

# Rejuvenation of the Labyrinth at St. Paul's, Cambria

by Leonard Kohout

*Come to Me, all those toiling and being burdened, and I will give you rest. ..  
-Matthew 11:28*

In these difficult days of isolation and feelings of uncertainty when so many of us are struggling with our inner peace, there exists a hidden gem in Cambria that may help those exploring additional ways of managing their stress.

Tucked away on the grounds of St. Paul's Episcopal Church at 2700 Eton Road, visitors can walk a meditative labyrinth that just went through its first "facelift" since being installed 15 years ago. The Labyrinth at St. Paul's Episcopal Church was blessed and dedicated on Sunday, June 5, 2005. It is a replica of the classical eleven-circuit design embedded in the floor of the Chartres Cathedral near Paris France, around the year 1220.

A long time parishioner, Huntley Lewis, who has since passed, was instrumental in the original design and installation of the church's labyrinth. Upon her recent passing, her family asked that any monetary gifts in her memory be used in the care of our treasured labyrinth. Rejuvenation of the labyrinth was completed in early July by Luis Plasencia and his dedicated crew after his plans were approved by the Vestry. Mary Brockman, Jr. Warden, Grounds, and Gardens of St. Paul's, was instrumental in finding just the right crew and worked with them in the choice of materials to restore this place to its glory.

Those groups meeting on campus as part of a Recovery or Grief Support Group often visit our labyrinth or garden before or after their meetings to reflect, meditate, or even journal for personal, and often spiritual, rejuvenation. Walkers can be one with nature and visitors will often discover deer, cotton-tail bunnies, and songbirds often drop by to welcome them.

We invite you to visit the Labyrinth and larger gardens to experience the beautiful soothing aspects of this place. During COVID-19 however, please make a reservation at least one day in advance, so that we can ensure social distancing during your visit. No pets or smoking are allowed in these sacred spaces. The labyrinth is open from 1 hour after dawn, until dusk. To make a reservation, please contact our Parish Administrator, Michelle Costa at 805.927.3239, and leave a message stating your desire to visit our labyrinth and gardens.

Brochures on walking the labyrinth are available on site and you can also find one on our website at <https://www.stpaulscambria.org/index.html> Many thanks to Michelle Costa and Mary Brockman whose expertise and knowledge made this article possible.

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