

Ten years ago one of our confirmation students went with his class to walk a labyrinth. He was so moved by the experience that when it came time to choose his Boy Scout Eagle project he proposed building a labyrinth at our church.

At first glance our labyrinth may look like a maze, but in fact it is a meander which has a single path leading to the center. There are no dead ends or wrong turns. You don't need to think about where you are going, but simply walk.

Ways to use a labyrinth are as varied as the people who walk them. You can walk the labyrinth while praying or meditating or simply enjoying the walk. You can walk it alone or with others. We have even used our labyrinth during worship services.

Our labyrinth is open to the public and we love to see it being used. Below are a couple of links to information about walking a labyrinth to get you started.

<https://www.peacelabyrinth.org/how-to-walk-the-labyrinth#:~:text=Q%3A%20How%20do%20I%20Walk,just%20going%20the%20opposite%20direction.>

<https://www.webmd.com/balance/features/labyrinths-for-modern-stresses>