

Labyrinth seeks to clarify, not confuse students

Colby Pierce

Reporter

A labyrinth patterned after the one found in Chartres Cathedral in France filled McKinnon Hall Monday through Wednesday, serving as a tool for reflection, meditation and deep self-knowledge.

The Truitt Center for Religious and Spiritual Life has organized and sponsored the event since fall 2001. Kate Colussy-Estes, the assistant Chaplain and Director of Religious Life, and Rene Summers, secretary of the Religious Life office planned the labyrinth with help from many students.

The labyrinth is an ancient, mysterious and powerful tool for meditation and prayer. It supplies a spiritual path for body, mind and soul, bringing gifts of insight, wisdom, comfort and peace to all those who choose to walk it.

The labyrinth used is a 32-ft handmade canvas provided by a group of women from Blessed Sacrament Church in Burlington.

"The history of the labyrinth is



Will Heins/ Photographer

John Mullican walks the labyrinth and meditates in its center.

very old; it's been a meditation tool for centuries," Colussy-Estes said. "The most important aspect is the path to the center, not allowing anybody to get lost."

Colussy-Estes said this labyrinth should be important to students because "many students live chaotic, noisy and busy lives. Walking the labyrinth is a way for students, even faculty and staff, to find peace, quiet and mediation, a break from hectic days."

Participants could write a personal reflection about their feelings after walking the labyrinth.

Students walk the labyrinth when they find the time. Sarah Schupp, a sophomore, saw an advertisement on E-net for the labyrinth.

"I needed to relax," she said. "This week has been the most stressful yet for me. It helped me a lot. I did not think about school or any tests or papers I have coming up."

Sophomore Caitlin Mackeown has walked a labyrinth once before.

"The first labyrinth I walked was outdoors. I enjoyed the candles and music with this labyrinth; the atmosphere helped me reflect and gain inner peace during these last stress-



Amber King/ Photographer

Matthew Camp (in foreground) and Kamal Jobe, senior philosophy majors, get to the center of the labyrinth.

ful weeks of the semester."

There are long-term plans for a permanent, outdoor labyrinth.

"We would like an outdoor labyrinth, open year-round, a place that is quiet to reflect, where there are no constraints for time and space

availability. We are trying to find grants and space to have a low-maintenance labyrinth, open to all students," Summer said.

Contact Colby Pierce at pendulum@elon.edu or 278-7247.

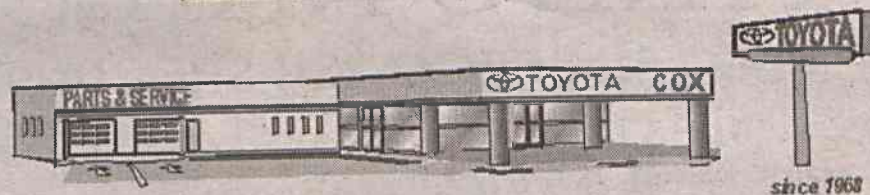


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