



# Welcome to the St. Andrew Outdoor Labyrinth

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Make me to know your ways, O Lord; teach me your paths.  
Psalm 25:4



St. Andrew UMC

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The labyrinth is an ancient, mystical tool for prayer and meditation that can foster personal transformation. Typically circular, it features a single, winding path leading to the center and back out—symbolizing life’s journey. Used for over 4,000 years, its origins remain unknown, though its design is thought to be inspired by natural spirals.

The eleven-circuit labyrinth at St. Andrew follows the Chartres design, based on the 12th-century Christian labyrinth in the floor of Chartres Cathedral in Chartres, France.

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**There is no right or wrong way to walk the labyrinth.  
A labyrinth is walked in three stages:**

**RELEASE** your thoughts, troubles and quiet your mind

**RECEIVE** whatever insights come to you, pausing in the center to pray and return to God

**RETURN** on the same path taking what you have received as you reconnect with the world around you

