



Rev. Karen Lindvig led the dedication of the labyrinth in Denny Park on 10/30/11.

**Credits:** Dan Niven

## Denny Park gains permanent labyrinth

Downtown Seattle now has a beautiful new labyrinth. It can be found in [Denny Park](#), 100 Dexter Avenue North (near the intersection of Denny and Dexter). Using concrete pavers in contrasting colors in a unique design, the labyrinth is sure to provide relaxation, peace, and a place for reflection for neighboring churches and visitors to the area for years to come.

The Denny Park labyrinth joins over twenty labyrinths in the Seattle area, including two recently added to parks in the city: one on the asphalt at [Seattle Center](#) in 2010; and a rock and gravel labyrinth at [Rose Hill Meadows Park](#) in Kirkland in 2011.

The labyrinth project is a continuation of the Friends of Denny Park playground and lighting installation initially led by Elizabeth Grace. The renovation effort was turned over to Jackie Roberts in February of 2011.

“During a [Seattle Unity Church](#) picnic in Denny Park I had an idea that Denny Park was the perfect place for a labyrinth. When I first started the project I thought it would just be nice to have one. After my husband's routine surgery, left him a quadriplegic, it got personal, and it became a healing labyrinth for us. That was June 2011. After that everything started opening up, community came together, people came forth, and money appeared to make this happen. No one said no when I approached them....there were so many people, events, and things that fell into place. I feel like the labyrinth was always there waiting to emerge. Now I say: “walk or wheel the labyrinth”; it is wheelchair accessible.” —Jackie Roberts

The labyrinth was made possible by support from Friends of Denny Park, Seattle Parks Department, Department of Neighborhoods, [Western Washington Labyrinth Network](#), Betty Hawkins, Dan Niven (original design), Margaret Phibrick, Mutual Materials, HBB Landscape Architecture, Vulcan, Seattle Unity, Jackie Roberts, Annie Christensen, Sonia Campbell, James Tierney, Linda Carney, Myra Smith, [The Laughing Flower Labyrinth & Landscape Co.](#), and many more donors, friends and volunteers. The project was completed in October 2011 and opened to the public on October 30, 2011.

A labyrinth can be described as a walking meditation or path of prayer. The labyrinth has ancient and anonymous roots that are universal to all of humanity. Labyrinths have been found in many cultures all over the world---on pottery, coins, talismans, and more. Many patterns are based on spirals and circles mirrored in nature, and symbolizing unity, oneness or wholeness.

Labyrinths are currently used worldwide as a way to quiet the mind, recover a balance in life, meditate, gain insight, and celebrate. They may be found in parks, hospital grounds, churches and private residences. To find a labyrinth near you, visit [www.labyrinthlocator.org](http://www.labyrinthlocator.org).



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**Myra Smith**, Seattle Christian Spirituality Examiner

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