

# Walk a Labyrinth

Labyrinths were used in churches by the 4th century, though they began to spread more widely during the medieval period.

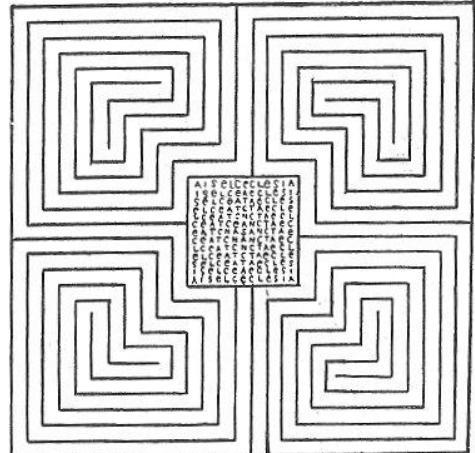
Unlike a maze, most labyrinths have just one path leading in and out (though occasionally a labyrinth may have you enter one way and exit a different way). There are never any tricks or dead ends. Because labyrinths are often a two-way path, you may meet others coming or going on the path.

## Instructions for Walking a Labyrinth

There are no firm rules for walking a labyrinth. The most important thing is to quiet your mind and use the walk as an opportunity to pray or to listen for God’s voice. Do what feels natural to you, at the pace that feels best for you. If something is hindering your ability to pray, do something else!

Below is a process that many people use.

1. Walking toward the center of the labyrinth: Try to let go of the worries, concerns, anxieties, or frustrations that you are carrying with you. With every step, leave your own desires and will further behind.
2. When you reach the center of the labyrinth: Stay there as long as you like. Meditate on God’s word, or spend time in prayer. As you do, ask yourself what God wills for you; having left behind your own desires as walked in, what does God have for you in the center?
3. Walking out of the labyrinth: As you take each step out, pray that you will carry the word that you have heard from God back to your “normal” life in the world.



The first known labyrinth was found in the Basilica of St Reparatus in modern Algeria. In the center are letters arranged as a sort of word puzzle—by beginning with the middle letter and working outward, letters will always spell "Sancta Ecclesia" (Holy Church) no matter which way you move.

## A Partial List of Labyrinths in Our Area

Name	Details	Hours & Location
Little England Labyrinth	This labyrinth is privately owned. Andrew has made arrangements for our members & friends to visit the labyrinth, but only on the hours specified. Visitors are asked to treat the labyrinth with reverence and respect.	<u>Monday, April 6, from 3-6 pm only</u> 134 Columbia Ave, Hampton, VA 23669 (park on Columbia Ave, Grace Street, or Park Place)

Riverside Hospital, Causey's Mill Park	There is a 7-circuit labyrinth at the southwest entrance to Riverside Regional Medical Center, further off the road beyond the circle containing the white plant-like statue.	Sunrise to sunset 11900 Warwick Blvd. Newport News, Virginia 23601
Eastern State Hospital	At the intersection of Schmidt Road and Bower Drive is an 11-circuit labyrinth made of concrete and pavers.	Sunrise to sunset 4601 Ironbound Rd, Williamsburg, VA 23188
Sentara Leigh Hospital	There is a 5-circuit labyrinth in the style of Chartres Cathedral located between the two main hospital towers, where the healing garden is located. The labyrinth can only be accessed from inside of the hospital.	Always open 830 Kempsville Rd Norfolk, Virginia 23502
Church of the Ascension	There is a 5-circuit labyrinth on the south side of the church building, to the left of the basketball court. It is always open to the public.	Always open 405 Talbot Hall Rd. Norfolk, Virginia 23505
East Virginia Medical School	A replica of the Chartres Cathedral labyrinth is located in Medical Center Park across the street from the main entrance to Sentara Norfolk General Hospital, on W. Olney Road near Fairfax Ave.	Always open Medical Center Park, W. Olney Rd. Norfolk, Virginia 23507
St. Aidan's Episcopal Church	This is a 7-circuit labyrinth that was built by an scout for his Eagle Scout project; it is in a wooded area with a tree in the center. It is located in the wooded area on the part of the property closest to the corner of King's Grant and Edinburgh Dr.	Always open 3201 Edinburgh Dr. Virginia Beach, Virginia 23452
Eastern Shore Chapel	A 7-circuit labyrinth. Enter the parking lot, turn immediately left, go southwest into corner of parking lot, and walk across yard about 100 feet. There are several picnic tables and a chapel in with the outdoor labyrinth.	Always Open 2020 Laskin Rd Virginia Beach, Virginia 23454



**HAMPTON**  
 BAPTIST CHURCH  
 FOUNDED ON FAITH, COMMITTED TO SERVICE