

## Step 6

The last inward section of the labyrinth takes us to the very centre. This is a place we can stop to linger. This may create some space for new ideas, memories or thoughts, or you may just wish to stand and rest and 'be'.

## Step 7

When you are ready, re-trace your steps. There may be responsibilities that you need to pick up again, but there may be some burdens that you could leave behind. Congratulate yourself on having found the space to make this little mini pilgrimage. If you have time, you're welcome to visit the church or picnic table or admire the view across the valley before you journey onwards.



**This finger labyrinth is to take away for your own prayer/meditation/reflection/keepsake.**

# The Spring Meadow Labyrinth

St Mary's Church, Marton in the Forest

Stillington Road, YO61 1NH

**This seasonal labyrinth is located to the right of the stone path after you walk through the church gates from the roadside.**



The labyrinth is a model of a path that has been used throughout the ages as a tool for pilgrimage, meditation or prayer. This ancient symbol creates a sacred space to allow us time to focus on our inner lives and journeys.

A labyrinth is open to everyone, just as they are, bringing people of all faiths or none together, as we all share the common path of life.

This labyrinth was created as a gift to visitors and our church and local communities. As our churchyard is managed as a wildflower meadow, this is a temporary structure, created with locally sourced sawdust (from D Wilson, Timber) which will gradually disappear as the grasses grow. The 'Spring Meadow' provides a fabulous show of daffodils every year. The labyrinth was designed and constructed by Rev Peter Clark, an enthusiastic 'labyrinaut' who has very generously provided step-by-step advice, support and guidance.

*Unlike a maze, a labyrinth has no dead ends.  
You can get lost in a maze,  
but in a labyrinth you can find yourself.*

## **How to walk a labyrinth**

There are no rules, no 'right' or 'wrong' ways. You are welcome to do your own thing. These are some ideas for anyone who wants to explore some of the traditions associated with walking labyrinths.

**Please mind your steps as the ground is quite uneven!**

### **Step 1**

First, walk all the way around the outside of the labyrinth. You may have been tensing your shoulders or holding your breath as you walked, cycled or drove along these narrow country roads. This is a chance to relax, slow down, decompress, notice where you are, and think about what 'pilgrimage' means to you.

### **Step 2**

Stand at the entrance of the labyrinth. You are facing East as you approach the labyrinth, towards where the sun rises. The church was also orientated towards the east, as are the graves. So this is a special direction, an ancient, sacred place, to start your journey. Consider if you are carrying any burdens that you could temporarily lay down. This is a safe place to do that.

### **Step 3**

The first wave of this path brings you through a right turn back towards the entrance. From here, you can look across the stone path to the mature trees and the grass paths to the picnic bench, pond and bird feeding station. You may be lucky enough to hear birdsong, the wind in the trees or insects buzzing. We are sometimes so busy, we forget to celebrate the miracle that we are alive, so it's good to stop and breathe and feel our heart beating and recognise the life source within us and around us.

### **Step 4**

Now we turn to the left to walk around the outside of the labyrinth. This brings us to face the right-hand side of the church, which houses the sanctuary and the altar. These are considered to be holy places. This quirky church is an ancient place of worship that has been steeped in prayer for centuries. Many people find this a place of peace and tranquillity, whether they have a strong faith, or none. This may be a time you can soak up that sense of peace.

### **Step 5**

A left turn, right turn and left turn brings you back to face the church. Above the door is a stone angel from Marton Abbey. This church is open every day, offering a welcome and hospitality to visitors and pilgrims. We wonder how many people have visited this church over the years. This could be a moment to reflect on our own life journeys which have brought us here today, just as we are!