

The Labyrinth at Sacred Heart

Through the generosity of
MARION COSGROVE,
parishioner and benefactor,
a plain canvas sheet was purchased
and used to build our labyrinth.

Architect and parishioner
BOB BASSOLINO
drew the outline and prepared the 36'
diameter canvas for painting.
A number of parishioners met day and
night to complete the
11-circuit labyrinth.

Resident artist
AMBRA ROBINSON
chose the colors, created the center
petals and directed the completion of
this spiritual tool.

Sacred Heart Church
215-35 38 Avenue
Bayside, NY 11361
718-224-5695

Parishioners' Reflections

"We tend to limit ourselves...the way we seek God.
The labyrinth provides yet another path. It is a
cathedral with neither pillar nor arch."

Bob Bassolino

"For a moment I touched my soul in prayer and found
peace."

Jo Cardone

"The labyrinth experience is always different. It always
produces a feeling of peace and yet the inner journey
reveals something of myself."

Marion Cosgrove

"The labyrinth is a metaphor for my life
experience...past and present."

Joan Saia

"Not only have I walked the labyrinth, I've danced it,
skipped it and in my dreams floated through it. It has
given me that sense of peace I have been searching
for."

Alexis Tandit

"I find the labyrinth to be a spiritual practice that
immediately engages my mind, body and soul. I
actually feel God's embrace."

Sister Kathleen Masterson, RSM

"Each time I've walked the labyrinth, I've experienced
an overwhelming sense of peace and comfort."

Mary Cash

"...a creative, meditative reflection on life."

Ambra Robinson

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Walking a Sacred Path

What is a Labyrinth?

The labyrinth is an ancient spiritual tool. Its winding circuitous walk symbolizes one's walk with God.

The labyrinth is an archetype, a divine imprint, found in all religious traditions in various forms around the world and throughout history. The labyrinth is not a maze; there are no tricks to it and no dead ends. The path winds throughout and becomes a mirror of the way we live our lives; it touches our sorrows and releases our joys. One walks it with an open heart and mind.

The History of the Labyrinth

Throughout human history, PILGRIMAGE, the search for the holy, has been a recurrent movement. The first Christians were called "PEOPLE OF THE WAY" and they willingly followed the path Jesus set before them.

In the Middle Ages, Christians were expected to travel to the Holy Land at least once during their lifetime. But travel became more dangerous during the Crusades, so certain cathedrals in Europe were designated "pilgrimage cathedrals." Christians would travel to those sites where they would walk a labyrinth laid in the cathedral's stone floor. These early pilgrims walked the labyrinth as a metaphor of their life's journey.

By walking a replica of the Chartres labyrinth, laid in the floor of Chartres Cathedral in France around 1220, **modern day pilgrims** are rediscovering a long-forgotten mystical tradition.

Today labyrinths are used in churches, in hospitals, in retirement centers, in parks, in prisons and in retreat and conference centers.

Why walk the labyrinth?

Most of us are steeped in the world that surrounds us. Noise, busyness abounds. Finding time to be still and seek God is becoming harder and harder. For some, walking the labyrinth is a way to relax and to meditate, but for others, it is a highly spiritual experience. For us **modern day pilgrims**, the walk, the journey to the center and back, is a metaphor for our journey through life with God. On the labyrinth we learn to trust God, to seek God's wisdom, and to hear God's voice. It is a way to reconnect with one's inner Spirit, to go within, to hear the voice of God.

"A single moment of divine union is more valuable than a long period of prayer during which you are constantly in and out of interior silence. It only takes a moment for God to enrich you."

– Fr. Thomas Keating

"People come to labyrinths for a multitude of reasons, but most find that walking a labyrinth can be a transformative experience. As people tread through the turns and counterturns of the labyrinth, the world begins to drop away. Walking, breathing, being...things that we never think about in the day-to-day whirl of life...become conscious and deliberate. The spiritual and physical merge into a walking meditation. One's pace becomes a background rhythm against which they are able to clear their minds. As one moves toward the center, one senses they are approaching a spiritual center as well. Some say they hear the voice of their own truth, experience guidance, or feel a sense of grace or transcendence."

–The Way of the Labyrinth, Helen Curry

The Six-Petal Center



Christian pilgrims took the symbolic trip to the center of the labyrinth to **ENCOUNTER THE DIVINE**. Upon entering the center of the labyrinth, they imagined being enveloped by God, each petal representing a facet of God's self-revelation.

THE REALM OF MINERALS: *Mother Earth herself; rocks, stones, beaches, boulders, mountains*

THE REALM OF VEGETATION: *plants, trees, flowers*

THE REALM OF ANIMALS: *all creatures great and small feeding and nourishing us in a variety of ways*

THE REALM OF HUMANS: *people in all their wondrous diversity*

THE REALM OF ANGELS: *our angels and personal communion of saints, those who have gone before us and watch over us*

THE REALM OF MYSTERY: *God's unconditional love continually poured out on our behalf*