

L O R D O F L I F E

Prayer Labyrinth



WELCOME!

Located directly south of the church parking lot, our labyrinth is free and open to all. You are invited to walk the labyrinth, and to spend time in prayer and meditation as you walk. Please be respectful of others who may be using the labyrinth. May your time here be blessed.

HISTORY: WHAT IS A LABYRINTH?

Labyrinths have been a part of many different cultures for thousands of years. Originally pagan in nature (labyrinths are not mentioned in the Bible), they began to be used by the Catholic Church in the Middle Ages. Labyrinths were a feature of many medieval cathedrals. One of the best remaining examples is found in Chartres Cathedral in France, built during the 13th century. Some historians have suggested that labyrinths on cathedral floors originated in the medieval period as symbolic alternatives to making pilgrimages to the Holy Land, since many people could not afford to travel long distances.

Our labyrinth is based on the Chartres pattern. Unlike mazes, labyrinths are not designed to be difficult to navigate. There are no dead ends, no puzzles to solve. A labyrinth is said to be “unicursal”—that is, there is only one path to the center and back out again. People are encouraged to walk the labyrinth slowly, as an aid to contemplative prayer and reflection.

WHAT IS A PRAYER LABYRINTH?

Traditionally, walking a prayer labyrinth involves three stages: the “inward” journey, the center, and the “outward” journey. The theme of the inward journey is letting go—of cares and distractions, of stress and noise, of all the demands that prevent us from approaching God. The center is a place of peace, of stillness and listening. The focus of the outward journey is communion and a restoring of right relationships—with God, with others, with ourselves, and with nature.

SUGGESTIONS

Before you begin your prayer walk, stand still at the entrance and invite God to walk with you. Quiet your mind and open your heart. Walk at any pace that feels comfortable to you. When you reach the center, stay there as long as you like. Take time to listen, to be receptive to the direction of the Holy Spirit, to feel Christ’s loving presence. As you walk out, move away from anxiety toward peace and faith. Rest in the knowledge of God’s unconditional love.

Thank you for visiting our labyrinth. Please come again.