

Additional Portland area public outdoor labyrinths

The Grotto

8440 N Skidmore St, Portland
Chartres, brick paver
Open 9am to 8pm daily, \$4 elevator fee

OHSU Center for Women's Health

OHSU Marquam Hill Campus, Kohler Pavilion
808 S.W. Campus Drive, 7th Floor balcony
Classical, brick paver Always open

Kaiser Sunnyside Hospital

10163 SE Sunnyside Rd, Clackamas
Located near Birthing Center
Chartres, bluestone paver Always open

Legacy Meridian Park Hospital

198300 SW 65th Ave
In Seasons of Life garden, 7 Circuit Chartres,
paint on concrete Always open

St. James Episcopal Church

11511 SW Bull Mountain Rd
Tigard, OR 97224
Behind church, paint on concrete Always open

Cedar Hills UCC Church

11695 Southwest Park Way
In church garden; classical, pea gravel
Always open

Col. Summers Park

SE 17th Ave & Taylor St.
Painted Chartres, in the large brick pavilion
Always open

Metanoia Peace House UMC,

2116 NE 18th Ave.
Labyrinth on front lawn; brick paver
Classical Always open

Sts. Peter and Paul Episcopal Church

8147 SE Pine St.
Outdoor classical, bark Always open

WALKING INSTRUCTIONS

There is nothing to learn in order to walk a labyrinth; just put one foot in front of the next, but there is a suggested three-stage form that is helpful for first time walkers.

The first stage, the path into the center, is sometimes called Release; letting go of what is burdening us or causing confusion, anxiety or lack of clarity.

The second stage, the center, is called Illumination; the time to be receptive and open to Spirit; like an empty, crystal bowl.

The third stage is called Union: unifying all that we have learned and received within ourselves and sharing this with our families and communities.

These stages aren't static – release, communion, and union can happen at any point, at any time on the labyrinth and for days, weeks and months afterwards.

Walking a labyrinth with other walkers is a dance. Walk at your own pace, walking around those in front of you who are walking more slowly or have stopped to meditate. When two people meet going in opposite directions, each steps aside and comes back on the path they were on before.

Gently weaving in and out, the labyrinth is a metaphor for our lives and what comes up for us as we meet and pass others very often mirrors our experiences in the outside world. Drink plenty of water afterwards to balance and ground the energy.

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For more information about local labyrinths go to:
<http://www.labyrinthnetworknorthwest.org/calendar.html>

And for more information about worldwide World Labyrinth Day events go to: <http://www.labyrinthsociety.org/world-labyrinth-day>

WORLD LABYRINTH DAY

Saturday, May 5, 2012

“WALK AS ONE AT 1”

*Be part of a rolling wave
of peaceful energy
as the earth turns.*

Walk a labyrinth at 1 PM in your time zone.

World Labyrinth Day, a project of The Labyrinth Society, is a day designated to bring people from all over the planet together in celebration of the labyrinth as a symbol, a passion, a practice and a tool for healing and peace.



Sponsored in the Portland, Oregon area
by Labyrinth Network Northwest



**Participating Portland
area labyrinths**

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**St Luke the Physician
Episcopal Church**

Open on May 5th 10:00 am - 2:30 pm

A visitor kiosk with information, a guestbook and a place for prayers and reflections is at the entrance. Umbrellas will be available at 1:00 pm, if it rains. Also light refreshments will be available (weather permitting) after your walk.

120 SW Towle Ave, Gresham 97080
Chartres, concrete with gardens
Contact person: Judy Bevilacqua 503-661-0271



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**Sunnyside United Methodist Church.
Open on May 5th, 10:00 am - 2:30 pm**

3520 SE Yamhill (SE 35th and Yamhill)
Inside - Chartres - Painted wood floor
Contact person: Clarice Kruschwitz 503-233-6633
Open every 1st Thursday, 7:00 -9:00 pm



**National College of Natural Medicine
(NCNM)**

Open on May 5th, 9 am - 5 pm

Min Zidell Healing Garden
3025 SW Corbett Ave
Portland, 97201
Outside—mystic knot, brick pebbles
Contact person: Marilyn Considine 503-552-1504
For directions: <http://www.ncnm.edu/about-ncnm/maps-directions.php>



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**Trinity Episcopal Cathedral of Portland
Open on May 5th 11:30 am —2:30 pm**

Walk Trinity's inlaid wood floor labyrinth, sit in silent reflection, write some thoughts on peace in our guestbook accompanied by soft music

Trinity Episcopal Cathedral
Kempton Hall
147 NW 19th Ave, Portland, 97209
Contact person: Christiana Brinton 503-502-3178



**St Gabriels Episcopal Church
Open on May 5th sunrise to sunset**

17435 NW West Union Rd., Portland,
Outside—11 circuit Chartres, painted on concrete
Contact person: Debbie Kyler 503-645-0744



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**Mission of the Atonement
Open on May 5th sunrise to sunset**

7400 SW Scholls Ferry Rd
Beaverton, OR
Outside—11 circuit Chartres, brick paver
Contact person: Susie Snortum 503-646-1344



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**First Christian Church
Open on May 5th, noon—2 pm**

Multipurpose Room
1314 SW Park Ave
Portland 97201
Inside, Petite Chartres,
painted on floor
503-228-9211

