

LABYRINTH RESOURCES

Books:

Walking a Sacred Path by Dr. Lauren Artress. (New York: Riverhead Books, 1995).

Exploring the Labyrinth: A Guide for Healing and Spiritual Growth by Melissa Gayle West (New York: Random House, 2000)

Praying the Labyrinth: A Journal for Spiritual Exploration by Jill Kimberly Hartwell Geoferton (Cleveland: Pilgrim Press, 1999)

Web Sites:

labyrinthociety.org

Labyrinthproject.com

Paxworks.com

labyrinthlocator.com

Gracecathedral.org

Local Outdoor Labyrinth:

Unityofbellevue.org/Labyrinth.html

MCC Core Values

Inclusion

Love is our greatest moral value and *resisting exclusion* is a primary focus of our ministry.

Community

Offering a safe and open community for people to worship, learn and grow in their faith is our deep desire.

Spiritual Transformation

Providing a message of liberation from the oppressive religious environment of our day or to those experiencing God for the first time is what guides our ministry. We believe that when people are invited to *experience God* through the life and ministry of *Christ*, lives will be *transformed*.

Social Action

Working to talk less and do more, we are committed to resisting the structures that oppress people and standing with to those who suffer under the weight of oppressive systems, being guided always by our commitment to Global Human Rights.

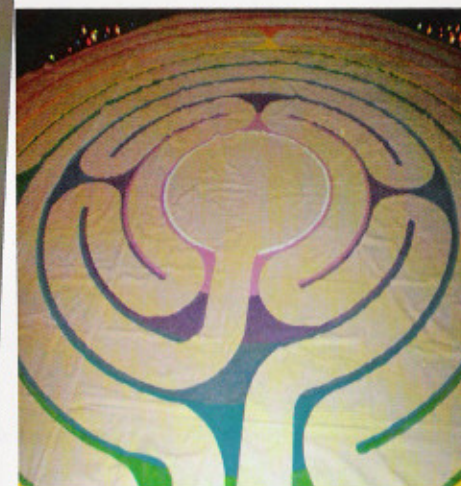


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METROPOLITAN
COMMUNITY CHURCH
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Rev 05/09

RAINBOW LABYRINTH



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(206) 325-2421

What Is a Labyrinth?

The Labyrinth is a pathway for all who journey through life. Labyrinths from ancient and modern times can be found around the world and in nearly all cultures. This is a spiritual tool used for many purposes: centering, prayer, meditation, a journey to our innermost soul where we are one with Creator and all beings and things, a symbolic journey/pilgrimage, releasing, death and resurrection, a sacred place to receive insights/hear God's voice, etc.

Since no two people are ever in the exact same place at the same time, each person has her/his own experience while on the Labyrinth. Yet we discover that we are all on the Path of Life together and must find common ground if we are to survive.



ABOUT OUR RAINBOW LABYRINTH

MCC Seattle had this Labyrinth custom made so that we would have it to share with you. It is meant to transcend the creeds and dogmas of any and all religions. The Labyrinth is not about any particular belief system. It is about learning respect and honor for all people's journey regardless of where we may be on life's pathway. On the Labyrinth we learn to make room for each other. We wish to extend our understanding of the Divine as being loving and inclusive of all Creation.

How Do I Walk a Labyrinth

A Labyrinth has only one path; it is not a maze or a puzzle. Once you have entered, there are no choices to be made as to where to turn. The only choice you make is whether or not you will enter and walk.

There is no right or wrong way to walk a Labyrinth. The only requirement is an open mind and heart. Letting go of expectations and not trying to control the outcome will enhance your experience. That being said, at the time you use the Labyrinth we

will provide you with simple guidelines which may be helpful.

The Rainbow Labyrinth...

... is available for your organization or group in the following ways:

- set up to walk at a specific indoor festival or gathering
- workshops/retreats
- hospitals, schools, churches, community centers
- facilitator for all the above is available with advance planning

Contact:
(206) 325-2421
or
rainbowlabyrinth@mccseattle.org

MAY YOU BE BLESSED AS YOU
WALK THE RAINBOW LABYRINTH