



St Stephen's  
on-the-hill, Belmont

# Labyrinth

*Walking the earth lightly*

*"Let us pause from thinking...let us stop the noise.*

*In the silence let us listen to our hearts."*

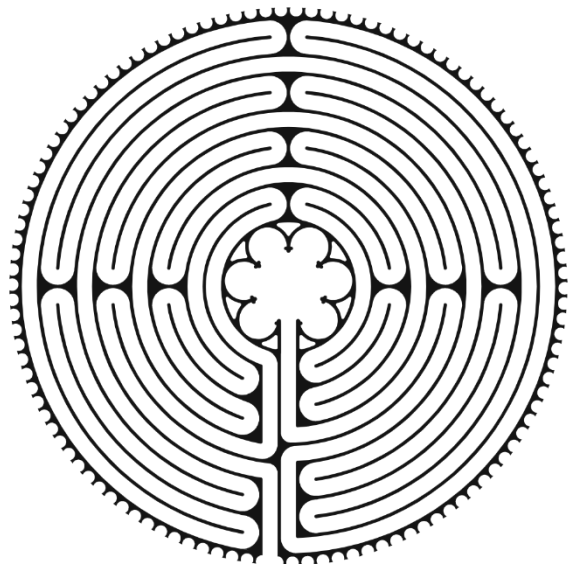
*Michael Lennig*



# Walking the earth lightly

A contemplative walking path to reflect on the gift of 'Place, Life, Beauty and for the Fragile Precious Earth' we share. Each step can be mindfully taken for Peace, Healing, and remembrance.

This place, This moment,  
Each step...Charged with  
Wonder



## *The Practise of Walking on the Earth*

Labyrinths were a feature of many medieval cathedrals, most famously in Chartres cathedral in France, although people have been making them since long before Christ was born. They were probably adopted by the Church because of their cross-like symmetry, which reminded people of the journey Christ made to be crucified.

This kind of labyrinth has no walls. It is marked out on the ground and, unlike a maze, has only one pathway. There are no tricks, so you can't get lost!

Take the walk at your own pace – fast or slow.

As you wind your way round, approaching the centre, you gradually off-load the pressures of the day.

You can also view the labyrinth as an allegory of your life: sometimes you appear to be close to God, only to be thrown out to the edge, sometimes you find yourself walking in sympathy with others, and at other times you are far distant from them.

At the centre you can sit and rest in God's presence for as long as you like. Then you walk the labyrinth outwards carrying the light of Christ with you out into the world.

*Solviture ambulando*, wrote Augustine of Hippo, one of the early theologians of the Christian church. "It is solved by walking." What is "It"? If you want to find out, then you will have to do your own walking."

GROWING A CHRISTIAN COMMUNITY FOR ALL