

Greetings Sacred Ground Community,

Thank you for attending our Lenten webinar with Rev. Dr. Lauren Artress about the Labyrinth and its use as a tool for reflection and spiritual growth in Sacred Ground.

For those who weren't able to attend live, here's a link to the recording (passcode: A3\$bH+L): [Sacred Ground Lenten Webinar - Zoom](#)

From the whole Sacred Ground team, we extend tremendous gratitude to Lauren for this offering to our community. As I said on Thursday, it left me much better informed about the labyrinth, and excited to learn even more. It also certainly got my wheels turning about how we can incorporate more labyrinth exploration into the revised Sacred Ground curriculum (coming this summer).

If you have a moment, please complete this brief survey to help us continue to match our webinar offerings with the needs of the Sacred Ground community: [Sacred Ground Webinar Feedback - Intellistack](#)

Here are some links that were shared/referenced during the webinar:

- Veriditas Website: [Home of the Labyrinth Movement](#)
- Veriditas Pilgrimages: [Chartres Labyrinth Pilgrimage](#)
- Labyrinth Walk App (free): <https://labyrinthjourney.app/>
- Printable Labyrinth image: [LABYRINTHS.PDF](#)
- Music: David Darling, [Prayer for Compassion](#)

And here are a few “highlights” of what was shared (by presenters and in the chat) about using the labyrinth in Sacred Ground:

A labyrinth walk can be useful to:

- Start and/or end a Sacred Ground session
- Reflect on a particularly challenging material or conversation
- Provide the necessary spiritual tools that Lauren described in her presentation
- It may make sense to start with a very open-ended labyrinth walk without a specific prompt, allowing folks to have whatever responses they have and to share these with the group.
- Subsequent walks can have specific prompts, such as:
 - Imagine the path of the labyrinth as the path of our Sacred Ground journey. What responses arise?
 - Who is on this path with me? How do our journey's relate to one another? What happens when I meet another journeyer in the labyrinth?
- Some tips from the comments about helping folks find meaning in this process:

- When using a hand-held labyrinth, it can be helpful to use the non-dominant hand or a different finger than you might typically use. One commentor added: “using it with the middle finger of my left hand...was... surprisingly different than the right-hand index finger. It really took me out of the frustration I sometimes feel at staying on such a tiny path. Took me out of judgmental-ness.”
- “It can be important to tell people that the insights of this process (or any embodied practice) may bubble up over the next days or weeks.”
- “It can be useful to ask folks to do a self-reflection at the beginning and again at the end.”
- “Years ago I did a walk with middle schoolers- some intro and then asked them each to walk as fast as they could. then journal. then walk more slowly. then journal again. it was a great exercise to introduce the antsy youngsters to meditation.”

Thank you for your engagement with the journey of Sacred Ground, and please be in touch anytime we can support you.

Blessings,

The Sacred Ground Team (from their 3/31/2026 email)