



When Life is Like a Labyrinth

Presenter: Beth Knight, MAPC, Spiritual Director/Pastoral Counselor

Thursday January 14 (9 am – 2:30 pm)

Online via Zoom

- ❖ **Explore with us what it might be like to set the intention of your life being like a labyrinth.**
- ❖ **Through the labyrinth contours, journey with us as a pilgrim and draw nearer to God.**
- ❖ **Share in an imaginary process of naming and honoring Spirit’s movements in your life.**
- ❖ **Center your life in prayer with other folks who are intentional about quiet prayer and sacred time together.**

Walking labyrinths is an ancient prayer and meditation practice. For Christians, the posture of giving oneself prayerfully to a labyrinth walk invites and evokes closeness to the Holy in a full body experience. Often entering a labyrinth replicates being on a pilgrimage. In fact, labyrinths were built inside churches, or on church properties, for such a purpose: to offer a mini-pilgrimage experience when one could not avail them self to travel or go on an extended pilgrimage. But what if someone does not have access to a prayer labyrinth... perhaps they them self might be the labyrinth?

Register online at www.centerformation.org or below, and mail to The Center For Spiritual Formation, 333 S. Spring Garden Street, Carlisle 17013. Cost: \$35, 0.5 CEUs offered. You are considered registered when your fee is paid.

Questions? centerformation1@gmail.com or 717-249-1512, ext. 1006

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\$35 /.5 CEU’s

Registration deadline: January 7, 2021 (Minimum of 4, maximum of 12)

Name: _____

Address: _____ ZIP: _____

e-mail: _____ Phone _____

The Center is affiliated with the Susquehanna Conference of the United Methodist Church, 303 Mulberry Drive, Mechanicsburg, PA 17055