



# Friday Evening Labyrinth Walk

Each Friday evening at 7:00pm

## On a Spiritual Path

Barbra Horowitz



French philosopher and Jesuit priest, Pierre Teilhard de Chardin, said, "We are spiritual beings on a human path." Each of us benefits from personal spiritual experiences on our path.

The labyrinth is a path of prayer – a sacred space that has made a divine imprint on human spirituality for nearly 4,000 years. Its circular nature provides a meandering yet purposeful path – from the outer edge to the center and back out again. To walk the labyrinth is a powerful way to meditate or pray, because the easy movement of our body removes excess energy that we cannot simply get rid of when sitting; that frees our mind to be open and aware all the way to the heart and soul. The walk is a metaphor to our life and spiritual journey – the path in, time in the center, the path out, and experiences along the way. No matter how difficult the going gets, the lesson we learn is to trust the path – it gives us strength for our journey.

Labyrinth Bonaventure at Mary & Joseph Retreat Center opened in 2015 and has welcomed thousands who have walked it individually or in community since then. Our trained facilitators offer guided walks on Friday evenings at 7:00 pm, check our website, [maryjoseph.org](http://maryjoseph.org) or [eventbrite.com](http://eventbrite.com) for more information. Come and join us in walking prayer to enrich your spiritual life. Cost: Complimentary, with donations welcome.

### MARY & JOSEPH RETREAT CENTER

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