

THE LABYRINTH

Walking and praying on the labyrinth has been a Christian practice for over 1500 years. Medieval pilgrims, unable to fulfill their desire to make a pilgrimage to Jerusalem, found a labyrinth made of stones or inlaid in the floor of a cathedral. Walking to the center represented the Holy City itself and it became the substitute goal of the journey.

Today labyrinths are being used for reflection, meditation, prayer and comfort. The Peace Project labyrinth is a replica of one inlaid in the floor of Chartres Cathedral, France.

Labyrinths help us quiet our minds, find balance and encourage meditation, insight and celebration.



They are open to all as a non-denominational, cross-cultural tool for reflection. Labyrinths can be found in medical parks, and retreat centers, as well as in backyards.

The labyrinth is not a maze. There are no tricks to it and no dead ends. It has a single circuitous path winding to the center. The person walking it uses the same path to return and the entrance then becomes the exit. The path is in full view, which allows a person to be quiet and internally focused. There are many ways to describe a labyrinth. It is a path of prayer, a walking meditation, a crucible of change, a watering hole for the spirit, and a mirror of the soul.

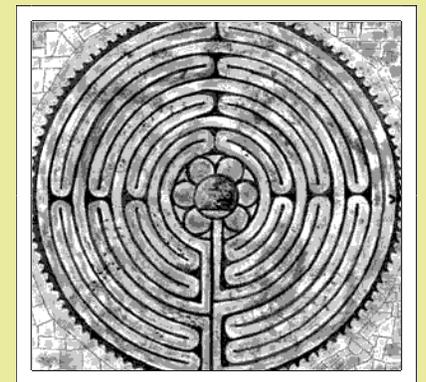


The Peace Project on the North Valley Friends Trail

a gift of North Valley Friends Church
4020 N. College Street,
Newberg, OR 97132

<http://peaceproject.northvalleyfriends.org>

THE PEACE PROJECT ON THE NORTH VALLEY FRIENDS TRAIL



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Peace Project *on the North Valley Friends Trail*



PEACE POLES

A peace pole is a handcrafted, wooden monument that displays the words “May Peace Prevail on Earth” in various languages. They are often placed in the yards of schools, community buildings, and places of worship. Peace poles are intended to be a visual reminder for people to think, speak and act in ways that promote harmony, peace, and reconciliation. An estimated 200,000 peace poles have been planted in 180 countries and the number is growing. At each pole along this trail, you will find a quote related to peace. These quotes are intended to invite reflection on how we can nurture peace in our lives and relationships. As you see the poles, may you be reminded to pray that peace will prevail on Earth.

PRAYER FLAGS

Various faith traditions, in their hunger and desire to be in communion with God, have found prayer flags to be meaningful visual expressions that symbolize and communicate their prayers. These visual expressions don’t necessarily help God listen to us, but rather they often help us center ourselves and provide a tangible way to express our prayers. Many fold their hands, bow their heads or kneel down. The Israelites would burn incense in the temple as a visual image of their prayers to God. Some people use a candle to help them set aside their busyness and focus on being in the presence of Christ, the Light. Many Native American traditions use lit sage as a representation of their prayers rising to God. People of many faiths still travel to Jerusalem to place their written prayers in a crack in the Wailing Wall. Likewise prayer flags can help express yearning and prayers for peace.



You are encouraged to add your voice to the prayers we are lifting to Christ, the Prince of Peace.

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Join our community! You can visit our website or join our Facebook page. We have more projects in the works, so your donations are also welcome. Find a “Donate” button on our website for hassle-free online donation.

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