

## WALKING THE LABYRINTH

Walking the labyrinth is often described as “prayer in motion.” There is no right or wrong way to walk it. Each journey is personal.

### Before You Begin

Pause quietly at the entrance. Consider a prayer, hope, concern, gratitude, or person you wish to hold in your thoughts.

### Follow the Path

Walk at a comfortable pace. The path twists and turns, much like life itself. Notice your surroundings, your breathing, and the rhythm of your steps.

### Pause at the Center

Rest quietly in the center. Reflect, pray, or simply be still.

### The Return Journey

As you walk outward, carry your thoughts and reflections with you. Many people find the return path brings clarity, peace, or renewed perspective.

### Give Thanks

At the end of your walk, take a moment to give thanks for the experience and the time set apart from daily life.

## PRAYER AND MEDITATION SUGGESTIONS

### The Lord’s Prayer

Repeat one phrase slowly with each step or breath.

### The Jesus Prayer

**Inhale:** “Lord Jesus, Son of God”

**Exhale:** “Have mercy on me, a sinner.”

You may also walk in silence, listening and reflecting.



**Walking the labyrinth is not about getting lost.**

It is about finding stillness, purpose, and presence along the way.

## EXPRESSIONS FOR REFLECTION

“Let the little children come to me...”  
— *Luke 18:16–17*

“Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest.”  
— *Matthew 11:28*

“I am the way, the truth, and the life.”  
— *John 14:6*

“Be still and know that I am God.”  
— *Psalms 46:10*

“Not all those who wander are lost.”

## REFLECTIVE QUESTIONS

- What did I leave behind on the way in?
- What did I receive in the center?
- How will I carry this stillness into my daily life?

## TRADITION ACROSS CULTURES

Labyrinths appear in many spiritual traditions throughout history, from the famous labyrinth at Chartres Cathedral in France to sacred paths and prayer journeys found around the world. Though traditions differ, the purpose is often the same: to seek peace, wisdom, healing, and connection with the divine.

## VISITOR GUIDELINES

- Walk quietly and respectfully.
- Allow others space for prayer and reflection.
- There is no required pace or length of time.
- Individuals, families, and children are welcome.
- Feel free to return often; each walk is unique.

## ABOUT TRINITY EPISCOPAL CHURCH

We are a vibrant worshipping community in the lovely driftless region of southwestern Wisconsin. Our numbers may be small, but our hearts are large and we are active in our worship and our community. We are rooted in our Christian tradition of joyful worship, song, and prayer, and committed to supporting and promoting a journey of spiritual growth that will serve the people of Trinity, the larger community, and the world. Service Time is 9:30am on Sunday. A Coffee “hour” follows. We are part of the worldwide Anglican Communion, those churches who trace their roots to the Church of England and to the New Testament church. If you ever have a pastoral need, please contact Fr. Christian at [trinitychurchmpt@gmail.com](mailto:trinitychurchmpt@gmail.com) or (608) 987-3019.



During the medieval period, labyrinths symbolized pilgrimage journeys to holy places such as Jerusalem. Today, walking a labyrinth continues that tradition by offering a peaceful “pilgrimage in miniature” close to home.

### Additional information on Labyrinths

[labyrinthresourcegroup.org/what-are-labyrinths/](http://labyrinthresourcegroup.org/what-are-labyrinths/)  
[unspokenelements.com/blogs/hope/the-meaning-of-a-labyrinth-in-christianity](http://unspokenelements.com/blogs/hope/the-meaning-of-a-labyrinth-in-christianity)

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# Trinity Labyrinth

A Place for Prayer,  
Reflection, and Renewal

**The Trinity Labyrinth invites visitors to slow down, breathe deeply, and reconnect body, mind, and spirit.**

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The Trinity Labyrinth was created in 2014 by Justice Hendrick of Boy Scout Troop 337 as his Eagle Scout project. Located at the corner of Church Street and Iowa Street on the site of a former tennis court, the labyrinth is open to all people seeking a quiet place for reflection, prayer, meditation, or peaceful walking.

## WHAT IS A LABYRINTH?

A labyrinth is an ancient spiritual tool that has been known for more than 4,000 years. Unlike a maze, a labyrinth has a single winding path leading to the center and back out again. Across many cultures and faith traditions, labyrinths have been used as places of prayer, contemplation, healing, and renewal.