

Your journey through the labyrinth is a special process between you and the Divine. Learn to:

*Let go
Hear
Understand
Accept
Know
Listen*

A labyrinth is a map of a spiritual journey. It is not the end point on that journey. We hope you find walking our labyrinth a valuable and spiritual experience.



No matter who you are or where you are on Life's journey, you're welcome here.

Worship Services

Sundays 9 AM and 11 AM (Nov-Apr)

Sundays 10 AM (May-Oct)

Morning Chapel

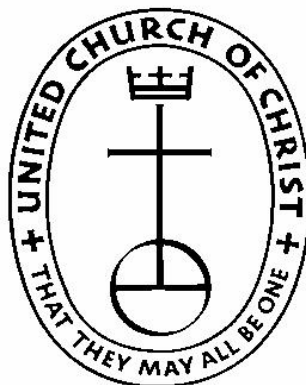
Sundays 7:45 AM (Oct-Jun)

Sunday School and Nursery

9 AM (Nov-Apr)

10 AM (May-Oct)

COME SHARE THE SPIRIT!



Sanibel Congregational United Church of Christ Welcomes You To Walk the Labyrinth



Come, Walk the Path

Sanibel Congregational
United Church of Christ
2050 Periwinkle Way
Sanibel, FL 33957
239/472-0497
www.sanibelucc.org

What is the labyrinth?

The labyrinth can be used as a spiritual tool for meditation. As you prepare to walk its path, it might be helpful for you to think about the following:

Be open to feelings or thoughts you don't expect.

Think about the thoughts you *do* expect and ask yourself what you would like to come away with.

Consider the distractions around you ~ the sounds of birds, or cars, or the weather. For some people, they can be an aid through which they can more fully experience a divine presence. Listen to the world around you!



When you go in...

No one can say what you will feel upon embarking on this journey. Be open to anything.

Release the stresses and tensions you bear.

Relax and trust that as you walk, you will be led on a journey on which you cannot get lost.

Breathe slowly and don't worry about doing this the "right" way. This is an entirely personal experience which will be unique to you.

Leave yourself open to hearing the Divine speak to you about the concerns and issues you have brought with you to this place.



Arriving and departing...

The center of the labyrinth is only the halfway point. It is not a destination. Stop for a moment to consider the personal journey that has brought you here.

Walking out of the labyrinth from the center can be symbolic of leaving something behind, or embracing something for the future. Or both! Only you will know what it means to you.

Many people feel refreshed after finishing their walk. Perhaps you have been able to think about something that has been bothering you, or have been able to put aside your daily concerns for a short time.

