

Covenant Presbyterian Church Labyrinth A History

The conversation about creating a labyrinth at CPC began as early as 2002, then in October 2003 became a more serious concept as six from our church family attended a women's retreat at Zephyr Point that focused on the use and creation of labyrinths. During the weekend we began experiencing the possibilities of adding the spiritual practice of labyrinth walking to our many ways of praying and meditating.

Over the years we have borrowed canvas labyrinths and created our own labyrinth in the narthex during the Lenten Seasons. Former Interns from SFTS were leaders in these efforts (Mary Davis, Aimee Moiso & Meghan Davis) Many of us gathered for worship and educational opportunities and began to discover how meaningful the practice of walking a labyrinth can be to our spiritual lives. Young and old alike began experiencing the possibilities of labyrinth walking here at Covenant Presbyterian Church.

In 2007 the labyrinth became a reality as the Session committed itself to supporting this vision. Our Property Commission under the leadership of Bob Osmond brought this project to fruition. A generous gift from the Rev. Rod & Greta Fridlund made the labyrinth possible. We are grateful for their generosity toward CPC as they were leaving the Napa Valley and moving to Oregon!

Many hands helped in the creation of the labyrinth; they include: Kelly Bourg, Meghan Davis, Paige Grove, Jan Hartman, Aimee Moiso, the Neidlingers: Brett, Derek, Amanda and Mandi, Bob Osmond, Bobby Osmond, Bev Penry, Andrew Vallergera and pastor Deana Reed.

The dedication of the labyrinth on October 7, 2007 was the beginning of an intentional offering to our church family and the community to come and experience the living God in profound and refreshing ways. May each step we take upon the labyrinth path bring us into God's shalom.

The Words of the Labyrinth Dedication, October 7, 2007

Brothers and sisters in Christ, your life is a sacred journey. Your life is highlighted by change, growth, discovery, movement, and transformation as you continuously expand your vision of what is possible, stretching your soul, learning to see clearly and deeply, listening to God's Spirit within you, taking courageous steps along the way. You are on a path and each of you are in the place you are meant to be at this very moment. From here, you will go forward, shaping your life story into the grace-filled experience we know to be our journey with God. The experience of walking a labyrinth can be a reminder to us of both the journey and the grace of God that surrounds us.

Litany of Dedication

Men/Boys: Bless, O Lord, this labyrinth and all who will walk upon its winding course. Help us to trust this path as a symbol of our life with you: that no matter how far we feel from you, you are always there at the center, waiting for us and welcoming us home.

Women/Girls: *Bless our journeys. Help us to remember that you are with us in times of joy and in times of sadness. With each step we take, surround us with your light for with you we do not walk in darkness. Keep our hearts and minds fixed upon your perfect peace that is the center of our life with you.*

All: In you, Gracious God, we find our returning and our rest. Sustain us then with the knowledge of your presence as we journey this sacred path. Lead us closer to your heart and deeper into your love. In the name of your Son, Jesus Christ, we dedicate this labyrinth to you and our worship of you. Amen.

Tips for Walking the Labyrinth

- There is no right or wrong way to walk the Labyrinth.
- As you begin your walk, take a few deep breaths at the start of the path, find your center, and focus your intentions.
- Find your own natural pace as you walk. You may walk as slow or fast as you want. You may vary your pace or stop along the way.
- If others are on the path with you, feel free to step around them or let them step around you. Sometimes you will meet people who are on their return path: feel free to step aside and let them pass without any word or interruption.
- In the center, you may stay as long as you want. Again, follow your own natural pace. Sometimes it may be necessary to pause before entering the center to allow others to begin their return and thus make space for you.
- Each experience with the Labyrinth will be different. Sometimes it may feel as though nothing has happened and other times you may have a strong experience.
- Blessings to you as you walk – God is with you on your journey.

Why Walk the Labyrinth

“Any action done with mindfulness helps unite body and Spirit.”

The three parts of walking the labyrinth resemble the classic three-fold stages of the spiritual journey: purgation, illumination, and union.

Purgation: Walking in is a time to clarify unresolved issues before you, ask a question or bring a problem before God, or to face oneself or shed concerns brought with you.

Illumination: In the Center is a time of meditation or prayer, to be open and receptive to whatever God might bring—a word, sensation, feeling, image, tears, or sense of rest and calm.

Union: Walking out is symbolic of taking what you have received back out into the world in order to incorporate it into your life or act upon it.

The Covenant Labyrinth An Inward/Outward Journey of Faith



Covenant Presbyterian Church
1226 Salvador Avenue
Napa, California 94559
(707) 255-9426
cpcnapa.net