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*Solvitur
ambulando.*

*‘It is solved by
walking.’*

__Diogenes/St. Augustine



Group Walks

You are free to walk at any time and encouraged to. However, we do hold group walks several times a year. It is a real gift to come together and share in this unique spiritual practice. For the next group walk, check the St. Luke's calendar on our website, <https://stlukesdurham.org/coming-events/>. All are welcome!!!

Walk the labyrinth alone
or with a group.

Walk often!!



**A walking prayer or
meditation and a spiritual tool
used for reflection, stress
reduction, and quieting the
mind.**



ST. LUKE'S LABYRINTH

- Completed in 2013 by a St. Luke's parishioner as an Eagle Scout project
- 5-circuit, Medieval style
- Located in the playground area beside the Gray Building
- Open M-F 1:00 p.m. to dusk and weekends from dawn to dusk

OPEN TO THE PUBLIC

1737 Hillandale Road, Durham, NC 27705

Historical Overview of Labyrinths

Ancient Origins: The earliest known labyrinths date back over 4,000 years, with examples found in ancient Egypt, Greece, and other Mediterranean civilizations. The most famous historical reference is the legendary labyrinth of Crete, said to house the Minotaur in Greek mythology.

Symbolic Evolution: Throughout history, labyrinths have served diverse symbolic purposes - from representing spiritual journeys and pilgrimage paths in Christianity to symbolizing the complexity of life and death in various cultures. Unlike mazes designed to confuse, traditional labyrinths typically have a single path leading to the center.

Medieval Christian Adoption: During the medieval period, European cathedrals incorporated labyrinth designs into their floors, most notably at Chartres Cathedral in France (circa 1200 CE). These served as symbolic pilgrimages for those who couldn't travel to Jerusalem, with the journey to the center representing spiritual transformation.

Modern Revival: The late 20th century brought a significant revival of labyrinth interest, particularly in therapeutic and meditative contexts. Today, thousands of labyrinths exist worldwide in hospitals, schools, parks, and spiritual centers, used for stress reduction, meditation, and personal reflection.

What does the labyrinth offer?

The labyrinth is a metaphor for the journey of life. Sometimes we walk the path alone; sometimes we pass others along the way. There are twists and turns. We may stumble or feel like the way isn't clear. By clearing our mind, opening our heart, and entering the path with prayer and purpose, the path becomes an outward journey reflecting our inward journey. The center is the destination, and we bring with us what we have learned on the return to the world.

Walking the Labyrinth

- There is no right or wrong way to walk the labyrinth.
- Quiet your mind and become aware of your breath.
- Pause before going in. Say a prayer, select a word, or set an intention. Do what feels natural. Step in.
- Allow yourself to find the pace your body wants to go. Be attentive.
- The path is two-way; those going in will meet those coming out. You may “pass” people or let others step around you.
- Walk the labyrinth with an open mind and an open heart.
- Pause again before reentering the world. Hold in your heart any message or insight that was revealed on your walk. Take it with you as you go.

Reflections on your walk

- How did you feel when you began your walk?
- What was it like to encounter another person on the path?
- What thoughts did you have when you reached the center?
- What prompted you to leave the center and begin the journey outward?
- What will you take away from the walk?