

## Sacred Spaces

The **Jack and Kay Hansma Peace Garden** (1993) and the **Lake Shore Labyrinth** (2003) share a similar purpose: offering sacred green space to the Waco community for accessing God's Spirit in silence and bringing spiritual truths into our lives. These adjoining spaces also share similar origins. Lake Shore members Jack and Kay Hansma, life-long peace and justice activists, exemplified in their faith and works the very essence of true peace. The Peace Pole at the center of the garden is a sign to all of us that none of us can fully know peace for ourselves until there is peace for all of us on earth. Becky Henderson, another Lake Shore member and a hospice nurse, found walking a labyrinth a healing way to pray through both body and spirit. It is in her memory that our labyrinth exists.

The Lake Shore Labyrinth and the Jack and Kay Hansma Peace Garden are located behind the church at the intersection of Meadow Road and Oakview Street.

*These sacred spaces are maintained by the Labyrinth and Peace Garden Task Force of Lake Shore Baptist Church.*

*If you see something that needs attention or repair, please inform the church office.*

*Please dispose of all trash. Thank you.*

## A prayer for those who walk . . .

That each step  
may be a shedding.  
That you will let yourself  
become lost.  
That when it looks  
like you're going backwards  
you may be making progress.  
That progress is not the goal  
anyway, but presence  
to the feel of the path  
on your skin,  
to the way it reshapes you  
in each place it makes contact,  
to the way you cannot see it  
until the moment you have  
stepped out.

Jan Richardson, *In Wisdom's Path*

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## Walking the path of peace



## Lake Shore Prayer Labyrinth

## Jack and Kay Hansma Peace Garden

# Walking a labyrinth — a journey inward and outward . . .

*Whether you turn to the right or to the left, your ears will hear a voice behind you saying: "This is the way, walk in it."  
Isaiah 30:21*

A labyrinth is a walking tool for prayer and meditation for those seeking God. Rediscovered in recent years as a fruitful spiritual practice, a labyrinth is an archetypal sacred pattern for walking a path of pilgrimage.

The earliest Christian labyrinth on record was built in the 4th century at a basilica in Algeria. Through the ages, Christian communities have used labyrinths as a method of prayer, contemplation, and communion with God. The labyrinths of medieval Europe allowed those who could not make the pilgrimage to Jerusalem to walk a symbolic one by making a journey of the heart.

The labyrinth is in the form of a circle with a meandering path from the edge to the center and back out

again — large enough to be walked into and out of. Walking a labyrinth has the capacity to become a metaphor for the pilgrim's journey through life.

Rev. Lauren Artress writes, "Walking a labyrinth is a body prayer. It is non-threatening; all we are asked to do is walk." Yield to the path, trusting that one step in front of the other will lead you onward, even during uncertainty. In walking the labyrinth, mind, body, and spirit are together focused on following a single path. The labyrinth is not a maze. A maze disorients; a labyrinth re-orient. It is user-friendly; there is no right or wrong way to walk the path. One does not have to think about getting lost. Instead, one simply walks in trust, step by step, receptive to what the Spirit may be inviting the pilgrim to recognize, release, or discover.

*A journey of a thousand miles must begin  
with a single step. — Lao Tzu*

## Spiritual practices for walking

### Focus

Pause at the entrance. Become quiet and centered. Give acknowledgement through a bow, nod, or other gesture and then enter.

### Experience

Walk purposefully. Maintain a reverent tone. Observe the process. When you reach the center, stay and focus several moments. Leave when it seems appropriate. Be attentive on the way out.

### Exit

Turn and face the entrance. Give an acknowledgement of ending, such as saying "Amen."

### Reflect

After walking the labyrinth reflect on your experience.

### Walk often.



## Labyrinths and Centering Prayer

*Make me to know your ways, O God; teach me your paths. Psalm 25:4*

Many people who walk the labyrinth today say that it provides a space that guides their focus inward. The effortless concentration of walking benefits the body as well as the soul and spirit. Its calming effects on the body are deepened by the rhythmic pattern of walking and breathing. The simple act of walking also allows the individual to "go within" the soul and in the inner place of the heart, find peace. Others say that they use it as a form of centering prayer and meditation, leading to an experience of union with God. Some find in it a release from tension. Others use it as a way of solving some problem they are carrying, as a means of gaining inspiration, or as a focusing mechanism to help them face the complexities of life.

*The feeling remains that God is on the journey, too. — St. Teresa of Avila*