

## ST. MARK CHURCH AND GROUNDS

Before or after spending time at the labyrinth, you can walk through our grounds and enjoy some of the sights and sounds of God's creation.

Other quiet meditative places to pray are: in the garden containing a statue of Mary, our Blessed Mother, inside the church, and in our Eucharistic Adoration Chapel within the church.

May God's peace always be with you.

### ST. MARK THE EVANGELIST ROMAN CATHOLIC CHURCH

Pastor: Rev. Grzegorz P. Brozonowicz  
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### MASS TIMES

Saturday (Vigil): 5 pm  
Sunday: 7:45, 10:15 am, & 7pm  
Tuesday & Friday: 7:15 am

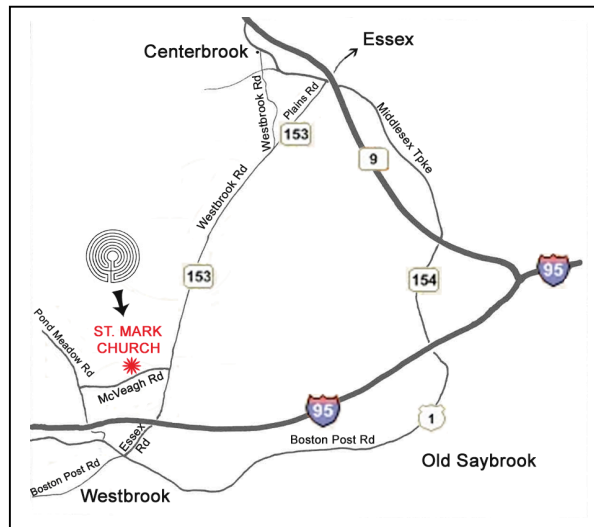
Donations for the continued upkeep of the labyrinth are always appreciated and may be sent to the rectory.

## HOW TO GET THERE

From I-95, take exit 65 onto SR-153N. Drive 0.5 miles and turn left onto McVeagh Road. St. Mark's is 0.7 miles on the right.

From US-1/Boston Post Rd, take SR-153N/Essex Rd for 1.2m. Turn left onto McVeagh Road. St. Mark's is 0.7 miles on the right.

From SR-9S, take exit 4, turn right onto SR-154/Deep River Rd for 0.7m. At the T-junction, turn right and immediate left towards Clinton, for 0.7m. Turn right onto SR-153. Drive 3 miles and turn right onto McVeagh Road. St. Mark's is 0.7 miles on the right.



## LABYRINTH

Located at:  
St. Mark the Evangelist  
Roman Catholic Church  
222 McVeagh Road  
Westbrook, CT 06498



Open every day in daylight hours.



WELCOME TO  
ST. MARK  
THE  
EVANGELIST  
LABYRINTH

We invite you to come and find tranquility and relaxation as you spend some time exploring our church, grounds and labyrinth.

### WHAT IS A LABYRINTH?

The labyrinth is a sacred symbol that has been used by many cultures and religious traditions throughout the world. Modern labyrinths have only a single path to the center and back, and are not meant to be difficult or confusing. This makes them very helpful for achieving a contemplative state, through prayer, meditation or simple relaxation.



## LABYRINTH HISTORY

In the 12<sup>th</sup> and 13<sup>th</sup> centuries, grand labyrinths were created inside churches in Europe where prayerful walks provided an affordable substitute for pilgrimages to the Holy Land; people walked the path, 'ascending' toward salvation or enlightenment. The most famous of these is at the Chartres Cathedral in France.

In medieval times, labyrinths symbolized a path to God with one entrance (birth) and a clearly defined center (God).

Many people now use labyrinths for helping to achieve a contemplative state. Walking among the turnings, a person can focus on the present moment, let go of internal dialog, and quiet the mind.

This labyrinth at St. Mark's was completed and opened to the community in December 2006. It is open every day in daylight hours.

## USING THE LABYRINTH

There is no right or wrong way to approach the labyrinth; you may use the path in many ways. Seek some quiet. Bring some worry that you wish to let go of for a time. Seek direction with a perplexing problem, or bring joy and thankfulness to your walk. Each time you walk the labyrinth you become more empowered to find and do the work you feel your soul is reaching for.

Walking the labyrinth can be considered in three stages:

1 – **Letting Go**, as you walk to the center and quiet the mind.

2 – **Illumination**, when you reach the center. This is a place of meditation and prayer; stay there as long as you like.

3 – **Union**, as you retrace your path back out. In this stage you join God, or your Higher Power, preparing you for re-entering the world.

## SUGGESTIONS

Some suggestions as you walk:

- Pause to let go and connect with your senses: feel the sun on your face, smell the breeze, feel the ground, notice the pattern of the path. Let all thoughts go as they arise and let the mind become quiet.
- Focus on a particular concern or question.
- Read a passage from scripture or some other piece of writing. Pay attention to a word or phrase that captures your attention. Repeat this word or phrase to yourself as you walk.
- Pause in the center and rest awhile in God's presence before heading back into the world.
- Walk once or several times; change your pace through the labyrinth; pause along the way.