

THE PARISH CHURCH OF ST MARY DE HAURA  
SHOREHAM-BY-SEA, SUSSEX

*Further reading:*

Mazes and Labyrinths *by* Nigel Pennick

Labyrinth: Pathway to Meditation and Healing *by* Helen Raphael Sands

Christian Prayer and Labyrinths *and* Praying the Labyrinth *by*  
Jill Kimberly Hartwell Geoffrion

Exploring the Labyrinth *by* Melissa Gayle West

The Sacred Path Companion *by* Lauren Artress

*Websites:*

[www.labyrinthos.net](http://www.labyrinthos.net)

[www.labyrinthociety.org](http://www.labyrinthociety.org)

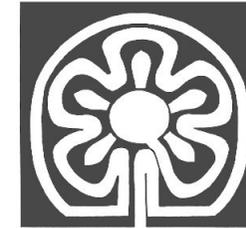
[www.labyrinth.org.uk](http://www.labyrinth.org.uk)

[www.sacred-destinations.com/france/chartres-cathedral.htm](http://www.sacred-destinations.com/france/chartres-cathedral.htm)



[www.stmarydehaura.org.uk](http://www.stmarydehaura.org.uk)

# Walking the 'Mystic Rose' Labyrinth



When you are ready, enter the labyrinth and walk very slowly in silence while you reflect on your life, or perhaps let all thoughts go and just 'be' for a while.

You may want to:

give thanks

pray for someone

meditate on some words

think about a problem

empty your mind of all thoughts

Spend as much time as you like on the path – do not feel pressured to move on. Let others pass you by as you take time to relax and contemplate.

Most people like to pause at the centre before they walk back.

Sit quietly near the labyrinth after your walk if you like – you need not move away until you are ready to do so.

As you leave you may want to write in our 'Labyrinth Journal' or talk or pray with one of our Pastoral Team who will always be available – just ask.

Pilgrimage is the sign of an inner journey – the journey of the heart. It is rooted in the conviction that life itself is a process of continual change and movement. We are never static, and we carry within us a sense of expectancy, of looking forward in hope.

(Peter Millar, *An Iona Prayer Book*)

In modern culture, we need to be able to quieten our minds. We have enormous pressures on us. Unless you can create an inner sanctuary, a special chamber within, where you can be with yourself, slow things down, and direct your thoughts towards what nourishes you in body, mind and Spirit, you will be starving for meaning and purpose in your life. The labyrinth can help you create this inner chamber; it can provide a touchstone to return to, when you need to remember who you are and where and with whom you stand.

(Lauren Artress, *The Sacred Path Companion*)

Faith helps us to cross borders and walk into the unknown. Faith gives us the courage to enter new territories and to discover that all of life is a journey and an adventure. In the stillness and solitude of your own heart, you can journey inwards to meet the God who is waiting there for you to come to him.

Only those who walk the paths know more than maps:  
Only those who enjoy the Presence can truly talk of God.

In looking at the saints of the early church, we see that they were very much people of the world, but with a vision that led them on. These holy people were able to see beyond, to escape the trivial and to live in depth. The opportunity is still there for those who have the courage to take this road.

God give you grace to walk the way of his saints in joy, peace and love: to discover the beauty of his holiness and to enjoy the glorious freedom of the children of God.

(David Adam, *Walking the Edges*)

Whether you be sleeping or waking, by night or by day, the seed sprouts and grows, though you know not.

(*Rule of Taizé*)

If we really want to pray, we must first learn to listen; for in the silence of the heart God speaks.

(*Mother Teresa*)

## *Prayers*

I weave a silence on to my lips  
I weave a silence into my mind  
I weave a silence within my heart  
I close my ears to distractions  
I close my eyes to attractions  
I close my heart to temptations

Calm me O Lord as you stilled the storm  
Still me O Lord, keep me from harm  
Let all the tumult within me cease  
Enfold me Lord in your peace

You, Lord, are in this place  
Your presence fills it  
Your presence is peace.

You, Lord, are in my heart  
Your presence fills it  
Your presence is peace.

You, Lord, are in my mind  
Your presence fills it  
Your presence is peace.

You, Lord, are in my life  
Your presence fills it  
Your presence is peace.

(*David Adam*)

One more step along the world I go,  
One more step along the world I go,  
From the old things to the new  
Keep me travelling along with you.  
*And it's from the old I travel to the new  
Keep me travelling along with you.*