

## Welcome to the Winnie A. Scott Labyrinth at Dolly Graham Park



### What is a labyrinth?

A labyrinth is a walking meditation, a prayer path, not a maze. Its single winding path leads to the center and back out again.

A labyrinth is a meditative tool that can be used for discernment, healing and inner growth. Labyrinths are considered sacred places that can foster development of human spirituality. They are open and accessible to people of all beliefs, faiths, and cultures.

The spiral symbol found within a labyrinth is the universal image of transformation. The unexpected twists and turns along the pathway can be seen as a metaphor for our lives. Labyrinths invite our participation and can be used for playful interaction or soulful contemplation. Each journey here will be unique.

### Labyrinth History

The labyrinth's spiral pathways have been used since ancient times, the first ones dating back over 4,000 years. Labyrinths have been found on every inhabited continent and across cultures.

Labyrinths are experiencing resurgence in the world today. Over 10,000 labyrinths have been constructed worldwide in the last few decades, and their numbers continue to grow. Labyrinths are being rediscovered as a healing tool for our times.



This particular labyrinth is modeled after the stone labyrinth embedded in the floor of Chartres Cathedral in France since around 1200 AD.

### Walking a Labyrinth- some suggestions

- At the threshold, pause and relax. Let go of your worries as you walk in.
- Go at your own pace, putting one foot in front of the other.
- Trust the path.
- Pass others on the path quietly, if needed.
- Experience Centeredness, Peace or Divine Presence in the center. Rest. Stay as long as you like.
- Journey out by the same path.
- Carry your experiences (centeredness, peace, etc.) back into the world with you. Integrate what you have received.
- You may wish to express gratitude for the journey along the way.
- Deepen your understanding of your labyrinth experience through journaling, art or other creative expression.

RELEASE »»» RECEIVE »»» RETURN

## About Winnie A. Scott

This labyrinth is named for Winnie A. Scott, a local teacher and member of the first graduating class of Kentucky State University. She founded the Women's Improvement Club Hospital, later renamed the Winnie A. Scott Memorial Hospital. The hospital once stood near this location at 228 East Second Street and served the African American community of Frankfort from 1915 until 1959. It was later destroyed by fire, many years after it ceased to be a hospital.

We dedicate this labyrinth to the memory of Winnie A. Scott, and to her legacy of working to improve the health of her community. Since labyrinths, like hospitals, can be used for healing and a return to wholeness, this naming seems appropriate.



Winnie A. Scott at right

Photo courtesy of Kentucky Historical Society

This information is provided by  
The Labyrinth Project of Frankfort.

For more information, visit:  
[www.thelabyrinthprojectoffrankfort.org](http://www.thelabyrinthprojectoffrankfort.org)

### LABYRINTH LITANY

(From dedication ceremony, 11/24/13)

~ *A winding path that leads to a Center  
and out again*

Bless this labyrinth and all who walk it.

~ *A wondrous pathway that can mirror  
our lives & be a metaphor for our  
journeys*

Bless this labyrinth and all who walk it.

~ *A circle and spiral—powerful, ancient  
symbols of unity, wholeness and  
transformation*

Bless this labyrinth and all who walk it.

~ *A tool of growth, transformation, and  
healing for heart, body, mind and spirit*

Bless this labyrinth and all who walk it.

~ *A spiritual discipline of setting one foot  
in front of the other and following a path*

Bless this labyrinth and all who walk it.

~ *A calling forth of our symbolic mind and  
creative, meandering spirit*

Bless this labyrinth and all who walk it.

~ *A deeply healing place where we can  
touch our joys and sorrows*

Bless this labyrinth and all who walk it.

## Winnie A. Scott Labyrinth



## Dolly Graham Park



*"It is good to have an end  
to journey towards...  
but it is the journey that matters  
in the end."*

~Ursula K. LeGuin

## The Labyrinth Project of Frankfort

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