



## **The Labyrinth**

**The Labyrinth is an ancient design that has been used for hundreds of years within the Christian tradition. Cathedrals in Europe as early as the 11<sup>th</sup> century, to our knowledge, designed**

**labyrinths grooved into walls as finger paths, as in the Cathedral at Lucca in Italy, or patterned into floor tiles, as in Chartres Cathedral in France.**

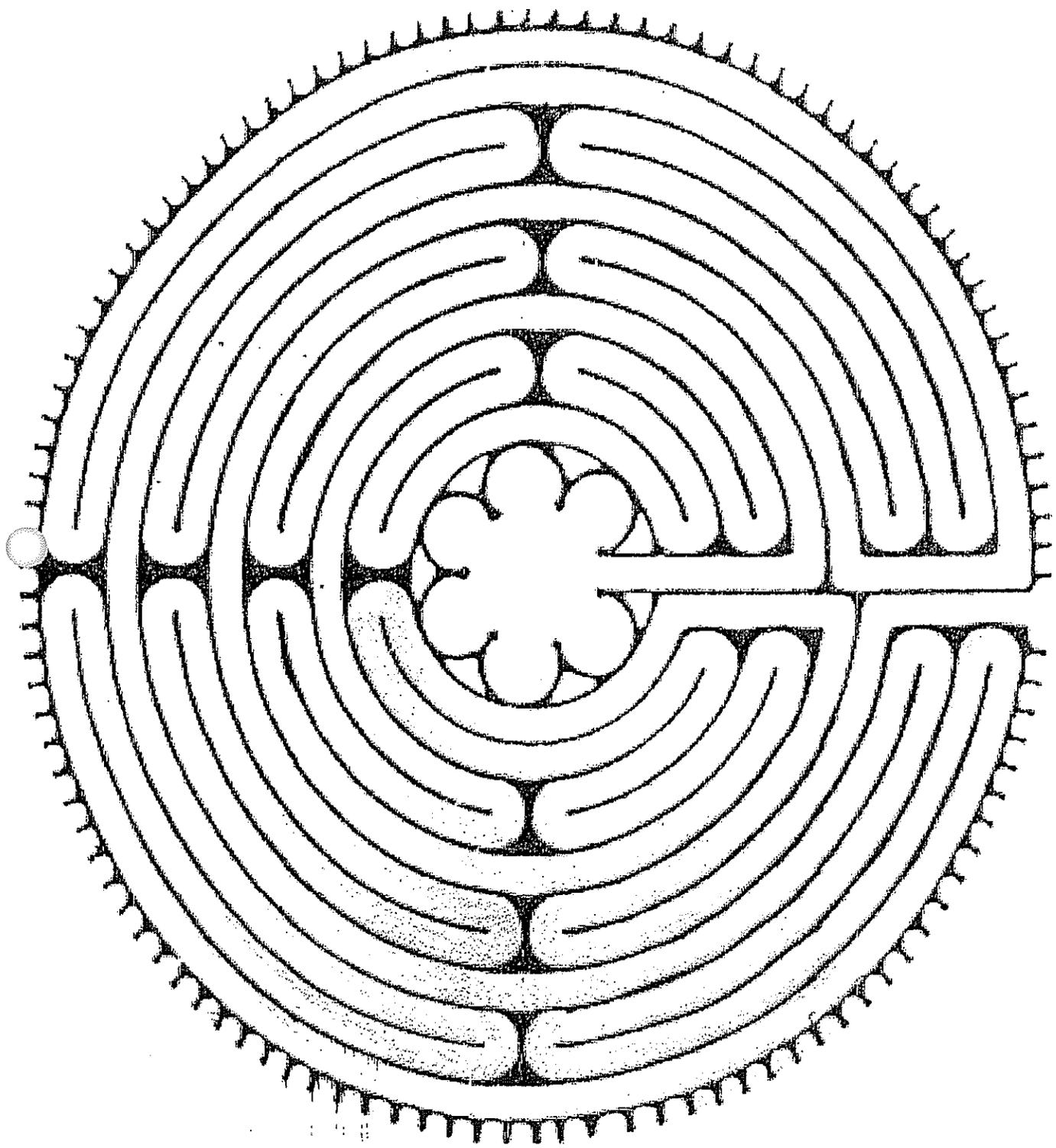
**In the Middle Ages, Crusades and pilgrimage to the Holy Land added spiritual energy to the church, but were for the wealthy. Farmers, women and the poor also wanted to make pilgrimage. So the church began to create places, like the Labyrinth, to represent a spiritual journey.**

**The Labyrinth is a walking tool for prayer, whether by foot on tile or a large canvas representation, or a finger model. It is a way of seeking the presence of God, connecting, opening up to what God will bring to you during the journey in and out.**

**TO BEGIN:** **Consciously slow your breathing, clear your mind. You are beginning an inner walk of the heart. Perhaps you are just hoping for a definite experience of God amid the hustle and bustle of life. Perhaps you bring a burden, a hurt, a joy, or seek clarity. Your journey may be tearful, joyful (maybe you'll dance!), or cathartic. Bring to the center either a gift to God or a surrendering to Him. Stay, sit, or stand to reflect in the center if you wish. For whatever reason or however you do it, you will find God's peace, love and blessings in your journey in and then back out. Draw close to God, TOUCH HIM and He WILL TOUCH YOU, TRUSTING in the unspoken.**

**While walking the Labyrinth, feel free to pause. If others are on the same path, step off the path, or allow them to go around you. You do not have to speak or break your focus. After you have walked the Labyrinth, you may find it helpful to remain in reflection and stillness at the fringes of the Labyrinth area. Perhaps you would like to journal, draw or express your experience in some other form.**

# Chartres Cathedral



# How to Meditate in a Labyrinth

Reader  
Approved

Two Methods: [Finding or creating your labyrinth](#) [Meditation within a labyrinth](#)

For thousands of years, human beings have created the spiral paths that fold back on themselves within labyrinths for reasons ranging from decoration to art and myth. As well, the labyrinth has long been used as a creative or spiritual tool. If you have a problem, you can use the labyrinth to help solve it. If you have a need to discover spiritual meaning or find inspiration, a labyrinth can be put to service for you.

As a meditation tool consisting of a walkable single-line path, a labyrinth can be a source of solace and can quiet a distracted or overactive mind. When troubled by disturbing emotions or unfortunate events in your life, walking a labyrinth can help resolve your inner discomfort and still your mind enough for you to get clarity of what is going on. As a spiritual tool, both the calming and quieting effect and the metaphorical symbolism of the labyrinth as a pathway on a journey or a spiritual track can help you to ponder life's greater mysteries.

## Method 1 Finding or creating your labyrinth

**1 Find a labyrinth.** If you live near or can visit a suitable labyrinth, this will be an ideal place to meditate or take your spiritual walk. Labyrinths are typically found in such places as church courtyards or within churches, parks, spa resorts, educational institutions and even medical facilities, such as hospital gardens. Always seek one in a reasonably quiet and unhurried place where you can walk the labyrinth undisturbed and stay at peace.

- The Labyrinth Society and Veriditas have collaborated on a website called the World-Wide Labyrinth Locator at <http://labyrinthlocator.com/>. Go to the website and type in the town, state or country where you are searching. You can also pick a radius, such as "within 25 miles (40 km)." A list of public labyrinths in churches, hospitals, parks, etc. with addresses will show up. There may be some private labyrinths on the list as well where the owners will allow people to walk if they call ahead.

**2 Make a labyrinth.** If you're not able to find a labyrinth, it is possible to create your own. Indeed, doing so can serve as part of the creative process and will help you to unwind literally, as the labyrinth unfolds before you. To make one, find a suitable area of sand, dirt or other ground material in which you can draw lines. Alternatively, tape down a lot of white paper and paint yourself a labyrinth on the ground. If making your own labyrinth in sand or soil, here are some suggestions for creating it:

- Draw a cross measuring about 1.8 meters or 6 feet across. Place a dot in each quadrant of the cross.
- Draw four curving lines that head clockwise in direction:
  - Join the top of the cross to the top right dot
  - Join the top left dot to the right arm of the cross
  - Join the left arm of the cross to the bottom right dot
  - Circle from the bottom left dot around to the bottom arm of the cross.
- For more details, see [How to draw a labyrinth](#).

**3 While creating the labyrinth, begin the feelings of calm and reflection.** Take note of all the things you're experiencing, including the sun or breeze on your skin, the texture of the sand or soil beneath your feet and drawing stick and notice sounds about you such as bird song, the sound of water or waves, the distant babble of human beings experiencing living and the rustling of trees. Making the labyrinth should form an act of moving meditation or spiritual reflection in itself.

## Method 2 Meditation within a labyrinth

- 1 **Stand in front of the entrance to the labyrinth.** State your intention as clearly as possible. For example: *I want a solution to my problem with ...* It could be anything that is troubling you.
- 2 **Center yourself by taking a couple of deep breaths.** This is important because doing this you instruct your subconscious and all other parts of yourself to pay attention to your sincere wish of solving your problem.
- 3 **Acknowledge your coming meditative or spiritual journey within the labyrinth.** You may also say a short prayer or smudge yourself, depending on which faith you adhere to. Closing your eyes and reflecting or taking a simple bow are other nice ways to begin the process.
  - Decide whether you will walk barefoot or with shoes on. With bare feet, you can feel the texture of the earth beneath your feet and connect to its grounding forces.
- 4 **Begin your walk.** The first step sets the pace for your walk. It can be fast or slow. Choose your intention for the walk. Are you being spiritual, reflective, mindful, playful, creative or something else? If you're problem solving, your walk becomes a meditation when you surrender all your problems and just walk. Other parts of you have now a chance to process your request of a solution.
  - If you are very upset: fast walking in lets the emotions dissipate easier. Most people try slowing down their mind by slower walking, relying on the mind and body reflection.
- 5 **Continue to walk.** Keep your mind quiet, and still pestering thoughts each time they arise. Concentrate on the placement of one foot before the other and rhythmic, gentle and regular breathing.
  - If you're problem solving, walk as you didn't have any problems at all, let it all go. Surrender to the activity of attentive walking. Let the burden (your problem) fall off your shoulders. Various parts of your being are now processing your wish for solution. All you have to do is to let it incubate and not interfere, let it be and let go of any expectations. Continue to walk as you didn't have any problems at all, let it all go.
  - If you're going on a spiritual journey or seeking creative inspiration, again let it all go and just surrender to the experience of walking the labyrinth.
- 6 **Pause on reaching the center.** You may stop here for a while, sit or lay down if you feel like it and meditate or reflect. The main thing is to let yourself surrender totally to your inner process. It feels so good to have all the time you need.
  - If you don't have a problem, question or quest for inspiration, just sit quietly and let things be.
- 7 **Walk out.** When you are ready, just walk out. Accept the insights and gifts you may have received. Adopting a sense of gratitude will always facilitate resolutions. Offer your thanks for what you have learned.

## Community Q&A

**Is meditating in a labyrinth worshipping a false god?**

ALANNA Contributor Not at all. There is no worship per se here. This is about connecting with your inner power. Meditation is a way to quiet yourself enough to listen to your inner wisdom.

Not Helpful 5 Helpful 14

**Does each 1/4 segment of labyrinth represent something or a phase of life?**

WILLIAM Contributor It could. If you're thinking that it may, then go with your own representation. It has shown up for a reason.

Not Helpful 0 Helpful 0

**Do I turn around and retrace my steps after reaching the center?**

WILLIAM Contributor Yes. Just head back the same way you came in. If there is someone heading toward the center as you are working your way back out, it is customary for one person to step off the path to allow the other to pass.

Not Helpful 0 Helpful 0

## Tips

- Labyrinths are not mazes. This confusion is frequent but a maze is a path with numerous entrances, dead ends and not necessarily with a center. A labyrinth, on the other hand, has but one way in and out and the purpose of it is to reach a center, to know your path all the time. The walker in a labyrinth should never be lost for that is an unnecessary distraction; it may be a particularly big labyrinth on occasion but it should still have a clear pathway.
- You may wish to use the labyrinth meditation exercise regularly to help center and calm yourself. It can be a very spiritually uplifting experience, one that connects back many centuries with many thousands of other human beings through time who have found the labyrinth to be a source of power and healing.
- Choosing when to use a labyrinth is entirely up to you but good times are usually early morning, evening and not-too-hot late afternoons. It's not much fun trying to meditate in the middle of a labyrinth with blazing hot sun overhead, so choose wisely to suit your mood and comfort.

## Things You'll Need

- Labyrinth or suitable sandy or nice soil area
- Labyrinth drawing stick or item (if needed)

## Sources and Citations

- The Body Shop, *Body Care Manual*, pp. 295-297, ((2003), ISBN 1-40503564-1 – research source

# The use of labyrinths as a spiritual practice

by Elisabeth Williams

When we hear the word labyrinth, we often picture a maze of tunnels full of twists and turns, mostly wrong turns and dead ends, possibly even with a mythical minotaur waiting to devour us if we can't find our way out. But that is not what a labyrinth is at all; that is a maze. A labyrinth, in contrast, has no wrong turns, no dead ends, and no hungry minotaurs. What it does have is a path full of twists and turns, a way in, a way out, and usually a spot in the center where you can take a deep breath and say, "I have arrived somewhere."

The labyrinth has been used as a form of spiritual practice for a very long time. In the Middle Ages people wanted to make a pilgrimage to the Holy Land, but travel was not easy or cheap and very few people could actually go. So the church appropriated the labyrinth, imbedding them in the floors of the cathedrals, providing a path that people could walk prayerfully and thus be on a metaphorical pilgrimage.

During the Reformation, the reformers declared all land to be holy, and therefore there was no need to go on a pilgrimage. This led to disuse of the labyrinth. But in recent years it has come into its own again gaining popularity particularly with those of us who are

over programmed and too busy. The labyrinth provides a structure and a place of getting away without going away.

But it is more than a place, for it is an important part of a labyrinth that one does not just sit there and contemplate God, one walks a labyrinth. It is symbolic of the faith journey we are all on. Each step that we take means something; it is either a step closer to something or a step further away from something else.

There are many versions of a labyrinth, the most well-known being the one from the Chartres Cathedral in Northern France. However, the one I like and have used often is from Group Publishing, *The Prayer Path*. This is a traditional labyrinth in that it has one path through it. It also has space to allow for stations or stops along the journey with the first ones being the inward journey to God, the letting go of the barriers and busyness that stand between us and God. The middle stations are for centering on God, reflecting on God's truth and love. The last stations focus on the outward journey, taking the experience and providing moments of commitment to live out our faith in our lives and in our world.

I have varied the labyrinth for different occasions and audiences. During Lent

I set up Stations of the Cross. During Advent it can be the Journey to Bethlehem. I used it most recently for the spirituality center at Eastern APCE's Spring Event: "Imagining the Church: The Role of Imagination in Christian Education." I based it on an order for worship.

## Station 1: CALL TO WORSHIP

When we were children, we used our imagination all the time. We imagined as we pretended. We imagined what it would be like to be a parent as we played dolls, or what it would be like to drive as we played with matchbox cars.

Today, instead of being a child and imagining life as a grown-up, I want you to imagine your life as a child, a fully beloved child of God. What does that look like, feel like? Is it different than you felt before? How?

Come and worship the God who loves you fully!

### Station 2: PRAYER OF CONFESSION

Our sins can weigh us down, preventing us from fully enjoying all that God has given us. What burdens do you carry? Pick up a brick, offer your prayers of confession to God, and imagine them on the brick. Feel the weight of it. Staying aware of the weight, carry it slowly to the next station.

### Station 3: ASSURANCE OF PARDON

As a child of God, one of the first joys we experience is God's forgiveness. Put down your brick. Write your sins on the strip of paper (*dissolving paper available from magic shops*). Place the paper in the bowl of water and stir it gently. Imagine God taking your sins and "dissolving" them from you.

### Station 4: PASSING OF THE PEACE

May the peace of Lord Jesus Christ be with you all.

The dove is the traditional symbol of peace. Follow the directions to make an origami dove. Make two: one to take home and one to add to the mobile.

### Station 5: LISTENING TO GOD'S WORD

Read over the scriptures and pick one that speaks to you. Pray over the scripture. Imagine the person or persons who wrote it originally. What were they feeling? To whom were they speaking? How did those people feel? Imagine what God wants you to hear in this scripture today.

With the watercolors, paint what this scripture makes you feel or what you imagine as you meditate on it.

### Station 6: BEING WITH GOD

Communion is the ultimate symbol and use of imagination in the Christian church. We imagine what it was like for Christ at the Last Supper. What it was like to be one of the disciples, hearing those words for the first time and from the mouth of Jesus? We imagine what the body and the blood are for us today—where Christ is present for us.

Take the elements. Imagine you are there in the Upper Room at the Last Supper. Take, eat and drink.

### Station 7: AFFIRMATION OF FAITH

Imagine you are part of the Early Church. You hadn't met Jesus personally, but someone has told you about him and so you started worshipping with other Christians. Lots of things are being said about Jesus, both inside the body of believers and in the community. Things that are really hard to believe. The church has stated what it believes in the form of the Apostles Creed. But what do you believe?

Write a brief statement of faith in your own words.

### Station 8: PRAYERS OF THE PEOPLE

Think of those who are in need of your prayers, nameless people around the world, your next door neighbor, a colleague, or maybe someone in your family. As you pray for this person or persons, cut out a leaf and add it to the tree.

Look at all the other leaves on the tree representing the prayers of others. Lift

them before God as well as your own, knowing that God knows who those prayers are for even if you do not.

### Station 9: OFFERING

We often compartmentalize our live giving God bits and pieces of it. Imagine what it would be like to give your whole life to God—your work, your family, your play.

Take the clay and model what you would look like if you gave all you have and all you are to the one who created you.

Close with a prayer of dedication.

### Station 10: BENEDICTION

God is our rock and our salvation. Each of these stones has a word carved into it. Take one. Imagine where these stones have been, what it was like to be plucked up, polished, and carved. How is that like your Christian walk? What made you choose the stone that you did?

A benediction is a blessing and a sending out. Imagine God's blessings showering down on you as water has run over these stones. Now go from this place, knowing that you are God's child, most dear. ■



Elisabeth Williams has an M.Div. from Wesley Theological Seminary and has been serving in educational ministries in the National Capital Presbytery for the 12 years.

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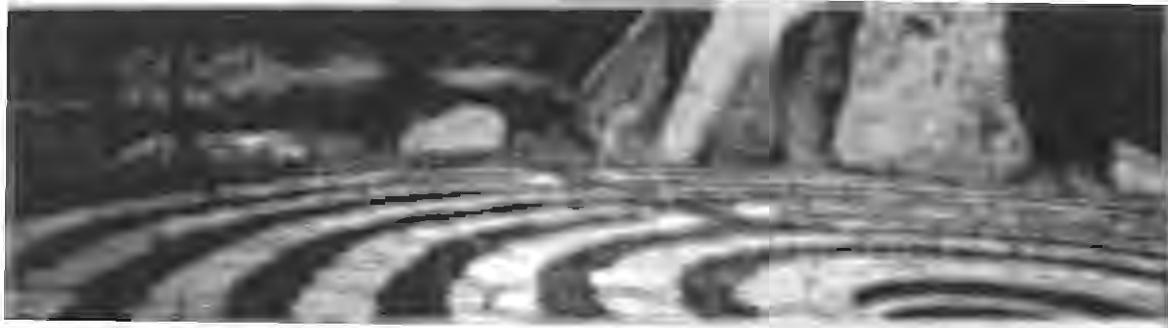
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PRESBYTERIAN YOUTH TRIENNIUM 2007

Meditations  
for  
Walking the Labyrinth



Written and Compiled by Wm. Blake Spencer

## **Meditations for Walking the Labyrinth**

Along the faith journey we depend on the gifts of scripture and prayer.

**Scripture** is God's gift to guide us. The pathways of the Labyrinth provide an opportunity for individuals to encounter and reflect on God's word.

**Prayer** is God's gift of communication. Good communication is based on the ability to both speak and listen. We speak to God by sharing our concerns, needs, celebrations, and hopes. We listen to discern God's desire for our lives. When prayer seems to be a struggle we give thanks that God's Holy Spirit prays on our behalf. (Romans 8:26-27)

### **The Labyrinth**

*Understanding the Labyrinth in the Reformed Tradition*

#### **What is a labyrinth?**

- A labyrinth is a spiritual tool for meditation and prayer.
- It is an intricate pattern of pathways, usually in the shape of a circle. Participants follow a meandering path inward to the center of the circle.
- During the middle ages at the time of the Crusades, when it was dangerous to make a pilgrimage to the Holy Land, people used the labyrinth to symbolize that journey as they walked in safety at home.

My steps have held fast to your paths; my feet have not slipped. I call upon you, for you will answer, O God; incline your ear to me, hear my words. Psalm 17: 5-6

#### **Why should I walk the labyrinth?**

- The labyrinth symbolizes our life journey and our spiritual journey—our walk with God. The walk along the labyrinth invites and encourages us to reflect, remember, celebrate, mourn, and pray, all while in the presence of God.
- Walking the labyrinth facilitates a quiet meditative experience. Whether walking alone or with others, the labyrinth represents life and faith lived in community.

Therefore lift your drooping hands and strengthen your weak knees, and make straight paths for your feet, so that what is lame may not be put out of joint, but rather be healed. Hebrews 12:12-13

### **Where is Jesus in the labyrinth?**

- Jesus dwells within you; He walks with you on the path.
- You often experience the presence of Jesus when you reach the center of the labyrinth.

....And remember, I am with you always, to the end of the age. Matthew 28-20

### **Can I get lost on the labyrinth?**

- You cannot get lost—the labyrinth is not a maze. It is one continuous path.
- Should you become confused, simply return either to the center or entrance of the labyrinth.

...Do not lose heart, or be afraid, or panic....for it is the Lord your God who goes with you...Deuteronomy 20:3b-4a

### **I walked the labyrinth and nothing happened. What did I do wrong?**

- You did nothing wrong, and you did receive something.
- Walk the labyrinth again or take time to reflect on your experience.
- It may take several days before you begin to understand your experience.

Be still before the Lord, and wait patiently for him...Psalm 37:7

### **Is the labyrinth a pagan symbol?**

- Like many other Christian symbols, the labyrinth was used in non-Christian settings. But as far back as the Middle Ages the labyrinth has been used in the Christian tradition.
- The labyrinth is used as a tool to reflect on Scripture and faith, as well as to pray.

Devote yourself to prayer keeping alert in it with thanksgiving. Colossians 4:2

### **How do I walk the labyrinth?**

- There are no rules for walking the labyrinth. To get started, you might follow this suggestion:

Before walking the labyrinth take some time to pray and read scripture.

- As you enter the labyrinth at the opening of the circle, read a scripture passage and say prayer.
- Slowly follow the path as it directs you to and fro, but always leading you to the center. Feel free to pause during your walk at any point and pray, meditate, or reflect. When you are ready start your journey again.
- As you encounter other walkers coming toward you, just step aside to let them pass. You may also walk around slower walkers.
- Meditate, reflect, remember, celebrate, mourn, or pray as you walk slowly with Jesus along the path. Release your concerns and burdens to God.
- On reaching the center of the labyrinth, stop as long as you like. Experience Christ's presence, love, and forgiveness. Continue your meditation, reflection, or devotion as you open your heart to God.
- After a bit, retrace your steps along the path to return to the entrance; continue meditating, reflecting, remembering, celebrating, mourning, or praying.
- When you return to the beginning point, leave the labyrinth in prayer. Walk over and sit on a bench or beneath a tree to reflect on your experience.

Your Word is a lamp to my feet and a light to my path. Psalm 119:105

# Worship Resources for walking the Labyrinth

## *12 Biblical Journeys*

***Take time to read one of the 12 meditations before walking the labyrinth.***

### **Genesis 12: 1-7 (The Call of Abram)**

"Now the Lord said to Abram, 'Go from your country and your kindred and your father's house to the land I will show you. I will make you a great nation, and I will bless you, and make your name great, so that you will be a blessing. I will bless those who bless you...So Abram went, as the Lord had told him. Abram was seventy-five years old when he departed from Haran.

Notes: Abram who later became known as Abraham left the security of his home and all that he had known. His faithful response began a new journey, a journey that established God's covenant. God promises Abram to always be with him. I will be your God, you will be my people.

*Where is God leading you? How is your life a blessing?  
Is it difficult to go where God leads? How is God with you?  
What does it mean to live as one of God's children?*

*Holy God, lead my life. Give me wisdom to become aware  
of the blessings You have showered upon me? I sense  
your call. Give me courage to go. I long to live as Your  
child. Amen.*

### **Hymn: Here I Am, Lord**

I, the Lord of sea and sky, I have heard my people cry. All  
who dwell in deepest sin my hand will save.  
I who made the stars of night, I will make their darkness  
bright. Who will bear my light to them? Whom shall I  
send

Refrain: Here I am Lord. Is it I, Lord? I have heard You  
calling in the night. I will go, Lord, if You lead me. I will  
hold your people in my heart.

**Deuteronomy 10:10-11 (Moses on Mount Sinai just upon receiving the Ten Commandments)**

"I stayed on the mountain forty days and forty nights, as I had done the first time. And once again the Lord listened to me. The Lord was unwilling to destroy you. The Lord said to me, 'Get up, go on a journey at the head of the people, that they may go in and occupy the land that I swore their ancestors to give them.'"

Notes: In the wilderness journey of the early Hebrew people generations passed away and generations were born. Along the way the people complained, lost hope, and turned away from God. God never gave up. God never stopped loving. God kept the promise to take them to a new land.

*What is difficult about your journey? How does God comfort you? Is it possible to step into a new land?*

*Loving Lord, I give you thanks that you endure my complaints and worries. I long for your comforting presence and pray that you lead me to a new place. Go with me. Amen.*

**Spiritual: I'm Gonna Live So God Can Use Me**

I'm gonna live so God can use me anywhere, Lord,  
anytime! I'm gonna live so God can use me anywhere,  
Lord, any time!

(Insert I'm gonna work so, pray so, sing so)

**Ruth 1: 15-18**

"So Naomi said, 'See your sister-in-law has gone back to her people and to her gods; return after your sister-in-law.' But Ruth said, 'Do not press me to leave you or to turn back from following you! Where you go, I will go; where you lodge, I will lodge; your people will be my people, and your God my God. Where you die, I will die—there will I be buried. May the Lord do thus and so to me and more as well, if even death parts me from you!' When Naomi saw that she was determined to go with her, she said no more to her."

*What commitments to others have you made? What are the benefits of living in community with others? How do you trust God and others when the future is unsure?*

*God, you are our home. We give you thanks for our community of faith. Help us to live life with others. As we look to the future and all it holds remind us that you are always with us. Amen.*

**Song: Sanctuary**

Lord prepare me to be a sanctuary. Pure and holy, tried and true. With thanksgiving, I'll be a living sanctuary for you.

Lead me O Lord, through temp-tation, You refine me, from within. Fill our hearts with, your Holy Spirit, take – all my, sins away.

**Psalm 122**

"I was glad when they said to me, 'Let us go to the house of the Lord!' Our **feet** are standing with your gates, O Jerusalem. Jerusalem – built as a city that is bound firmly together. To it the tribes go up, the tribes of the Lord as was decreed for Israel, to give thanks to the name of the Lord.....Pray for the peace of Jerusalem: 'May they prosper who love you. Peace be within your walls....I will say peace be within you.' For the sake of the house of the Lord our God, I will seek your good."

*What brings you to this place today? How does God meet you in times of worship? How are you in need of God's peace today? Who do you need to share God's peace with today?*

*Lord our God, bring us into your house that we might behold your glory and experience the joy and the peace that only You can give. We seek your goodness today. Amen.*

**Hymn: Christ Is Made the Sure Foundation** verse2

To this temple, where we call You, Come, O Lord of Hosts today; With your wonted loving kindness hear Your people as they pray, and your fullest benediction shed within its walls alway.

### **Jeremiah 18: 1-6 (The Lord speaks to Jeremiah)**

"The word that came to Jeremiah from the Lord: 'Come, go down to the potter's house, and there I will let you hear my words.' So I went down to the potter's house, and there he was working at his wheel. The vessel he was making of clay was spoiled in the potter's hand, and he reworked it into another vessel, as seemed good to him. Then the word of the Lord came to me: Can I not do with you, O house of Israel, just as the potter has done? Says the Lord. Just like the clay in the potter's hand, so are you in my hand O house of Israel."

*When do you hear God's word? What needs to be re-shaped in your life? How do you let God work in your life?*

*Creator God, You made us in your image. Take us in your hand once more and reshape our lives. Open our ears, eyes and hearts to your way and your word.*

### **Hymn: Have, Thine Own Way, Lord**

Have thine own way Lord! Have thine own way! Thou art the potter, I am the clay. Mold me and make me after thy will, while I am waiting yielded and still.

Have thine own way, Lord! Have thine own way! Search me and try me, Master, today. Open my eyes, my sin show me now, as in thy presence humbly I bow.

Have thine own way, Lord! Have thine own way! Wounded and weary, help me I pray. Power, all power, surely is thine. Touch me and heal me, Savior divine.

Have thine own way, Lord! Have thine own way! Hold o'er my being absolute sway. Fill with thy Spirit till all shall see Christ only always, living in me.

### **Micah 6:8**

"The Lord has told you, O mortal, what is good; and what does the Lord require of you but **to do justice**, and **to love kindness**, and **to walk humbly** with your God?"

*What does the Lord require of you? Who is in need of justice or love today? How can you serve those in need? What does it mean to live and to walk humbly?*

*God of Mercy, gently consider my life? I confess that I do not always treat others with justice or love. Help me to walk humbly in your presence. Amen.*

**Song: Humble Thyself**

Humble thyself in the sight of the Lord.

Humble thyself in the sight of the Lord.

And He shall lift you up

Higher and higher

And He shall lift you up.

**Daniel 2: 20-23**

"Daniel said: 'Blessed be the name of God from age to age, for wisdom and power are the Lord's. God changes times and seasons, deposes kings and sets up kings; gives wisdom to the wise and knowledge to the those who have understanding. God reveals deep and hidden things. The Lord knows what is in the darkness and light dwells with him. To you, O God of my ancestors, I give thanks and praise, for you have given me wisdom and power and have now revealed to me what we asked of you, for you have revealed to us what the king ordered.

*Reflect on God's love and power shared from age to age. How has God change you? How does God go with you from season to season of your life? What deep and hidden things is God revealing to you? Who do you give thanks for? How does God's wisdom and power shape your life?*

*God, from age to age you hold us and guide us. Be with us in this season of our life. Reveal to us your wisdom and shape our lives. Amen.*

**Song: Spirit of the Living God**

Spirit of the Living God fall afresh on me; Spirit of the living God fall afresh on me. Melt me, mold me, fill me, use me. Spirit of the Living God fall afresh on me.

**Luke 4: 1-14 (Jesus is tempted in the wilderness)**

"Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, where for forty days he was tempted by the devil. He ate nothing.....he was famished. The devil said to him, 'If you are the Son of

God, command this stone to become a loaf of bread.'  
Jesus answered him, 'It is written, One does not live by bread alone...."

*How do you experience God's Holy Spirit? When tempted where do you go, what do you do? How did Jesus persevere? How is Jesus an example for your life?*

*God, You are our refuge and strength. As we wander nourish and sustain us. In the face of temptation give us faith to persevere. Amen.*

**Song: They Will Know We are Christians By Our Love**

We are one in the Spirit we are one in the Lord. We are one in the Spirit we are one in the Lord. And we pray that all unity may one day be restored. And they'll know we are Christians by our love, by our love, yes they'll know we are Christians by our love.

We will walk with each other, we will walk hand in hand  
We will walk with each other, we will walk hand in hand.  
And together we'll spread the news that God is in our land.  
And they'll know we are Christians by our love, by our love, yes they'll know we are Christians by our love.

**John 4: 7-42 (Jesus talks to the Samaritan Woman)**

"A Samaritan woman came to draw water, and Jesus said to her, 'Give me a drink.' The Samaritan woman said to him, 'How is it that you, a Jew, ask a drink of me, a woman of Samaria? (Jews do not share things in common with Samaritans.) Jesus answered her, 'If you knew the gift of God, and who it is that is saying to you, 'Give me a drink,' you would have asked him, and he would have given you living water....The woman said to him, 'Sir, give me this water, so that I may never be thirsty or have to keep coming here to draw water....Jesus said to here, 'Woman believe me....The woman said to him, 'I know that Messiah is coming'....Jesus said to her, 'I am he, the one who is speaking to you....Then the woman left....and went back to the city. She said to the people, 'Come and see a man who told me everything I have ever done!...."

*Why does God chose such unlikely people to share good news? What are you thirsting for? Journey to the water and celebrate God's goodness.*

*Lord of Life give to us living water that we might not ever thirst again. Wash us clean. Refresh us this day. Amen.*

**Song: Thy Word**

Refrain: Thy Word is a lamp unto my feet and a light unto my path. Thy Word is a lamp unto my feet and a light unto my path. When I feel afraid, and I think I've lost my way, still you're there right beside me. Nothing will I fear as long as you are near; Please be near me to the end.  
(Repeat refrain)

**John 15:16-17**

"You did not choose me but I chose you. And I appointed you to go and bear fruit that will last, so that the Father will give you whatever you ask him in my name."

*How was God active in your life before you ever knew it? Why has God chosen you? What fruit (gifts) do you have to share? God will give you what you need, not necessarily what you want. What do you need?*

*Lord of New Life, you loved us before we ever knew it. You claimed us and saved us before we could ever acknowledge your grace. Thank you for loving us. Help us to realize the gifts in our lives. Give to us what we need to do your will. Amen.*

**Song: Surely the Presence**

Surely the presence of the Lord is in this place, I can feel His mighty power and His grace. I can hear the brush of angel's wings, I see glory on each face;  
Surely the presence of the Lord is in this place.

**Romans 8: 26-27**

"Likewise the Spirit helps us in our weakness; for we do not know how to pray as we ought, but that very Spirit intercedes with sighs too deep for words. And God, who searches the heart, knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God."

*Why are you weak today? What are your weakness?  
Trust that the Holy Spirit will speak on your behalf. Keep  
walking, depend on God.*

*Oh, dear God. I am speechless today. I cannot find the  
words to express what all I am experiencing and feeling.  
Have patience with me. Help me. Amen.*

**Spiritual: Guide My Feet**

*Guide my feet while I run this race,  
Guide my feet while I run this race, Guide my feet while I  
run this race, For I don't want to run this race in vain.  
(also insert: Hold my hand, Stand by me)*

**I Peter 22-25**

*"You have been born anew, not of perishable but of  
imperishable seed, through the living and enduring word of  
God. 'All flesh is like grass and all its glory like the flower  
of grass. The grass withers, and the flower falls, but the  
word of the Lord endures forever.'"*

*Gain perspective on your life. What is priority in your life?  
What matters the most? Where do you place your trust?  
If the word of God is the only thing that endures how does  
this change your life perspective?*

*God you are the Alpha and the Omega, the beginning and  
the end. You go before us, walk with us and are behind  
us. Walk with us that we might live our lives to the fullest.  
Amen.*

**Hymn: Our God, Our Help in Ages Past**

*Our God, our help in ages past, Our hope for years to  
come. Our shelter from the stormy blast, and our eternal  
home.*

*Before the hills in order stood, Or earth received its frame,  
from everlasting Thou art God, To endless years the same.*

## **"Lord Teach Us to Pray"**

Suggestions for Prayer/Making Space for God

Taken from handout printed by Office of Spiritual Formation/Presbyterian Church  
(U.S.A.)

"Prayer is none other than an expanding of our heart in the presence of God." -John Calvin

There is no right way to pray! There are many different ways of becoming open to the presence of God's Holy Spirit.

### **Cultivating Interior Stillness**

It has been said that the primary language of God is silence. And yet we can so utterly fill even our prayer time with words that we make it hard for even God to get a word in edgewise.

The ability to cultivate interior stillness and quiet, free of distracting thoughts, is the foundation of prayer. It creates a time and space in which we may listen for the still, small voice of God.

A good place to start is to find a relatively quiet, reflective place. Sit in a comfortable position. Close your eyes, or focus gently on some object. Take several slow, deep breaths. As you inhale, let it be a breathing in of God's blessing, and as you exhale, let it be a breathing of tensions, worries, and distractions. Don't force it or try too hard, but simply relax and rest in God's presence.

**Read and Reflect on Scripture.** Don't try to analyze the passage. Simply read. If a word or phrase catches your attention then live with those words awhile. Repeat them in your mind over and over. As you read the text, personalize it. Make it real for you. What do you hear, smell, taste, or feel. Make it yours: God is speaking to you. Insert your name. When you see the words "I", "my", "you", or "your", envision that God is speaking to you.

Possible Scriptures: Psalm 42:1-5, Isaiah 6:5-8, Jonah 2:1-6, Luke 10:38-42, Isaiah 30: 15, Isaiah 43:1-7

**Visualize.** Think of God's loving presence as embracing warmth, color, or light. Visualize the person for whom you are praying for. Imagine them in your mind's eye as concretely as possible, calling to mind a vivid picture.

**Sit quietly and watch your thoughts.** Let them arise and disappear as they will. Don't spend time thinking about their content. Just watch thoughts arise and watch them go. Sometimes there may be space between thoughts.

**Prayer Phrases.** The following words and phrases can be used as centering prayer, to let your attention return to your center while distractions are shed. Rhythmically repeat the word or phrase, perhaps as you breath in and out. Try repeating the phrase as many times as you can. Allow silence to embrace you.

Je/sus

The Lord/ is my Shepherd (Psalm 23:1)

Come Lord Jesus/hear my prayer (I Corinthians 16:22b)

Come Lord Jesus/be my guide (I Corinthians 16:22b)

Be not/afraid (Isaiah 43:1)

Be still and know/that I am God (Psalm 46:10)

I have called you by name/and you are mine (Isaiah 43:1)

I belong/to God

**Life Reflection.** Reflect upon the events of the past day, as if watching a video of your experience, starting with your waking in the morning and beginning the day. Don't rush. Who did you encounter? What did you feel? What insights did you gain? What did you enjoy? How were you disappointed?

Ask God to bring your heart an awareness of one or two moments or experiences for which you are grateful. Savor them as fully as you can, drawing life and energy from them once more.

Ask God now to bring to your heart awareness of one or two moments or experiences for which you are not grateful. What was it that made these experiences so difficult? Be present to these less pleasant experiences as fully as you can, yet without judging or being critical, knowing that God was with you then and is with you now.

Give thanks to God for whatever you have experienced.

## Knowing the Will of God

(Taken from The Unnecessary Pastor/Marva Dawn and Eugene Peterson)

(p.169-172)

There are several ways to know God's will.

1. Through God's Word.....If our lives are immersed in the Word, we will be able by God's Spirit to improvise more authentically, and thereby we will often discover the will of God....
2. We often ask the wrong question when we want to know God's will.....we should instead see what God is doing in the world and become part of God's program. We know that God wants us to love our neighbors and care for their particular needs, to feed the hungry, clothe the naked, shelter the homeless, build peace, secure justice, and spread the good news of salvation through Christ.
3. Sometimes open doors can reveal God's will, but not always. We must continually ask who opened the doors and whether we should walk through them.
4. Two important elements for God's will are humility and calmness – we need not be under frightening pressure to fulfill God's purposes....God's purposes will be fulfilled whether you participate or not, but perhaps this is exactly why you are in the position you are in.
5. God's plans will be fulfilled, even though we often have to wait....the purposes of God will be accomplished in their appointed time – never too late or too early....We need not panic as we wait for God's timing....We all know that if we panic while taking a test, our brain will forget everything we do know because we are concentrating instead on what we don't know. In the same way if we panic over finding God's will, we will miss the signals, the insights, the biblical truths. If we stop giving in to our anxiety, we would discover that God wants to reveal his will to us.
6. Pray. Intentionally pray with others. Contact friends in various locations and ask them to pray with you, to ask you questions, to tell you what the Spirit said to them.



## Meditations for Walking the Labyrinth

Along the faith journey we depend on the gifts of scripture and prayer.

**Scripture** is God's gift to guide us. The pathways of the Labyrinth provide an opportunity for individuals to encounter and reflect on God's word.

**Prayer** is God's gift of communication. Good communication is based on the ability to both speak and listen. We speak to God by sharing our concerns, needs, celebrations, and hopes. We listen to discern God's desire for our lives. When prayer seems to be a struggle we give thanks that God's Holy Spirit prays on our behalf. (Romans 8:26-27)

### The Labyrinth

*Understanding the Labyrinth in the Reformed Tradition*

#### What is a labyrinth?

- A labyrinth is a spiritual tool for meditation and prayer.
- It is an intricate pattern of pathways, usually in the shape of a circle. Participants follow a meandering path inward to the center of the circle.
- During the middle ages at the time of the Crusades, when it was dangerous to make a pilgrimage to the Holy Land, people used the labyrinth to symbolize that journey as they walked in safety at home.

My steps have held fast to your paths; my feet have not slipped. I call upon you, for you will answer, O God; incline your ear to me, hear my words. Psalm 17: 5-6

#### Why should I walk the labyrinth?

- The labyrinth symbolizes our life journey and our spiritual journey—our walk with God. The walk along the labyrinth invites and encourages us to reflect, remember, celebrate, mourn, and pray, all while in the presence of God.
- Walking the labyrinth facilitates a quiet meditative experience. Whether walking alone or with others, the labyrinth represents life and faith lived in community.

Therefore lift your drooping hands and strengthen your weak knees, and make straight paths for your feet, so that what is lame may not be put out of joint, but rather be healed. Hebrews 12:12-13

Before walking the labyrinth take some time to pray and read scripture.

- As you enter the labyrinth at the opening of the circle, read a scripture passage and say prayer.
- Slowly follow the path as it directs you to and fro, but always leading you to the center. Feel free to pause during your walk at any point and pray, meditate, or reflect. When you are ready start your journey again.
- As you encounter other walkers coming toward you, just step aside to let them pass. You may also walk around slower walkers.
- Meditate, reflect, remember, celebrate, mourn, or pray as you walk slowly with Jesus along the path. Release your concerns and burdens to God.
- On reaching the center of the labyrinth, stop as long as you like. Experience Christ's presence, love, and forgiveness. Continue your meditation, reflection, or devotion as you open your heart to God.
- After a bit, retrace your steps along the path to return to the entrance; continue meditating, reflecting, remembering, celebrating, mourning, or praying.
- When you return to the beginning point, leave the labyrinth in prayer. Walk over and sit on a bench or beneath a tree to reflect on your experience.

Your Word is a lamp to my feet and a light to my path. Psalm 119:105

**Deuteronomy 10:10-11 (Moses on Mount Sinai just upon receiving the Ten Commandments)**

" I stayed on the mountain forty days and forty nights, as I had done the first time. And once again the Lord listened to me. The Lord was unwilling to destroy you. The Lord said to me, 'Get up, go on a journey at the head of the people, that they may go in and occupy the land that I swore their ancestors to give them."

Notes: In the wilderness journey of the early Hebrew people generations passed away and generations were born. Along the way the people complained, lost hope, and turned away from God. God never gave up. God never stopped loving. God kept the promise to take them to a new land.

*What is difficult about your journey? How does God comfort you? Is it possible to step into a new land?*

*Loving Lord, I give you thanks that you endure my complaints and worries. I long for your comforting presence and pray that you lead me to a new place. Go with me. Amen.*

**Spiritual: I'm Gonna Live So God Can Use Me**

I'm gonna live so God can use me anywhere, Lord, anytime! I'm gonna live so God can use me anywhere, Lord, any time!

(Insert I'm gonna work so, pray so, sing so)

**Ruth 1: 15-18**

"So Naomi said, 'See your sister-in-law has gone back to her people and to her gods; return after your sister-in-law.' But Ruth said, 'Do not press me to leave you or to turn back from following you! Where you go, I will go; where you lodge, I will lodge; your people will be my people, and your God my God. Where you die, I will die—there will I be buried. May the Lord do thus and so to me and more as well, if even death parts me from you!' When Naomi saw that she was determined to go with her, she said no more to her."

*What commitments to others have you made? What are the benefits of living in community with others? How do you trust God and others when the future is unsure?*

### **Jeremiah 18: 1-6 (The Lord speaks to Jeremiah)**

"The word that came to Jeremiah from the Lord: 'Come, go down to the potter's house, and there I will let you hear my words.' So I went down to the potter's house, and there he was working at his wheel. The vessel he was making of clay was spoiled in the potter's hand, and he reworked it into another vessel, as seemed good to him. Then the word of the Lord came to me: Can I not do with you, O house of Israel, just as the potter has done? Says the Lord. Just like the clay in the potter's hand, so are you in my hand O house of Israel."

*When do you hear God's word? What needs to be re-shaped in your life? How do you let God work in your life?*

*Creator God, You made us in your image. Take us in your hand once more and reshape our lives. Open our ears, eyes and hearts to your way and your word.*

### **Hymn: Have, Thine Own Way, Lord**

Have thine own way Lord! Have thine own way! Thou art the potter, I am the clay. Mold me and make me after thy will, while I am waiting yielded and still.

Have thine own way, Lord! Have thine own way! Search me and try me, Master, today. Open my eyes, my sin show me now, as in thy presence humbly I bow.

Have thine own way, Lord! Have thine own way! Wounded and weary, help me I pray. Power, all power, surely is thine. Touch me and heal me, Savior divine.

Have thine own way, Lord! Have thine own way! Hold o'er my being absolute sway. Fill with thy Spirit till all shall see Christ only always, living in me.

### **Micah 6:8**

"The Lord has told you, O mortal, what is good; and what does the Lord require of you but **to do justice**, and **to love kindness**, and **to walk humbly** with your God?"

*What does the Lord require of you? Who is in need of justice or love today? How can you serve those in need? What does it mean to live and to walk humbly?*

God, command this stone to become a loaf of bread.' Jesus answered him, 'It is written, One does not live by bread alone....'"

*How do you experience God's Holy Spirit? When tempted where do you go, what do you do? How did Jesus persevere? How is Jesus an example for your life?*

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Give thanks to God for whatever you have experienced.

## LABYRINTH RESOURCES

### Labyrinths

#### Books

Artress, Lauren. *Walking the Sacred Path: Rediscovering the Labyrinth as a Spiritual Tool*. New York: Riverhead Books, 1995.

Geoffrion, Jill Kimberly Hartwell. *Praying the Labyrinth: A Journal for Spiritual Exploration*. Cleveland: The Pilgrim Press, 1999.

#### Websites

<http://www.oxford.anglican.org/page/1216/>

<http://cecm.victas.uca.org.au/index.cgi?tid=227> (open the pdf and follow the script)

[http://www.dioceseofspokane.org/Communications/IR\\_2003/ir07\\_3103/graceo731-3.htm](http://www.dioceseofspokane.org/Communications/IR_2003/ir07_3103/graceo731-3.htm)  
(letter in a newsletter entitled "Everyday Grace: Labyrinth Prayer for Children")

<http://www.lessons4living.com>

<http://www.labyrinthsociety.org> (loads of info; even has a virtual labyrinth to use!)

<http://www.relax4life.com>

<http://www.LabyrinthCompany.com>

<http://www.labyrinthsinstone.com>

<http://www.gracecathedral.org>

<http://wingscancerfoundation.org>

<http://grouppublishing.com> (The Prayer Path: A Christ-Centered Prayer Experience-Description, Prayer Path Kit, Testimonials, Prayer Path Stations)

[www.labyrinthonline.com](http://www.labyrinthonline.com)

# LABYRINTH LOCATIONS & RESOURCES

## (PARTIAL LIST)

### Rochester

Jodi Aman

3791 St. Paul Blvd Rochester, NY 14617

585-467-2614

Public/Indoor ... Call for availability

Asbury First United Methodist Church

1050 East Avenue Rochester, NY 14607

585-271-1050

Public/Indoor/Portable ... Call for availability

Donna & Skip LaDuque

123 Biltmore Drive Rochester, NY 14617

Always open ... Rock or Garden

Greece United Methodist Church

1924 Maiden Lane Rochester, NY 14626

585-225-1880

Public/Outdoor Eagle Project Prayer Walk

Harriette Royer

23 Hobart Street Rochester, NY 14611

585-436-9174

Private/Paved ... Call for availability

Labyrinth House and Life Listening Resources

2071 Westfall Road Rochester, NY 14618

585-256-3384

St. John Fisher College

Coleman Chapel

3690 East Avenue Rochester, NY

585-385-8000

Indoor ... Call for availability

### Beyond Rochester

Carandolet Retreat Center St. Paul, Minnesota

LGMoriarty@aol.com

Chartres Cathedral Chartres, France

Indoor

Grace Cathedral San Francisco, California  
www.gracecathedral.org  
Public/Indoor/Outdoor

Life Enrichment Center & Family Campgrounds  
United Methodist Church  
St. Michael's Labyrinth Society  
P.O. Box 490108, Leesburg, Florida 34749-0108  
1-800-862-6889  
Outdoor

The Labyrinth at UTS  
30 Seminary Drive Barytown, NY  
Gillian Corcoran 845-758-3909

Washington National Cathedral  
3000 Wisconsin Avenue NW Washington, D.C. 20016  
202-537-6267

### Additional Florida Locations

- Permanent Outdoor Labyrinth at the UU Church of Fort Lauderdale.
- The Seven-Circuit Outdoor Labyrinth at the UU Society of Miami.
- There is a outdoor seven-circuit labyrinth at Unity Church in Hollywood, FL.
- There is an eleven-circuit concrete labyrinth at the North Campus of Broward Community College, 1000 Coconut Creek Blvd., Fort Lauderdale, FL 33066. It's outdoors just west on OMNI Auditorium, Bldg. 60.
- The Cenacle Eleven-Circuit Labyrinth in Lantana, FL, at 1400 S Dixie. Their Annual Labyrinth Retreat is planned for October 17-19, 2003.
- There is an outdoor eleven-circuit labyrinth at the Miami Lakes Methodist Church, 14800 NW 67 Ave, Miami Lakes, FL 33014 (South down 67th Avenue inside the Bend of the Palmetto Expressway), Phone 305/759-4451. (No website).
- There is an eleven-circuit outdoor stone labyrinth at the Episcopal Duncan Center, 15820 S. Military Trail in Delray Beach, FL, west of the Linton Blvd exit from I-95.
- There is an eleven-circuit outdoor brick labyrinth near the Middle School at St Andrew Episcopal School, 3900 Jog Rd, Boca Raton, FL 33434 561/210-2127
- There is an Eleven-Circuit Labyrinth at The Episcopal Church of the Good Shepherd, Tequesta, FL.
- There is an outdoor eleven-circuit labyrinth at the Big Pine United Methodist Church, Key Deer Boulevard, Big Pine Key, FL 33043 (305) 872-4444.
- There is a canvass eleven-circuit labyrinth at St Luke's Episcopal Church, 5150 SE Railway Ave., Port Salerno, FL 34992. Email [StLukes@gate.net](mailto:StLukes@gate.net) or phone (561) 286-5455 for availability.
- There is a canvass eleven-circuit labyrinth at St Gregory's Episcopal Church, 100 NE Mizner Blvd., Boca Raton, FL 33432. Email [stgreg@bellsouth.net](mailto:stgreg@bellsouth.net) or phone (561) 395-8285 for availability.

# Labyrinth Resources



Caerdroia  
53 Thundersley Grove  
Thundersley, Essex SS7 3EB, England  
Telephone: 01268751915  
Jeff Seward, editor  
Caerdroia@dial.pipex.com  
Written resources and annual publication

The Labyrinth Society  
[www.labyrinthsociety.org](http://www.labyrinthsociety.org)

The Saint Louis Labyrinth Project  
Robert Ferré  
128 Slocum  
St. Louis, MO 63119-2254  
1-800-873-9873; fax 1-888-873-9873  
[www.1heart.com](http://www.1heart.com) or [robert@1heart.com](mailto:robert@1heart.com)  
Written resources, labyrinth travel, labyrinth construction consultations

Veriditas: The World-Wide Labyrinth Project  
Grace Cathedral  
1100 California Street  
San Francisco, CA 94108-9858  
415-749-6358; fax 415-749-6357  
[www.gracecom.org](http://www.gracecom.org)  
Labyrinth products, including 36-foot portable canvas labyrinths.  
Use their on-line labyrinth locator to find local and distant labyrinths.

Wisdom Ways Resource Center for Spirituality  
1890 Randolph Avenue  
St. Paul, MN 55105  
651-690-8830; fax 651-696-2771  
Laminated 12-inch paperboard finger labyrinths (the reverse side includes a brief history of the labyrinth and suggestions for preparing to walk the labyrinth)

## **LABYRINTHS IN HEALTH CARE SETTINGS**

*(Please send us any updates on additional Health Care Labyrinth Settings.)*

Akron General Medical Center, Akron, OH; California Pacific Medical Center, San Francisco, CA; Doylestown Hospital Health & Wellness Center, Doylestown, PA; Harmony Hill Cancer Retreat, Union, WA; Johns Hopkins Medical Center Gerontology Institute Meditation Garden; Johns Hopkins Medical Center, Bayview Campus, Baltimore, MD; Meadville Medical Center, Meadville, PA; Meadville Virginia Piper Cancer Center, Minneapolis, MN; Medical Center of Central Georgia, Macon, GA; Medical Center, Meadville, PA; Mercy Holistic Health & Wellness Center, Cincinnati, OH; Mercy Hospital, Grayling, MI; Mid-Columbia Medical Center, The Dalles, OR; Morristown Memorial Hospital, Morristown, NJ; Munson Health Care, Traverse City, MI; New Jersey Alliance to Combat Drug and Alcohol Abuse, Jersey City, NJ; Medical Center of Ocean County, Brick, NJ; Orlando Regional South Seminole Hospital, Longwood, FL; Place of Wellness, M.D. Anderson Cancer Center, Houston, TX; Samuel S. Stratton Medical Center, Albany, NY; Southwest Memorial Hermann Wellness Center, Houston, TX; Sparrow Healing Garden, Sparrow Hospital, Lansing, MI; St. Joseph Hospital, Eureka, CA; St. Joseph's Hospital, Elgin, IL; St. Luke's Hospital, St. Louis, MO; St. Mary Medical Center, Apple Valley, CA; Staten Island University Hospice, Staten Island, NY; The West Wings Clinic, Memphis, TN; The Whitman Walker Clinic Healing Garden and Labyrinth, Arlington, VA; Three Rivers Community Hospital, Grants Pass, Oregon; Trinity Hospital & Care Center, Farmington, MN; Tyler Memorial Hospital, Tunkhannock, PA; Wesley Long Community Hospital, Greensboro, N.C.; Westchester Medical Center, Valhalla, NY; Provena Wellness Center/St. Joseph's Hospital, Elgin, Illinois; Meadville Medical Center, Meadville, Pennsylvania; Memorial Hospital of Salem County, Salem, New Jersey; Abbott Northwestern Hospital, Minneapolis, Minnesota

**HOSPICES:** Staten Island University Hospital Hospice, New York City; Seacoast Hospice, Exeter & Dover, New Hampshire; Hospice of Acadiana, Hospices, Lafayette, LA; American Cancer Society, 2003 conference, Philadelphia, PA;

*To undertake a genuine spiritual path  
Is not to avoid difficulties but to learn the art of making  
Mistakes wakefully, to bring to them the  
Transformative power of our heart.  
Jack Kornfield*

## **WHY NOT GET INVOLVED?**

**JOIN THE 365 CLUB DAILY WALKERS through The Labyrinth Society:**

A group of Labyrinthines have committed to Walking or Finger Walking a Labyrinth each day of the year. Walking and Journaling is what it is all about. There are over 100 members who have joined. It is preferable to use a walking labyrinth but finger labyrinths of any kind (paper, wood, sand, etc.) are acceptable. I often walk a 7-Circuit labyrinth in my living room just by following the pattern in my mind's-eye. I learned this by watching Marty Cain lead a group of us in the rotunda of a Capitol Hill building a number of years ago. Give it a try on your own – first using a graphic of the labyrinth to guide you. Members of the 365 Club are allotted 14 days off in the year. You are encouraged to keep a journal of your walking experiences and to share any changes you might experience. If you are interested in joining the 365 Club, please contact The Labyrinth society. <http://www.labyrinthociety.org/html/365club.html>



*United States of America*  
*Pavement Labyrinths - Christian*



Afton, Virginia - Greenfield Reconnections, Greenfield Mountain Farm, Box 605, Afton, Virginia, VA 22920, USA, Phone: 804-361-2174, e-mail: db5q@virginia.edu, contact Sherry Boyd; pavement labyrinth in **private location**, contact for availability.

Albuquerque, New Mexico - Northern New Mexico Labyrinth Project, Albuquerque, New Mexico, USA, Phone: 505.244.3956 or 505.292.6706; Contact Lesley Goddin at E-mail: godwil@aol.com; Contact: Angela Atkinson; pavement (?) labyrinth in **private location**, contact for availability.

Amarillo - Bishop Quarterman Conference Center, Amarillo, Texas, USA; stone? pavement labyrinth in the 11-ring Chartres Cathedral design.

Antioch, Tennessee - St. Mark's Episcopal Church, 3100 Murfreesboro Pike, Antioch, Tennessee, TN 37013, USA, Phone: 615.361.4100; e-mail: scotti7475@aol.com; contact Scott Lee; pavement labyrinth in public location, always open.

Aptos, California - Linda Powel, Aptos, California, USA, Phone #: 408.685.8414; pavement labyrinth in **private location**, contact for availability.

Arlington, Virginia - Unitarian Universalist Church of Arlington, 4444 Arlington Blvd., Arlington, Virginia, VA 22204, USA, Phone: 703.892.2565, Fax: 703.892.5918, e-mail: revjoan@erols.com; contact Rev. Joan R. Gelbein; pavement labyrinth in public location, open walks twice monthly, one Friday night, 7-9:30PM one Sunday afternoon 4-6:30PM; with orientation at 4, Labyrinth conference March 13-14, 1998 featuring Lauren Artress, contact for details.

Augusta, Georgia - The Church of the Good Sheperd, 2230 Walton Way, Augusta, Georgia, GA 30904, USA, Phone: 706.738.3386, Fax: 706.738.0745, Contact: Steph Britt ; Canvas labyrinth with public use by appointment.

Beaumont, Texas - Pathways of Transformation, 6260 Forest Trail Circle, Beaumont, Texas, TX 77713, USA, Phone: 409.753.2250; 409.880.8090; 830.249.3624; e-mail: pluggecd@hal.lamar.edu; contact Carol Plugge Ph.D. and Debby McCormick Ph.D; pavement labyrinth; availability by appointment.

Bellevue, Washington State - Peace Labyrinth at Unity of Bellevue, 16330 NW 4th Street, Bellevue, Washington State, WA 98008, USA, Phone: 425.747.5950, contact Mary Ellen Johnson, pavement (?) labyrinth in public location, always open.

Burbank, California - Burbank Church of Religious Science, 260 North Pass, Burbank, CA 91505, USA, Phone: 818.848.4158, e-mail: mysticgurrilla@juno.com, contact Francesca Miller; pavement labyrinth in public location, call for daily schedule.

Cape Cod, Massachusetts - Sacred Space Workshops, 179 Church Street E. Harwich,

Cape Cod, Massachusetts, MA 02645, USA, Phone: 508.432.0797, e-mail: [sacredspace@capecod.net](mailto:sacredspace@capecod.net), Web Site: [www.capecod.net/sacredspacewkshps](http://www.capecod.net/sacredspacewkshps); Contact Patti Keefer, RN, CHTP, HNC; pavement labyrinth in **private location**, contact for availability.

Carlsbad, California - The Rev. Pamela Kilbourne, Sacred Space Ministries, Carlsbad, California, USA, e-mail: [EzeSpirit@aol.com](mailto:EzeSpirit@aol.com), pavement labyrinth in public location, e-mail for availability.

Carmel, California - Community Church of Monterey Peninsula, Carmel, California, USA, Phone: 408.373.7809, e-mail: [CEDonald@aol.com](mailto:CEDonald@aol.com); contact Donald Mathews; pavement labyrinth in public location, open on the 4th Sunday of every month between 3&5PM.

Cleveland, Ohio - Trinity Cathedral, 2021 East 22nd Street, Cleveland, Ohio, OH 44115-2489, USA, Phone: 216.771.3630, pavement labyrinth in public location; Taizé worship; contact for availability.

Dallas, Texas - Marilyn Welhausen, Dallas, Texas, USA, e-mail: [Mwelhausen@aol.com](mailto:Mwelhausen@aol.com); pavement labyrinth in **private location**, e-mail for availability.

Dallas, Texas - Transfiguration Labyrinth Project, Episcopal Church of the Transfiguration, 14115 Hillcrest Road, Dallas, Texas, TX, 75240, USA, Phone: 972.233.1898 ext.353; contact Mary Anne Reed; pavement labyrinth in public location, hours Monday-Friday, 9-5PM, Saturday, 1-5PM, other times by appointment.

Denver, Colorado - Unity Church of Denver Labyrinth Project, 3021 South University Blvd., Denver, Colorado, CO 80210, USA, Phone: 303.758.5664, e-mail: [unity-denver@sni.net](mailto:unity-denver@sni.net), contact Marlene Moody, pavement labyrinth (?) in **private location**, call for availability.

Dubuque, Wisconsin - Sinsinawa Mound Center, Dubuque, WI, USA, Phone: 608.748.4411 ext.811, e-mail: [wagnerclar@aol.com](mailto:wagnerclar@aol.com); Contact Janice DeMuth; 10 minutes from Dubuque, IA, 90 minutes from Madison, WI, pavement labyrinth in public location, contact for availability.

El Cajon, California - Sandra Corneau, El Cajon, California, Phone: 619.447.8866, e-mail: [scomeau@earthlink.net](mailto:scomeau@earthlink.net); pavement labyrinth in **private location**, call or e-mail for availability, hosts discussion groups monthly, contact for more information.

Farmington Hills, Michigan - Orchard Ridge Campus/Oakland Community College, 27055 Orchard Lake Road, Farmington Hills, Michigan, MI 48018, USA, Phone: 248.471.7711, contact Robert Pripenburg, pavement labyrinth in **private location**, contact for availability.

Fond du Lac, Wisconsin - Cathedral Church, 51 W. Division Street, Fond du Lac, WI, 54936-1254, USA, Phone: 920.921.6044, contact Cathy Wolfe; pavement labyrinth in **private location**, contact for availability.

Gainesville, Florida - Ted Runions, 2245 N.W. 5th Place, Gainesville, Florida, FL 32603, USA, Phone: 352.377.2458, pavement labyrinth (?) in **private location**, contact for availability.

Glenmont, New York - Barbara S. Arthur, 198 Van Weis Point, Glenmont, New York,

12077, USA, Phone: 518.463.5750, e-mail: [transist@transist21.com](mailto:transist@transist21.com); pavement labyrinth in **private location**, contact for availability.

Hartford, Connecticut - Christ Church Cathedral, 45 Church Street, Hartford, Connecticut, CT 06103, USA, Phone: 860.527.7231, e-mail: [ccc@tiac.net](mailto:ccc@tiac.net), contact Dick Mansfield; pavement labyrinth in public location, contact for availability.

Hermosa Beach, California - St. Cross by the Sea, 1818 Monterey Avenue, Hermosa Beach, CA 90254, USA, phone#: 310.376.8989, Contact Tom Murdock; pavement labyrinth in public location, contact for availability, walks on the first Sunday of every month from 1-4pm, portable labyrinth available upon request.

Honolulu, Hawaii - St. Andrew's Labyrinth Project, St. Andrew's Cathedral, Queen Emma Square, Honolulu, Hawaii, HI 96813, USA, Phone: 808.524.2822, pavement labyrinth in public location, contact for availability.

Houston, Texas - Northwoods Presbyterian Church, Houston, Texas, TX, USA, Phone: 281.444.8861, contact Rev. Carolyn Visser; pavement labyrinth in public location, contact for availability.

Indianapolis, Indiana - The Church of the Nativity, 7300 Lantern Road, Indianapolis, IN 46256, USA, Phone: (317) 849 3656, pavement labyrinth in **private location**, contact for availability.

Iowa City, Indiana - Dorothy Whiston, 317 Mahaska Drive, Iowa City, Indiana, IA 52246, USA, Phone: 319.339.7305, e-mail: [whiston@iowacity.net](mailto:whiston@iowacity.net); pavement labyrinth in **private location**, contact for availability.

Kennewick, Washington State - 140 miles south of Spokane (tri-city area), Kennewick, Washington State, USA, e-mail: [jmichele@worldnet.net](mailto:jmichele@worldnet.net), contact Joan Michel; pavement labyrinth (?) in **private location**.

Little Rock, Arkansas - Christ Church, Little Rock, Arkansas, USA, Phone: 501.375.2342, Phone: 501.835.2359, Phone: 501.370.3714, e-mail: [sogilby@earthlink.net](mailto:sogilby@earthlink.net); Contact: Jane Wolfe, Scott Ogilby; pavement labyrinth; contact for availability.

Los Altos, California - Christ Episcopal Church, 1040 Border Road, Los Altos, California 94024, USA; Phone: (415) 948 2151; stone? pavement labyrinth in the 11-ring Chartres Cathedral design.

Marblehead, Massachusetts - Church of Saint Andrew, 135 Lafayette Street, Marblehead, Massachusetts, MA 01945, USA, Phone: 617.631.4951; Contact Paul Haley; pavement labyrinth in **private location**, contact for availability.

Marlborough, Connecticut - Ann Ameling, Marlborough, Connecticut, USA, Phone: 860.295.9025, pavement labyrinth (?) in **private location**, contact for availability.

Milwaukee, Wisconsin - Calvary Church, 628 N. 10th Street, Milwaukee, WI 53233, USA, Phone: 414.271.8782; pavement labyrinth in **private location**, contact for availability.

Milwaukee, Wisconsin - Perseverance Church, 3865 North 82nd Street, Milwaukee, WI 53222, USA, Phone: 414.463.4160, e-mail: [LouJane@aol.com](mailto:LouJane@aol.com); pavement labyrinth in public location, contact for availability.

Mobile, Alabama - Episcopal Church of the Redeemer, 1100 South Cody Road, Mobile, AL 36695, USA, Phone: (334) 639 1948; Contact: Camille Hegg or Marthajane Cassidey; pavement labyrinth in public location, always open.

Montclair, New Jersey - Saint John's Episcopal Church, 55 Montclair Avenue, Montclair, New Jersey, NJ 07042, USA, Phone: 201.783.0220, contact Ferrill Roll; pavement labyrinth in **private location**, contact for availability.

Mound, Minnesota - Our Lady of the Lake Cemetery, corner of County Road, 110 and Game Farm Road, Mound, Minnesota, MN, USA, Phone: 612.472.1284; pavement labyrinth in **private location**, always open.

New Canaan, Connecticut - The Labyrinth Project of Connecticut, New Canaan, Connecticut, USA, Phone: 203.966.5121, contact Helen Curry; pavement labyrinth in **private location**, contact for availability.

New York, New York - Judson Memorial Church, 55 Washington Square South, New York, NY 10012, USA; Phone: 212.477.0351; e-mail: lgreen@judson.org; contact Louise Green; pavement labyrinth in **private location**, monthly events-contact for availability.

Pittsburgh, Pennsylvania - Cathedral of Hope Labyrinth, East Liberty Presbyterian Church, 116 South Highland Avenue, Pittsburgh, Pennsylvania, PA 15206, USA, Phone: 412.441.3800; contact Rev. Hydie Houston, pavement labyrinth in public location, open Monday and Wednesday, contact for availability.

Port Salerno, Florida - St. Lukes Episcopal Church, Aimeé Dominique, Port Salerno, Florida, USA (30 minutes north of West Palm Beach), Phone: 561.546.7967, e-mail: aimeezing4@aol.com, pavement labyrinth in public location, contact for availability.

Portland, Oregon - Marylhurst College, Liturgical Sacred Arts Center, Marylhurst, near Portland, Oregon, OR, USA, Phone: 800.634.9982 ext.6259, Contact: Melissa Coe; pavement labyrinth in public location, contact for availability.

Portland, Oregon - Trinity Episcopal Cathedral, 147 N.W. 19th Ave., Portland, Oregon, OR 97209, USA, Phone: 503.222.9811, contact Sally Newlands; pavement labyrinth in public location, contact Sally for availability at 503.227.2305.

Prescott, Arizona - Prescott, Arizona, USA, Phone: 520.778.4499, e-mail: deborajennings parti@ecunet.org, contact Debora Jennings; pavement (?) labyrinth in **private location**, contact for availability.

Richmond, Virginia - The Chrysalis Group, Richmond, Virginia, USA, Phone: 804.355.9751, contact Nancy Millner; pavement labyrinth in **private location**, contact for availability.

Rochester, New York - Harriet Royer, 23 Hobart Street, Rochester, New York, NY 14611, USA, Phone: 716.436.9174, e-mail: royer@sfjc.edu; pavement labyrinth (?) in **private location**, contact for availability.

Sacramento, California - Christ Unity Church, 9249 Folsom Blvd., Sacramento, California, CA 95826, USA, Phone: 916.368.3950, contact Janet Manning; pavement labyrinth, public walks on the 1st Sunday of every month from 5-7pm.

Sacramento, California - Trinity Cathedral Labyrinth, Trinity Cathedral Church, 2620 Capitol Avenue, Sacramento, CA 95818, USA, Phone: 916.446.2513, e-mail: trinitycathedral@aol.org, Web Site: www.trinitycathedral.org, Contact David Rice, Usrah Claar-Rice, or Winnie Gaines; pavement labyrinth in **private location**, call for availability.

Salt Lake City, Utah - Great Basin Labyrinth, 864 East Roosevelt Ave., Salt Lake City, UT, Phone: 801.484.7344, contact Julien Puzey; pavement labyrinth in **private location**, contact for availability.

San Angelo, Texas - Emmanuel Episcopal Church, San Angelo, Texas, USA: portable labyrinth in the 11-ring Chartres Cathedral design, created by Father Mike Smith.

San Anselmo, California - Inner Adventures, Alyssa Hall, San Anselmo, Marin County, California, USA, Phone: 415.457.5099, e-mail: alyssa@nbn.com, pavement labyrinth in **private location**, call or e-mail for availability.

San Diego, California - St Paul's Episcopal Church, nr Balboa Park, San Diego, California, USA; stone? pavement labyrinth in the 11-ring Chartres Cathedral design.

San Diego, California - Pacific Church of Religious Science, 5333 Mission Center Road, Suite 109, San Diego, CA 92108, USA, Phone: 619.294.9555, contact Guy Williams, pavement labyrinth in public location.

San Francisco, California - California Pacific Medical Center, Pacific Campus, Clay Street at Buchanan, San Francisco, CA, USA, Phone: 415.826.0904, e-mail: vicstone@ix.netcom.com, contact Victoria Stone; to contact Victoria Stone via mail: Victoria Stone, 893 Noe Street, San Francisco, CA 94114, USA. Stone Circle, public location, open 24 hours a day.

San Francisco, California - Common Weal, pavement labyrinth in public location, Phone: 415.868.0970.

San Francisco, California - Dr. Kenneth R. Fehrman, CFS/D Department, San Francisco State University, 1600 Holloway Avenue, San Francisco, CA 94132, USA, phone#: 415.338.1750, e-mail: fehrman@sirius.com, pavement labyrinth in public location, call for availability.

San Francisco, California - Grace Cathedral, 1100 California Street, San Francisco, CA 94108, USA, Phone: 415.749.6358, e-mail: tomkeelan@gracecathedral.org; contact Tom Keelan; public location, outdoor pavement labyrinth open 24 hours a day, indoor pavement labyrinth available 7AM-6PM, Sunday-Friday, 8AM-6PM, Saturday.

San Jose, California - San Jose, California, USA, e-mail: moejhill@aol.com, contact Maureen Hilliard, pavement labyrinth in **private location**, contact for availability.

Santa Barbara, California - Trinity Episcopal Church, 1500 State Street, Santa Barbara, California, CA 93101, USA, Phone: 805.965.7419, contact Anne Roediger, pavement labyrinth in public location, call for availability.

St Charles, Illinois - St Charles Labyrinth Project, 994 North 5th Ave, St. Charles, Illinois, IL, USA (1 hour west of Chicago), Phone: 630.584.2596, e-mail: pparks11.41@aol.com, Contact Beth Parks, Mary Elfring and Cathy Koch; pavement labyrinth in public location,

always open; there is also a portable canvas labyrinth available, contact for details.

St David's, Pennsylvania - Eastern College Communication Arts & Dance & Chaplain's Office, 1300 Eagle Road, St. David's, Pennsylvania, PA 19038, USA, Phone: 610.341.5885, e-mail: [mhallen@eastern.edu](mailto:mhallen@eastern.edu); contact Mark Hallen, Karen Clemente & Chaplain Joe Modica; pavement labyrinth in public location, contact for availability.

Tucson, Arizona - Grace St. Paul's Episcopal Church, 2331 East Adams Street, Tucson, Arizona, AZ 85719, USA, Phone: 520.327.6857, e-mail: [jdbanks@azstarnet.com](mailto:jdbanks@azstarnet.com); pavement labyrinth.

Tullahoma Community Prayer Labyrinth, 708 1st Ave. Tullahoma, TN 37388  
Contact Person: Sherian Oakley, 931-393-1627, [oakley@cafes.net](mailto:oakley@cafes.net)

Tulsa, Oklahoma - Nancy Harbaugh, 2843 East 39th Street, Tulsa, Oklahoma, OK 74105, USA, Phone: 918.749.1208, e-mail: [nrharbaugh@earthlink.net](mailto:nrharbaugh@earthlink.net), pavement labyrinth in **private location**, contact for availability.

Tulsa, Oklahoma - St. Dunstons Episcopal Church, 5635 East 71st Street, Tulsa, Oklahoma, OK 74136, USA, Phone: 918.492.7140, e-mail: [crcoombs@aol.com](mailto:crcoombs@aol.com), contact Carolyn Coombs; pavement labyrinth in public location, open Monday-Friday, 9-5PM.

Tustin, California - Unity Church of Tustin, 14402 S. Prospect Avenue, Tustin, CA 92680, USA, Phone: 714.730.3444; contact Karen McKee, pavement labyrinth in public location, outdoor labyrinth available 8am to dusk.

Union, Washington State - Harmony Hill of Union, East 7362 Hwy 106, Union, Washington State, WA 98592, USA, Phone: 360.898.2363, e-mail: [harmonyh@halcyon.com](mailto:harmonyh@halcyon.com); pavement labyrinth in **private location**, contact for availability.

Ventura, California - St. Pauls' Episcopal Church, 3290 Loma Vista Road, Ventura, CA 93003, USA, Phone: (805) 643.5033 ext.15, e-mail: [alcmmc@west.net](mailto:alcmmc@west.net), Phone: 805.647.9852; Contact Albert & Marilyn Campbell; pavement labyrinth; call for future dates.

Wilton, New Hampshire - Diocese of New Hampshire, 9 Petty Road, Wilton, New Hampshire, NH 03086, USA, Phone: 603.654.5281; contact Sean David Bennett; pavement labyrinth in **private location**, contact for availability.

Winnetka, Illinois - Debbie McGowen, Winnetka, Illinois, USA, Phone: 847.501.2803, pavement (?) labyrinth in **private location**, contact for availability.

Winston-Salem, North Carolina - Winston-Salem Labyrinth Project, PO Box 15052, Winston-Salem, NC 27113, USA, Phone: 910.722.7775, Contact Polly Stern; pavement labyrinth in **private location**, contact for availability.

Yorktown, Virginia - Grace Church Labyrinth Project, Yorktown, Virginia, USA, Phone: 804.898.3261, contact Jean Kirkham; pavement labyrinth in **private location**, contact for availability.

**We are grateful for information provided by Dr Lauren Artress of Grace Cathedral, San Francisco, for much of the information contained on this page.**

## Station 10 Labyrinth

The Labyrinth is an ancient form of prayer walking and pilgrimage. There is no wrong turn - simply place one foot in front of the other.

The path leads to the center  
- and back out.

Literature about the labyrinth is available here.

Please feel free to linger and reflect on your walk!

*"You show me the path of life..."*  
*Ps. 16:11*

