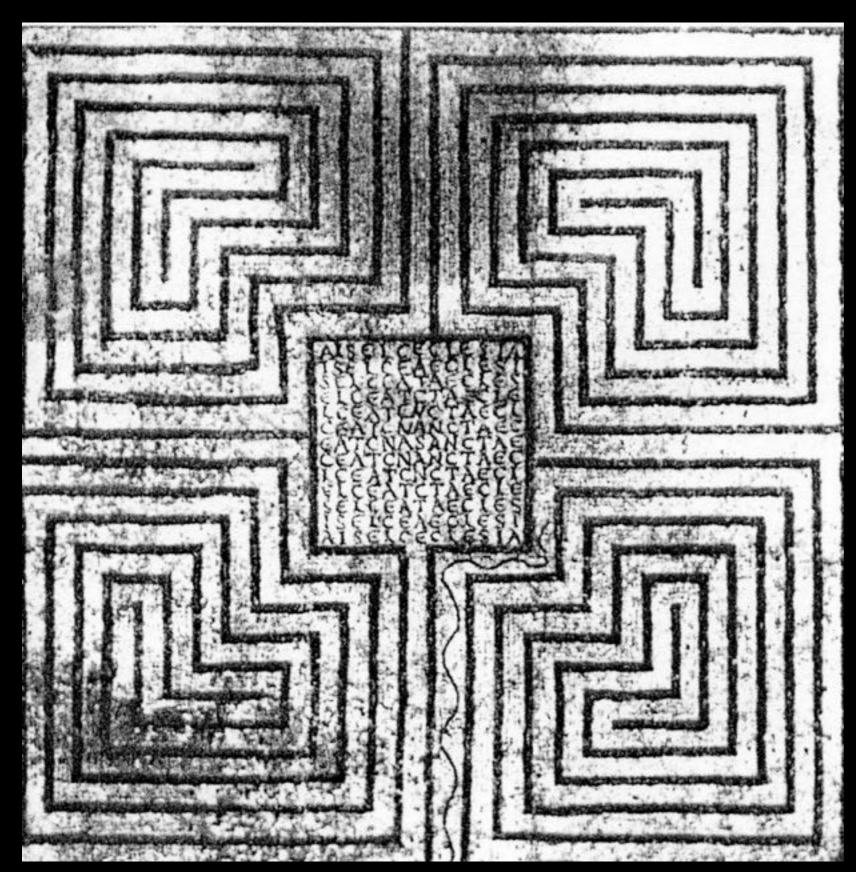




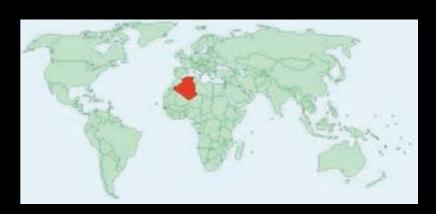
Goa, India 2,000-2500 BCE
Pansaimol Labyrinth
©Jeff Saward see Labyrinths and Mazes & www.labyrinthos.net

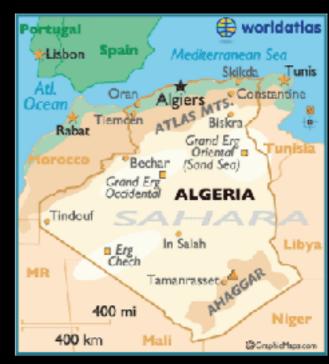


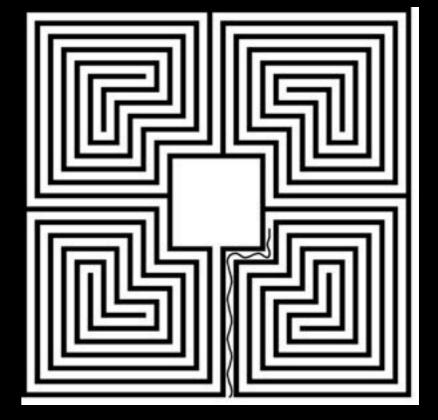
### Christians began using labyrinths as early as 324 A.D.



From a church in Orléansville, Algeria (Africa)





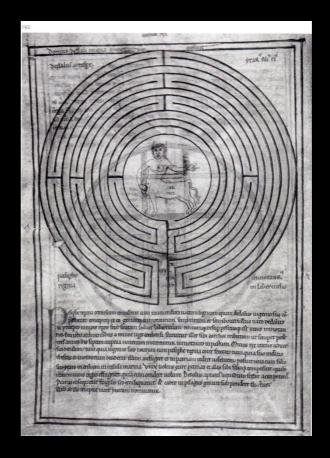


## Labyrinths in Christian manuscripts from the Middle Ages



I0th century
St. Germain des Prés –
Paris
Manuscript relating to
the Easter cycle

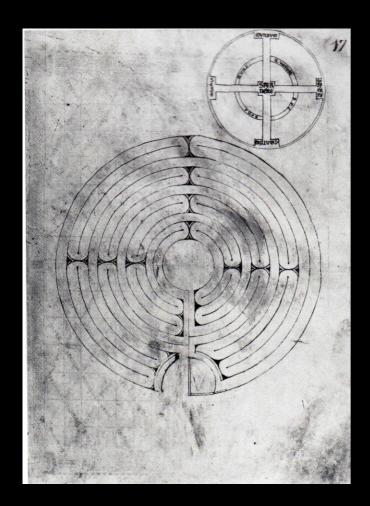
Kern No 181; page 112



Lambert St. Omer entre 1060-1123

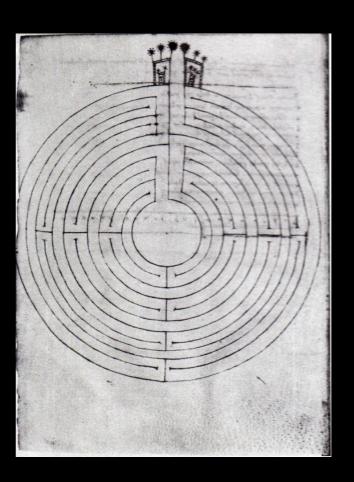
Under the drawingthe story of Theseus and the minotaur

> Kern No 191; page 116



Isodore de Séville
1072
Manuscript
concerned with
dating Easter

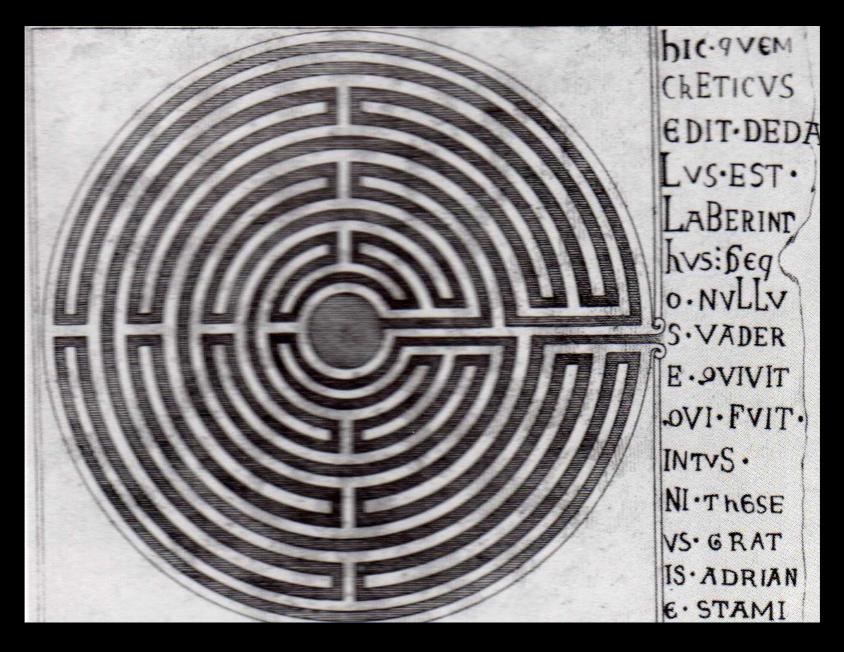
Kern No 183; pages 112-113



Martianus Capella
IIth century
manuscript which
speaks of the
seven liberal arts

Kern No 187; page 115

European (non-French) church labyrinths in the Middle Ages <a href="Italy: Rome">Italy: Rome</a> (St. M. Aquiro) 1189, St. M. Trastevere, 12th cent.; Pavia 1100; Piacenza 1107; Pontremoli 12th cent. <a href="Spain: Barreure">Spain: Barreure</a> (Graffiti) 12th century on a pillar <a href="Germany: Cologne">Germany: Cologne</a>, Cathedral, end of the 13th cent.



Lucca, Italy (outside cathedral) 12th-13th century

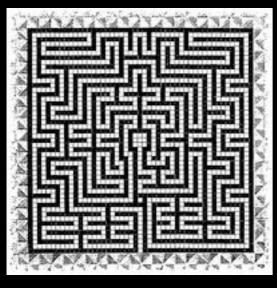




# French cathedral labyrinths in the Middle Ages

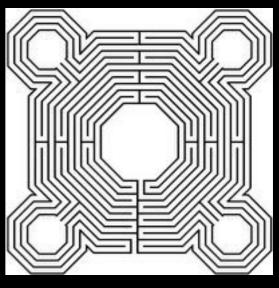


1134/5	Auxerre Cathedral of St. Stephen	1690
1160	Arras Cathedral (in the nave, started 1160)	1793
1160	Poitiers Cathedral graffiti; lab in nave also?	
1179/8	Sens Cathedral nave, finished 1180	1769
1200	St. Quentin church; Cathedral 1495	
1201	Chartres, Cathedral	
1290	Reims Cathedral	1779
1288	Amiens Cathedral	1825
Late 13th?	St. Omer Cathedral	1789



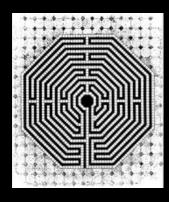






## French and Italian medieval labyrinths

The french labyrinths were found in only two dioceses:



Reims (octagonal) and Sens (circular)

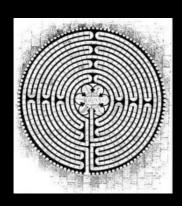
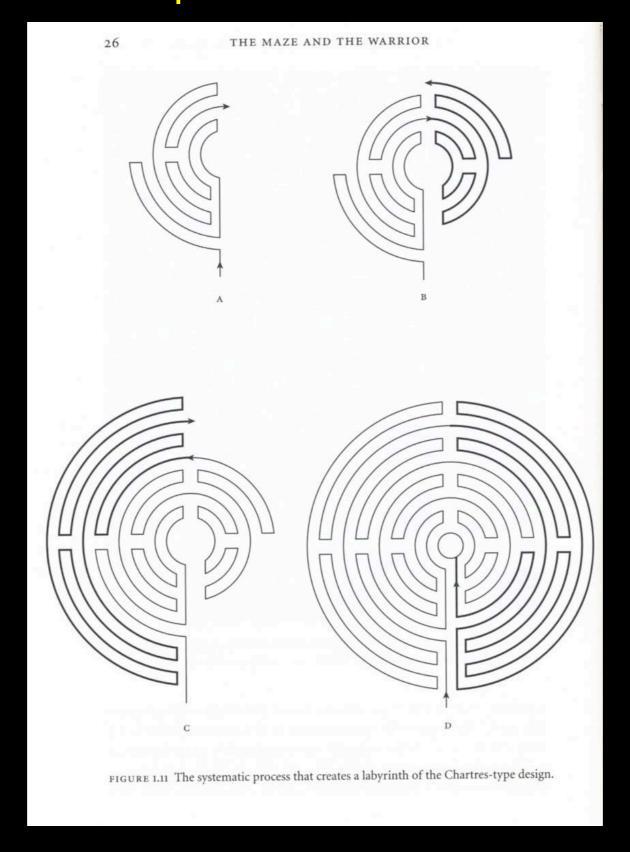


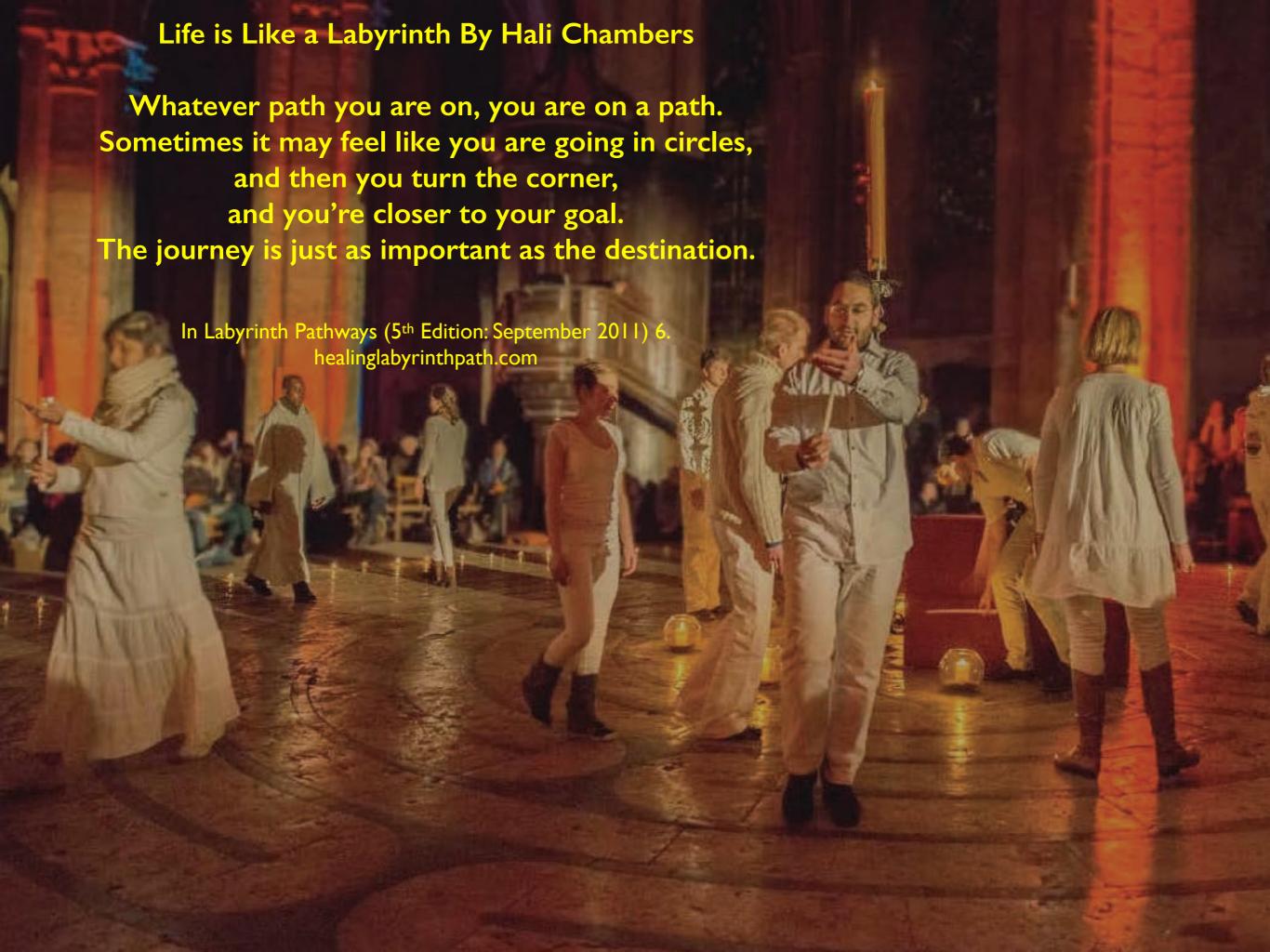
Diagram Caerdroia

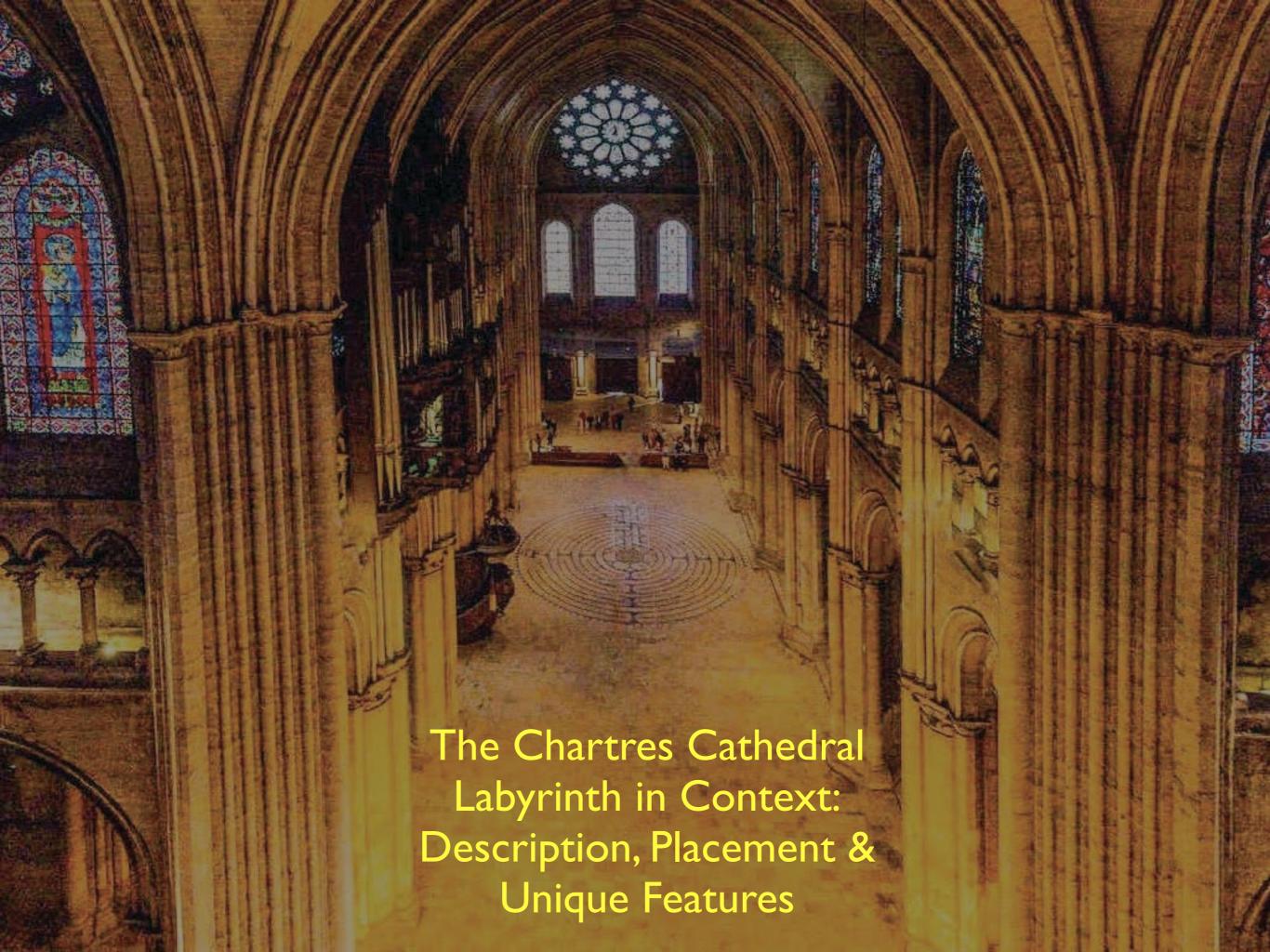




The labyrinth as a place where liturgical dramas of Christ's descent to hell and freeing of the captives could be reenacted.











To your o-pen mouth we come, pausing with expectancy.
Posing questions, praying dreams, gath'ring courage, hope and faith, Circle, you hold life indeed.
With thanksgiving we proceed.

Stepping in, the way is sure,
Pacing comes in its own time.
Breathing slows, awareness dawns,
Trusting, longing fill our hearts.
Pathway, you hold life indeed.
With thanksgiving we proceed.

In the center we are held, deeply knowing, deeply known. Healing, wholeness rising up, Wisdom, insight overflow. Center, you hold life indeed. With thanksgiving we proceed.

Back we go, the way we came, Weaving, winding in and out. Moving t'ward the world beyond, Op'ning hearts to needs perceiv'd. Pathway, you hold life indeed. With thanksgiving we proceed.

Once outside we gaze within, wond'ring at the peace we know.
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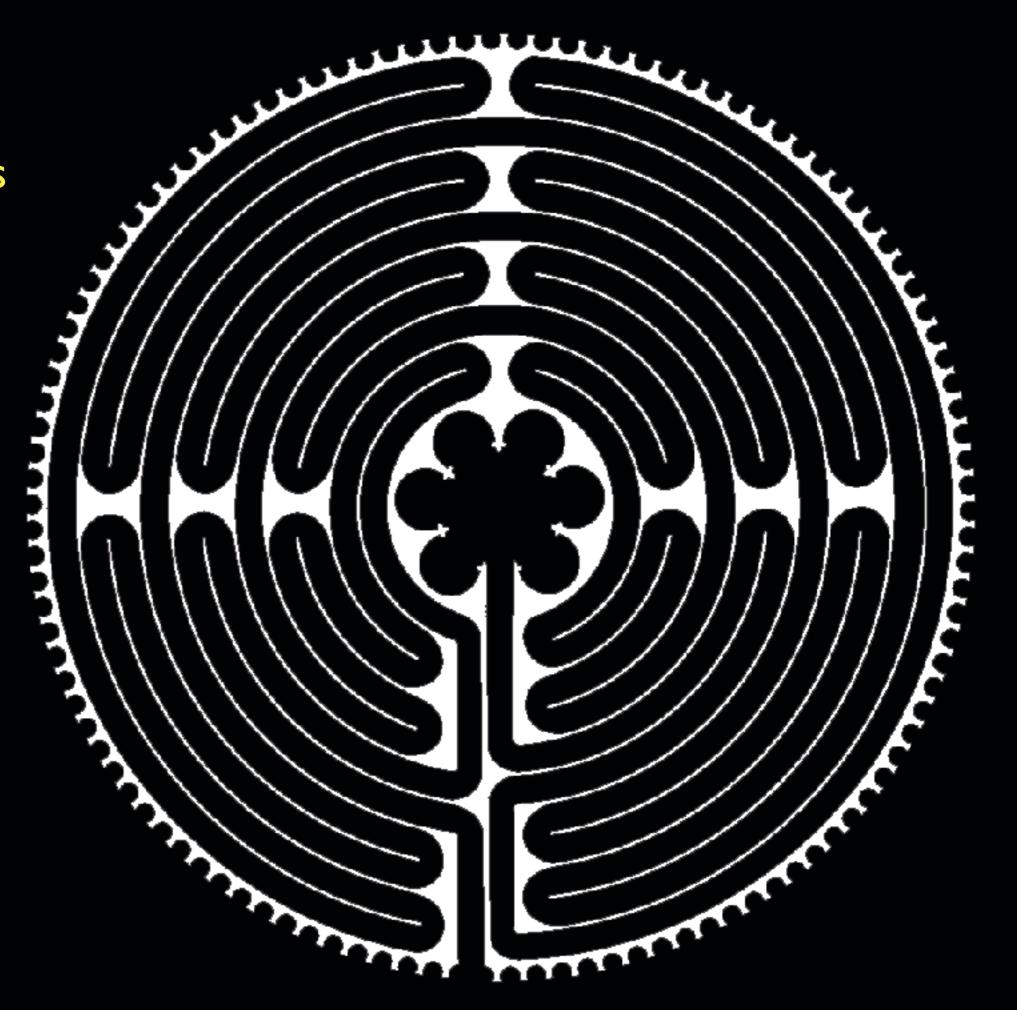


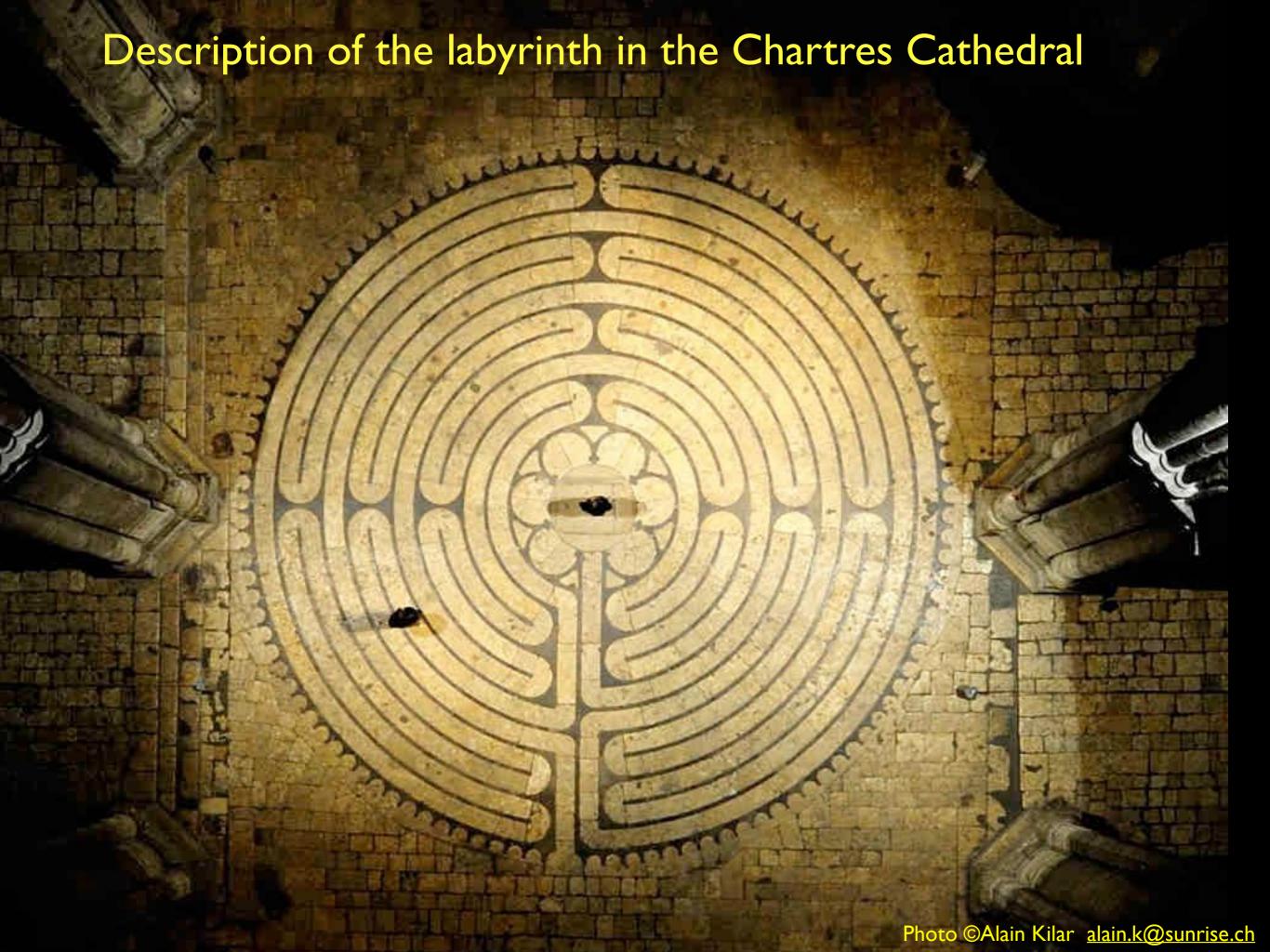




Photo OCheryl Felicia Dudley, used with permission

Description of the Chartres labyrinth pattern









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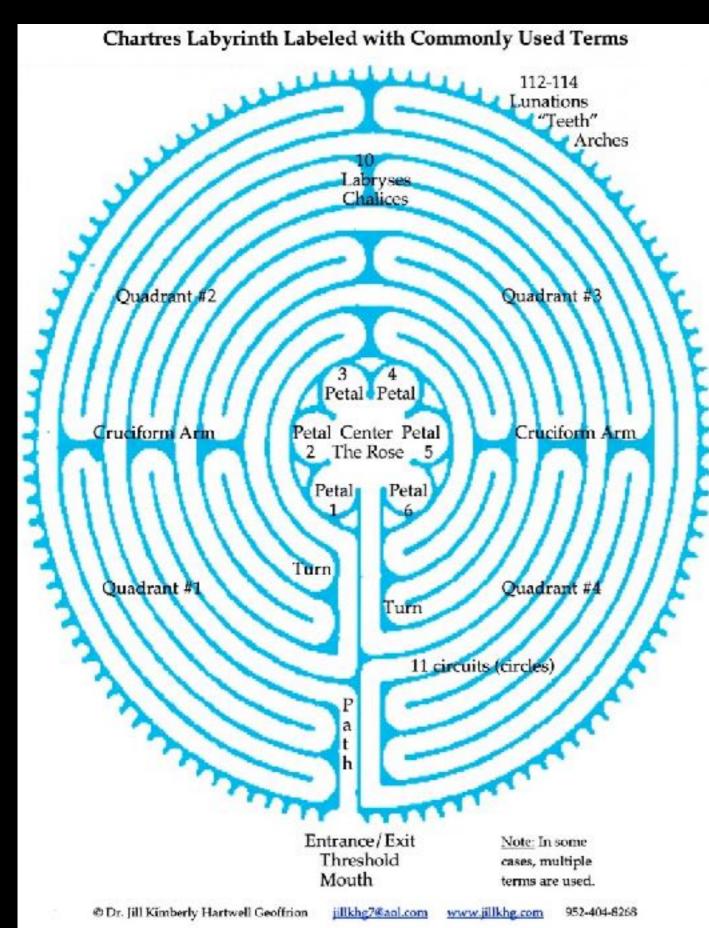






Photo ©Cheryl Felicia Dudley, used with permission

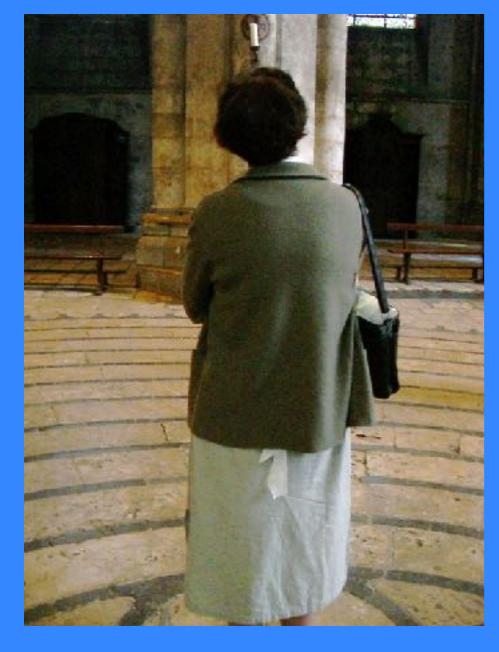
## The Chartres labyrinth: what about terminology?



The Chartres labyrinth pattern was designed during medieval times for "use" inside a Christian sanctuary.

Everything in the building was in relationship with the liturgies that were practiced.

Clergy would surely have had input on the biggest design element in the cathedral.





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Photo ©Cheryl Felicia Dudley, used with permission



## The Stone of the Chartres Labyrinth

Yellow Limestone from the Quarry at Bechères-les-Pierres

(about 7 kilometers from Chartres)







Black Marble probably extracted near Givet, in the Meuse River region, hundreds of kilometers by river and east of Chartres. See Jean Villette, Labyrinth, 12...







The limestone used for Chartres Cathedral becomes stronger with age.



## This circular labyrinth Is composed of an extraordinary number of circles.





Center Petals: 6

There are at least 145!



Circle-based lunations/arches: I 12



Half-circle (approximate) turns: 28



Circles/Circuits & Center Circle: 12



**Center Center Circle: I** 



### Pathway Features:

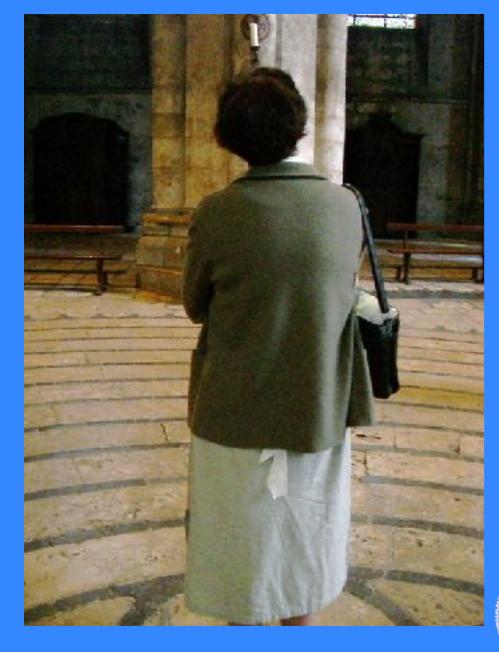
The pathway

inches
with a 3 inch (7.5 cm)
"wall" separating each
path. (Sawards, 22.)

Length from threshold to center:

261.5 meters (858 feet)

John James Contractors of Chartres [262.4 meters (860.9 feet) Sawards, 23.]





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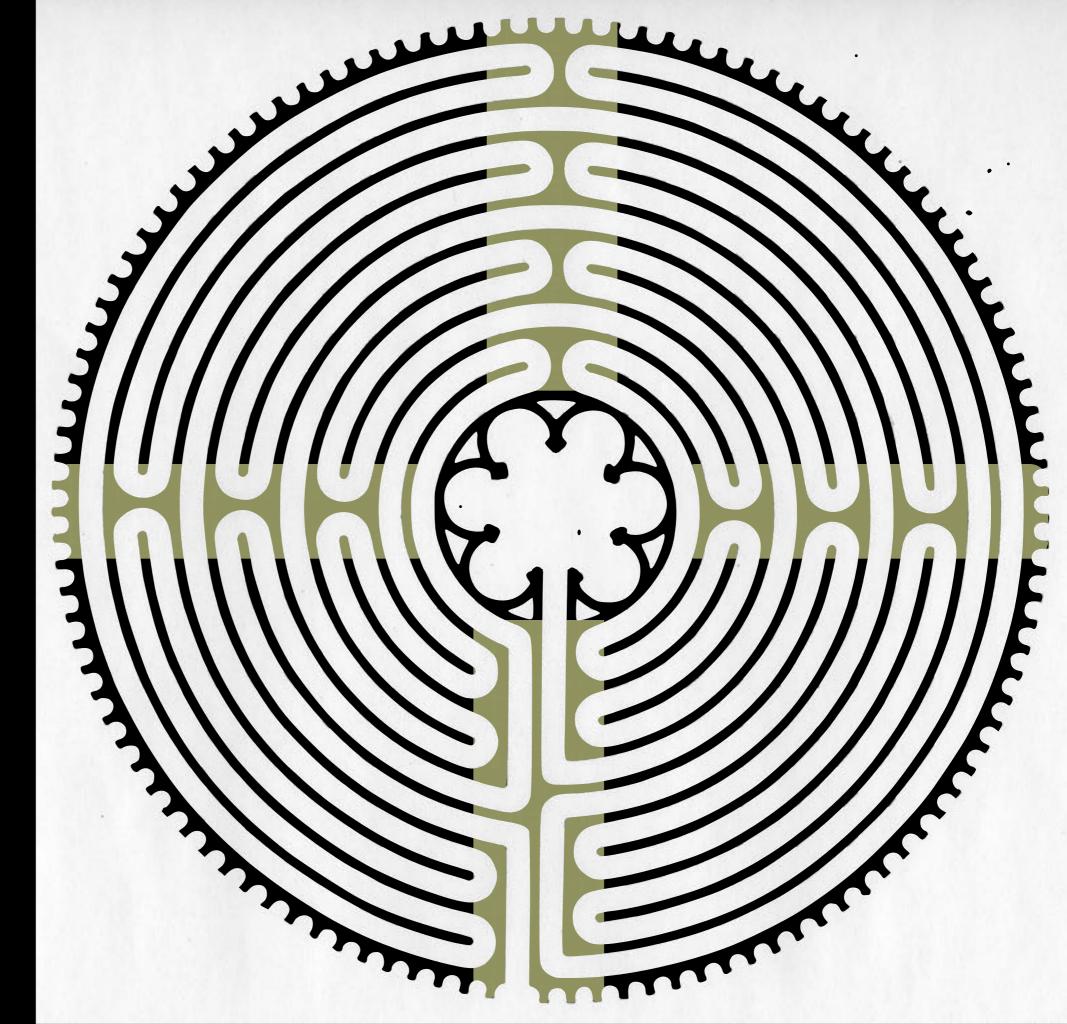






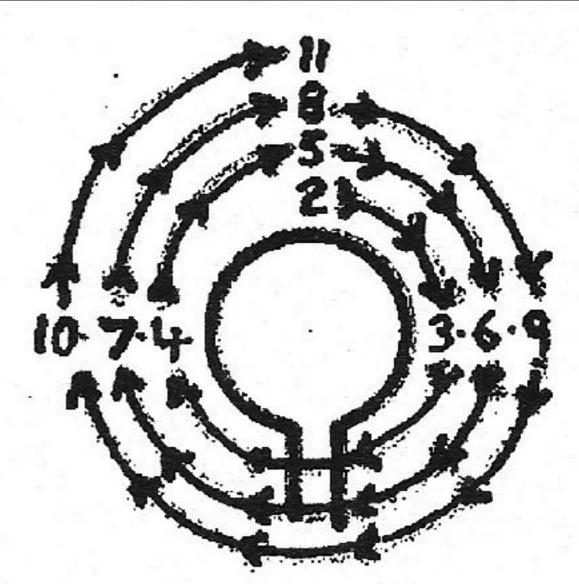
Photo ©Cheryl Felicia Dudley, used with permission

A cross is embedded in the symbol of this labyrinth.

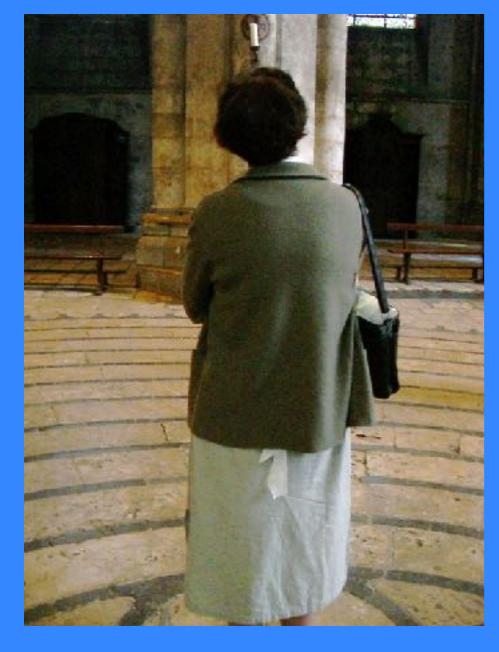




A spiral is also embedded in the Chartres Cathedral labyrinth.



The clockwise spiral formed by the labryses.





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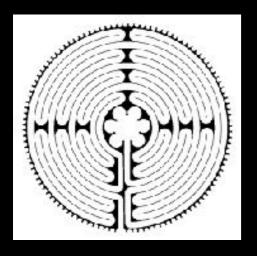
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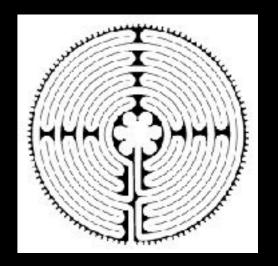
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### QQHHQQHQHQHQHQHQHQHQQHHQQ CENTER QQHHQQHQHQHQHQHQHQHQHQHQQ

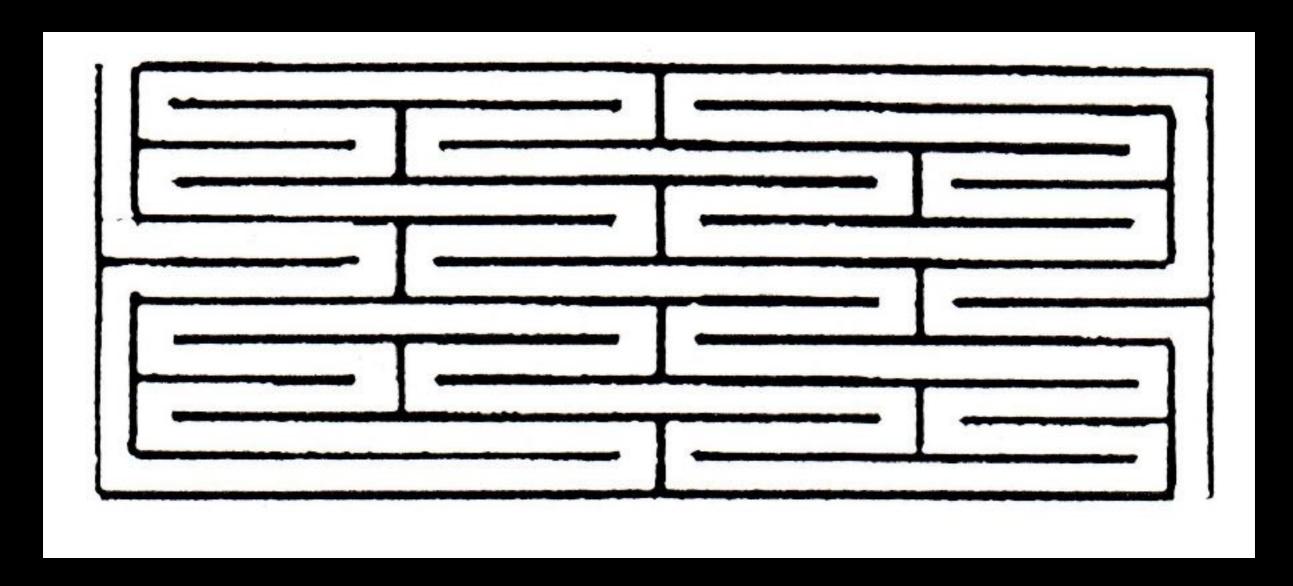
Sequence of 31 mouvements of the Chartres labyrinth Craig Wright. The Maze and the Warrior.

Cambridge, Massachusetts: Harvard University Press, 2001.



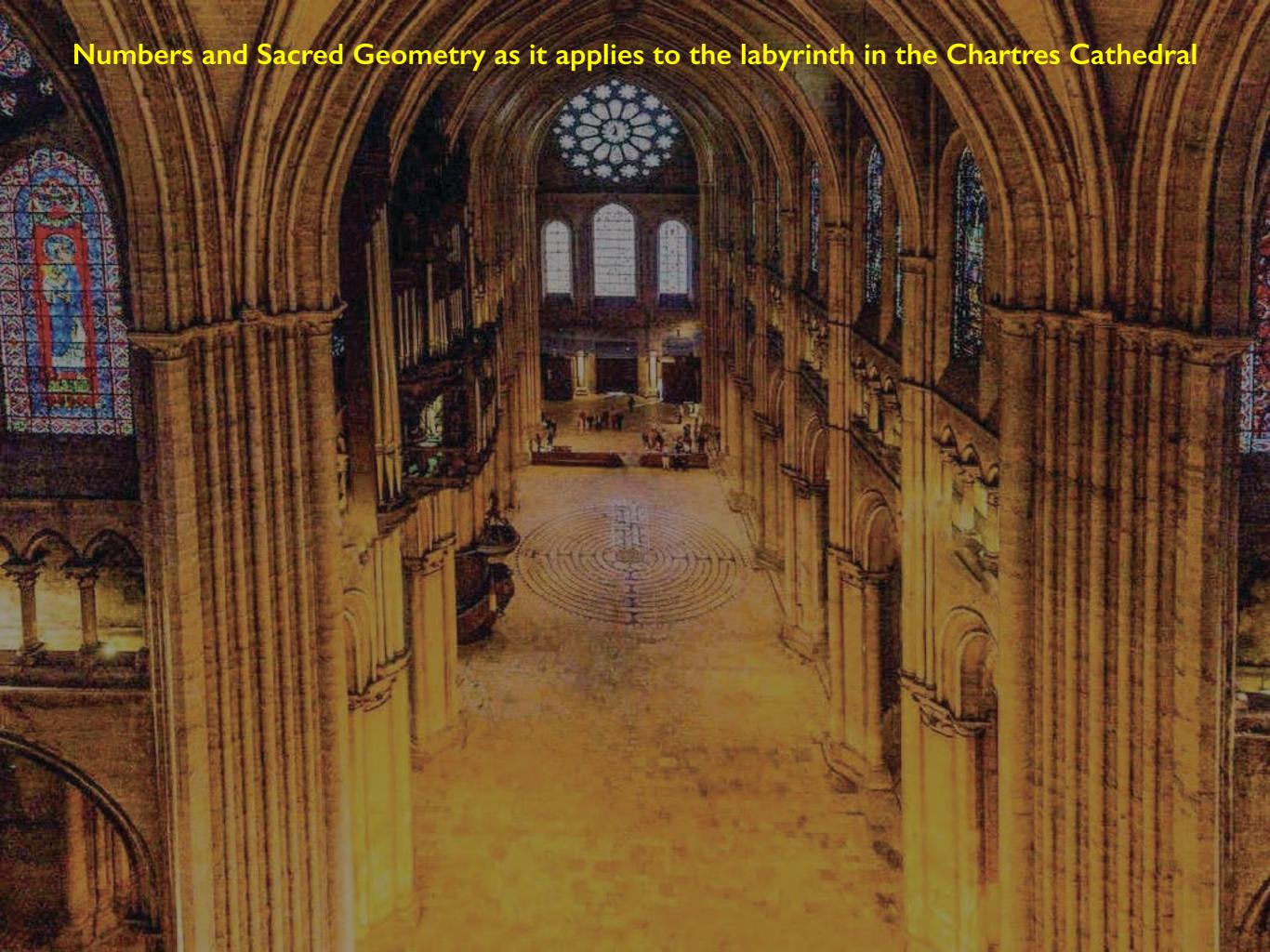
#### ...has a symmetry from side to side, and from the outside to the centre.

John James, The Mystery of the Great Labyrinth at Chartres, 1.



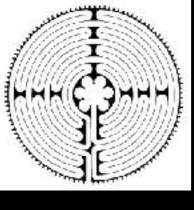
Path of the labyrinth squared off and presented in rectangular form.

Caerdroia No. 32: 2001 Robert Ferré



## Sacred geometry & the labyrinth in the Chartres Cathedral

Center & diameters: significant ratios



I: Unity of all (God)



4: Matter, Ground, Earth

The ratio of the diameter of the center to the diameter of the labyrinth is 1:4.

The ratio of the diameter of each "petal" to the diameter of the center is 1:3.

Note also: The ratio of the diameter of the labyrinth is equal to 1/10 the total interior dimension of the cathedral.

The symbolism of 10: recapitulation of the whole. John James, Vol. 2, schematics on 190-197.

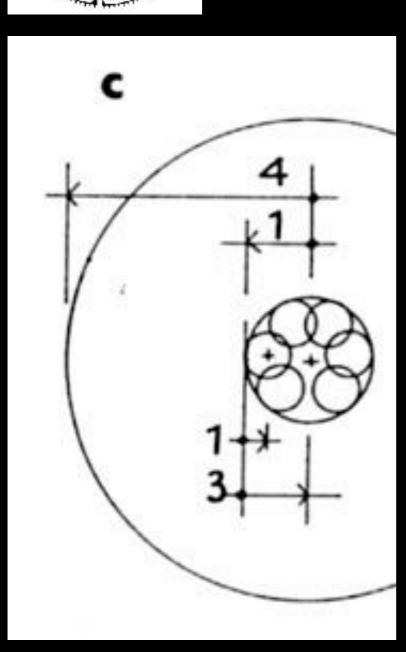
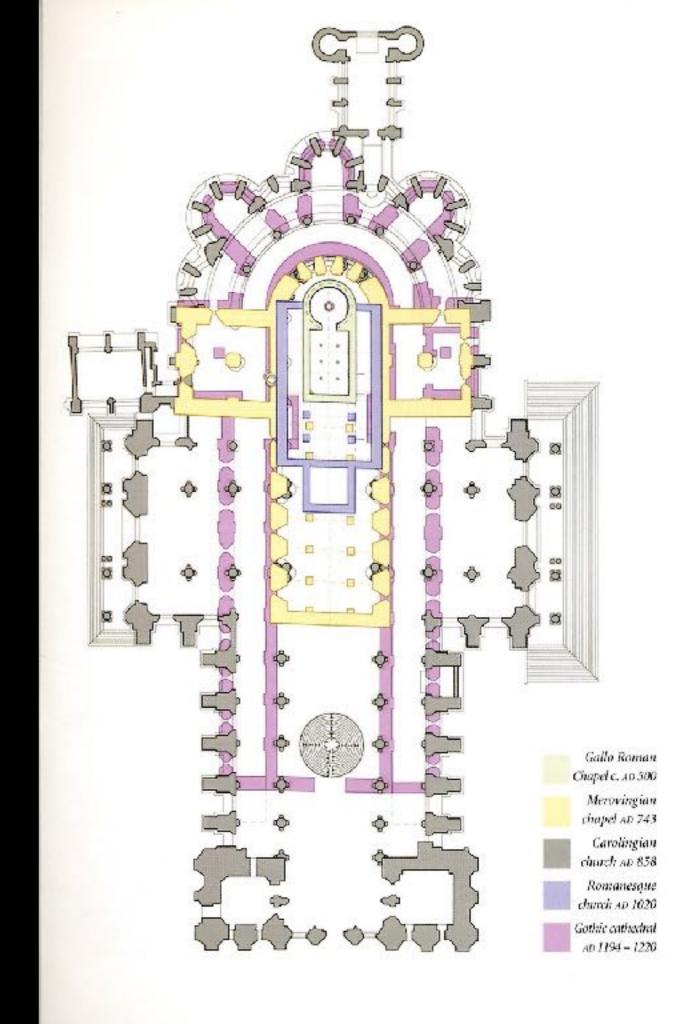


Diagram and Geometry by John James

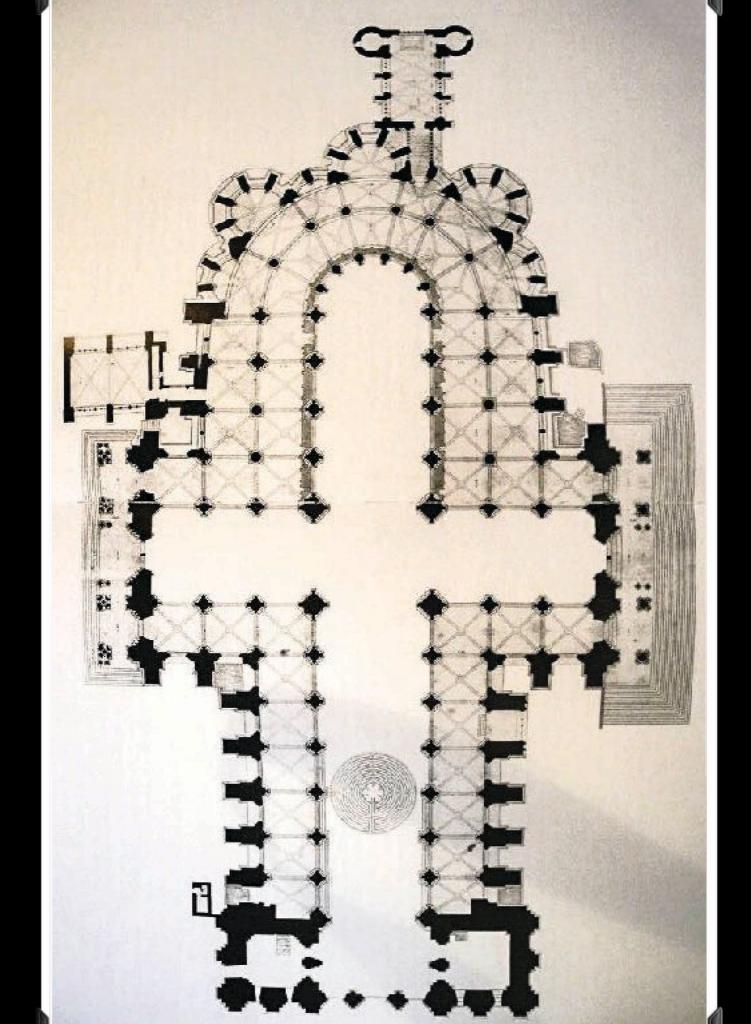


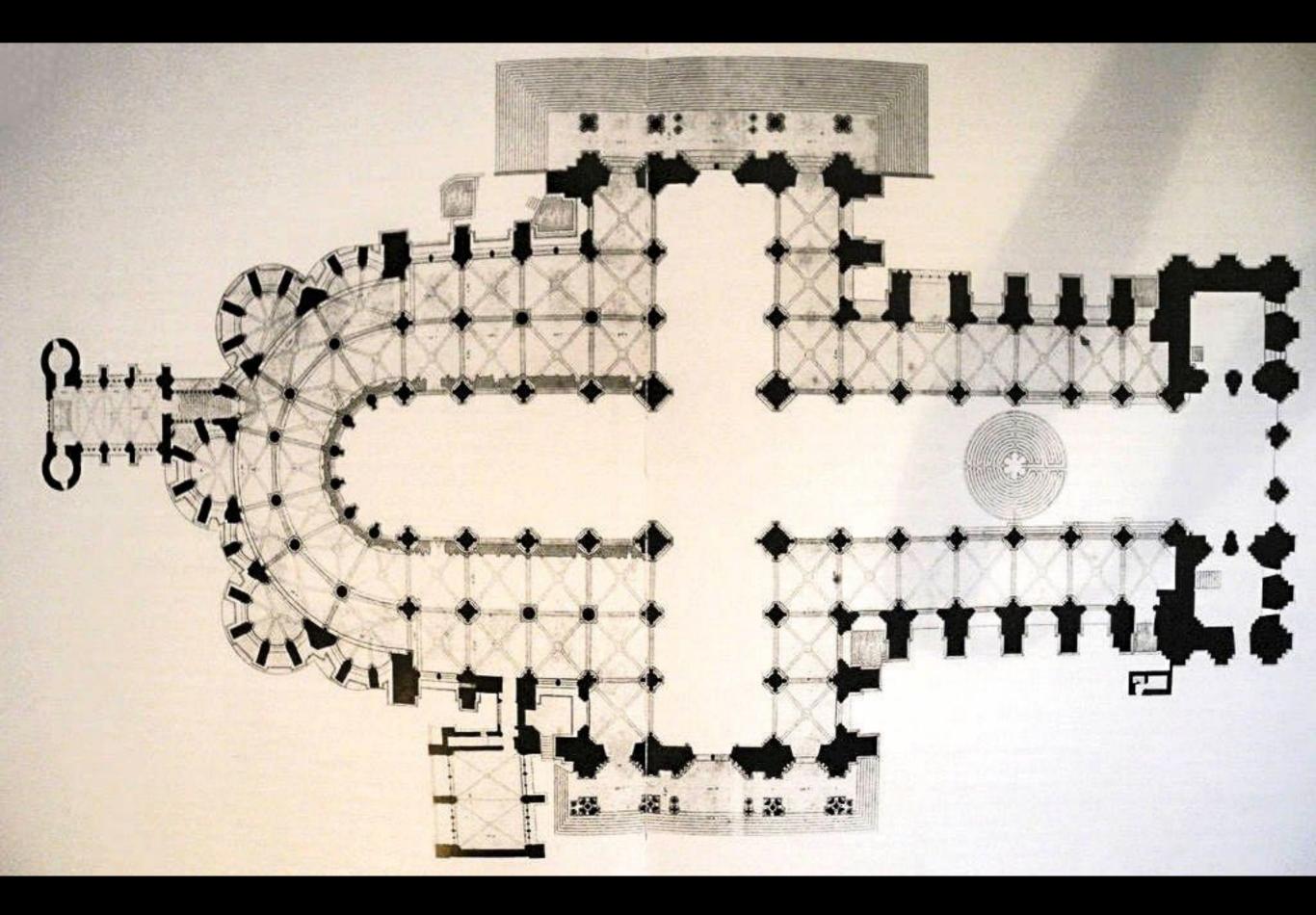
In the Gothic Cathedral
the placement of the labyrinth
falls at the threshold of
the Romanesque 1020 cathedral
built by Fulbert

Diagram from Gordon Strachan,
Chartres: Sacred Geometry, Sacred Space. 2003



The labyrinth was placed in the part of the church that served the laity.





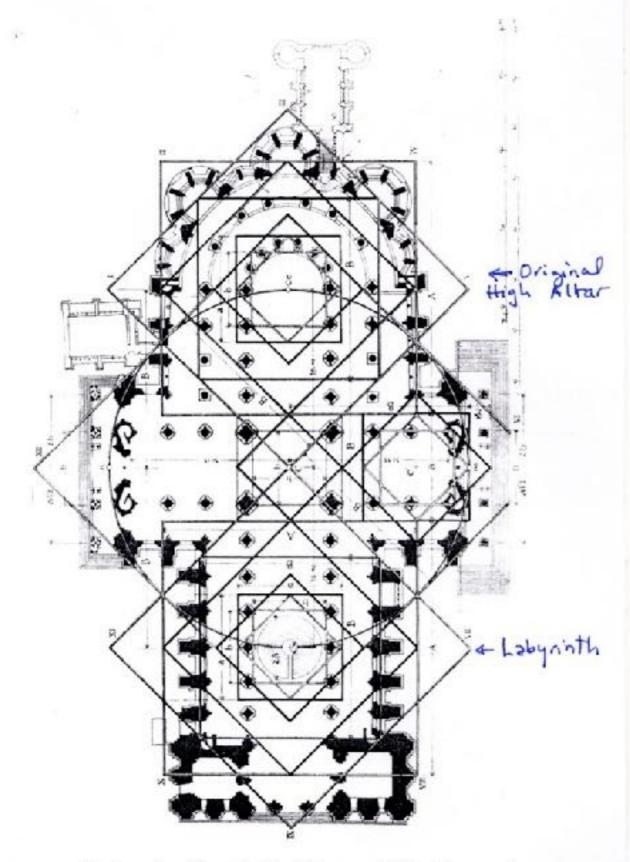
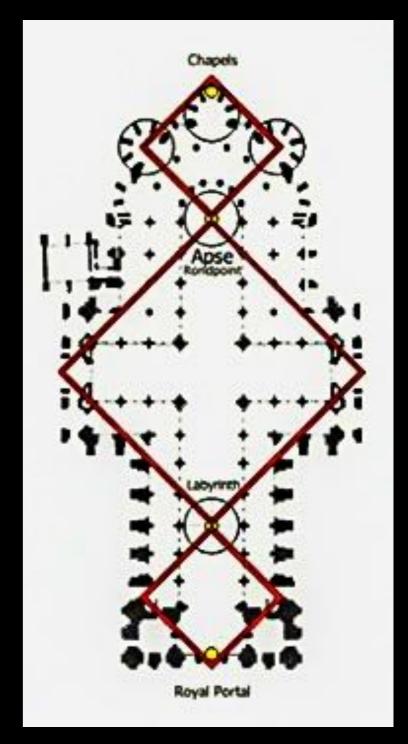


FIGURE 2.5 The floor plan of the cathedral of Chartres, with labyrinth, suggesting how the present Gothic building may have been designed according to a few basic geometric processes. The high altar and the maze serve as complementary epicenters.

## The original high altar and the labyrinth are related spatially.

<<<< Wright, Craig from James. The Maze and the Warrior. Cambridge, Massachusetts: Harvard University Press, 2001.



#### Placement of the labyrinth in the nave: Bays 3 & 4 of 7

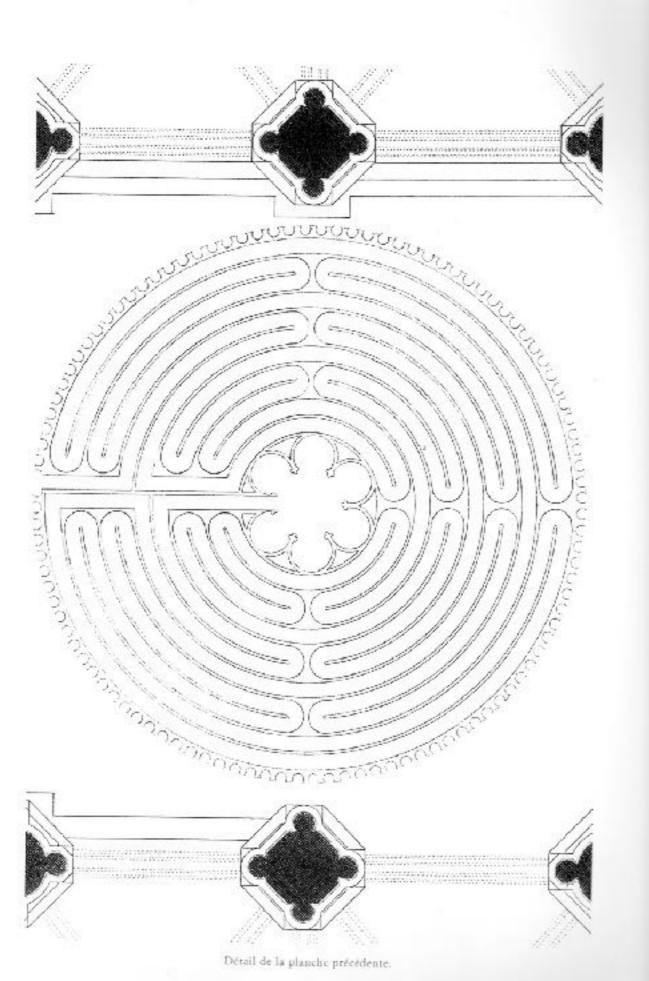


3=Sacred, spirit

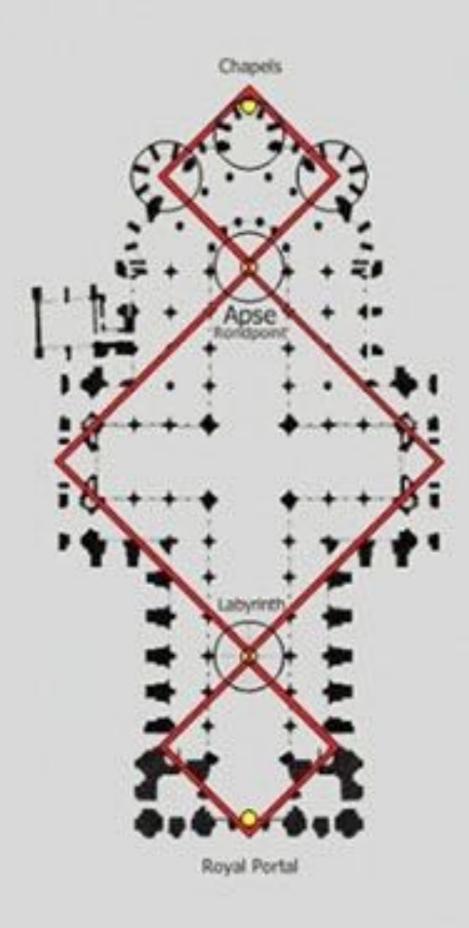
4=Matter, ground

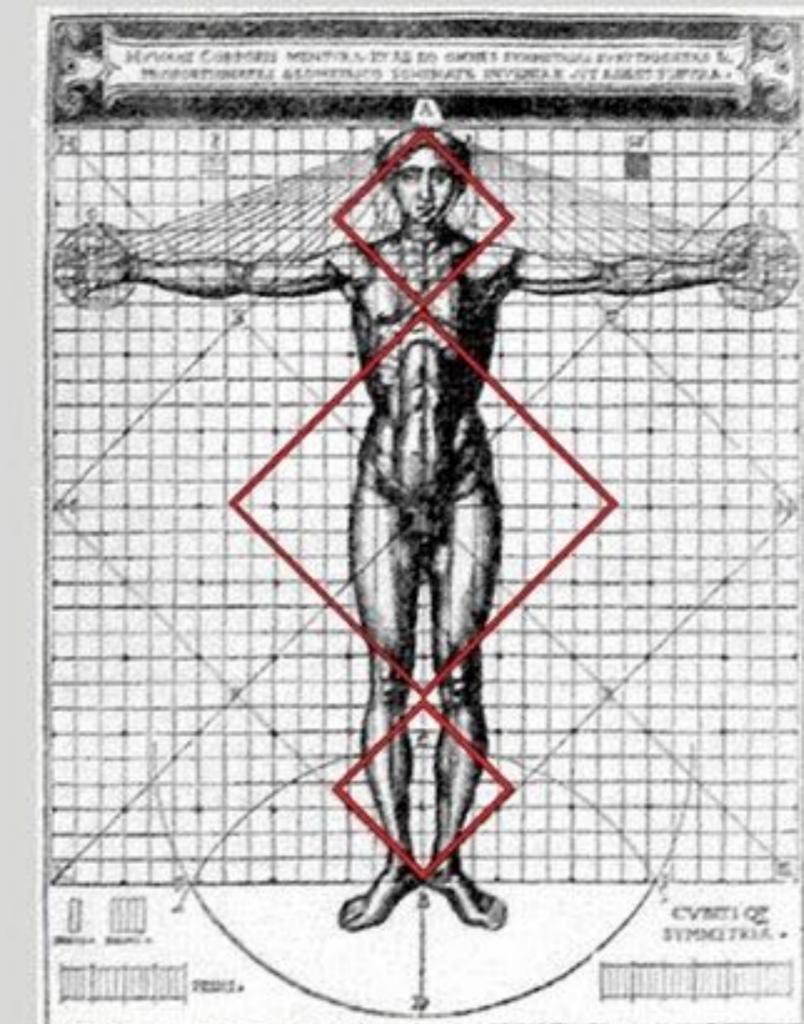
7:The meeting of heaven and earth

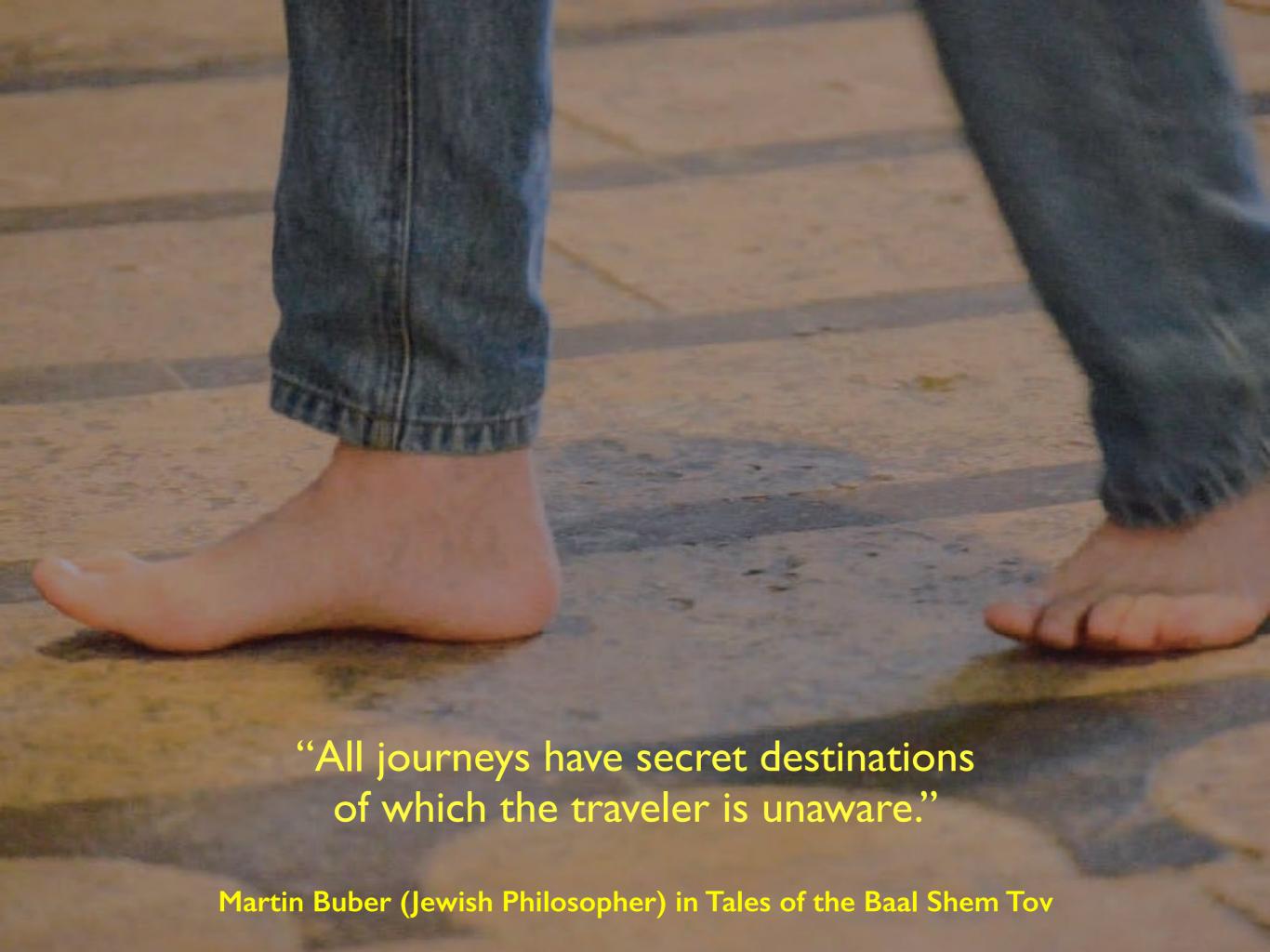
"...we note that the center of the labyrinth faces the axis of the piers that divide the seven bays of the nave--a number with an aura of prestige--in the harmonic of 3 + 4. Three, symbolic of the spirit, and four, that of matter...It is evident that one and the other, spirit and matter, are indispensable in achieving such architecture."



<<< Dessin: Paul Durand Notre Dame de Chartres (France: Molière) 2006.



















### partial-circles (3/4 complete) around the outside of the labyrinth



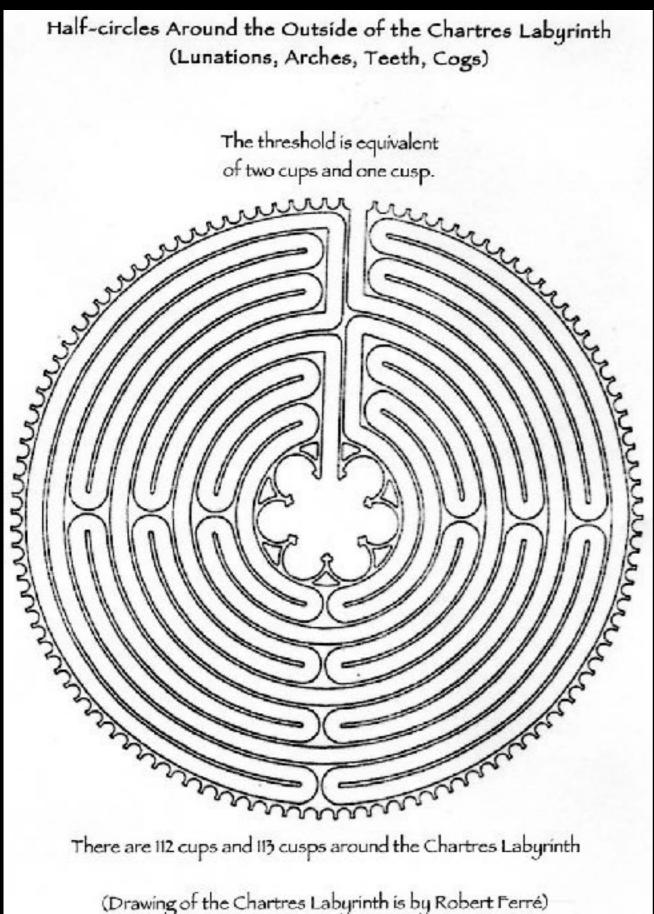


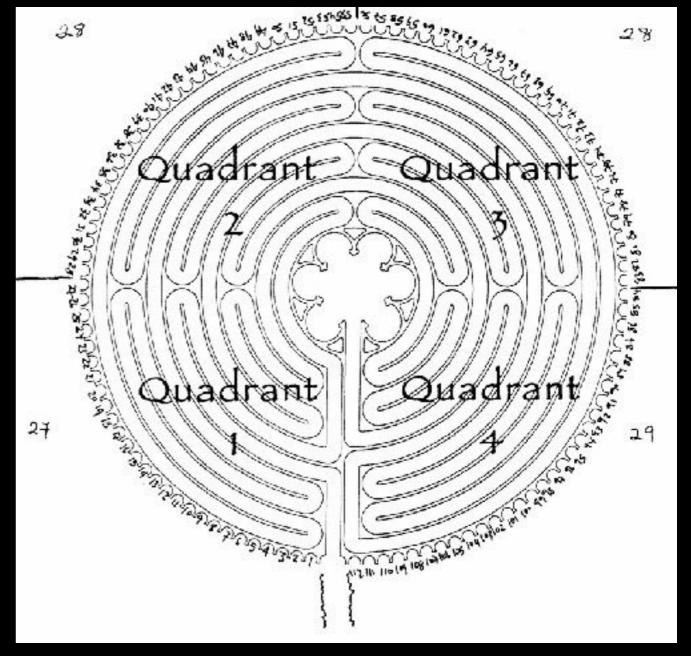






Partial Circles Around the Outside of the Labyrinth





If you count the threshold, there are 113 arches.

Since the threshold is the width of two, if they went all the way around the circle, there would be 114.

### What shall we call the partial-circles around the outside of the labyrinth?

Lunations: Keith Critchlow, Lauren Artress

**Cups: Helen Sands** 

Cogs: John James

Halo (of ornamentation): Jeff Saward

Arches (Cloister): Jill Geoffrion

Teeth: French common usage "Dents"

\_\_\_\_\_\_

Ring of Fire Around Paradise (James)
Crown of thorns (CFD)
Other????





Lunar months are 29.5306 days.

Medieval clerics used a lunar calendric system with alternating months of 29 and 30 days along with some other features that kept the cycle on track. They used these calendars to determine important days of the church year. For more information: Sawards, *Is That A Fact? Caerdroia 33:2003, 26.* 

# The partial-circles around the outside of the Chartres labyrinth recall the shapes of the arches of monastery cloisters as well as those found in cathedral triforia.



Cloisters were used for exercise, shelter, and reflection. Wells were often placed in the center.

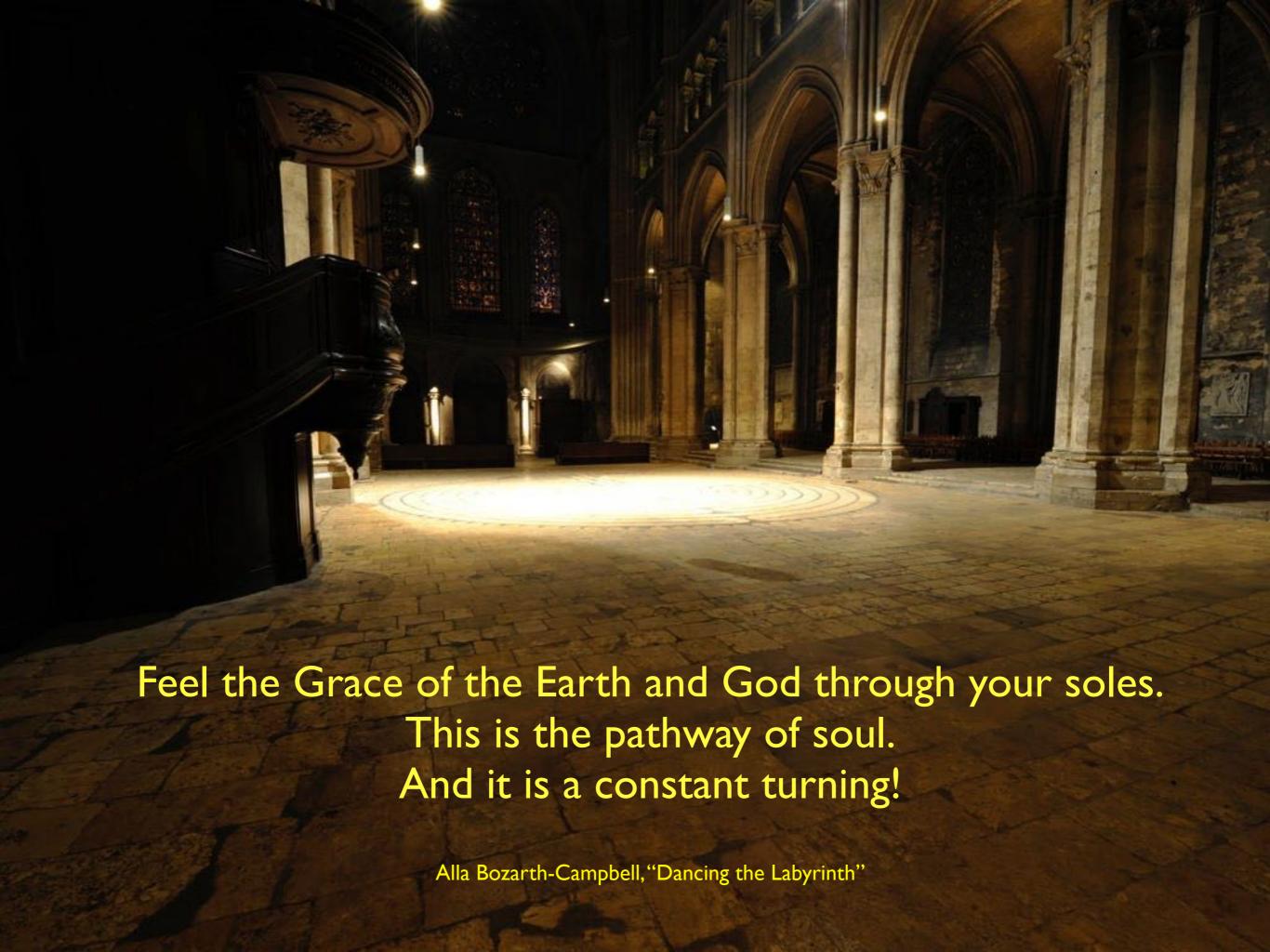
Medicinal gardens were often planted inside the cloisters.

Sainte Anne D'Auray, France

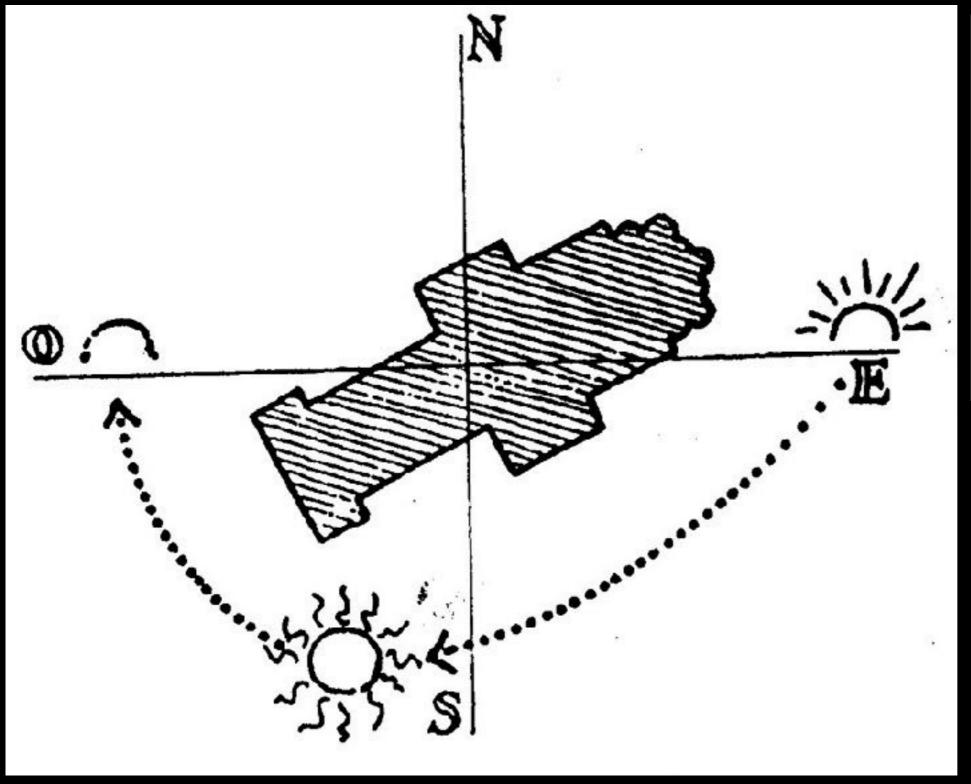
Triforium above labyrinth, Chartres Cathedral

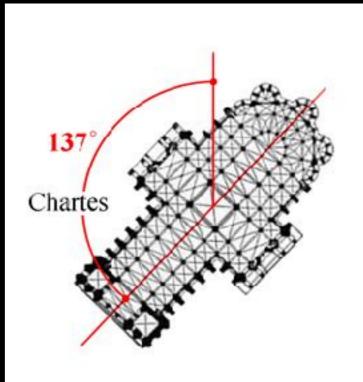
This area was considered as an in-between-space, touching both the "below" (earth) and "above" (heaven)

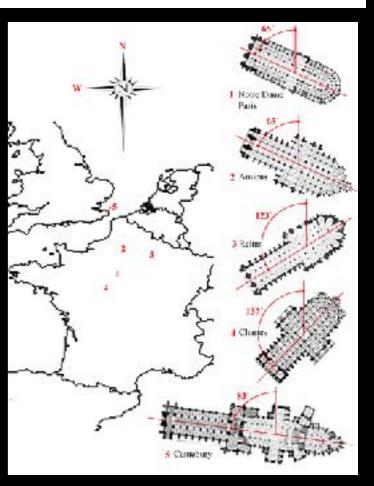


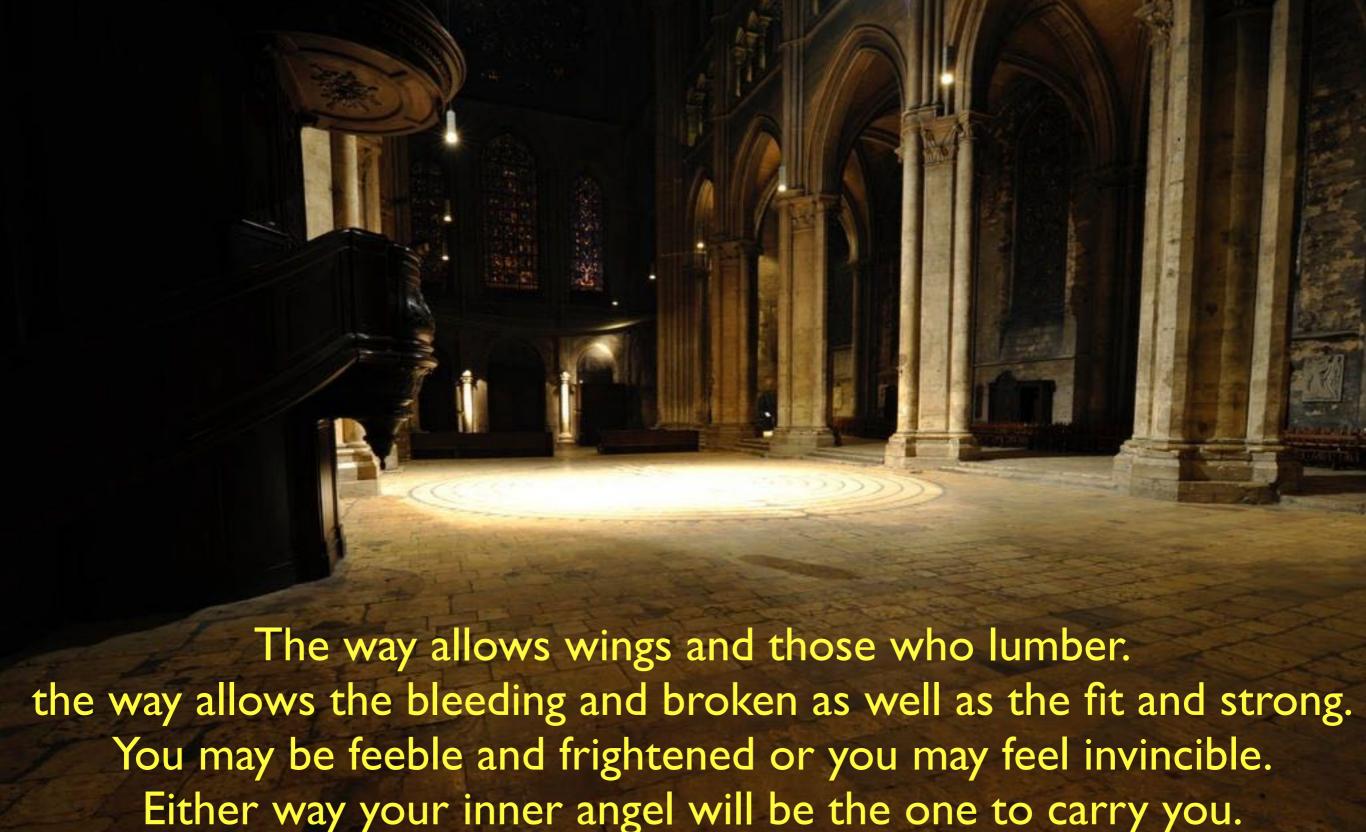


### The northeast orientation of the cathedral and labyrinth (Not due East- but symbolically oriented to the East)









#### Center Flower





The center of the Chartres labyrinth is 9 feet (2.74 meters).

Because the labyrinth is spans the entire nave, its center is exposed even when chairs cover the rest of it.

### The Shapes of the Center

flower & stem



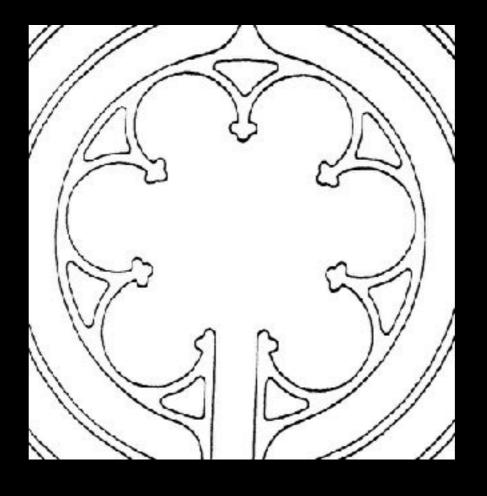




6 petals (each divided in 2)

7 triangles





5 fleur de lises& 2 partial



#### Center: 6 Petals formed by 7 Circles

7: The meeting of heaven and earth (Number of the Virgin); 6: Stability and balance (Number of Christ)

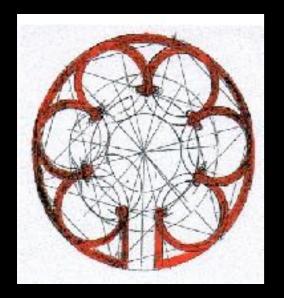
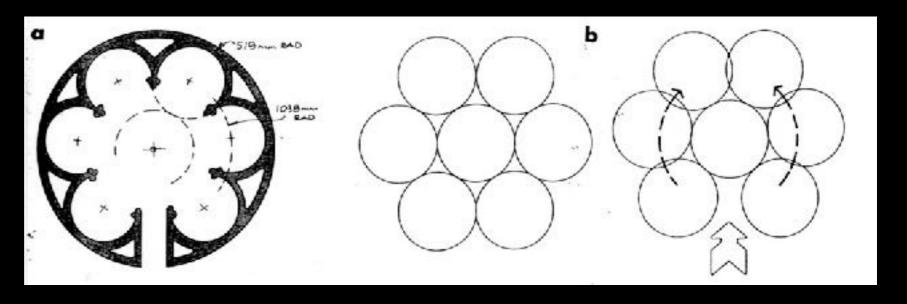


Diagram by Robert Ferré



**Diagram by John James** 

Around one central circle, 6 circles of the same size fit perfectly. By moving each circle over a little so that the lines between them overlap, it is possible to create a 6 petal flower with an opening (stem).



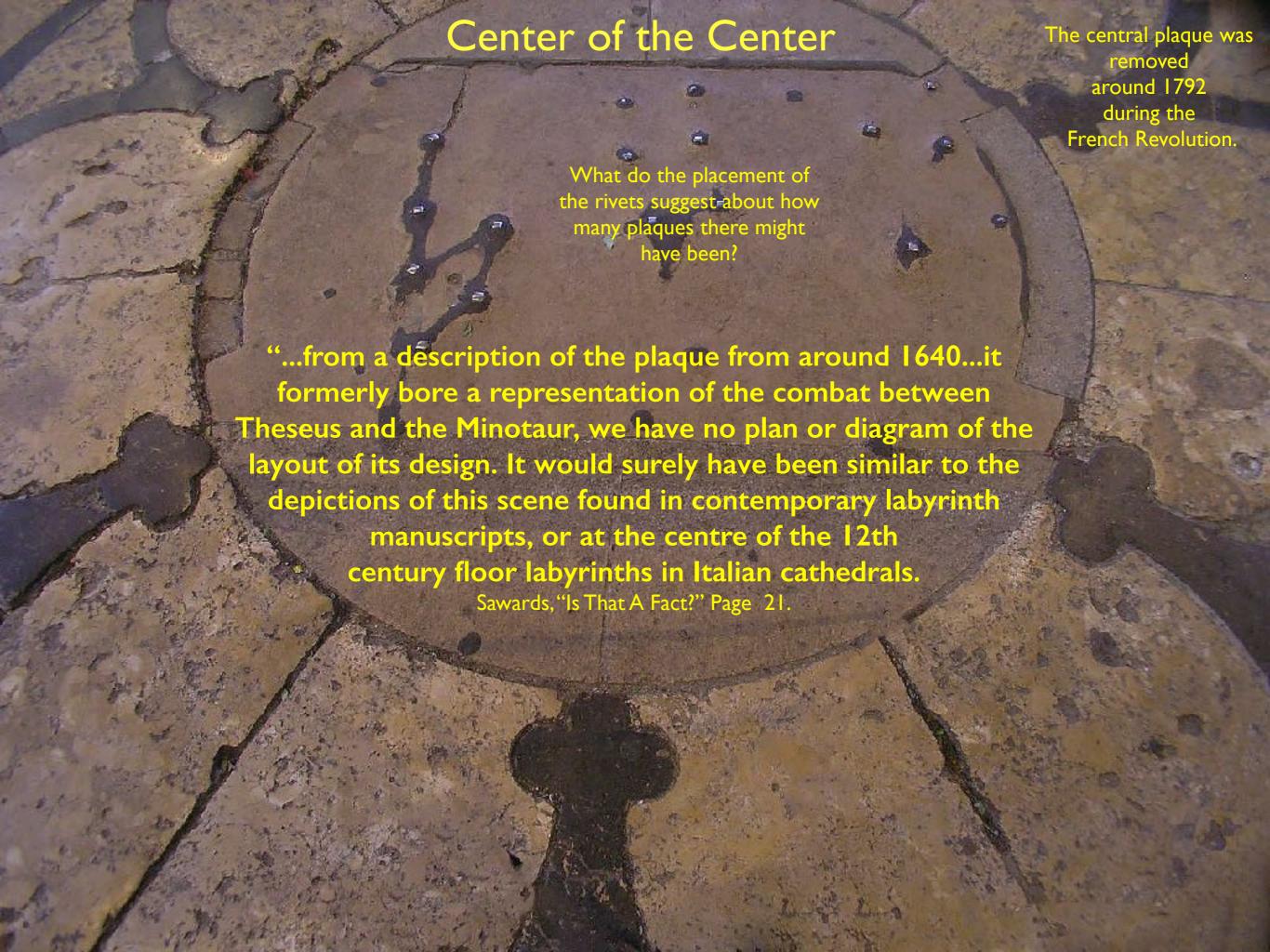
In discussing the movement of the circles John James says, "...it represents Christ easing aside the perfection of paradise to let us in."

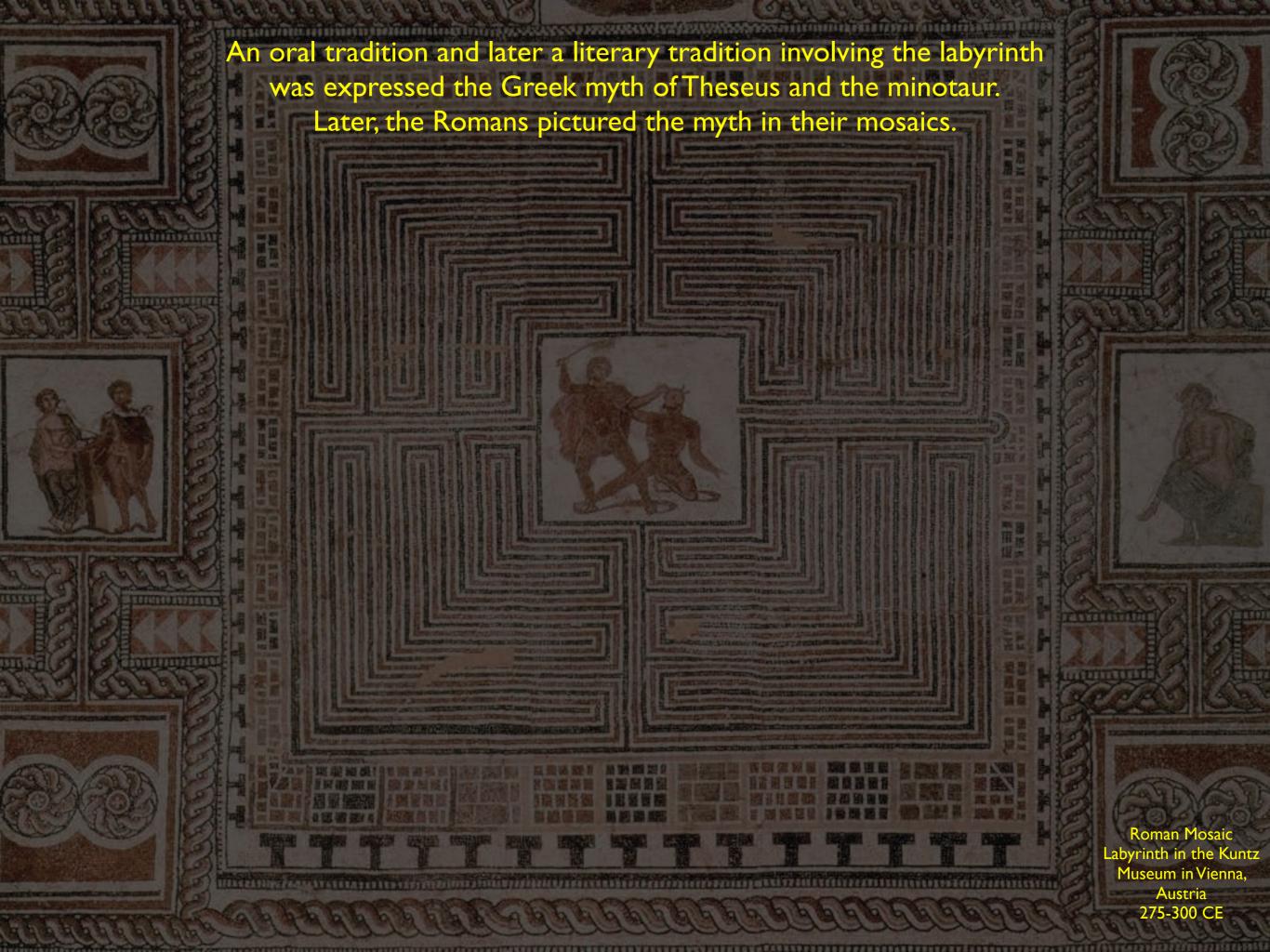
Note: Each "petal" is subdivided--12 petals around one central circle.

### Six/Twelve Petalled Flower











9th century BNF Latin 4416

Earliest manuscript with a minotaur



This parchment manuscript, containing a calendar, Easter cycles, annals, etc. written from the ninth to the eleventh century, if from the monastery of St. Germain des Prés, Paris. The tenth-century flyleaf, shown here, bears the oldest surviving depiction of a Chartresstyle labyrinth, diam. 17.5 cm.

Kern image 181, page 112.

10th century BNF Latin 13013



The upper body of the creature at the center (diam approx. 2.5 cm) is that of an armed man; the Minotaur is thus depicted as a pather(?)centaur. Above the labyrinth is a table for calculating the course of the moon through the zodiac..

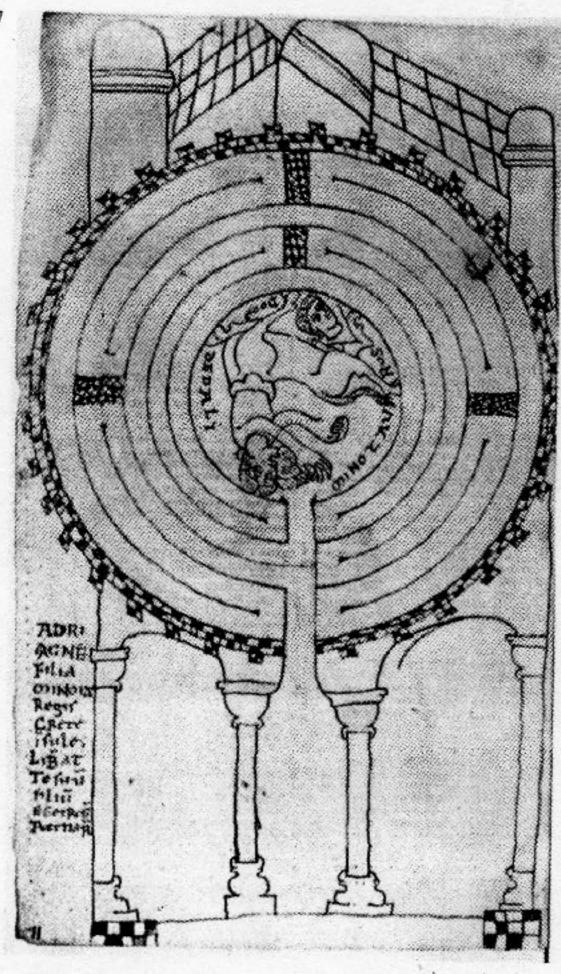
Kern, page 112

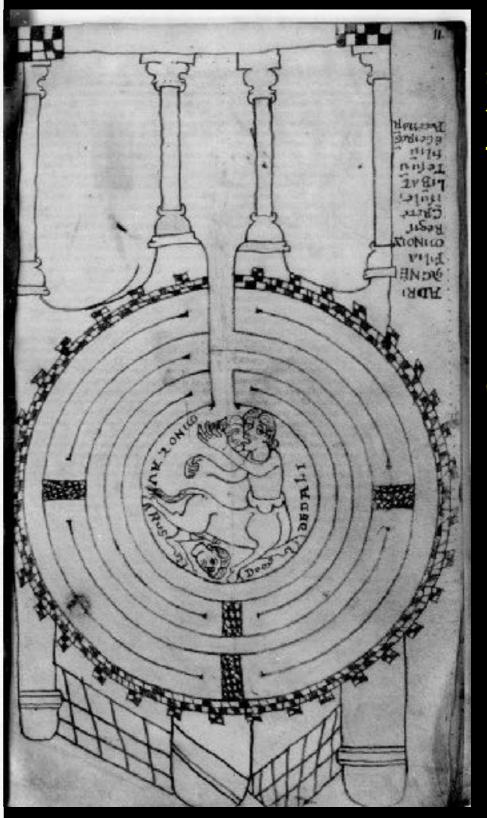
IIth century Morgan MS925 (NYC USA)



Kern image 191,
page 116
The heading
reads, "Domus
Deali in qu
Minotaurum
posuit Mynos
rex" (The house
of Daedalus, in
which King
Minos
imprisoned the
Minotaur."

I060-I123
Ghent, University
Library, MS 92, fol.
20r
Belgium





Kern: "it is surrounded by a two course wall fortified with battlements, recalling a Roman mosaic labyrinth. It has merely six circuits and an unusual path layout." 237

**I2th century BNF Latin 12999** 



The text above the maze reads

CUM MINOTHAURO

PUGNAT THESE

US [IN] LABORINTO. =

Theseus fights with the Minotaur in the Labyrinth.

End of I2th century Munich Clm I473I



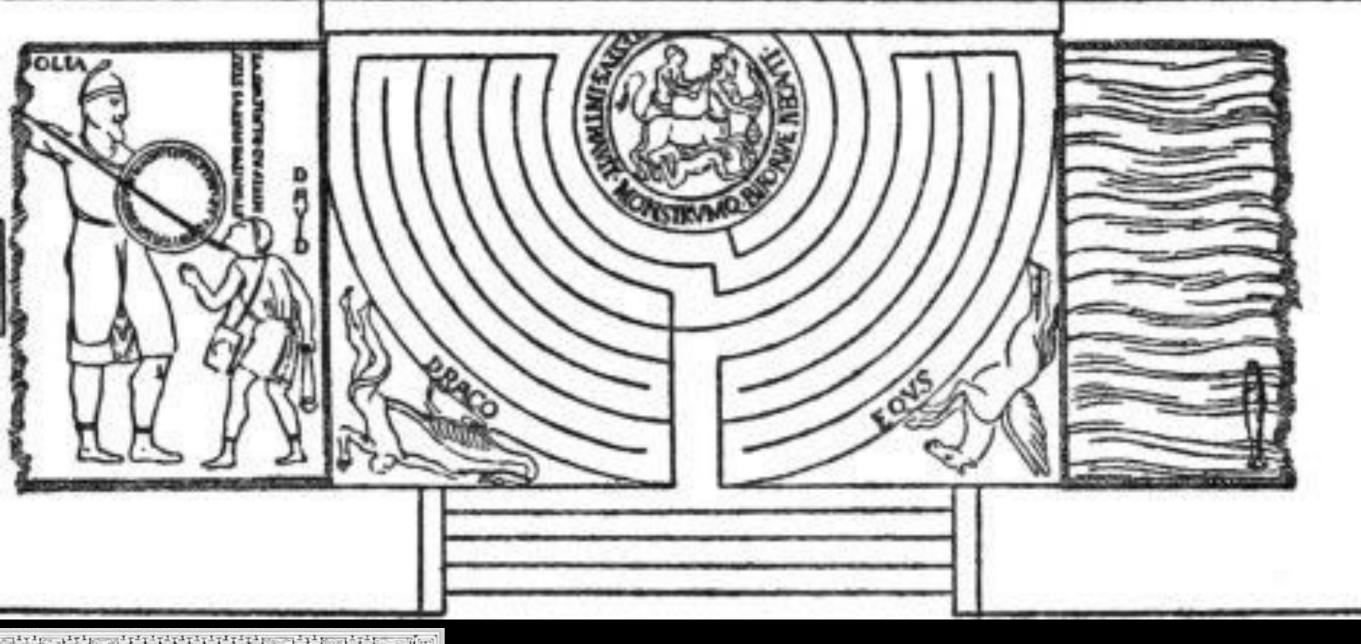
12th century

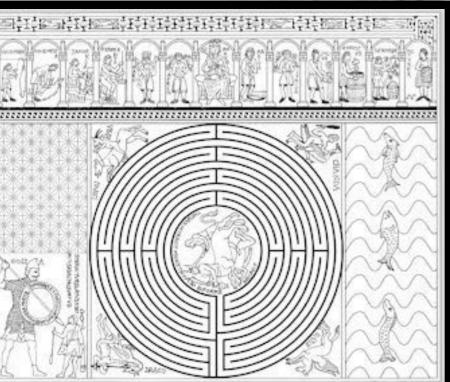
Theseus and the Minotaur

Central Stone/Marble Slab
(75 cm x 68 cm)
Cologne Labyrinth,
St. Severin
(now kept in Erzbischöfliches
Diözesanmuseum Köln)

It was removed for unknown reasons in 1840.
It is now kept in Erzbischöfliches Diözesanmuseum Köln)

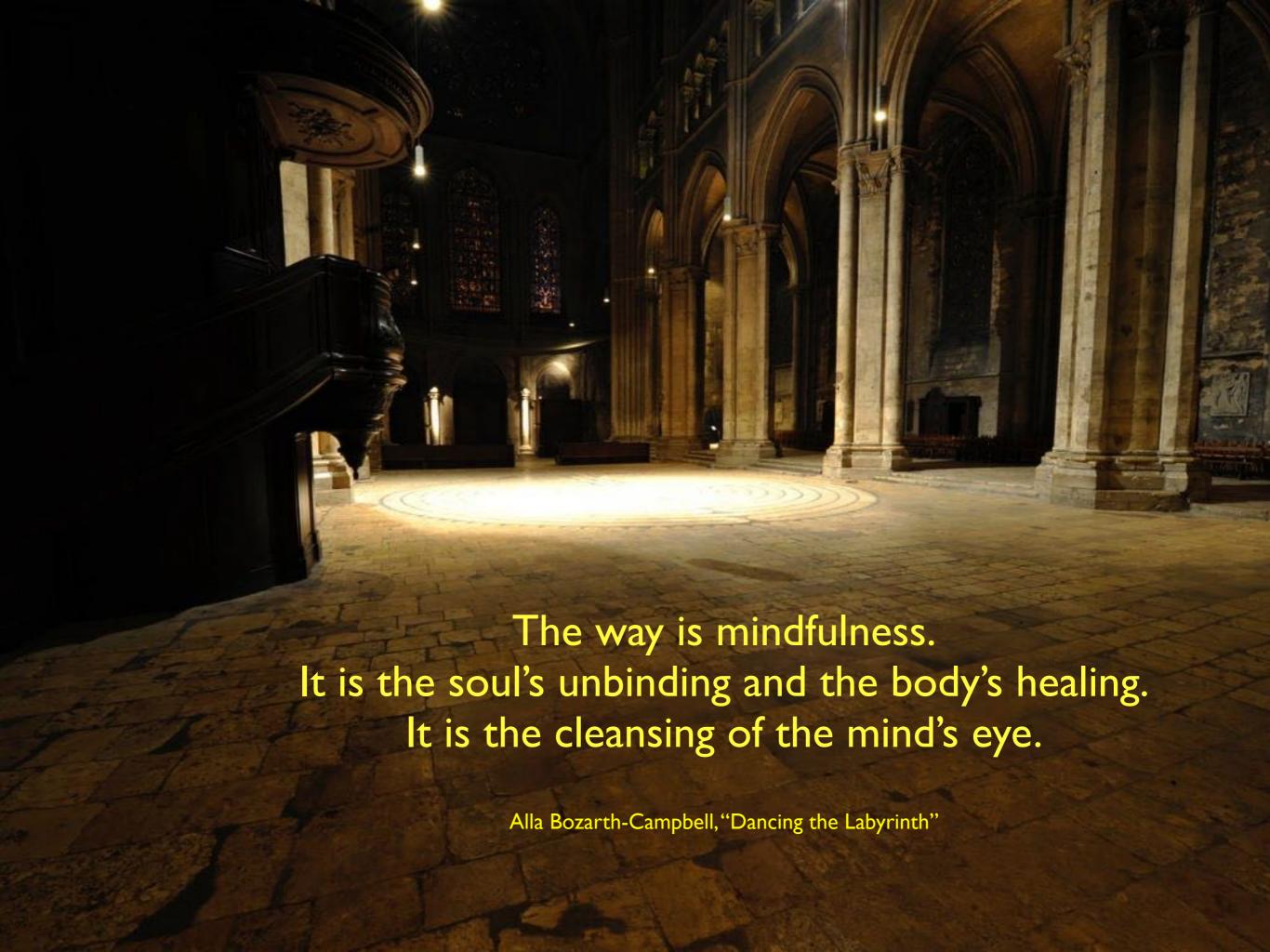
Kern Fig. 262, Page 154



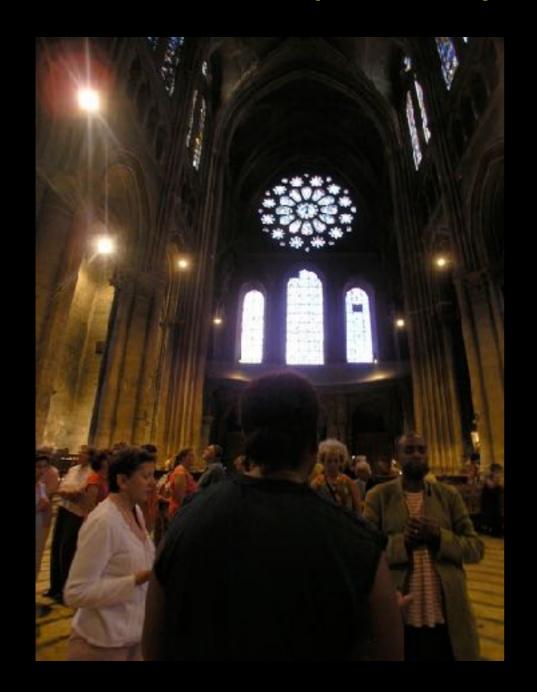


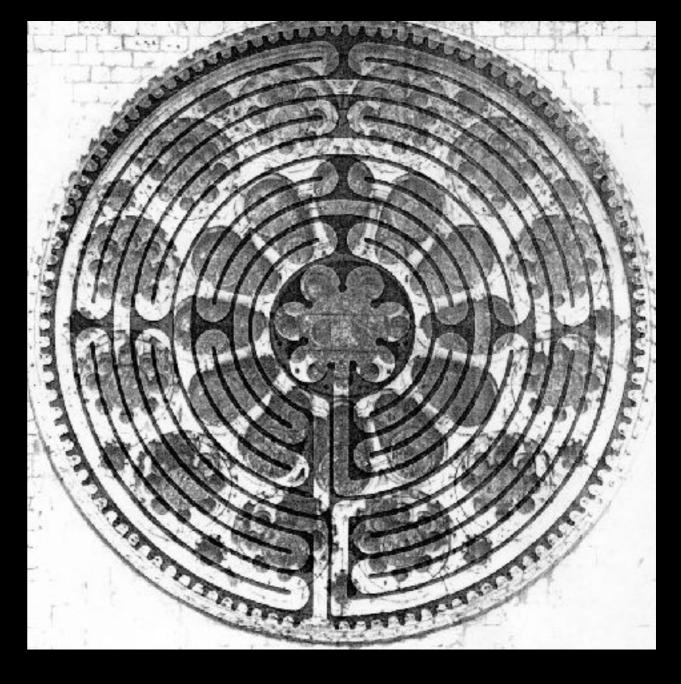
The central panel depicts the battle of Theseus and the Minotaur "Teseus intravit monstrumque biforme necavit" - Theseus entered and killed the hybrid monster. Jeff Saward, correspondence

I 2th century (1107)
Consecrated on 15 August (Feast day of the Assumption of Mary)
Pavia, Italy Labyrinth Mosaic San Michele Maggiore



## Relationship of the Labyrinth and the West Rose: Myths & Truths





There is a deep correspondence between the labyrinth and the west window. However, they are not the same size (rose: 11.9 meters of glazed area, 13.6 meters with moulding, labyrinth: just under 12.9 meters) and they are not the same distance from the west wall (10 feet/3.0m difference).

Jeff and Kimberly Saward "Is That A Fact?" Caerdroia 33:14-27 (2003). Page 24.

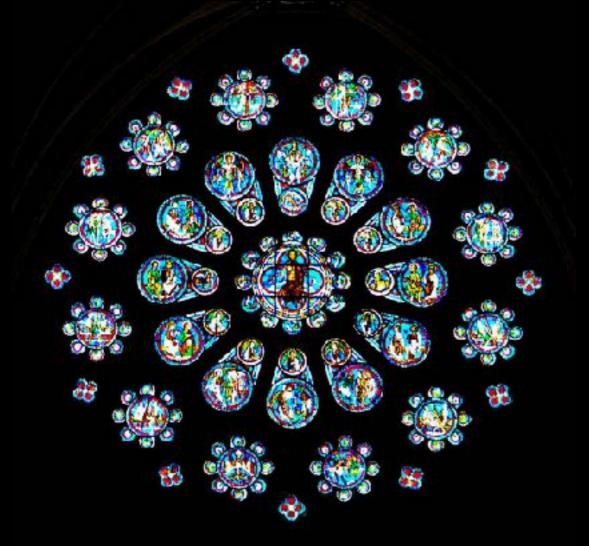
Artistically appealing, but NOT accurate!

The west rose overlaid on the Chartres labyrinth.

Helen Rafael Sands. The Healing Labyrinth. NY: Barrons, 2001.

# Six Petalled Flower in the Center of the Chartres Labyrinth Christ in the Center

"The motif [of the six-lobed rosette belongs to an old and widespread family of stellar symbols, the origins of which reach back into antiquity. Eight-or six-lobed rosettes, as symbols of the stellar nature of God, are a common occurrence in Sumerian, Babylonian, Jewish and Roman art. The motif was quickly absorbed into the Christian cult, as a reference to the celestial nature of the new god, and subsequently became so closely associated with the cross of Christ as to be practically interchangeable with it."





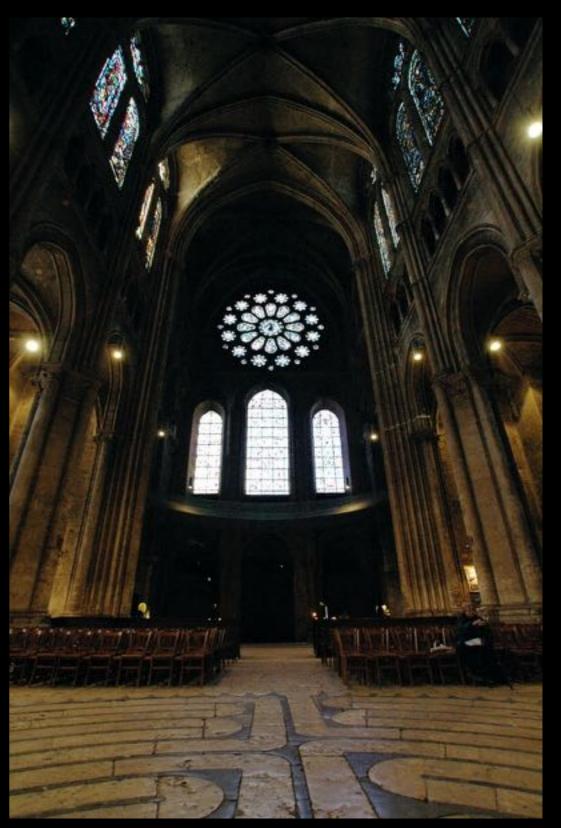
Walter Horn and Ernest Born, The Plan of St. Gall, 3 volumes (Berkeley, 1979), I, 131 as quoted in Craig Wright, The Maze and the Warrior: Symbols in Architecture, Theology and Music (Harvard University Press, 2001)43.

# Relationship between the labyrinth rosette and the west rose window

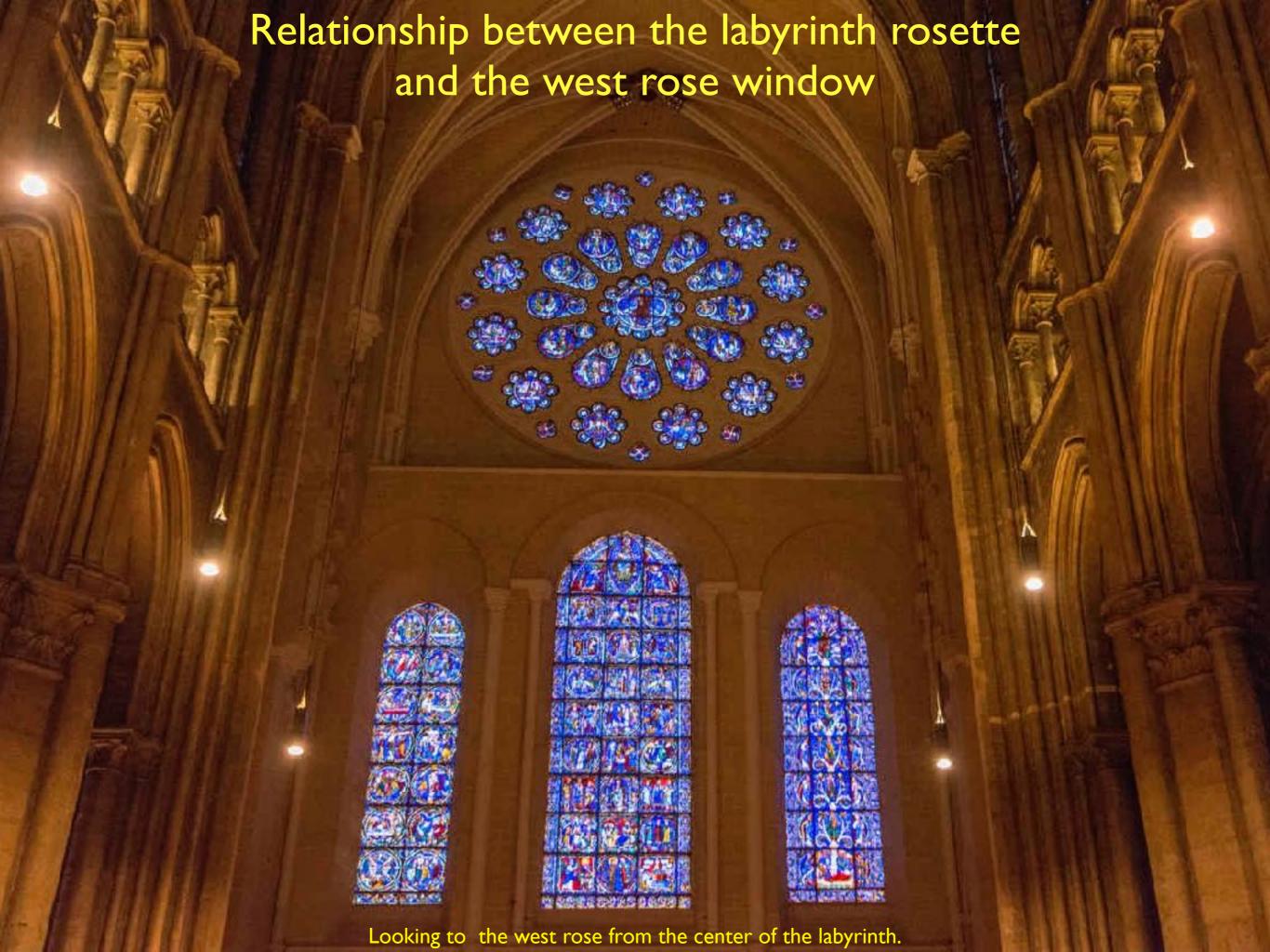


"As Christ is signified by the rosette in the center of the [labyrinth], so too he resides in the west rose."

Wright, The Maze and the Warrior. 43.



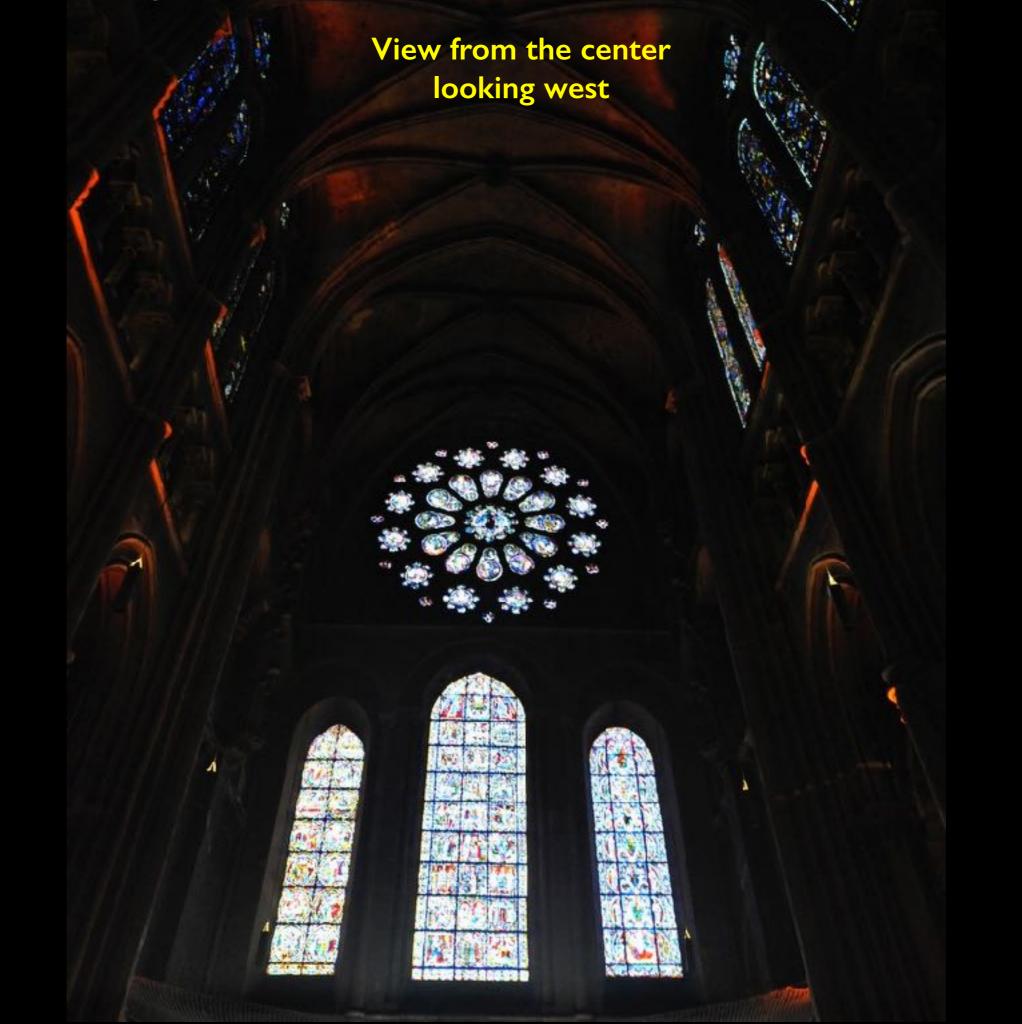
Looking to the west rose from the center of the labyrinth.



"As Christ is signified by the rosette in the center of the [labyrinth], so too he resides in the west rose."

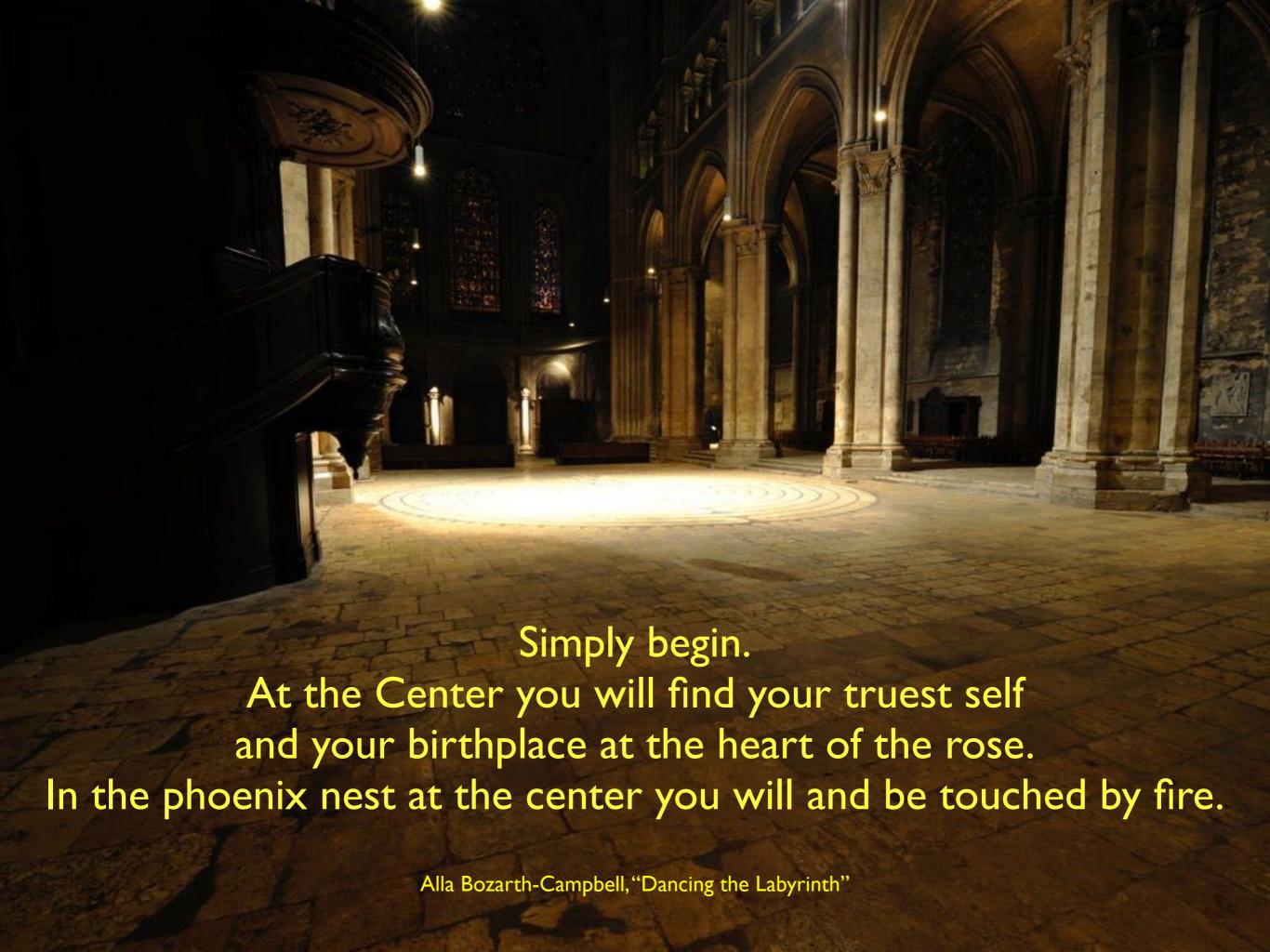
Wright, The Maze and the Warrior. 43.







View from the center of the labyrinth looking east.



# The Threshold Stone



Threshold Stone From the Side

Chalice?
Baptismal Font?
Other?



Threshold Stone On Way Out

Threshold Stone & Path In



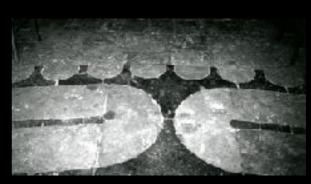
# Semi-Circular Turns















When you return we will know you truly for the first time.

We will welcome news you bring from home.

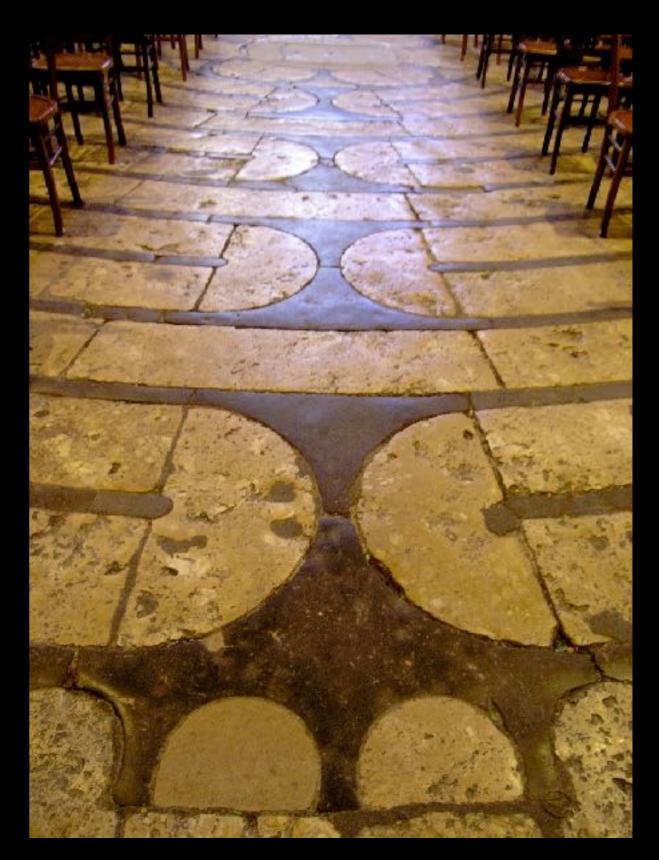
Food you bring will ready us to follow.

Songs you sing will call us into Mystery.

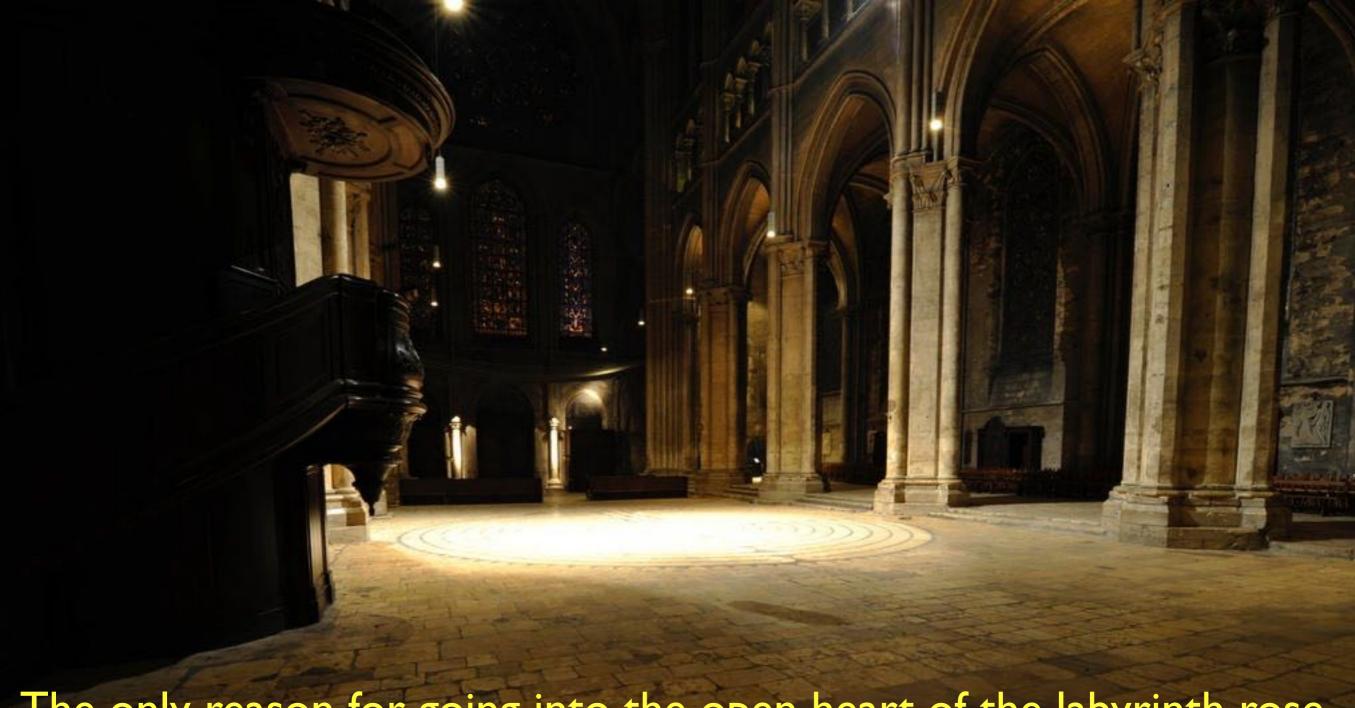
# Uniquely Shaped Turn Dividers



View from south



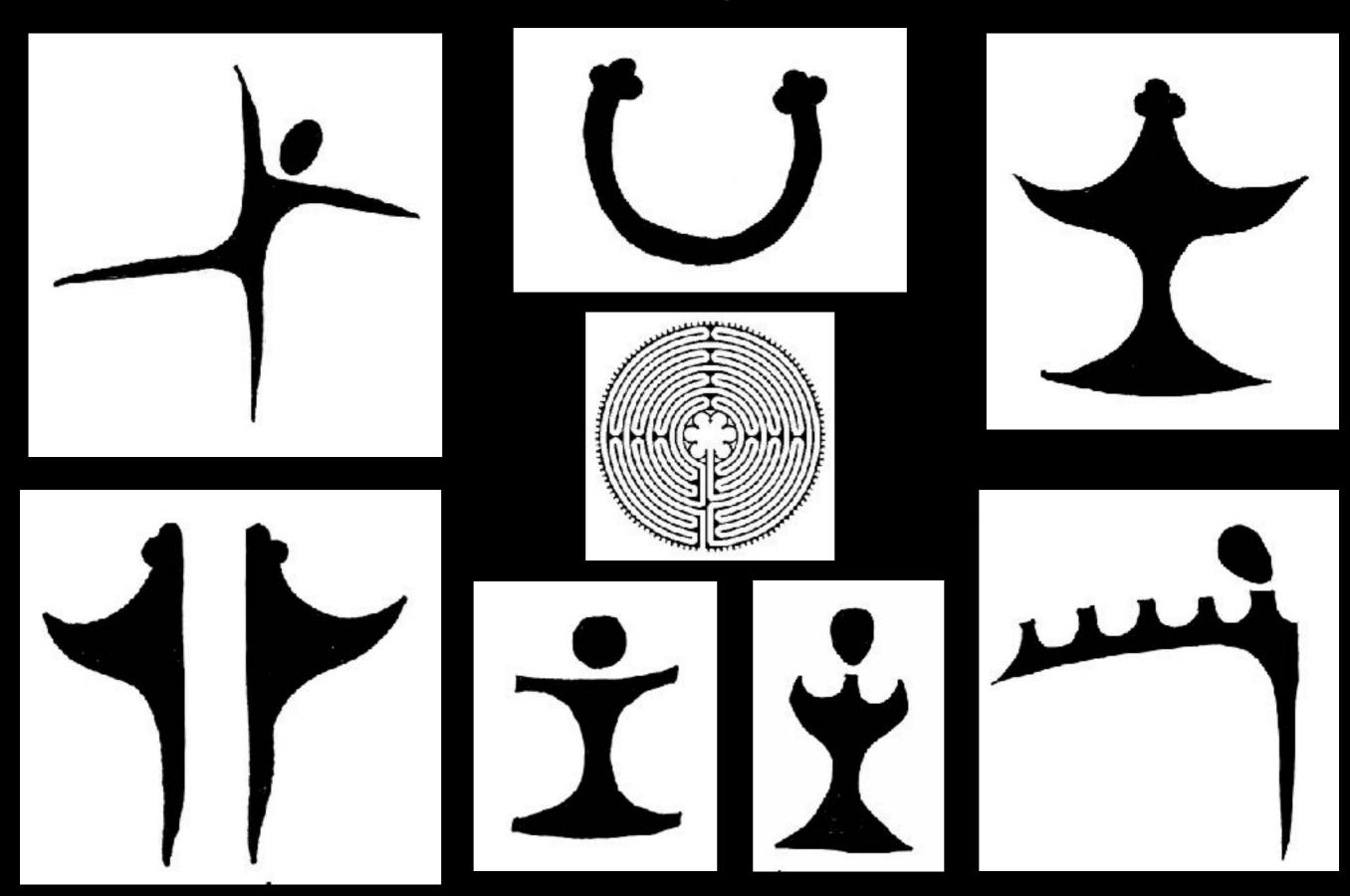
View from East



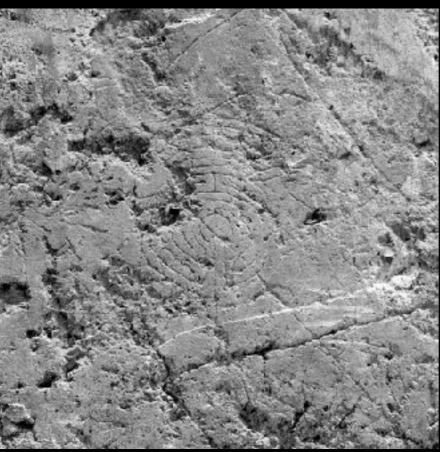
The only reason for going into the open heart of the labyrinth rose is to let your heart break open so that you can hear the first cry of creation when God birthed the universe...

# Unique shapes found in the Chartres Cathedral Labyrinth:

Heads added, drawn by ©Sue Swanson



# The "little sister" graffito

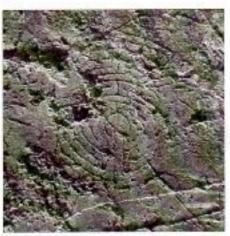


# The Petit Labyrinth Graffito of Chartres Cathedral





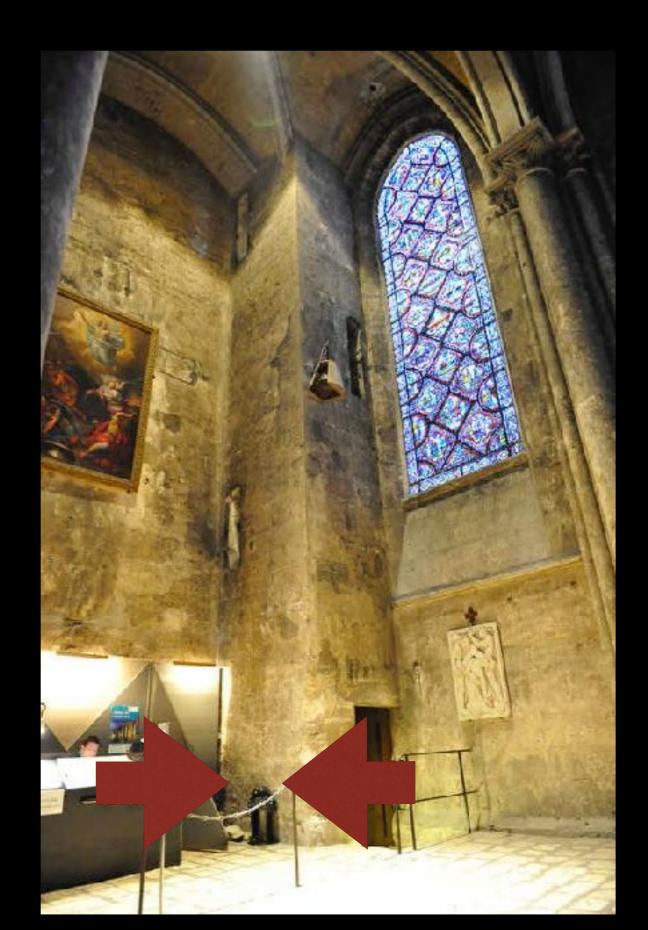
Some 900 years after the completion of the districted centery payeness labylists in now of Chartres Cathefrel, France, a "little sixter" labylists graffing has been adentified in the cuthodot. The fact that a second labylists has existed in the cuthodot. The fact that a second labylists has existed in the cuthodot, whether since the athreventh century, or a much more recent time, will come as a surprise to



Mysice Is the "Part Ladgetich" with graffin, Notes Burst de Chaires, France. There, Jeff Sarvart, Supramber 2016

### Location and description of the laby tinth graffler

The libyright guitine is Channes Cashedral to found around the corner from the door leading to the could move, at the end of the mech ode mole, has been defined as a country staffed by the Franch Hassonesia Monaments. Approximately one serve (79 % inches) above the door, it is 35 cm (approximately 35 % inches) from the west end of the cover well.





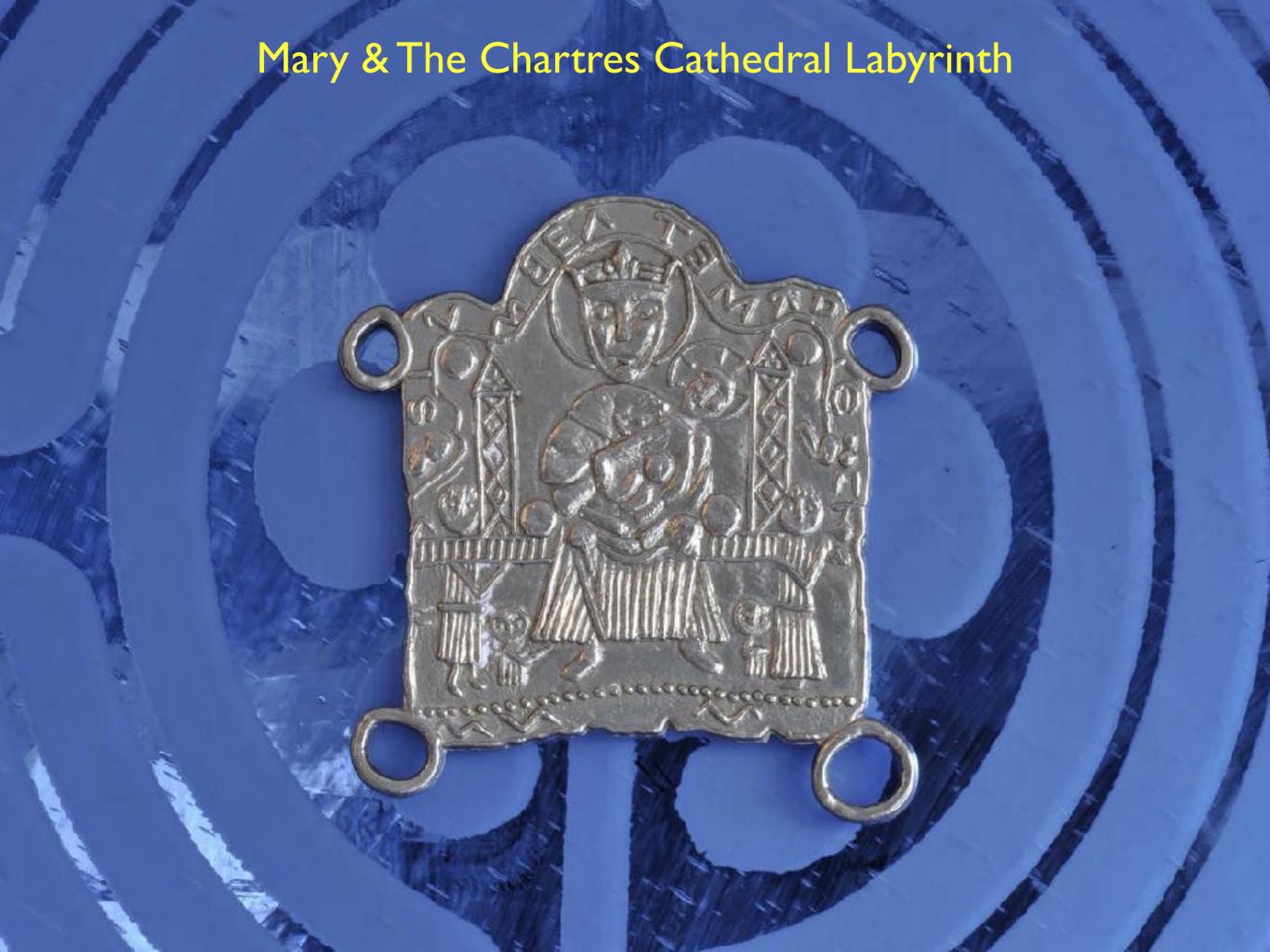
...and you can become large enough to respond.

Let your whole life unfurl in all is magnificence and purity,

and cry back to the Holy One

with the beauty that will rise within you.

Alla Bozarth-Campbell, "Dancing the Labyrinth"



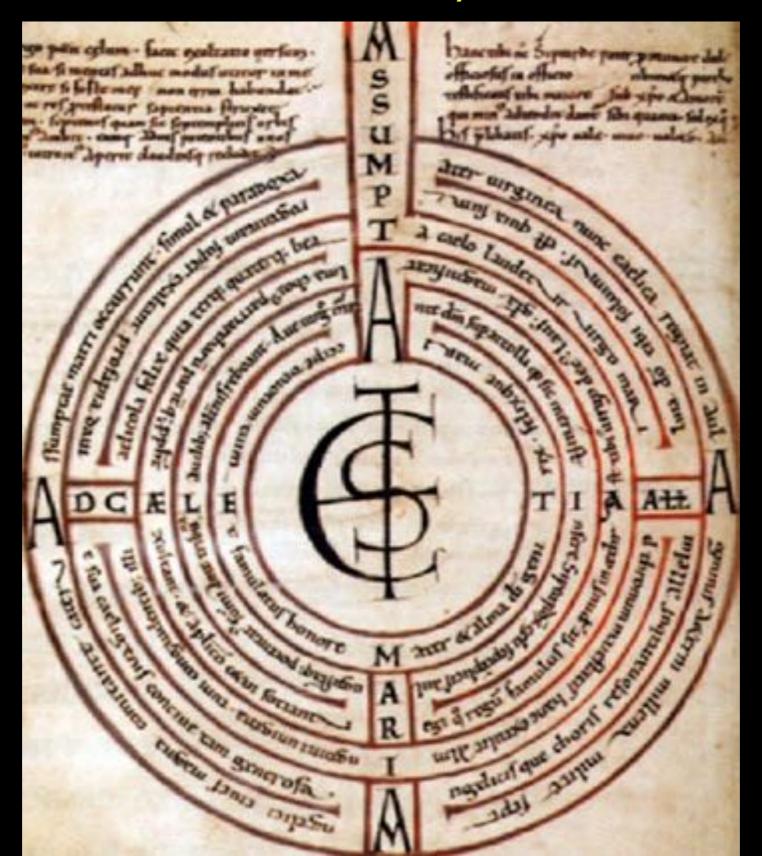
# Au milieu du cercle, des chanoines et des invités, dansant et chantant les répons rimés de la prose :

Die nobis Maria Quid vidisti in via.

Sepulcrum Christi viventis.

Et gloriam vidi resurgentis.

6 circuit medieval design from an 11th century manuscript Maria Assumpta Est (Mary is Assumed) Ad Caeleti Atta (to the Father) First known connection of the labyrinth to Marian Worship



Dated between 1030-1040

See Kern Addendum, page 141

Cambridge
University
Library, Kk 3.21

# The number seven was considered "virgin" by the ancients because no number goes into it (without remainder), and its geometric construction cannot be captured by compass and straightedge.

Michael Schneider A Beginner's Guide To Constructing the Universe. The Mathematic Archetypes of Nature, Art and Science. NY: HarperPerennial, 1994.

7 circles make up center (6 around 1)

7 triangles in center

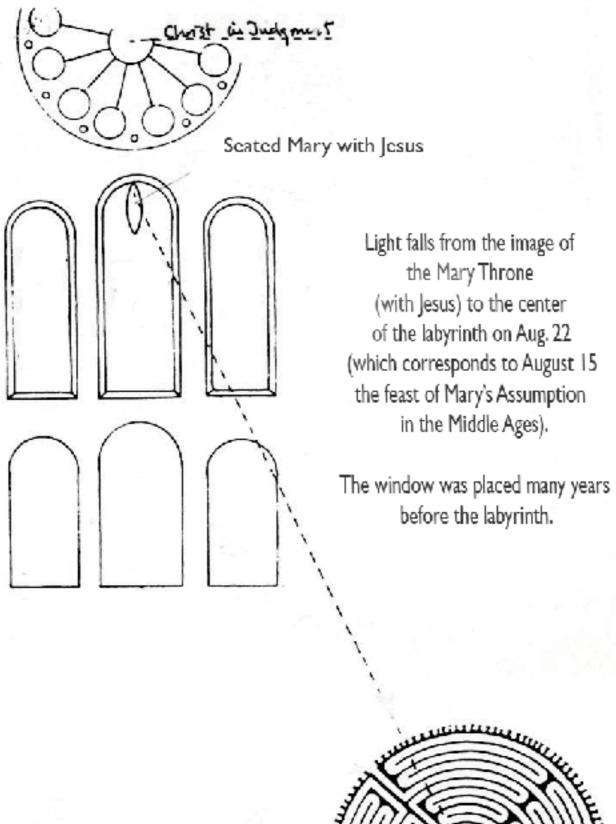
"fleur de lis" shapes (5 total, 2 partial) in center

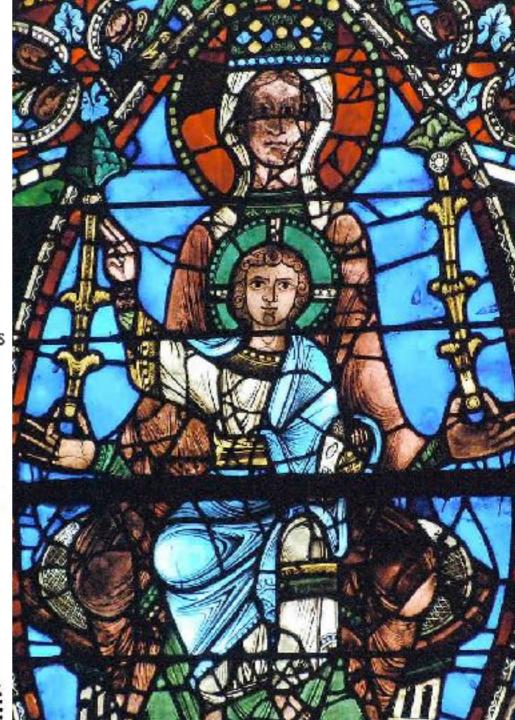
7 turns in each quadrant

relation of number of vertical (4) and horizontal (3 on each side) "chalices" width of 7 paths/lines=width of center

7 180 degree turns in each quadrant

7 ends of lines in each quadrant



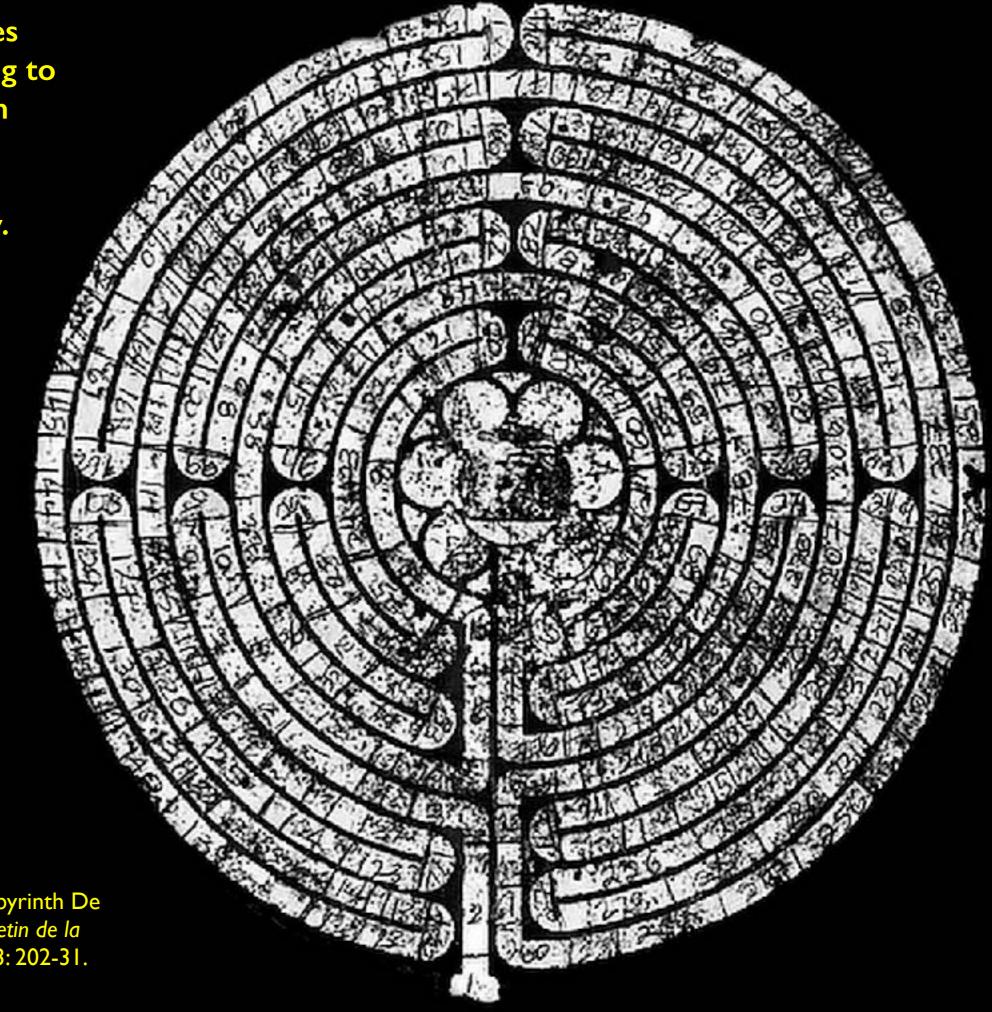


Ketley,-Laporte, Jean & Odette. Chartres: Le Labyrinth Déchiffre.

Chartres: Editions Jean-Michel Garnier,

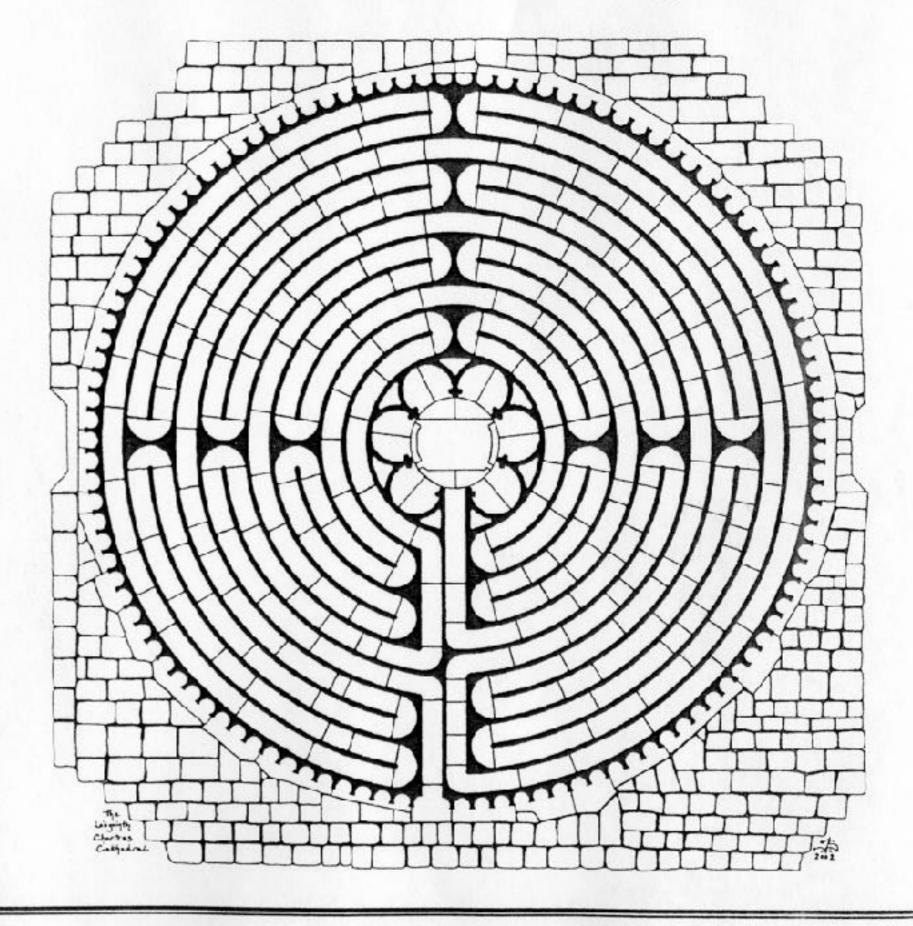
1997. Page 64.

The number of stones
(268-274) corresponding to
the days of gestation
for a child
is seen by many
as a pointer to Mary.



Roger Joly (1999), "Une Nouvelle Lecture Pour Le Labyrinth De La Cathédrale De Chartres", Bulletin de la Societé d'Archologie d'Eure et Loir 63: 202-31. See especially page 220. There is no documentary evidence of this, but it is not out of sync with the theological messages of birth that can be found in other parts of the cathedral.

The Chartres Cathedral Labyrinth. Illustration by Jeff Saward.



# Flowers That Symbolized Mary in Medieval times

I am a rose of Sharon, a lily of the valleys." Song 2: I



The rose is a many petalled flower. It often symbolizes love, the feminine,
Mary: Rosa Mystica, and spiritual enlightenment.

Other Mary flowers with six petals:
Star of Bethlehem



Lily in Annunciation Window (South Ambulatory of Chartres Cathedral.



The Madonna Lily has six petals.

"The lily from the Song of Solomon was used as a symbol of Mary's undivided availability for God."

Kyrmow, 27.



The Fleur de lis (iris) has long represented Mary and the annunciation.

For further study:
Mary's Flowers: Gardens,
Legends & Meditations. Vincenzina Krymow. (Cincinnati: St.
Anthony Messenger Press, 2002).

# Iris in the Center: Mary & Fleur-de-lis



North Rose Window with many 3 petaled Fleur-de-lises.

"From ancient times the yellow iris has been considered sacred to the Virgin Mary and was one of the plants used to decorate churches on special days."

Krymow, 140





The Yellow Flag Iris is also named the Fleur -de-lis. It has a long association with Mary. In earlier times irises were referred to as lilies.

See Krymow 139-141.

# Iris in the Center: Mary & Fleur-de-lis







The Yellow Flag Iris is also named the Fleur -de-lis. It has a long association with Mary. In earlier times irises were referred to as lilies.

See Krymow 139-141.

Life of Mary Window (South Ambulatory) 3 petaled Fleur-de-lises.

# Iris in the Center: Mary & Fleur-de-lis



S Rose Window: Mary's Scepter: 3 petaled Fleur-de-lises.





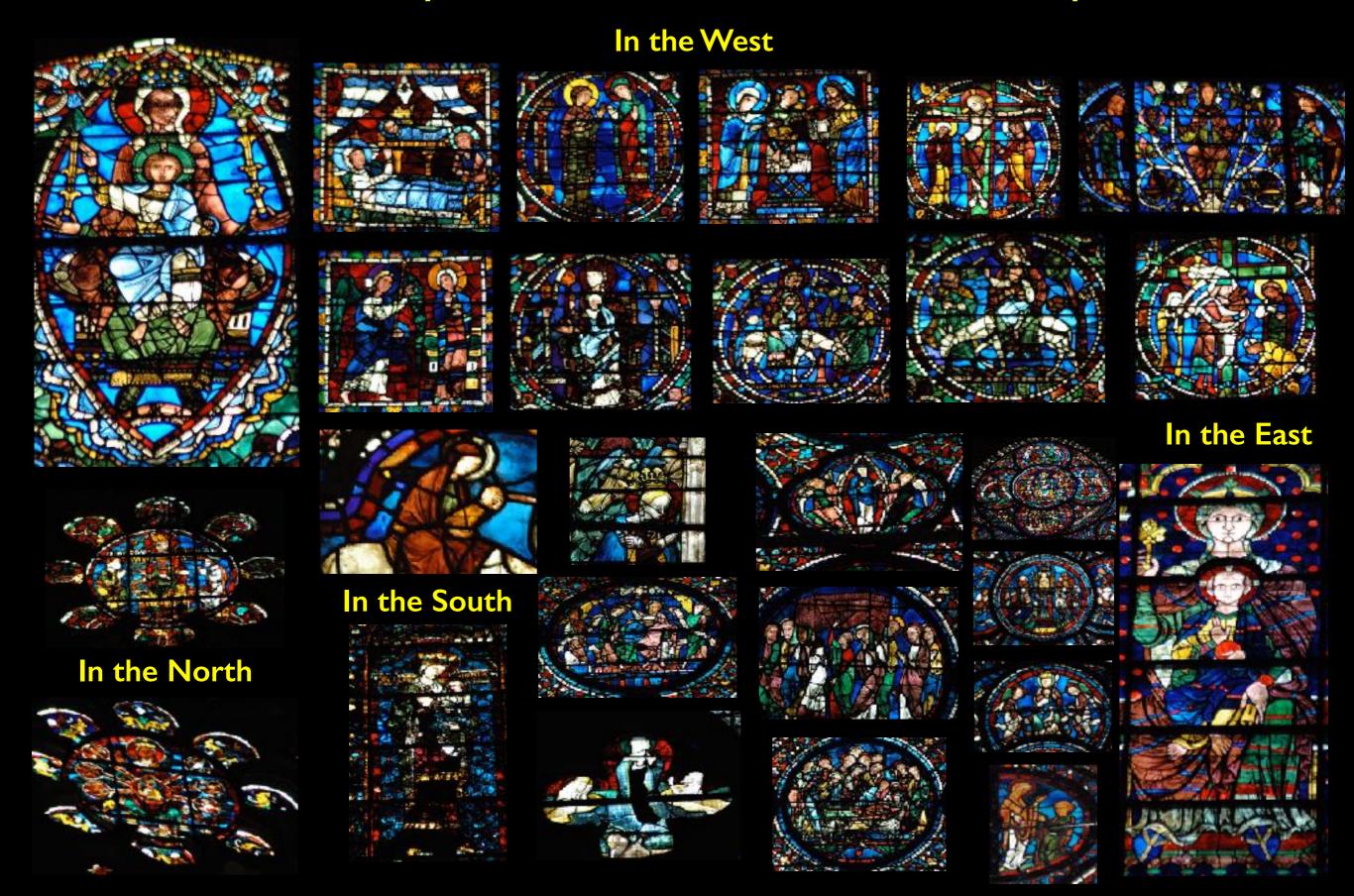


12 circles in Mary's scepter and 12s found in the labyrinth

explore this and get photo of the scepter



# Mary's Presence Seems Very Near: Views of Mary That Can Be Seen From the Labyrinth





Mary's image surrounds the labyrinth on all sides. She stands above the labyrinth, offering nourishment.



God said to Moses,

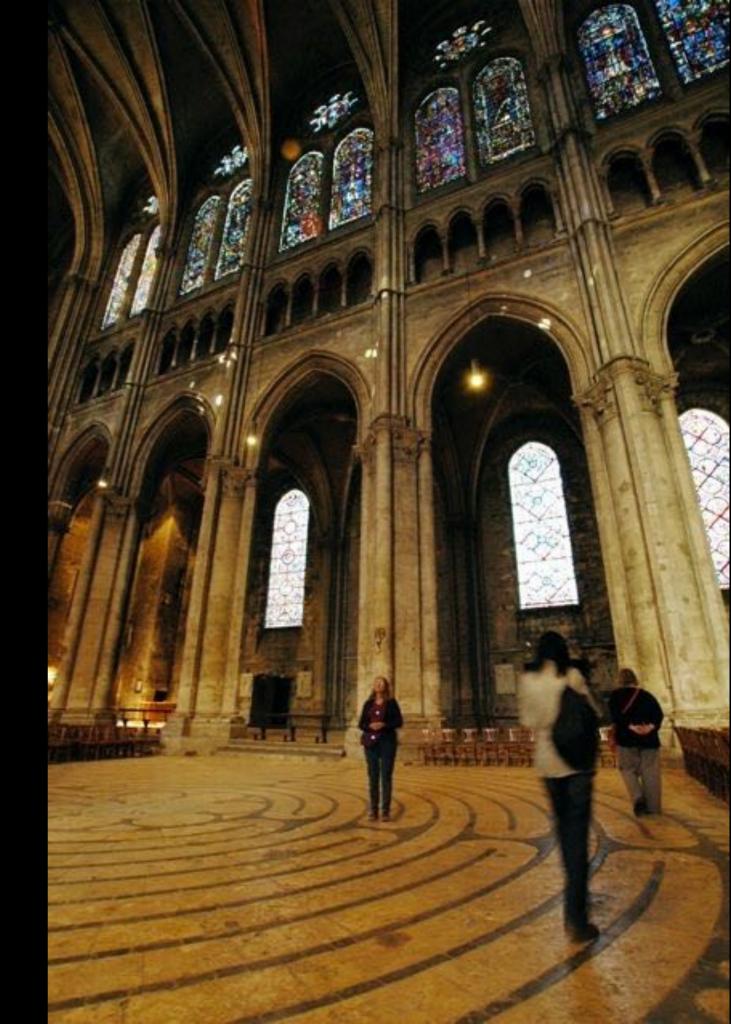
"Remove the sandals from your feet.
for the place on which you are standing is holy ground."

# Exodus 3:5





# The windows around the labyrinth

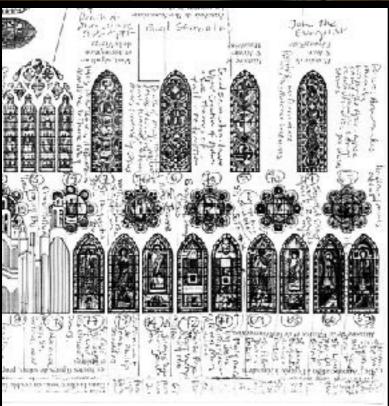


# There may be theological resonances with other cathedral features

# Chartres Theology Surrounding the Labyrinth as Communicated in Stained Glass







South Side (from W to E)
St. Marie the Egyptian, St. Martin,
Anonymous Abbott
St. James, St. Peter, Seated Christ
Mary offers breast to Jesus, Saint
foye, Bishop
St. James, Jeremiah & Philip, Jerome
St. Calé, St. Bartholomew, Augustin
Walled off windows, Gregory the Grat
Half-hidden, St. Sumphonien, St. Hilaire

North Side (from W to E)

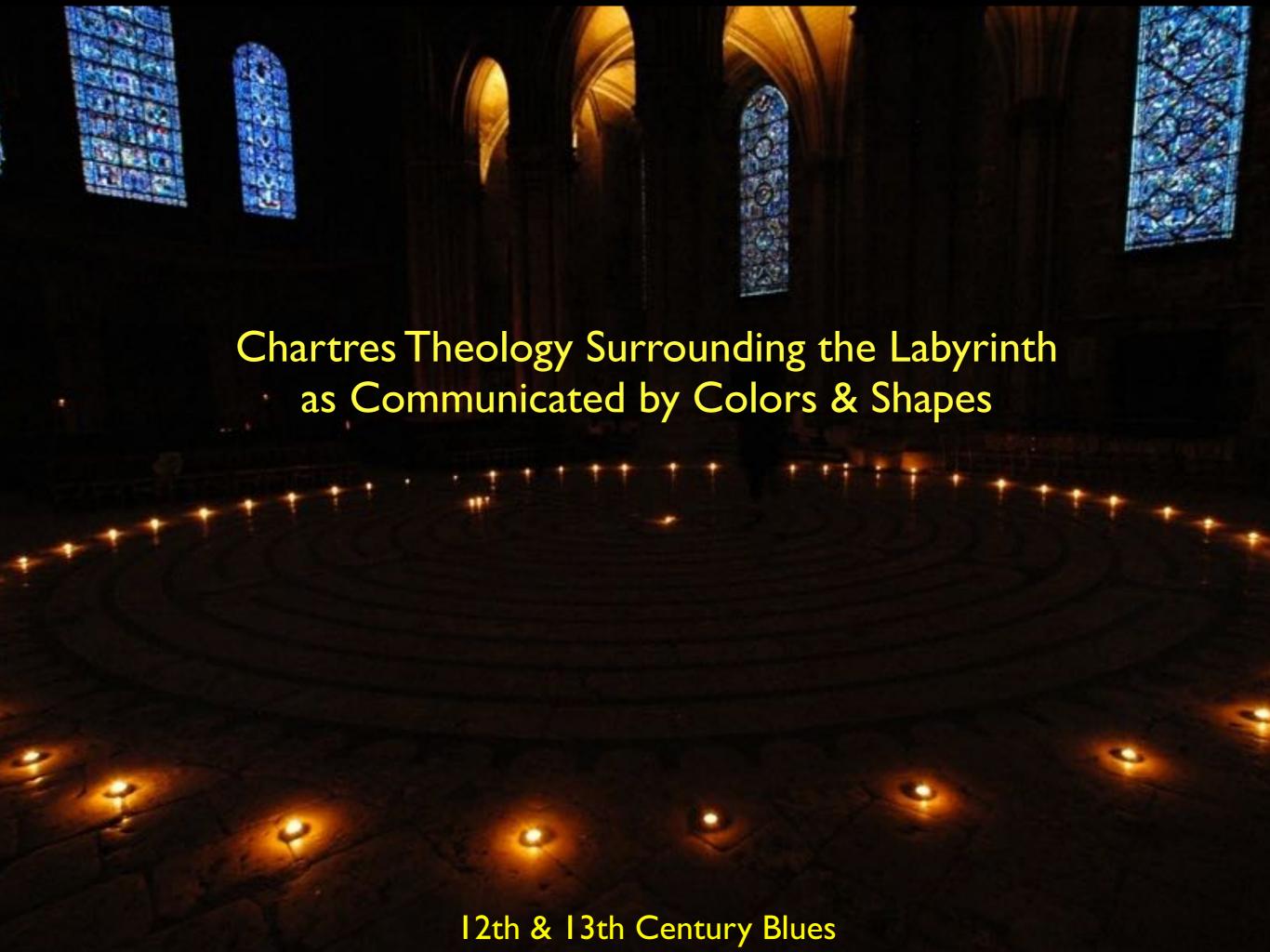
3 Temptations of Christ, Joseph & David & Habbukuk, Anon Bishop
Laurent, St. Stephen, St. Lubin

4 Apostles, St. Nicholas, Thomas Beckett

6 Apostles, Anon Apostle, Virgin with 7 gifts of Spirit
St. Gilles, St. Georges, St. Georges

Christ blessing, Sacrifice of Isaac, 3 peasants in the fields...

Clerstory Windows Above the Labyrinth



## From the entrance of the labyrinth you can see the Good Samaratin Window & Pilgrim's Story

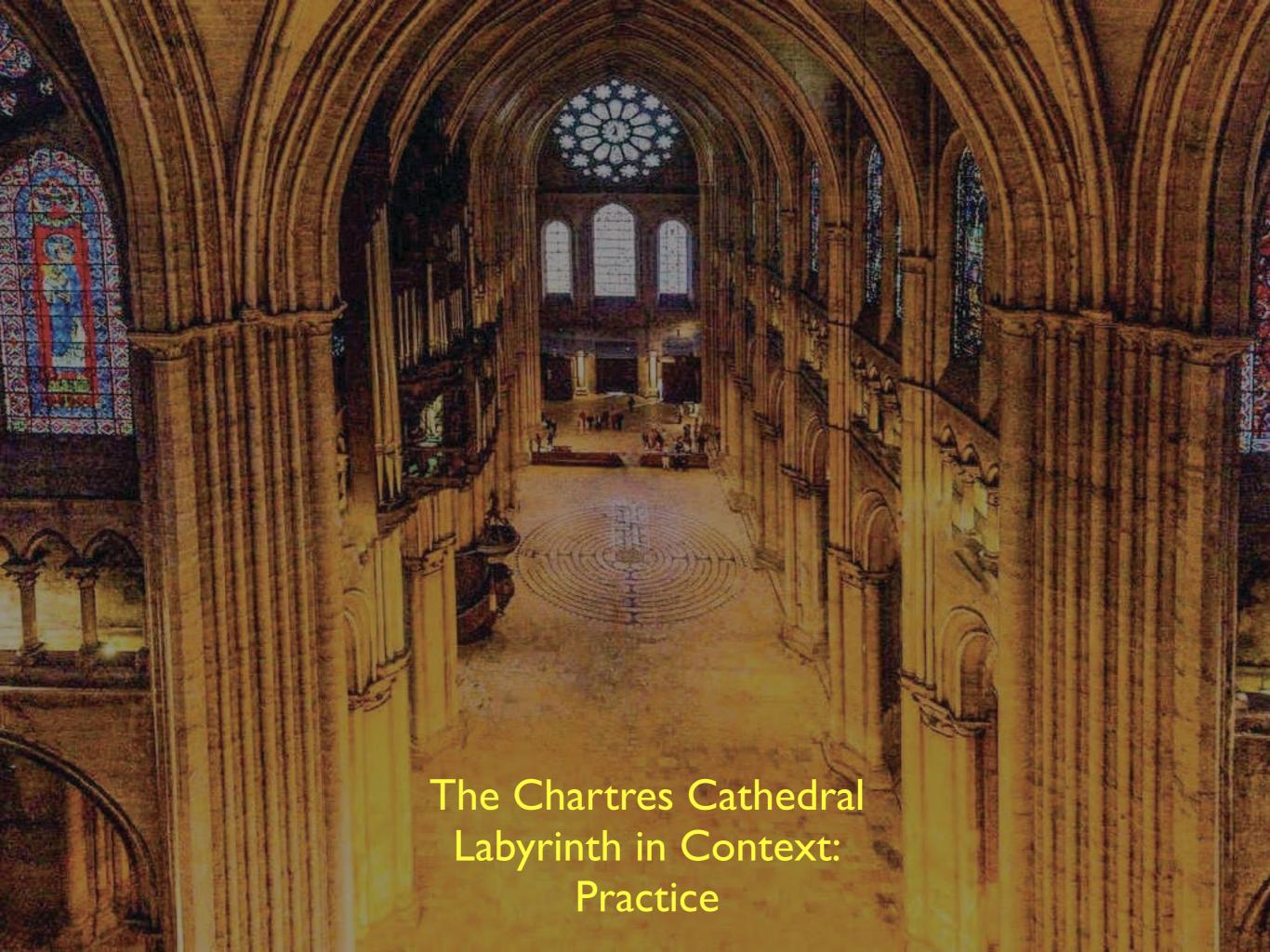












Our experience today is not the same experience of those who knew the labyrinth and the cathedral in other times.



Etching, 17th century

Lithograph print >>>>
Drawn by: W.C. Colman, architect.
Engraved by B. Winkles
in Winkles Continental Cathedrals.



19th century sketch of clerics moving through a turf labyrinth in England



"...the [labyrinth] had been the site of a substitute pilgrimage during the eighteenth century. ...At Arras (France) the pious recited prayers on their knees as they made their way around [the labyrinth], and here the full pilgrimage was said to require an hour.

Craig Wright. The Maze and the Warrior. (Cambridge, Harvard University Press, 2001) 210.





## The labyrinth "in town"



### French cathedral guides in modern-day Chartres

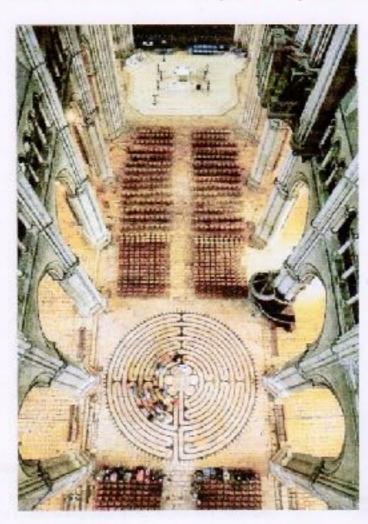
Institut Catholique de Paris Facultés de Théologie et de Sciences Religieuses

Institut Supérieur de Théologie des Arts

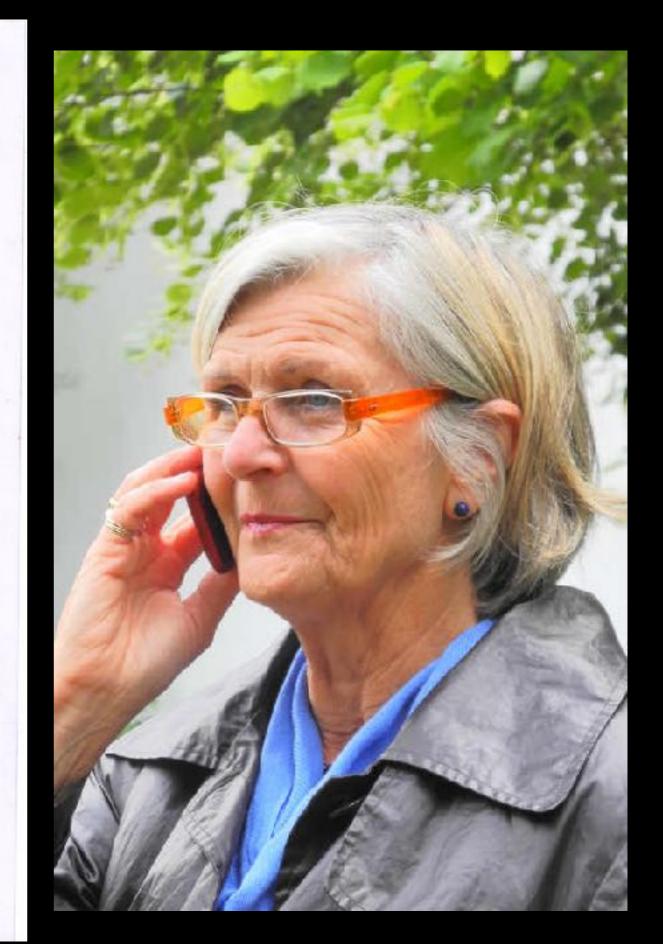
#### DANS LA CATHEDRALE DE CHARTRES,

#### IL Y A UN LABYRINTHE ...

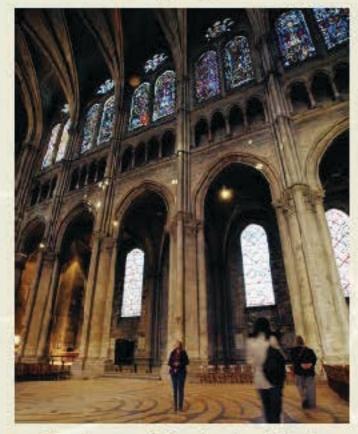
Jacob s'écria : « Yahvé est donc en ce heu et je ne le savais pas ». Gn 28,16



Mémoire présenté par Capucine Soupeaux, Sous la direction de Mme Odile Celier, Deuxième lecteur : Mr Denis Villepelet 8 Décembre 2010.



Quelques textes à méditer, à prier, sont à disposition, comme du bon pain pour la route...



«Tu m'apprends le chemin de la vie. Devant ta face, plénitude de joie.» Psaume 15, 11

«Prends soin de ton corps pour que ton âme ait envie de l'habiter.» Basile de Césarée

«Voici ce que produit l'Esprit: l'amour, joie, paix, patience, bonté, bienveillance, foi, humilité, et maîtrise de soi. Puisque l'Esprit nous fait vivre, laissons-nous conduire par l'Esprit.» Galates 5, 22...25 Le labyrinthe, dans la grande Tradition Biblique du chemin, du pèlerinage...



S.A.V. 2022 texte C Soupeaux, photos @JKH Geoffrion.

# PAR LE CHEMIN, AVEC LE CHEMIN, ET EN CHEMIN...



Il n'y a pas une manière «correcte» de parcourir le labyrinthe, c'est un chemin avec Dieu, selon la tradition biblique. La seule exigence, le respect de l'autre, du Tout Autre qui consacre ce lieu.

#### 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.

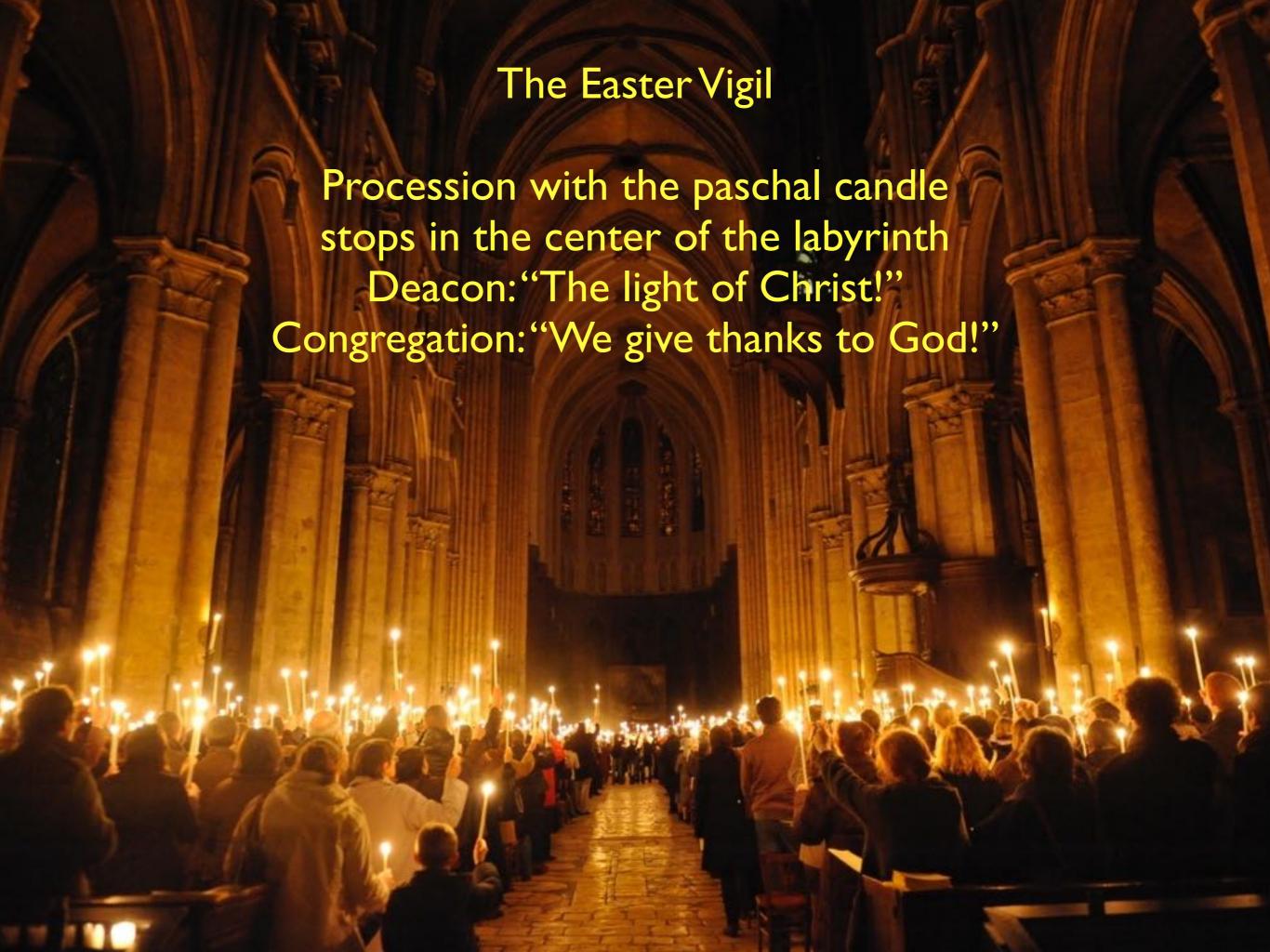
Offer thanks.

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.







### The Office of Light: Easter Evening 2013 & 2014





"On the path two great crises await you. The first comes when the magic of the beginning has vanished.

The second comes just

Both ask the question:
Do you really want
this?"

before the goal.

Gernot Candolini, Labyrinths: Walking Towards the Center (NY: Crossroads Books, 2003) 9.

Walking the Labyrinth in the Cathedral Notre-Dame de Chartres:

The Lived Experience of Middle-aged North Americans while on Pilgrimage

A Grounded Theory Study

Submitted in Partial Fulfillment of the Requirements for the

Degree of
Doctor of Philosophy
with a Concentration in Arts and Sciences
and a Specialization in Mythology and Spirituality of Journey
at the Umon Institute & University
Cincinnati, Obio

