

Spirit of Life Church

Dedicates Indoor Labyrinth

Apple Valley's Spirit of Life Presbyterian Church recently dedicated its new indoor labyrinth. The church invites the community to use it as a tool for meditation and contemplation, especially during Lent.



A labyrinth is a circular pattern representing a sacred path in which the follower has no possibility of going astray. Many spiritual traditions have included labyrinths, and the labyrinth is experiencing a renaissance in the United States.

According to one expert, "The labyrinth engages the body, mind and spirit through the focused attention needed to walk its twists and turns. Labyrinths are used for calming and releasing distractions."

There is open access to the labyrinth Monday mornings (except the first Monday morning of the month) through Wednesday afternoons until 3:30 p.m. Inquiries about group use of the labyrinth should be directed to the church office at 952-423-2212. The church is located at 14401 Pilot Knob Road in Apple Valley. (Photo by Robert Smith)