

## Labyrinth

Someone recommended going to the Labyrinth service, March 11, Sunday evening, saying "It is good to experience other forms of worship". That following Sunday morning, I went up to this person and said, "You know you are always right, I went to the Labyrinth service, and it was wonderful". I went on to tell her (well 'always right', it had to be a woman!), how it had really affected me. When I had finished, she replied, "Why don't you write about it in 'The Key', so here it is.

I was a little apprehensive, well you are when you try something new. I didn't really know what to expect at all. I walked into church, via the main door, that was different, after being warmly greeted and directed in. I must admit, it could have been my imagination of course, that the inside of the church felt different. It obviously looked different, for there were stations throughout, with arrows on the floor directing you around.

There was only me and one other when I arrived; I was early, the first time I think for a very long time, if ever. It was very still as I sat in my pew waiting for it to begin. As I sat there waiting, I was handed a booklet, explaining how to go round the labyrinth and that I was to do this at my own pace.

I read and prepared. As I went round the stations I was asked to communicate with God in many different ways, with prayer, meditation, letting go of stones into water, planting seeds, lighting candles, walking in sand (without shoes) and many other ways – there were twelve stations in total.

Each time I felt a deeper connection with God, and an inner peace that was breath taking. My favourite experience was at Station 6, at the centre of the Labyrinth. It was at the altar to the right of church. The booklet said "God is here & you are welcome. This is your space to be with God and God's space to be with you, make yourself at home". I did and it was wonderful. I didn't want to move on.

The Labyrinth was followed by a short service in the children's chapel. It provided focus and I felt that everyone would have got so much from the whole experience. If it is offered again, I would definitely hope to attend again and would hope you would too and get as much as I got out of it, if not more. I am still benefiting from the peace and clarity I received that evening. It is helping right now, writing this to you.

**Amanda Spence**

**God still comes where he can find someone quiet enough to  
listen and alone enough to heed.**

G B Duncan