

From: Kay Kinneavy - LNN Kay@LabyrinthNetworkNorthwest.org
Subject: Labyrinth Peace during COVID-19
Date: April 3, 2020 at 1:23 AM
To: kay@kinneavy.com



Oregon Landscape Architect Stephen Shibley, a founding member of LNN is now making labyrinths the primary focus of his work. Stephen's business is called Fertile Ground. [Check his website](#) for more information.

Stephen added some new (COVID related) content on his website to promote labyrinths at this challenging time of being 'stuck' in-between. Seemingly going nowhere fast and folks feeling uneasy with vulnerability. Stephen has an amazing suggestion for how you could get your own inexpensive mown lawn labyrinth made by a professional in less than a day. [You really need to read this article from Stephen's website](#) it includes pictures of mown labyrinths. A printable version of this article can be found on the [LNN Resources Page](#).

Dear Labyrinth Friends,

... ..

We are living in an ever changing situation where nothing is predictable. The Governor has ordered us to "Stay at Home to Save Lives".

During this time of COVID-19, we can't do anything the way we would normally do it. So, we're creating new ways of doing the things that are important to us. During this challenging time, we must remember that that Labyrinths are perfect when in a crisis/dilemma/fearful situation. That's now!! Everybody's situation is different, but we all need some help to get through the unpredictable path ahead.



I live in a small apartment all alone, and for me the only thing that's keeping me sane is getting outside and walking. My daily walks now include a stop at a church near my house where they have a small outdoor labyrinth in a courtyard.

Spending time enjoying the beautiful flowering trees and walking the labyrinth several times lifts my spirits.

If you have a labyrinth near your home, I suggest you stop there. If not, there are many other ways to incorporate the labyrinth into your daily routine.

This email will give you information about a few ways we can use labyrinths during COVID-19, but there are many other creative ways to get help from the labyrinth. Please share some of your ideas with me, and I'll pass them on in the next e-mail. Many blessings on your path, Love, Kay





offered by Veriditas
Every Friday in April at 4:00 PM

**Friday April 3 the meditation will be led by the
Reverend Dr. Lauren Artress.**

Let's come together as the labyrinth community
and send our healing energy out to the world.
This is a FREE event, but registration is required.

Please have a Finger Labyrinth available - you
can download a paper version if you don't have
your own. Zoom is being used to host the
gathering. If you are not familiar with this
platform, just click on the meeting link and follow
the directions.

[Register Here](#)

WORLD LABYRINTH DAY 2020

The Labyrinth Society asked us to tell our members
"Do not offer or attend public walks."

The Labyrinth Society has a lot of good information about Labyrinths & COVID -19
I encourage you to spend some time looking at their newsletter which has a lot of interesting helpful
information about how to experience the power of labyrinths during this challenging time. They have
included links to some beautiful FREE finger labyrinth patterns in todays newsletter

and as the situation changes, you can find updates

<https://labyrinthsociety.org/news-updates>

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LNN's Plans for World Labyrinth Day

LNN had made all the arrangements to celebrate World Labyrinth Day 2020 with a Labyrinth Pilgrimage
to Vancouver, WA.. Sadly, this event must be added to the long list of cancelled events. But we have
some great plans ready to go whenever it is safe to get together again. Obviously, the date cannot be
determined now.

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