



Saginaw Bay District  
Of the United Methodist Church

## Prayer Path Labyrinth

### Instructions:

1. From the reservation list, please identify the church using the labyrinth prior to your use. Please contact this church (using your church directory) to schedule a date and time for pick-up at their church location. Normally one week prior to your use is recommended for making this contact for scheduling a pick-up.
2. Transportation: The Labyrinth is transported on a carpet roll that is 6 feet long. There are 3 large sized totes that contain prayer station elements and 11 table cloths, one table cloth for each prayer station. Everything will fit into these totes with the exception of the 2 large crosses (3ft. X 2ft.).

Please note: The next church listed on the reservation list will contact you to arrange a date and time for the pick-up of the labyrinth and the totes that are at your church.

3. Roll out the labyrinth. Please note: Determine what side of the room you want participants to enter the prayer path, which is A1 & B1. You can easily move the labyrinth to the position you wish by simply having another person pick-up the labyrinth with you and move around in a circle to drop into place within the room. All prayer station instructions, station signs, prayer station elements and 11 table cloths are included for all prayer stations.

2 to 3 persons set-up: 45 min. to 1 hour

Please note: 11 small tables, such as TV trays or small tables in your church can be used for the prayer stations. All tables are supplied by each church. Remember all tables will be covered with the supplied table cloths, so uniformity of tables is not needed. A piano bench or similar sized table is recommended for station number 6, the center station. Communion elements are needed for prayer station #6 and supplied by each church.

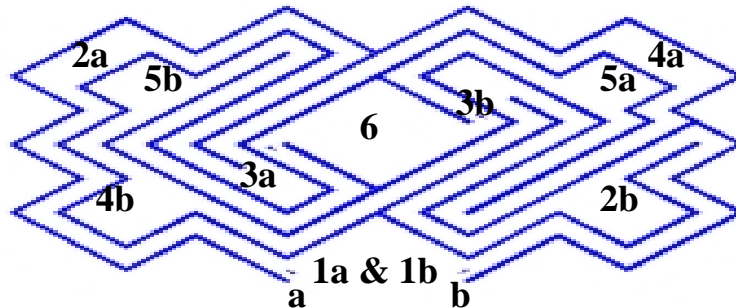
If you have any concerns or questions, please let me know.

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### Instructions for participants -

**Before you enter the labyrinth, please read of the following:**

Please remove your shoes, prior to entering the labyrinth.

Exceptions: If you need shoes for balance or need additional support to avoid slipping on vinyl, please feel free to keep on your shoes. However, we encourage all others to take off their shoes, especially those with high heels, as this can put a hole or tear in the vinyl. Thank you for your assistance.

Please do not rush. This is your time with God. Please take your time in prayer and reflection. Most prayer stations will take about 3 to 4 minutes with an additional minute to slowly walk to the next prayer station. When leaving a prayer station reflect on that message, as you journey to the next station.

As soon as a participant leaves 1a. or 1b. you may enter the labyrinth by starting at 1a. or 1b. Once you start path a. or b. continue following that path toward the center—station #6. (please take the time to become familiar with the labyrinth map above) When you have finished with communion at station #6, simply leave the labyrinth from the center station.

May the message of Christ's love for you, fill you with His everlasting and abundant love, joy and peace!

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