

First Christian Church
(Disciples of Christ)

Find us at:

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Highland, IN 46322

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(219)924-5400

www.fechighland.net

Join our Facebook Group at
The Labyrinth at First Christian Church
and/or First Christian Church Highland
Highland, IN

The Labyrinth at First Christian
Church can be found on the world-
wide labyrinth locator:

www.vzriditas.org

For additional resources and guides for
walking the labyrinth, scan the QR code.



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Place
Stamp
Here

The Labyrinth
at
First Christian Church



All are welcome to wander
the meandering path to find
God's rest, clarity and love.

Welcome to The Labyrinth at FCC!

Discover the clarifying gifts for the mind, body and spirit as you take a walk on the labyrinth. Whether you are a person of faith (any faith) or a person who does not ascribe to a faith, you will find healing and clarification as you meander on this path. The only Labyrinth in Lake County, Indiana, this is a unique, yet time-tested experience of God. Our labyrinth is located on the North side of the church under the large cottonwood tree. We pray abundant blessings upon you as you journey.

What is a Labyrinth?

A labyrinth is one path with many turns, symbolizing our life journey. Unlike a maze, you cannot get lost. It can be a place of prayer, a celebration of life's events, a time of pure enjoyment, or a place of renewal. Its history is ancient and can be found in countries around the world. No one is sure of its exact origins, but labyrinths of many shapes can be found in many cultures. They are used in a variety of ways including deepening spiritual connection, cultivating personal growth and connecting people together in community.

Why walk a Labyrinth?

- To celebrate
- To grieve
- To seek insight
- To slow down
- To meditate and pray
- To find peace
- To seek clarity
- To connect with the earth

Research has shown that Labyrinths can lower blood pressure, lower breathing rates, reduce chronic pain, reduce insomnia and increase fertility.

Above all else, walking a labyrinth provides a feeling of openness and connectedness with yourself and others.



How to Walk our Labyrinth

- Pause at the entrance to prepare your mind and body;
- Take a few steps to bring calm to your center;
- Enter with respect (to others who may be walking) and with intention;
 - Walk at your own natural pace;
 - Leave space between you and others, stepping aside as needed;
 - Walk to the center and pause with a sense of openness if you desire;
- Take your time at the center and even sit for a while if you wish;
 - Walk back out when you are ready.

The Labyrinth page of the website (www.fcchighland.net/labyrinth-project) contains regularly updated resources to assist your journey. From prayers to music, you can choose from a variety of guides to enhance the experience. There are also community-wide events at various times of the year to add to your spiritual practice (ie The Gratitude Walk at Thanksgiving, The Christmas Walk, the Lenten Journey, and more.) The Labyrinth at First Christian Church FB group also contains updates and resources.