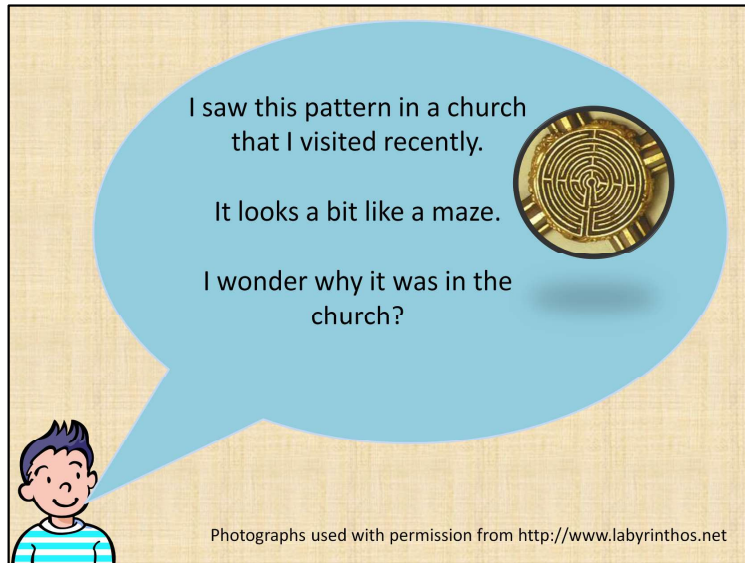




Additional Resources:

<http://www.labyrinthos.net/> - all about labyrinths around the world.

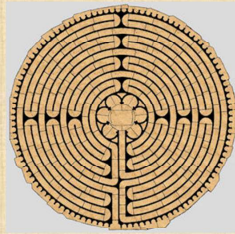
<http://www.labyrinth.org.uk/index.html> – a website about a portable labyrinth which can be set up anywhere.

Labyrinths

A labyrinth is different from a maze because it only has one route in and out and no dead ends.

Labyrinths can be found in many places including churches.

They can be complex or simple, portable or fixed and many different shapes.



This is the labyrinth at Chartres in France.

You can slowly walk into the middle then out again.

What could a Christian think about as they are walking into and out of the labyrinth?

Photographs used with permission from <http://www.labyrinthos.net>

Walking into the labyrinth is seen by some Christians as being symbolic of journeying through life.

As they walk through they think about different aspects of their lives including family and friends.

At the centre, this is symbolic of death.

Walking out of the labyrinth is like walking into new life with Jesus, or resurrection.

Some Christians walk the labyrinth before baptism or confirmation to remind themselves that they are being “born again”.

Sometimes people walk the labyrinth to remind them of the story of Easter and Jesus’ death and coming back to life.

Baptism – the ceremony where a baby or adult is accepted into the Church. Godparents and parents make promises to help the child (or adult) grow up in the Christian faith.

Confirmation – the ceremony where a young adult or adult promises to be a Christian and to follow Jesus. It is the next step from Baptism where the child takes the promises made by their parents and god parents for themselves.

Being “born again” is where a Christian believes that by being baptised they are symbolically born once more but this time in a life containing Jesus. It is like a fresh start in life.

The story of Easter is where Jesus was crucified (killed by being nailed to a cross) and then is resurrected (comes back to life) on Easter Sunday.



Another way of using a labyrinth is to think of a problem.

On the way in to the centre, pray to God for help with the problem.

On the way out, listen to God for an answer.

I think I understand why the labyrinth was in the church! It's a way of helping Christians to pray about problems or to think about their life.

I wonder what I would think about in a labyrinth?



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What would you think about while walking this labyrinth at Ely Cathedral?

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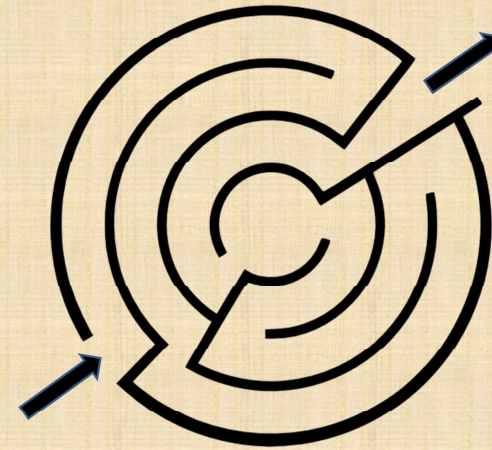
This is a finger labyrinth. Instead of walking around you use your finger to follow the grooves into the centre.

What are the advantages of having a portable labyrinth?

Do you think you would get the same experience using a finger labyrinth as walking a larger one? Why?

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Time to Think...



Ask the children to think of something that is important to them and to put it in the middle of the labyrinth. Then, ask them to slowly follow the labyrinth with their eyes to the centre while thinking about what is important to them.

Alternatively, ask the children to think of a worry which they put into the middle. Then, ask them to ask God for help with this worry while slowly following the path with their eyes. As they exit the labyrinth, ask the children to listen to God who may have an answer to help them with their worry.

The children could then design their own labyrinths.