



St. Columba's Labyrinth

St. Columba's labyrinth is open to all people, regardless of faith, age, or ability as a peaceful space for prayer, reflection, and renewal.

Labyrinths are an ancient form of walking meditation. When our large, canvas labyrinth is unfolded and in place – lit only by candles and a bit of natural light – St. Columba's Great Hall is transformed into a magical space. For 2019, monthly walks are usually held the second Tuesday of each month, with additional "special events" during the year. (See schedule on the reverse side.) Also, St. Columba's ministries or groups may request a walk on other dates.

No experience is necessary to enjoy the labyrinth. Children enjoy walking the labyrinth and coloring take-home labyrinths. Volunteer guides will provide information and answer any questions.

"Walking the labyrinth can be an opportunity to slow down, relax, reflect, talk to God, and restore your sanity."

~ Labyrinth Guide at St. Columba's

Newcomers are welcome to help continue to unfold this rich spiritual ministry for the community.

Training is provided for anyone interested in becoming a labyrinth guide.

Come experience the labyrinth soon, and again and again!

Labyrinth Schedule

Walks are held in the Great Hall on the 3rd floor. Please begin your walk 30 minutes before the scheduled closing time. Visit Columba.org for program updates at tinyurl.com/StcLabyrinth.

Second Tuesday Walks

3/12 **Open Walks with Live Music** 7-8:30 pm
5/14 Follow the candlelit labyrinth path, as
10/8 musicians offer meditative selections on
11/12 piano, violin, flute, and harp.
12/10

Tuesday, **T'ai Chi and Open Walk**
Apr. 9 T'ai Chi instructor Ellen Kennedy will lead
gentle exercises that quiet the mind and
promote balance. Appropriate for all ages.
Program 7-7:45 pm
Walk with Live Music 7:45-8:30 pm

Tuesday, **Sacred Circle Dance**
June 11 Evelyn Torton Beck, scholar/teacher/activist
and long time Circle Dance teacher, will
lead this ancient practice of embodied
prayer. No experience necessary.
Program 7-7:45 pm
Walk with Live Music 7:45-8:30 pm

Special Labyrinth Programs

Saturday, **"Embodying Prayer" Half-day Retreat**
Mar. 16 Centering Prayer, Labyrinth walking
meditation and Sacred Circle Dance,
8:30 am-1 pm. Co-sponsored by St. C's
Centering Prayer Groups and Contem-
plative Outreach of MD and DC.

Sunday, **Great Hall Services**
Mar. 31 **Families** 9:15-10 am
Worship Lab 11:15 am-12 noon
Open Walk with Live Music 10:15-11 am

Saturday, As part of **Tenleytown Art All Night**,
Sept. 14 St. Columba's labyrinth will be open to all,
with music from **Harmonic Introductions!**



St. Columba's
EPISCOPAL CHURCH

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