

From: Kay Kinneavy - LNN Kay@LabyrinthNetworkNorthwest.org
Subject: Labyrinth News
Date: November 15, 2020 at 8:43 PM
To: announcements@labyrinthnetworknorthwest.org



From Kay's Finger Labyrinth Collection
Photo by Dana Wait

UPCOMING EVENTS

In spite of the limitations put on us by the pandemic, there are a variety of interesting opportunities to connect with labyrinth friends online.

The Trinity Labyrinth Guild is doing a wonderful job of planning different kinds of labyrinth events, and everyone is welcome. You can join in these labyrinth activities from wherever you happen to be at that time.

Trinity Episcopal Cathedral Zoom Finger Labyrinth Meditation
Monday November 16, 2020
7:00 p.m.

The theme for the November monthly walk is Gratitude and Gratefulness. The event will begin with instruction and meditation, followed by a Finger Labyrinth walk with special music. There will be time for sharing at the end.

Click this link to join: <https://us02web.zoom.us/j/88462505150?pwd=QnJVV0NXUElJZ3gyTUZyMThldEVlZz09>

Trinity Episcopal Cathedral Advent Icon Walk
Monday, November 30, 2020
7:00 p.m.

This popular annual event is going virtual! As in years past, the Advent walk will be a time to focus on exploration of this season of purification and readiness. The group will spend some time with beautiful Mary Icons and learn how they can illuminate our journey.

Click this link to join: <https://us02web.zoom.us/j/88182645311?pwd=djB1QTN4T0lyVDVIZWJ5ejVkMTF5QT09>

Trinity Episcopal Cathedral Solstice Walk
Monday, December 21, 2020
7:00 p.m.

The December monthly walk will be held on the Solstice and will focus on the Solstice and the return of the light. The Finger Labyrinth Walk will be preceded by a slide show and meditation.

Use this link to join: <https://us02web.zoom.us/j/87816274081?pwd=ZExramhHTW1VWGRxMy9MS3ZnYS9odz09>

Weekly Finger Labyrinth Meditations - every Friday

Free and open to everyone

times vary each week

Registration required

check the Veriditas website to confirm times and register

Note from Kay: Although early registration is recommended, when I forgot, I have registered at the time of the event and was able to join the event in progress.

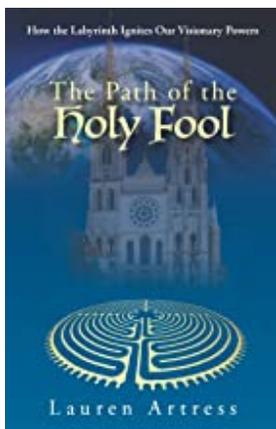
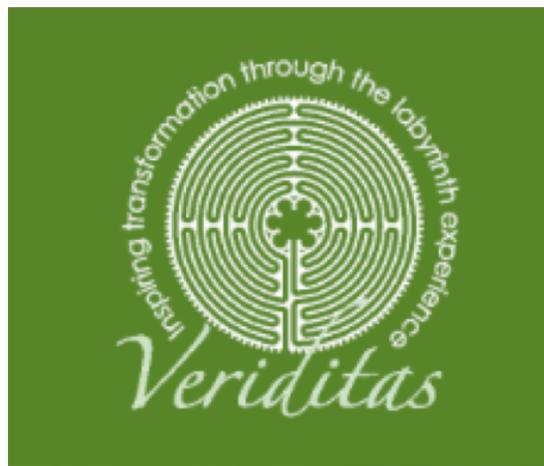
The weekly Finger Labyrinth Meditations offered by Veriditas are open to

The weekly Finger Labyrinth meditations offered by Veriditas are open to everyone, and people from all around the world have been participating. It's a rare opportunity to meet with the worldwide labyrinth community. Each week's meditation is led by a different facilitator, and their different approaches and styles are broadening our experience. Several people from the Northwest have participated each time, and I hope that more people will take advantage of this rare opportunity to experience some top notch labyrinth facilitators.

Upcoming Veriditas Finger Labyrinth Meditations:

- **November 20 at 1:00 PM** Pacific Time - Led by Judith Tripp. **Register**.
- **November 27 at 4:00 PM** Pacific Time - Led by Brigid Fitzgibbon. **Register**.

[Click here to access recordings of past finger labyrinth meditations and resources.](#)



New Book by Lauren Artress

Released November 2, 2020

The Path of the Holy Fool summons each of us to become a Holy Fool: one who is accountable, stands for equality and social justice, embraces an ecological vision, and encourages community spirit.

It is available through Amazon.com in Paperback or Kindle Format.

Learn More About Finger Labyrinths

Since most online events involve the use of finger labyrinths, we are all developing an appreciation of this valuable tool for meditation, therapy, art, and ??? Make the most of this experience which has been rather forced upon us by the pandemic. Explore new possibilities.

Check out this video by Lars Howlett:

[How to use a Finger Labyrinth for Meditation, Prayer and Stress Reduction](#)

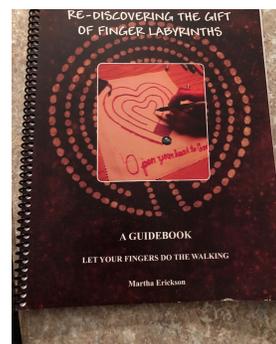
Re-discovering the Gift of Finger Labyrinths



RE-DISCOVERING THE GIFT OF FINGER LABYRINTHS
by Martha Erickson

From the back cover:

"The importance of using tactile labyrinths comes to life as Martha Erickson shares the wisdom she has gained over many years of teaching finger labyrinth prayer. This book will offer new ideas, practical suggestions and lots of inspiration."



Rev. Jill K. H. Geoffrion
author of 7 labyrinth related books

Note from Kay: Martha Erickson is a personal friend of mine from Minnesota. Here's what she says about her finger labyrinth book:

I started using finger Labyrinths after I had facilitator training 20 years ago as I was doing prison ministry besides working as chaplain at a senior care center. Each needed something to take to their room after a walking session so I gave them a paper copy at prison and had plastic finger Labyrinths made for care center. I then developed a labyrinth Ministry for walking with foot and fingers.

My book is \$20:00 plus \$4:00 postage for US and \$10:00 for out of country. \
myerickson@charter.net.

You may send a check or use PayPal, and I will mail your book in return mail.



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