

From: Kay Kinneavy Kay@Kinneavy.com 
Subject: Labyrinth opportunity
Date: January 28, 2017 at 4:00 PM
To: LNN Announcements announcements@labyrinthnetworknorthwest.org



New Labyrinth at Cerimon House
Portland, Oregon

Dear Labyrinth Friends,

My life continues to be in turmoil, so I can't write e-mail reminders for all the interesting labyrinth opportunities available. So, please frequently check the LNN Calendar for info about upcoming events.
<http://www.labyrinthnetworknorthwest.org/calendar.html>

If you are planning an event that is not on the current calendar, please send the info via e-mail to web-calendar@LabyrinthNetworkNorthwest.org

Following is a message from Randall Stuart at Cerimon House about an interesting labyrinth opportunity this Sunday, January 29 beginning at 1 PM.
This is a good opportunity to see Portland's newest labyrinth.... an unusual pattern. I saw it on New Year's, and it is a beautiful labyrinth with an interesting and unusual format for the labyrinth meditation too. I think you'll enjoy it!
Love,

Kay

Invitation to the Labyrinth walk

Thank you in advance for reading this mission-driven missive. I have an invitation for you for this very weekend...it's a healing gift...and it would be so grand to be together, if but for 30-or-more minutes.

My heart still trembles with hope and action after experiencing the Women's March this last Saturday. And I love the idea that everyone who could *took to the streets*, and were doubly *backed-up* by those peace-loving friends who were either at work or marching with us in spirit.

Now what?

How do we sustain that march, in actual ways...and channel our apprehensions into positive action?
How do we keep walking forward while also taking care?

I propose a way that we can keep marching, to find the way forward. It continues this very Sunday and reflects on the importance of taking time from the work of protest to focus on recharging and renewing the spirit and body.





Sunday, January 29th: (between 1:00pm - 4:30pm)

Our monthly Labyrinth Walk.

The January theme is **THE WAY FORWARD.**

We invite you to bring those often conflicting feelings of joy, community, hope, anger, fear and anxiety you've felt surrounding the election and its aftermath and walk the Labyrinth this weekend. Carve out 30 minutes to cultivate stillness and focus in these tumultuous times. For some the Labyrinth is a meditation practice. For you it might be different. There is no right or wrong way to "do" it. We invite you to unplug and see what happens. If you like it, please consider making it a regular practice. If you know someone else who might be interested, bring them along...or please pass this on.

If you are not familiar with labyrinths and their role in human history, here is a great FAQ from the Labyrinth Society: <https://labyrinthociety.org/faqs>.



Here is a link to more specific information: <http://www.cerimonhouse.org/labyrinth/>

It helps us if you do sign-up for an appointment (found at the same link above), as we do limit the

number of walkers each half-hour. But as there is room, people observe from above in the balcony, and then join in to the group endeavor. However, if you wake up on Sunday and decide to check it out without a pre-selected time slot, please do. We'll be here, and will welcome you. The ten dollar suggested donation helps us staff and maintain this effort.

The great society gallops forward. And you, dear citizen, deserve to be renewed: so that you can maintain the required stride.

Your pal,

Randall

“Cerimon House provides a nexus in a community & cultural center where people can connect through the arts, education, exploration, and celebration. We curate conversations with teachers, leaders, and philosophers to deepen our understanding of the human condition. Through performance and discussion, our *At The Hearth Series* offers artful conversations on a variety of social topics to engage the minds & hearts of our attendees. **Cerimon House** provides a safe, inclusive, culturally plural, and nonviolent convening space for our NE Portland neighborhood, the greater Metro area, and beyond.”