

# The Labyrinth at St. Luke's Church



The labyrinth is an ancient spiritual tool and a metaphor for life's journey. It is not a maze; there are no dead-ends. St. Luke's labyrinth is patterned after the labyrinth built into the floor of the Chartres Cathedral in France in 1201. Some believe medieval people used the labyrinth walk as a substitute for making the pilgrimage to the Holy Land.

The labyrinth is a tool for walking meditation; the simple act of walking is meant to quiet the mind and open the spirit. There is no right or wrong way to walk the labyrinth. You are invited to walk the single, winding path beginning on the sidewalk near the building, to the center, which represents union with God. Rest there, pray, meditate, and then walk the path back into the world.

**The Labyrinth at St. Luke's Episcopal Church  
is located at 720 Monterey Street, Hollister, CA**

