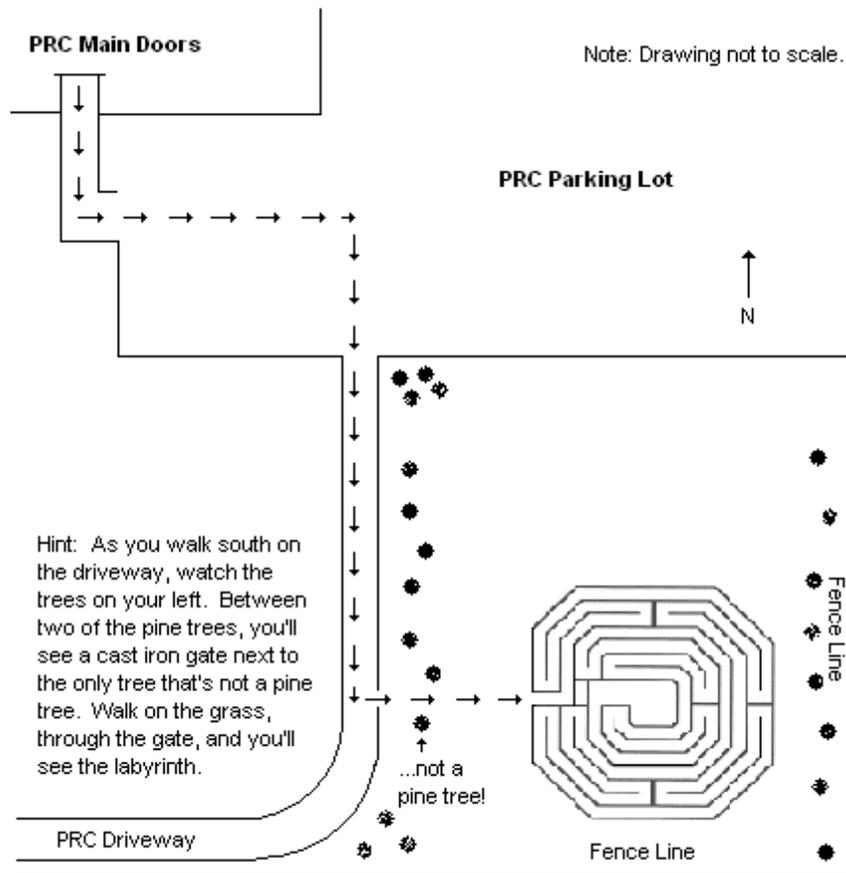


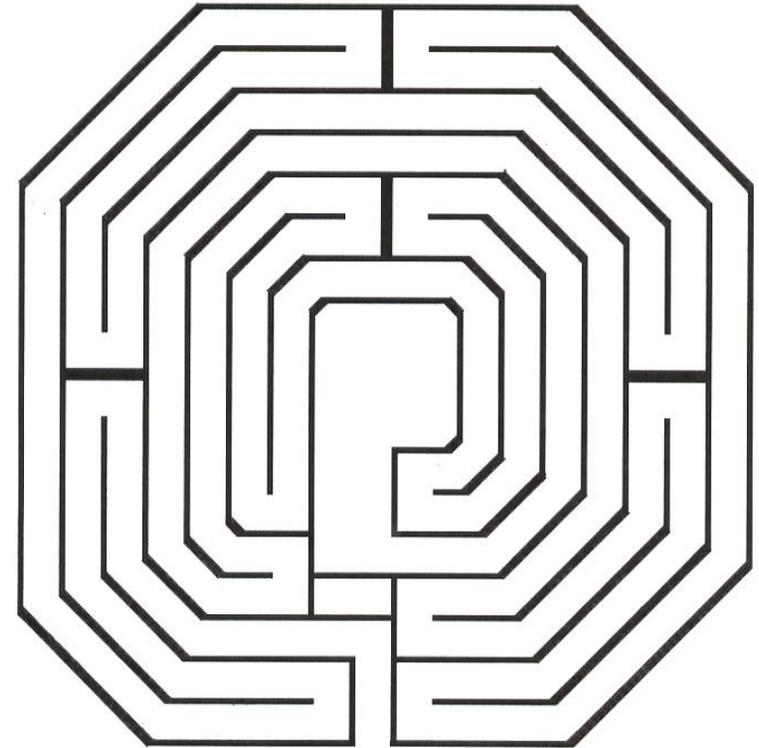
The Providence Labyrinth was designed by Lynnell Prediger, in honour of the Sisters of Providence, who created Providence Renewal Centre in 1983 to serve the spiritual needs of the people of Edmonton. It was built in June 2006 by a group of enthusiastic volunteers including women from the Edmonton Institution for Women.



To get to the Providence Labyrinth:

Go out the sliding doors to the parking lot. Walk through the parking lot and down the driveway. To the east, you will see an open field between the road and the east fence. You will also see a row of pine trees. Just before you reach the curve in the driveway, you will see a sign indicating the labyrinth on your left and a cast iron gate. Walk through the gate to enter the labyrinth.

Welcome to the Providence Labyrinth



Providence Renewal Centre
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Step into Serenity

Come experience a centuries-old spiritual tradition. Walking a labyrinth is a sure way to tranquility, harmony, and peace of mind. If you follow the path, you cannot get lost – there is only one way in to the centre and one way out – there are no tricks to it and no dead ends. Walking a labyrinth quiets the busy mind and inspires creative thinking. The winding path can become a metaphor, a mirror for one's life. If one walks with an open mind and an open heart, the labyrinth can reveal joy, sorrows, insights, peace, and healing. Labyrinth walking is for all people and all faith traditions; it is a way to come together in love, solidarity, and understanding.

The labyrinth is a three-fold path:

Moving Inward – Releasing

A time to cast off, discard, divest, unwrap, forget, release, let go, empty.

- A time to shed thoughts and emotions and quiet the mind. Some may wish to use a sacred word, mantra, or special image to enter the silence.
- Although you may enter the walk with a particular question or intention, the journey toward the centre may be a time to set aside all the things you think you want and need, and open yourself to find what God wants.
- Seek to become a child before God: empty, open, expectant.
- Reject any anxious desires or expectations about what “should” happen in the labyrinth. Simply walk in prayer, reflection, silence, allowing the walking itself to quiet and deepen your attentiveness.

Centering – Receiving

A place of meditation and prayer; a time to hear and receive what is there for you.

- Take time to listen to an inner voice or to silence or to mystery.
- Stay in the centre for as long as you wish, until you are satisfied. Consider the possibility of new images, insights, understandings, the miraculous, the transformative Spirit entering your life in a new way.
- Contemplate the blessing of the hidden nature of God who cannot be fully known, cannot be manipulated, cannot be made into an idol, pinned down, contained, or tamed, yet is very simply, Love.
- Enjoy the silence, stillness, waiting, and the simplicity of nothing seemingly happening.

Moving Outward – Returning

Sensing oneness with God and becoming empowered into action, given new direction, satisfaction, comfort, and new energy.

- The return journey empowers you to find and do the work for which your soul is reaching. You may experience a lighter step, a deep peace or joy, a sense of a simpler and more focused life.
- Rest in the knowledge of God's unconditional love.
- Move away from anxiety toward peace and deeper faith and love.

May the Spirit of peace walk with you this day.

Guidelines for the Walk

Many find it helpful to sit for a few minutes, clear your mind, and become aware of your breath. Allow a little transition time from the outside world to the inner world. It may be helpful to journal or take a mental “snapshot” of your life, noting concerns, questions, etc. Is there a specific question or focus for this walk? When you walk, allow yourself to **find your own pace**. Since the path runs both into and out from the centre, you may meet others going in and coming out. You may “pass” them or let them step around you. Do whatever feels natural. Be mindful of your own path. If you are following another walker into the labyrinth, allow about a minute before you enter the path. Remember, there is no right or wrong way to walk.