

## \*Walk the Labyrinth

YOU ARE CORDIALLY INVITED TO COME AND WALK WITH US!

Our labyrinth is regularly available for walking on the SECOND WEDNESDAY of each month from 5:00 pm until 7:00 pm. At special times this labyrinth will be available more often. This coming Lenten season is one of these special times. Leading up to and during Lent, the Labyrinth will be available at the regular time on the following dates: Feb. 10, Feb. 17 (Ash Wednesday), March 2, March 10, March 17, and March 24.

Asbury First United Methodist Church is fortunate to have a permanent indoor labyrinth inlaid in the tile floor of our Fellowship Hall. This allows us to offer year round access to a unique spiritual meditative experience for our members and the community at large. Our labyrinth is modeled after an 800 year old labyrinth at Chartres Cathedral in France. The following quote by a Spiritual Life Committee member summarizes what the labyrinth experience can mean during this Advent Season: "It is a time for reflection, and hope, and peace, a time to free yourself from busy thoughts and slow down to receive the message God has for you. As you walk with an open mind and an open heart, allow the moment and the answers to come to you on your journey. The walk is simple ... the rewards many. The Spiritual Life Committee of Asbury First is responsible for the labyrinth. If you have any questions concerning the labyrinth or would be interested in becoming a labyrinth steward please contact committee members: Deborah Pearce, Chairperson ( 249-9925) Linda Freed (223-9092) David Closson (671-5534) Charlotte Craig (473-9674) Spiritual Life Committee membership or church membership is not required for serving as a labyrinth steward. Labyrinth stewards are responsible for hosting and set up at the times the labyrinth is available. We invite our church members and community residents to use our labyrinth at our regularly scheduled times. If you wish to schedule special times for a group labyrinth walk please contact Melody Guadagnino in our church office. She can be reached by phone at: 271-1050, X103 or email at: [mguadagnino@asburyfirst.org](mailto:mguadagnino@asburyfirst.org) Later this year we plan to conduct group orientation sessions for new labyrinth walkers and those who would appreciate hearing more about the origins and design of the labyrinth. Whenever the labyrinth is available there are always stewards on site to assist those who are new to the experience. Asbury First's address is 1040 East Avenue. Enter at the rear parking lot entrance and follow signs to the Labyrinth.