Revisiting Labyrinths, Paths to Inner Peace

By LAURIE GOODSTEIN

WHITESTONE, N.Y. — The Rev. grated his way through the labyrinth, a maze of stone paths that led to a central point. He was on his knees, hands raised in prayer. The Rev. and his congregation have been using labyrinths for meditation and prayer for many years. The Rev. explained the symbolism behind the labyrinth, which he said represents a journey to the heart of oneself. "It's a path of self-discovery," he said. "It helps you to let go of the things that are holding you back." The Rev. also spoke about the importance of the labyrinth in the context of the current political climate. "In a time when we are all feeling so divided, the labyrinth can help us find a sense of unity and purpose," he said. "It's a place where we can come together and find our common ground." The Rev. encouraged his congregation to continue using the labyrinth as a tool for spiritual growth and self-discovery.

An answer for some who are looking beyond the church pulpit.

Morristown, N.J., are planning laby-
rinth walks at their church, the Unitarian Universalist Congregational Society. The church's executive director, John Flanagan, said the idea came about after a recent meeting with a member of the community who was interested in using the labyrinth as a tool for personal growth.

"I think it's a way to bring people together," Flanagan said. "A lot of people find it really helpful in finding their center and their way forward in life." The church hopes to open the labyrinth to the public in the near future. "We think it has the potential to be a really powerful tool for people of all ages and backgrounds," Flanagan said. "We're excited to see how it will be embraced by the community."