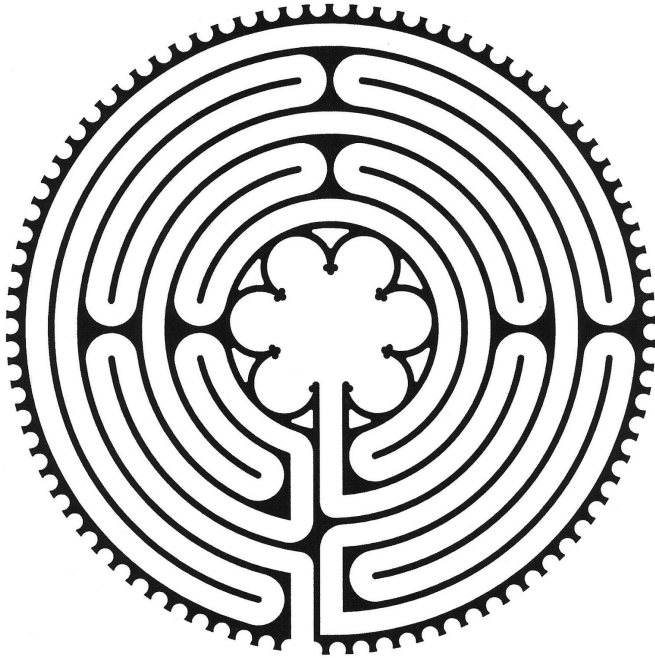


A Guide to Walking the Labyrinth with Social Distancing

In this changing social climate, prayerful reflection combined with movement is a simple practice we can use to sustain and nourish us.



While the preservation of our health and safety keeps us from gathering as a community at St. Mark's, the labyrinth adjacent to the church is available for individual use.

If you choose to come to St. Mark's to walk the labyrinth here are a few guidelines to keep us safe and assist you in entering into your walk:

Social Distancing

- ❖ One person at a time may walk the labyrinth
- ❖ If someone is already walking the labyrinth, wait at a safe distance (at least 6 feet) until they finish their walk

Preparing to Walk

- ❖ There is no right or wrong way to walk the labyrinth
- ❖ Some walk with a specific intention
- ❖ Some walk it as a kind of prayer
- ❖ Some walk it as a conscious journey towards God
- ❖ Walk the labyrinth the way that works best for you

