

Urban Walking Labyrinth

The "Unofficial" Guide to the



Welcome!

Welcome to the **Urban Walking Labyrinth!** Take a break from the stresses of the day and meditate on a walking tour of the Old Market. There is no "right" or "wrong" way to walk the labyrinth. Use it as a way to reflect and clear your mind. Discover the beauty in each stop on the **Urban Walking Labyrinth.** While you can walk anytime, it is recommended you walk while the locations are open so you can enjoy the stops!

"The labyrinth lets people walk together and separately without agreeing on anything. That is why labyrinths are so welcome today: they allow each of us to find our own center in our own way."

– Donna Schaper

www.UrbanAbbeyOmaha.com
www.facebook.com/UrbanAbbeyOmaha

1026 Jackson St.



Sunday Communion Services
10:00 am & 5:30 pm

We believe the world should be different and we believe the Urban Abbey can make the world a little better with every cup, conversation, and communion we host through this wildly inclusive faith community. That's why our living sanctuary is open early and late everyday for whatever kind of refreshment you need whether it's a great latte with dairy fresh milk or a song and a prayer for the journey.



Dear friends,

This spiritual practice of walking, transcends generations and has roots in a diversity of faith traditions. The labyrinth's circuits and turns makes us pilgrims on a journey towards deeper connection in faith and personal reflection. Our labyrinth invites you through the Old Market...which may not exactly be traditional but we hope it will be meaningful. There are seven stops to symbolize one tradition of seven circuit labyrinths. As you walk, we have selected quotes that invite meditation to support your inward journey. If you are looking for a more traditional experience you will also find a finger labyrinth or two through out the Abbey.

Let us know if we can help.

Blessings on your Journey!

– Rev. Debra McKnight



“Til turning, turning, we come round right.” – Shaker Hymn *Simple Gifts*

- 1 - Lion Head Fountain outside Urban Abbey –
Courage starts with showing up and letting ourselves be seen.
– Brene Brown

- 2 - J’s on Jackson –
Walk slowly. Don’t rush. Each step brings you to the best moment of your life, the present moment.
– thich nhat hanh

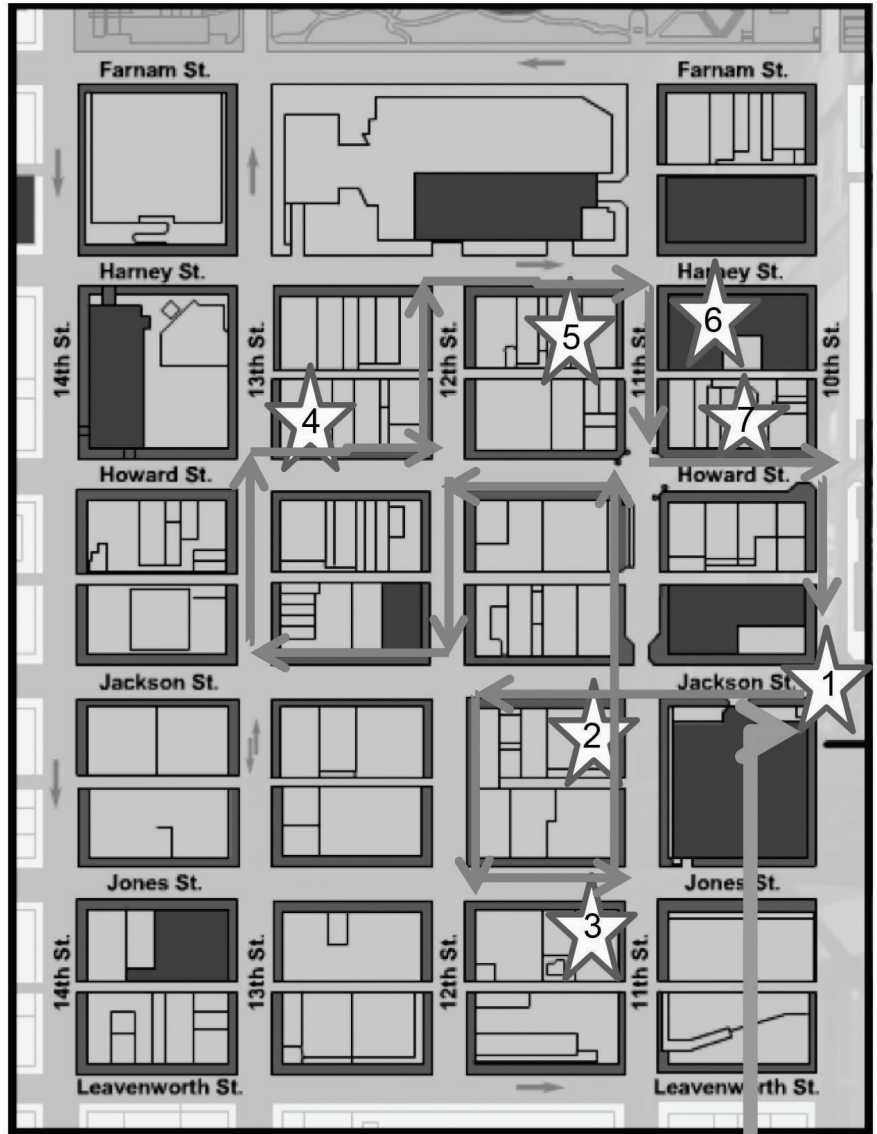
- 3 - KANEKO –
Love is a fruit in any season at all times, and within reach of every hand. Anyone may gather it and no limit is set.
– Mother Teresa

- 4 - Healing Arts Center –
God is not found in the soul by adding anything, but by a process of subtraction.
– Meister Eckhart

- 5 - Morton Block Building (Old Chicago) –
An overflowing love which seeks nothing in return, agape is the love of God operating in the human heart.
– Martin Luther King Jr.

- 6 - Artists Co-op –
The place God calls you is the place where your deep gladness and the world’s deep hunger meet.
– Frederick Buechner

- 7 - Passageway –
Do all the good you can, by all the means you can, in all the ways you can, in all the places you can, to all the people you can, as long as you ever can.
– John Wesley



**Start and
end at**

