

# Rediscovering the Joni Lee Starkey Memorial Labyrinth

Joni Lee Starkey was a beloved member of The Church of the Dunes. Her passion for missions was only exceeded by her love for her family and her church. Joni's faith was strengthened and deepened during her journey with cancer. It was at that time she had the opportunity to experience a prayer labyrinth. She enthusiastically shared with her friends how walking the labyrinth brought her peace and comfort. After Joni's passing in 2011, her friends and family sought a way to honor her memory. The labyrinth was dedicated on Sept. 18, 2016. It is our dream that each person who walks this labyrinth will find peace, hope, comfort, and joy. It is open to the Church of the Dunes family and to the public seven days a week from dawn to dark.



## What is a labyrinth?

It is an ancient tool for prayer and meditation with a winding path that begins at the outside, leads to a central space, and then out again by the same path. One can think of experiencing a labyrinth as a walking prayer. “The very action of walking serves to still our thoughts, allowing space for God amid the usually jam-packed confines of our minds. The rhythm of walking is conducive to prayerful contemplation. The unpredictability of the labyrinth’s twists and turns helps us to relinquish our need to feel ‘in control’ and to acknowledge our dependence upon God. The certainty of reaching the center inspires us to trust in God’s providence.”<sup>1</sup>

<sup>1</sup>[Hungryhearts](#), published by the Office of Spiritual Formation of the Presbyterian Church (U.S.A.), Summer 2000

# How Should I Walk?

Walking the labyrinth is a very personal experience and should be done in a way that is meaningful to each person. Feel free to use the benches to prepare yourself for the walk or to contemplate the experience afterward. For your use, at the labyrinth you will find laminated cards with hymns, mantras, Bible verses, and writings in areas of thanksgiving and gratitude, comfort, strength, and praise. Alternatively, there is also a hand-held labyrinth model that can be traced with a finger. Please leave these items in the box after use.

Here are some suggestions for your labyrinth experience:<sup>2</sup>

Thanksgiving  
Praying a question  
Interceding for others  
Tuning in  
Reciting a prayer or scripture  
When upset  
Reworking and rejoicing  
Reconnecting  
Shedding

<sup>2</sup>Living the Labyrinth, Geoffrion, Jill Kimberly Hartwell. The Pilgrim Press: Cleveland, 2000.

*I think the moment my legs begin to move, my thoughts begin to flow.*

Henry David Thoreau

*“Rise up, walk through the length and the breadth of the land, for I will give it to you.”*

Genesis 14:17  
New Revised Standard Version

*“You show me the path of life, in your presence there is fullness of joy: in your right hand are pleasures forevermore.”*

Psalms 16:11  
New Revised Standard Version

