Most of us take a holiday at some time, time out of our everyday busyness to recharge our batteries.

Our holiday usually involves a journey, however long or short.

When we are on holiday we usually relax and enjoy different activities and different places.

This Summer Labyrinth allows us to make a journey and take time out to experience some different activities in a quiet space.

It is hoped that the experience will have a sense of having had a 'Holy Day' bringing us closer to God and deepening our understanding of our inner self.
Church Layout.

The journey begins at the back of the church by the doors and then the inward journey works its way up the centre aisle to the Sanctuary steps. The outward journey works its way down the left aisle back to the entrance.

This can be adapted for any space.

It could also be used outside in the church yard, weather permitting.
Church Layout.

The journey begins at the back of the church by the first window on the right, then the inward journey works its way winding in and out of the pews, using the window sills as stopping places with activities and meditations. This journey takes us to the centre in the Lady Chapel, where we can pause for as long as we like.

The outward journey works its way down the left aisle and back to the entrance.
The fishing nets are used for the work of catching fish.

As you begin your journey, remember your work and the things that hold on to you.

Lay each thing down before God and let them go for this time

When you are ready, move on to Station 2
Creator God
on windswept beaches
your saints of old
held their hands up to you
in wonder and amazement
felt your power through the roar
of wind and surf, and
exposed to the elements
felt a unity
with the One
who had created all things.
This world does not often allow us
such intimacy, Father
we are crowded out
by circumstances of our own choosing
seeking fellowship with each other
rather than with you.
Forgive our unwillingness
to follow in the footsteps of your saints
to meet you in the solitude of your creation
Forgive our unwillingness
to get our feet wet

Read more at: http://www.faithandworship.com
Take a stone from the pile.

Think of the journey this stone has made, where it has been, what it has been through to reach this place.

How does it relate to your life journey?

Offer the places you have been and the experiences you have had to God by placing your stone by the cross.

When you are ready, move to Station 3.
For each step that I might take
Be my guide, O Lord of life
For each load that I might bear
Be my strength, O Lord of life
For each mountain I might face
Be my power, O Lord of life
For each river that might impede
Be my safety, O Lord of life
For each place where I might rest
Be my peace, O Lord of life
For each sunrise and sunset
Be my joy, O Lord of life

Read more at: http://www.faithandworship.com
Choose a piece of drift wood.

Look closely at it. Feel its texture.

It has been thrown around in the sea and over time and it has been worn away, yet it is beautiful and the strong part remains.

How does this relate to you?
Recognise your beauty and strength.

When you are ready, move on to the centre.
This world
is not the accomplishment
of a moment of your time, Lord
that we can see clearly.
Those rugged cliffs
thrust from the depths of the sea
filled with the evidence of the past
were not created in the blinking of an eye.
The diamond’s hardness
did not come suddenly.
This is the work of an infinite patience
the creation of something
of which its creator could be pleased.
And now Lord, this infinite patience,
this creative love is directed towards us
formed as we are from the very elements
of the world in which we live.
Your creative Spirit still at work
tireless, ceaseless
endlessly creating in our hearts the
image of your likeness.
The only difference being
the diamond had no choice
in whether it would be transformed
into such beauty

Read more at: http://www.faithandworship.com
The Centre

A still place
A protected space
A quiet place
A space to think
A Space to be
Time to be
Enfolded by peace.

Soon you will need to move on, to begin your journey back into the world outside, but now rest in God’s presence, protected by Him, for as long as you like.

In your own time move on to Station 4
You are the peace of all things
calm
You are the place to hide from
harm
You are the light that shines in
dark
You are the heart's eternal spark
You are the door that's open wide
You are the guest who waits inside
You are the stranger at the door
You are the calling of the poor
You are my Lord and with me still
You are my love, keep me from ill
You are the light, the truth, the way
You are my Saviour this very day.

celtic oral tradition - 1st millennium

Read more at: http://www.faithandworship.com
Water -
Life giving, cleansing, powerful.

Think about the water, put your hands in it, experience it.

Think of the things water means to you in your life.

Thank God for His life giving gifts.

When you are ready, move on to Station 5
Lord of the morning
of dawn chorus
rising sun
mist on water
day begun

Lord of the noontime
of chattering voices
laughter and fun
sparkling water
everyone

Lord of the evening
of quiet breeze
setting sun
gentle waters
day that’s done

Like a mountain stream
exuberant in it’s flow
you carry us
into the river of your love
and transport us
gloriously
effortlessly
to the ocean of your grace

Read more at: http://www.faithandworship.com
Station 5

Here you can build a sand-castle, make shapes, enjoy being a child. Take as long as you like playing in the sand.

Remember all the fun things God has given us to bring us pleasure.

Think of all the people we can share these times with and the places we can be.

When you are ready, move on to station 6
Heavenly Father
we meet together
your people
one people
your family
bound together
with the woven chord
that binds all of creation together
fashioned from your love.
Brothers and sisters
children together
One family in fellowship
with you, its Heavenly Father.
May this be a time of joy
a time for growing
a time for strengthening
a time for loving
family time
quality time
together.

Read more at: http://www.faithandworship.com
Look at the shells, pick them up and look at their shape and colours.

Think of the amazing variety of shells there are. Let them remind us of the variety there is in life around us - people and animals, trees and flowers.

Think about God's creation we see all around us.

Thank Him for making so many things for us to enjoy in the world.

When you are ready, move on back out to enjoy the world outside.
Every creature, every plant
every rock and grain of sand
proclaims the glory of its Creator
worships through colour, shape
scent and form.
A multi-sensory song of praise.
Creator God, may we join
with the whole of your creation
in praising you, our Creator
through the fragrance
and melody of our lives

Read more at: http://www.faithandworship.com
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