

Where is it located?

The outdoor labyrinth is located in the natural area on the left side of the drive at 2100 Hilton Avenue that leads into the church. The area is within a residential neighborhood. The labyrinth is wheelchair accessible with a paved path to the site. In the natural area closer to the church is a Peace Garden that you may also visit.

A waterproof box is located near the entrance to the path. It contains seasonal meditations, finger labyrinths and instructions for walking with children.

Our indoor labyrinth is also available at St. Thomas. The design is approximately 24 feet in diameter and fits in many areas of the church. It may be borrowed for events outside of St. Thomas. Call the church office for availability.

Finger labyrinths are always available in the box near the entrance. You may use your finger, a stone, or another object to trace the path of the labyrinth.

Built in 1200 A.D., a labyrinth in the marble floor of Chartres Cathedral in France is the inspiration for the design of the outdoor labyrinth. The perfect geometry of the design is contained within a healing circle, and the pattern that flows back and forth along the turns contributes to the way the labyrinth quiets the mind and allows the walker to pray, seek answers, let go of what is troubling, be thankful, grieve, ask forgiveness, receive healing, experience creative ideas, or simply enjoy safe and restful space.

How do you walk a labyrinth?

There is no right or wrong way to walk a labyrinth. You may walk slowly or quickly. You may stop along the way. If you step off the path you may begin walking again from any point. Because the path leads into the center and back out again, you do not have to worry about making a wrong turn. When you reach the center, you may stand, sit, or kneel on the smooth stones. If someone else is walking while you are walking, you may step around them and then step back on the path to continue your walk. If you are in a wheelchair, you may follow the path or go around the outside circle and then directly into the center.

What is the history of labyrinths?

From Jeremiah 6:16

Thus says the Lord: *Stand at the crossroads and look, and ask for the ancient paths where the good way lies; and walk in it, and find rest for your souls.*

The labyrinth is an ancient pattern and dating back many centuries and existing in cultures throughout the world. Unlike a maze that is a puzzle with many paths and dead ends, the labyrinth has a single pathway leading from the entrance to the center and back out again. Labyrinths can be square, round, octagonal, or other shapes, with patterns that can vary as well. Labyrinths can be found on coins, pottery, rock carvings, and baskets or in mounded earth or mowed fields.

Historians believe that during the Middle Ages pilgrims walked labyrinths in cathedrals to symbolize the tradition of going on a pilgrimage to Jerusalem with the center of the labyrinth being called the New Jerusalem.

In recent years, interest in labyrinths has grown all over the world. Labyrinths are being built almost anywhere including parks, churches, playgrounds, cultural centers, prisons, gardens, hospitals, retreat centers, convention centers, parking lots, backyards, and other locations both public and private. Outdoor labyrinths can be painted, planted, dug, poured, or laid out using a variety of materials from rock to terrazzo, cement, brick or tile. Indoor labyrinths can be painted on canvas, woven into carpeting, or laid into wood or tile. Temporary labyrinths and small labyrinths are also available. A quick internet search will discover many designs and photographs of labyrinths.

Your life is a sacred journey with many turns and experiences of joy, sorrow, growth, defeat, loneliness, and community. The turns in the labyrinth are symbolic of this journey and can help you see where you have been and how you have a path ahead of you. Walking into the heart of the labyrinth can lead you inward to your center and then back out into the world with new insights.

With its path resembling a meandering pattern of the river that to define our city, the labyrinth can be a stillpoint for our community. It can be a place where families, individuals, and groups come to pray, meditate, work out problems, remember, discover creativity, and celebrate.

**You are invited to walk the St. Thomas Labyrinth.
It is a path of prayer for all people.**