



CHRIS MATULA/Staff Photographer

A worker wipes dust off of the Duncan Center's labyrinth, which will include about 5,000 die-cut pieces.

## Couple donates to share circle's healing comfort

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*An indoor Delray labyrinth will negate weather worries.*

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By JILLIAN COHAN  
*Palm Beach Post Staff Writer*

DELRAY BEACH — A labyrinth helped Karen Gury through some of her darkest times. Now she wants to share her sense of peace with others.

This past fall, the Boca

Raton resident and her husband, David, the former chairman of Nabi Biopharmaceuticals, donated money for an indoor labyrinth at the Duncan Center, an Episcopal retreat center on Military Trail.

Gury had used an outdoor labyrinth at the center during her treatment for breast cancer. She still visits it when she's worried about her son, Dennis Wedding, an Army major serving in Af-

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# Labyrinths reemerged as meditative tools

## ► LABYRINTHS from 1B

ghanistan.

When she gets to the heart of the labyrinth she feels healed, said Gury, 65. "It represents going into the holy place within you and re-aligns you with the positive energy in the universe."

The outdoor labyrinth is popular, but patrons can't



Fregeau

use it after dark or in the rain, said the Rev. Stephen Fregeau, executive director at the center. The new labyrinth will be accessible regardless of the weather.

Construction began in the Duncan Center's new Schofield Chapel late last month as part of a planned \$1.5 million expansion. The green-and-tan granite labyrinth is 35 feet in diameter, made up of about 5,000 die-cut pieces. It is a scaled-down replica of the labyrinth at the cathedral in Chartres, France, and will open to the public June 19.

Labyrinths predate the Roman Empire, but they have emerged in the past decade as a meditative tool for enthusiasts who say the



The labyrinth inside the Schofield Chapel at the Duncan Center is modeled after one on the floor of a cathedral in Chartres, France, which was built in 1201.

twisting paths lead them closer to God.

For many people a labyrinth's circular path symbolizes unity and wholeness, said the Rev. Lauren Artress, a leader in the labyrinth movement and author of *Walking a Sacred Path: Rediscovering the Labyrinth as a Spiritual Practice*.

"The labyrinth is fascinating, easy to do, accessible to all ages, all races, all cultures," Artress said.

"It is a nonverbal activity that people can do together. A family with a relative on the edge of death may not pray together, but they will walk a labyrinth together or be present at a labyrinth while family members walk it."

## If you go

■ **What:** Indoor and outdoor labyrinths

■ **Where:** The Duncan Conference Center, 15820 S. Military Trail, Delray Beach

■ **More Information:** (561) 496-4130 or [www.duncancenter.org](http://www.duncancenter.org)

There are several labyrinths in Palm Beach County, including an outdoor one at the Cenacle Spiritual Life Center in Lantana. The Duncan Center will have the only indoor stone labyrinth in the Southeast, Gury said.

Two years after surviving breast cancer, Gury still gets choked up when she talks about her illness. But her voice doesn't tremble when she discusses the labyrinth. She stops by often to see it take shape on the chapel floor.

"I hope a lot of people will use it as a tool to help them find peace and harmony," Gury said.

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