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Subject: A Pre-election Walk and a Workshop on Kindness
Date: October 17, 2020 at 10:58 PM
To: announcements@labyrinthnetworknorthwest.org



Finger Labyrinth
Dancing woman Design
in Purple Heart Wood
Design and Photo by Lisa Moriarty
PathsofPeace.com

Trinity Episcopal Cathedral Monthly Labyrinth Walk corrected link to Zoom

The Trinity Episcopal Cathedral Labyrinth Guild has a list of wonderful virtual events planned for the next few months. Before we tell you about two of them, please be aware that the Zoom link to join their October monthly walk has changed. **To join this walk on Monday, October 19 at 7:00 p.m. please use the following link rather than the one in our previous**

the following link rather than the one in our previous email: <https://us02web.zoom.us/j/87186071962?pwd=OEI1VFk1eC8xZjJCNm4xdUVSbmhHdz09>

PRINTABLE FINGER LABYRINTHS

If you wish to download a finger labyrinth, you can do so at the Labyrinth Network Northwest website. You can choose from either [Classical](#) or [Chartres](#) patterns. If you'd like to try something different, we have the [Amiens Labyrinth](#) or [Dancing Woman Labyrinth](#).

[The story of the creation of The Dancing Woman Labyrinth.](#)

Pre-Election Walk for Peace Monday, November 2 at 7:00 p.m.

Join the Trinity Labyrinth Guild for a Zoom pre-election finger labyrinth meditation for peace. This is a non-political event. On the eve of the election, it is intended to utilize the labyrinth for inner guidance and inner peace and to send out peace to our country.

To join this event at 7:00 p.m. on November 2, click the following Zoom link: <https://us02web.zoom.us/j/87923901004?pwd=cVJsY09FenVmeWo2NEIXWFFNZ3FaQT09>

KINDNESS IN DIFFICULT TIMES: a WORKSHOP FOR SELF-REFLECTION Saturday, November 7 9:30 a.m. to 12:00 p.m.

In this Zoom workshop, we explore how the heart can guide us toward connection, using meditation, walking the finger labyrinth and creative exercises to cultivate self reflection. This workshop will provide tools for inner reflection as well as an opportunity for sharing in community as we explore the

pursuit and the challenges of cultivating kindness in these difficult times.

This online event is free to the public but [advance registration](#) is required. After you have registered, you will be sent a link to join.

The two facilitators, Molly Osborne and Patricia Newton, are both physicians who have led previous workshops on kindness.

For more information, contact Patricia Newton trish@keyosk.com

[Printable flier for Kindness Workshop](#)

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