

“The labyrinth is a spiritual tool that has many applications in various settings. It reduces stress, quiets the mind and opens the heart. It is a walking meditation, a path of prayer...

~ The Rev. Dr. Lauren Artress  
Author of “Walking a Sacred Path” and  
“The Sacred Path Companion”



PULASKI  
HEIGHTS  
United Methodist Church

## PHUMC Labyrinth

The Labyrinth is open every  
Wednesday from 8 a.m. - 6 p.m.

### Location

Wesley Hall

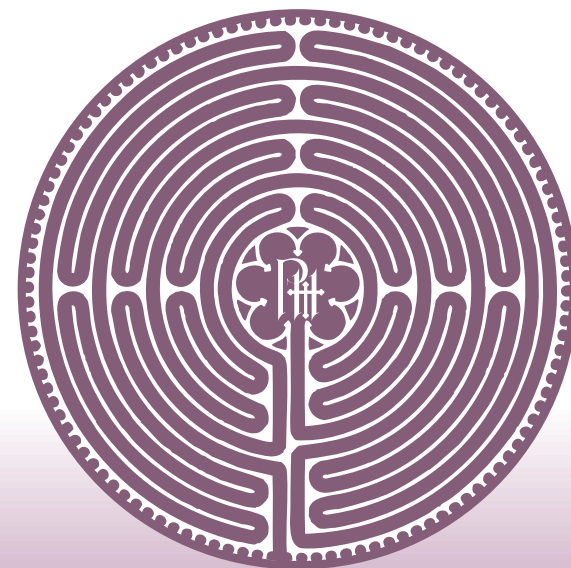
(Follow the signs along the street to parking lot 3  
and the parking deck on Lee Avenue. Entrance 7 to  
Wesley Hall is on your left.)

If you have questions, please contact the  
church office at (501) 664-3600.

All are welcome!  
For more information, go to  
[phumc.com/labyrinth](http://phumc.com/labyrinth)

Pulaski Heights United Methodist Church  
4823 Woodlawn | Little Rock, Arkansas 72205  
501.664.3600

# The Labyrinth at Pulaski Heights United Methodist Church



walking meditation  
to bring peace to  
your life

## What is a Labyrinth?

A labyrinth resembles a maze but, unlike a maze, it has no dead ends. There is no puzzle to solve. There is only one clear path that winds its way to the petal shaped center which is also called the rose. From there you simply retrace your steps back to the entrance.

The concentric rings the path follows around the rose are referred to as circuits. The path is narrow to focus your attention as you follow it through 34 turns while winding your way to the center.

The earliest known labyrinths date back to 4,000 BC. In the 12th Century, Catholic Christians adopted the labyrinth form for prayer and meditation. Many labyrinths were destroyed during the Reformation but a few church labyrinths remain with the one at Chartres Cathedral being the inspiration for many being built today.

## Walking Meditation

Whether you are an experienced meditator or a beginner, we would like to invite you to take a labyrinth walk.

Have you ever noticed that when people are under great stress, they tend to get on their feet and pace back and forth?

The labyrinth, with its sweeping curves and its sharp turns, has a way of organizing that natural tendency to pace into a pattern that tends to calm the mind. With each future walk, you will find yourself customizing the experience into a very personal method of meditation.

## How Do I Walk the Labyrinth?

- There is no right or wrong way to walk a labyrinth. It is helpful to take a few minutes to quiet your mind before beginning your walk. Some sit for a moment or light a prayer candle. Others walk around the perimeter of the labyrinth before entering.
- Some people like to remove their shoes when they walk the labyrinth but it is not necessary at PHUMC. If you feel more comfortable wearing shoes, please do so.
- If you are walking with others, you can sit quietly and wait for others to exit the labyrinth before beginning your walk or you can go ahead, starting at about one-minute intervals. If you meet someone on the path, step quietly to one side as you pass. You can acknowledge them or keep your eyes down. Just do what feels comfortable at the moment.
- Walk at a pace that is comfortable for you. If someone walking faster comes up behind you, just step to the side and let them go on ahead of you.
- Often you will have the labyrinth all to yourself. Your first few walks may be more about observing the meanderings of the path but in time you will become aware of thoughts, memories, insights and images as you experience this walking form of prayer and meditation.

Compiled from "Walking a Sacred Path" and  
"The Sacred Path Companion"  
by Lauren Artress

## Our Labyrinth Story

The idea of a Labyrinth at Pulaski Heights United Methodist Church in Little Rock, Arkansas began with a dream of a meditative space on the church campus. This dream was realized in early 2005 when the Labyrinth Company of St. Louis, Missouri did the installation of a carpet labyrinth in the newly completed Wesley Hall.



Our labyrinth is a replica of the eleven circuit labyrinth located in Chartres Cathedral in France woven into the carpet of Wesley Hall.

At 42 feet in diameter, the labyrinth nearly fills the ground floor room to your left as you enter Wesley Hall from Lee Avenue. The lighting is low and candles around the labyrinth add to the experience.

Chairs are provided so you can sit and meditate, wait for others to finish walking or just enjoy the quiet space.