

The “Trinity” Labyrinth in Willett Hall at the United Parish in Brookline

Welcome to the United Parish’s Trinity labyrinth, a spiritual aid that can be used by anyone, wherever they are in their personal spiritual journey. Walking a labyrinth is to some people a form of pilgrimage, helping us in our personal faith journeys by providing a structured experience to gain both self-knowledge and knowledge of one’s relationship to the Divine. It is a gift we give ourselves – to take time out from our daily routines, allowing us to walk in openness to the working of the Holy Spirit.

As one walks a labyrinth, one’s place in relationship to others is always changing. Some are closer to the center, some further away. Some are walking in the same direction, others going the opposite way. In a labyrinth, everyone is on the same path, but at different places – just as we are with our paths through life!

Walking the Labyrinth

The Christian is invited to approach walking a labyrinth in three stages: purgation, illumination, and union.

- Purgation: one walks slowly toward the center, circling around, to release, to empty, to quiet one’s self, relinquishing all that we seek to control.
- Illumination: after following a winding path that seems at times illogical, we are surprised to find ourselves at the center, where most often we gain insight.
- Union: as we follow the path out, back into the world, we seek to integrate what we have learned and experienced

One should approach walking the labyrinth in an open, accepting spirit. Walk slowly into the entrance, seeking to empty your mind of the cares of the world and any preconceptions. Recognize that you don’t have to make any decisions, lay any plans. Each turn of the path is laid out for you; all you need to do is walk slowly in an attitude of prayer and willing acceptance. No two persons will have the same experience nor is there any one right way to walk a labyrinth, just as each person’s journey through life is unique and as each one of us is unique and valued in God’s sight.

Note: the Trinity Labyrinth at The United Parish is handicap accessible. Its pathways are 30 inches wide to allow easy use by people in wheelchairs.