

# St. Paul's hosting replica of 13th century Labyrinth

By Julie Slack  
CANADIAN CHAMPION STAFF



From left, Karen, Mackenzie and Darragh walk the Chartres Labyrinth at St. Paul's United Church. Nikki Wesley / Metroland West Media Group (Follow on Twitter @halton\_photog)

Miltonians will have a chance to experience the peace, serenity and insight that walking a labyrinth can bring, thanks to St. Paul's United Church. Cam Fraser, minister at the 123 Main St. church, arranged to have a replica of the Chartres Labyrinth brought to the church for a week; it's there until Wednesday.

The original Chartres Labyrinth, constructed in the 13th Century is located in the cathedral in that French town and draws thousands of visitors and pilgrims each year, Fraser said. "Walking a labyrinth as a spiritual exercise has great appeal within and beyond the Christian tradition — and to those of no religious faith," said Fraser. "I recently attended a labyrinth workshop alongside yoga instructors, therapists and practitioners of a number of faiths.

"With the growing interest in spirituality, yoga and the like, we are excited to bring it to Milton."

Labyrinths can be a path or passage, like a maze that's difficult to find your way to reach the exit. They can be flat, with marked spaces on the ground, or they can be bordered by a hedge, or building material.

People can walk it by going into the entrance and traveling along paths until they reach the centre — similar to the paper mazes youngsters used to do with their pencil on paper. Then they return out, following the same path as in.

In this case, it's a white canvas laby-

rinth that will be set up inside St. Paul's large auditorium. Battery-lit candles will be set up to give visitors a peaceful experience.

"The rhythm of walking a labyrinth really lulls and calms you down," said Fraser. "Some of the folks who've done the research on these say there's a lot of amazing geometric things going on."

In Fraser's case, he's always been drawn to labyrinths, and seeks them out, both locally and on his travels. Describing himself as analytical, he said labyrinths cleanse his mind of day-to-day activities and he finds it beneficial to tune out the real world and escape in a labyrinth.

"I find it intriguing since I'm a fairly analytical person myself, and that's how I approach faith and life issues," he said. "Walking the labyrinth gets me outside my head."

He said other people say they feel dizzy coming off it, since it uses different lobes of our brain than we are used to using. "I really encourage people to check it out," he said, adding those in the health and wellness industry, yoga or natural healing world would enjoy it.

The labyrinth will be available today (Thursday) from 8 a.m. to 12:30 p.m. and 4:30 to 9 p.m., tomorrow (Friday) 8 a.m. to 12:30 p.m., Saturday 10:30 a.m. to 12:30 p.m., Sunday 8 a.m. to 1 p.m., Tuesday 8 a.m. to 12:30 p.m. and 4:30 to 9 p.m. and Wednesday 8 a.m. to 12:30 p.m.

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## The Corporation of the Town of Milton



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## Tax Notice

Ratepayers of the Town of Milton are reminded that the first installment of the 2014 Interim Tax bill will be due on **Friday, February 28, 2014.**

If you require information about your taxes, please contact the Corporate Services, Tax Division at 905-864-4142, Monday to Friday from 8:30 a.m. to 4:30 p.m.

Tax payments must be received in the Cashiers Office on or before the due date to avoid penalty. A late payment charge of 1.25% will be charged the first day of default and on the first day of each calendar month in which the default continues. It is the responsibility of the ratepayer to ensure that the taxes are paid by the due date in full, even in the event that the bill is not received as mailed.

**Taxes may be paid as follows: (Cheques are payable to Town of Milton)**

- By mail: Tax Division, 150 Mary St., Milton, ON L9T 6Z5 – Post-dated cheques are **accepted**
- By phone/internet through most banking institutions (please contact your financial institution for details).
- Between 8:30 a.m. and 4:30 p.m. at Corporate Services, Cashier Office, Town Hall, 150 Mary St. Payment by cheque, cash or direct debit is available. **We regret that credit cards cannot be used for payment of property tax.**
- At any bank or financial institution in Ontario.
- By deposit into the After Hours Drop Box at Town Hall. **There are two after-hours drop boxes, which can be found outside the main doors facing Mary Street and King Street.**
- Please contact the Tax Division for details regarding the Pre-Authorized Tax Payment Program. All applications are due by **May 1, 2014** for the last half of the 2014 tax year.

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