

Come and experience the spiritual practice of praying with the labyrinth Sunday April 23rd At Leaside United church

On Sunday April 23rd, a 7 circuit, canvas labyrinth will be set up in the auditorium and available for walking before church from 9:30 to 10:30 am and after church: from 11:30 to 1 pm.

The children will be learning about the labyrinth during their Sunday school time.



Ancient Path to Inner Peace

*The mind can go in a thousand directions
But on this beautiful path, I walk in peace
With each step, a gentle wind blows
Which each step, a flower blooms
~Thich Nhat Hanh~*

The labyrinth is considered to be a universal symbol for healing, and a path to renewing the body, mind and spirit connection. Labyrinths can be used in an infinite number of ways, and are a powerful tool for movement, meditation, realignment and a deeper knowledge of the self. Walking the labyrinth creates a sense of calm and allows space for reflection. It is a spiritual journey, an ancient form of body prayer.

Need more information? Tanya Wiles-Bell @ t.wiles.bell@gmail.com 416-425-1253 ext 24