



The door might be labeled “**Not an Exit,**” but exiting this door to the courtyard of the St. Mark’s Labyrinth offers a chance to exit from the rush of life’s daily demands and enter into a moment of rest.

All are welcome to find the “Not an Exit” glass door outside the back of the Sanctuary, next to the restroom and mechanical room, whenever the church is open.

Originally constructed as an Eagle Scout project in 2007, this permanent path is made of stone and brick.

**Is it a maze? No.** The labyrinth has one path that leads only to the center and then back out. Walkers can relax about the destination and just enjoy the journey—freeing up our minds to pray without confusion or concern to where the end is—so we can better focus on connecting with the Holy Spirit.



## A space to reflect

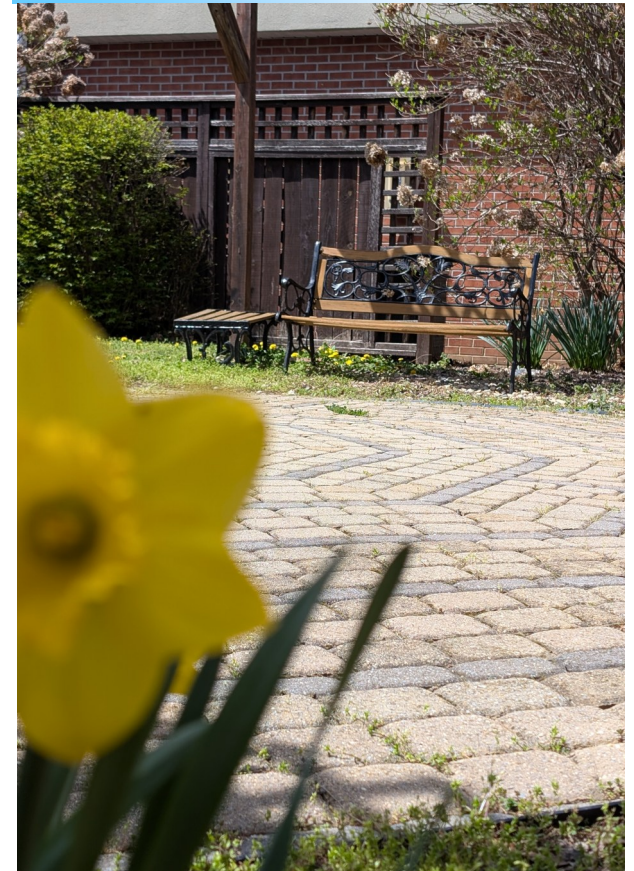
Have any thoughts from your walk?  
Jot them down here or follow  
the curves of this partial  
path with your pen.



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## St. Mark's Prayer Labyrinth



An invitation  
to walk as a  
spiritual practice

# Using the Prayer Labyrinth

There is no wrong way to walk the labyrinth! Just enter and allow the path to take you away from the world, toward God, and then back into the world with God.

Walking a labyrinth is an experience of meditation and prayer, a sacred moment to journey from the outer world to the inner world. As you walk, open your heart, mind, and soul to experience God's presence through the Holy Spirit. That might look like a new insight, illumination, or simply the peace that comes from centering yourself in a moment of mindfulness and deep breath.



Upon **entering** the courtyard, hear your feet crunch on the gravel and the tweets of birds in the trees. Take a deep breath, letting the air fill your lungs and nose.

With each step into the labyrinth, allow each of your worldly concerns to recede and seek a quiet and open mind. This is a

chance to be silent—to listen to yourself and God with gratitude and openness.

As you **follow** the path, sometimes you are close to the center that represents closeness to God.

Sometimes your path takes you to the edge, **far away** from sensing God's presence. The path is an image which represents our faith journey.

In the **center**, with openness of mind, receive whatever God has to offer.

Take some time to listen for God's spirit. Follow the same path on your **outward journey**.

Consider what **message** you may have received from your labyrinth experience and how it may be applied to your everyday life.



## History of Labyrinths

The earliest known labyrinth patterns are approximately 4,000 years old and have been found in all religious traditions on all continents. Its symbol was incorporated, among other places, into the floors of the great Gothic pilgrimage cathedrals of France with the most famous extant design in the nave floor of the Cathedral of Notre Dame de Chartres outside of Paris.

Medieval Christians journeyed on pilgrimages to walk the labyrinth as an alternative to a hazardous journey to Jerusalem during the time of the Crusades to walk the "footsteps of Christ."

In recent years, walking the labyrinth has been revived as a practice which nourishes faith, prayer life and spiritual growth of individuals.

## Life's Journey

The labyrinth is viewed as a metaphor for **Life's Journey**, offering lessons as we walk the path. We can address challenges, meditate, pray, and find peace and serenity when we walk.