

## Cost

There are a number of consumerables which need replacing each time such as tea light candles, playdough and batteries for walkmans etc. As well as this, the labyrinth is quite big to transport so the cost of bringing it to the booking church will need to be taken into account—it is based in Dereham, Norfolk.

However where possible, we will try and tie that up with when Ian Bunce is in the area to reduce the cost of transport. A donation to the Association for the use of the labyrinth would also be appreciated with a suggested amount of £40 per hire which will help to offset the initial cost of setting it up and replacing further items which will get worn as it is used.

There are two options available to you.

### OPTION 1

You pay £25 to cover the cost of the consumerables. In addition the cost of transport @40p per mile from Dereham and donation to the Association for the hire of it.

### OPTION 2

You pay for the cost of the transport @40p per mile from Dereham and a donation to the Association for the hire of it but you purchase the cost of the consumerables. A list will be provided on request of what is needed.

## WHAT TO DO IF YOU ARE INTERESTED

Contact Vikki or Ian Bunce on 01362 691692 or email on [vikki.bunce@easternbaptist.org.uk](mailto:vikki.bunce@easternbaptist.org.uk) for further information or to find out availability.

## A Christian Labyrinth How could our church use it?



**Unlike a maze, the Labyrinth has only one path to the centre and back again.** The idea is for people to journey towards God, learning about the distractions that cause them to not listen to God's voice and on the outward journey to take the chance to think about the choices we make and the way we look at the world in which we live.

In a world where people are seeking new things in a 'new age', the labyrinth is ideal for both believers and those who are searching. Their journeys will be different but so are our own journeys through life.

## What is it and why do it?

The labyrinth is designed to offer us time to retreat, to open ourselves to the Holy Spirit as Jesus did in order to remain focused on God's presence and love. It is aimed at all those who are seeking a spiritual experience in a spiritual age and the Labyrinth can be a powerful tool for spiritual transformation as well as bringing around healing.

## SPACE

There are two sizes of labyrinth . One which itself requires 10.5m x 8m clear flat floorspace, but there should be additional space around the entrance/exit or a smaller one which requires a space 8.5m x 7m with space around the edge. There also needs to be an area to welcome people as they come in and ideally somewhere for those who have walked the labyrinth to have refreshments at the end.

## NUMBER OF PARTICIPANTS

You do not want everybody who intends to do the labyrinth to turn up at once when it opens as if it were a church service. People can only be allowed to start it a few at a time to prevent crowding, and there is a maximum number that can be on it at any one time.

Labyrinth events - 'service' gives the wrong idea - start gradually, run with a constant flow of people arriving and leaving for most of the duration, then wind down as people come off and you stop allowing people on. They cannot be combined meaningfully with the elements of normal worship such as groups singing or public prayer - after all you won't have many people there at the beginning or left around at the end. This is a stand-alone event with its own nature.

For comfort there should be no more than 15 people on the labyrinth at once. 20 is probably the maximum allowable, but there will be crowding at stations. It works best with 8-10 people and can feel lonely with less than 3!

Since people take about an hour to go round, this means that at most about 125 people can do the labyrinth in a 7 hour day (bearing in mind that you cannot let them all start at once when you open, and will be winding down gradually at the end of the day).

## HOSPITALITY

It is useful to have a couple of people in the welcome area to provide a friendly face, explain what is going to happen and also to provide tea/coffee/refreshments afterwards and the opportunity to talk. To

have people available to pray with participants can be appreciated. This may be because some people have been touched by what they have experienced and just need time to chill before entering back into the frenetic pace of life. This needs to be an option rather than compulsory as some will just want to 'escape' rather than linger.

## HOW LONG PEOPLE TAKE

Expect people to take an hour to go round as the labyrinth should be walked slowly and prayerfully, but people can spend as much or as little time as they like at each station.

Some participants will be inclined to scurry from one activity to the next as if the labyrinth were just a fancy way of getting from A to B. This misses the point, which is to slow down and be, not just do - the walk between the stations is an essential part of the process. After all, most forms of labyrinth consist of the prayer walk alone!

## Setting up the labyrinth

### THE SETTING UP TEAM

You need a team of at least 3-4 people for setting up and it will take just over an hour. Full details are provided. You need to allow enough time not to be rushed or still setting up when people arrive. It's better to allow too much time - or even set up the day before. The team will be better hosts if they are calm and relaxed!

EVERYTHING EXCEPT THE TV'S AND VIDEO MACHINES ARE PROVIDED FOR THE LABYRINTH. SMALL TABLES AND CHAIRS WILL ALSO NEED TO BE PROVIDED BY THE HOST CHURCH.

## Advertising

Please see the separate sheet 'Useful tips' for ideas on promoting the labyrinth. You may also find it useful to hand out the separate A5 leaflet 'General Labyrinth flyer' which can be amended to suit your needs.