

"Your life is a sacred journey.
And it is about change,
growth, discovery, movement,
transformation, continuously expanding
your vision of what is possible,
stretching your soul,
learning to see clearly and deeply,
listening to your intuition,
taking courageous challenges
at every step along the way.
You are on the path...
exactly where you are meant to be
right now... And from here,
you can only go forward,
shaping your life story
into a magnificent tale of triumph,
of healing, of courage,
of beauty, of wisdom, of power,
of dignity, and of love."
Caroline Adams



The Cross as a Journey

*A Holy Week Labyrinth
Experience*



Labyrinth availability:

April 11-13
11:30 am — 1:30 pm
6:00 pm — 9:00 pm

*Reservations are necessary to
walk the Labyrinth.*

*For a reservations to walk go to
the Information Desk or call
Columbia, 703 534-5700*

hosted by
*Prayer Experience
Ministry Team*



103 W Columbia Street
Falls Church, VA 22046
703-534-5700
www.columbiabaptist.org

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What is a Labyrinth?

We are all on the path... exactly where we need to be.

The labyrinth is a model of that path.

A labyrinth is an ancient symbol that relates to “wholeness”. It combines the imagery of a meandering but purposeful path. The Labyrinth represents a journey to our own center and back again out into the world. Labyrinths have long been used as meditation and prayer tools.

A labyrinth is an archetype with which we can have a direct experience. We can walk it. It is a metaphor for life's journey. It is a symbol that creates a sacred space and place and takes us out of our ego to "That Which Is Within."

Labyrinths and mazes have often been confused. When most people hear of a labyrinth they think of a maze. A labyrinth is not a maze. A maze is like a puzzle to be solved. It has twists, turns, and blind alleys. It is a left brain task that requires logical, sequential, analytical activity to find the correct path into the maze and out.

A labyrinth has only one path. It is unicursal. The way in is the way out. There are no blind alleys. The path leads you on a circuitous path to the center and out again.

A labyrinth is a right brain task. It involves intuition, creativity, and imagery. With a maze many choices must be made and an active mind is needed to solve the problem of finding the center. With a labyrinth there is only one choice to be made. The choice is to enter or not. A more passive, receptive mindset is needed. The choice is whether or not to walk a spiritual path.

At its most basic level the labyrinth is a metaphor for the journey to the center of your deepest self and back out into the world with a broadened understanding of who you are.

The Cross as a Journey...

A Holy Week Labyrinth Experience.

Walk and meditate on the path that Jesus took to the cross. From the betrayal of some of those closest to Him, through his trial, the mocking he took from those who were to guard him, as Simon carried His cross for him, to those who mourned him. Reflect on the pain He bore for each of us and celebrate the joy of resurrection. Get in touch with His pain and with yours as you walk this journey toward the cross with Christ. How close will you follow? How deep will you allow Him to touch your soul? Can you share in the glory of His resurrection? A contemplative time of prayer and meditation that will allow you to focus on His journey to the cross.

