

# **Pre-election day labyrinth walk**

**A time for personal quiet, reflection and  
centering**

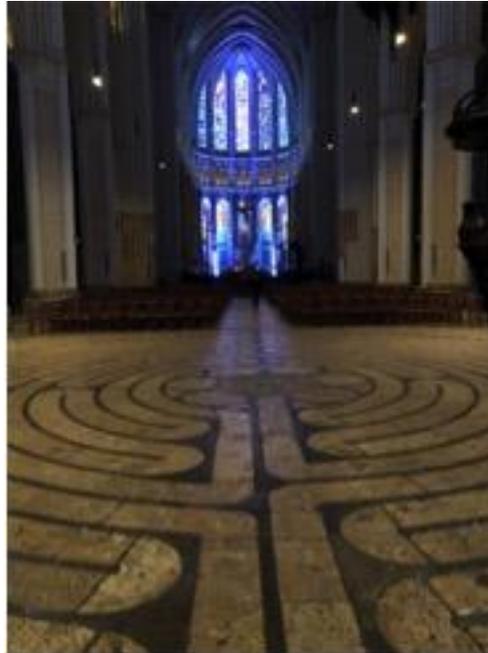
Election time can be stressful and anxiety provoking. Fears and hopes become more alive in our thoughts. Many emotions run high and we can feel greatly out of control and off balance.

## **Anyone need a bit of a break!**

The Trinity Labyrinth Guild is offering a pre-election day labyrinth walk. The labyrinth is an ancient pattern that naturally calms the mind, emotions and body and allows one to deeply reflect and find a personal path to manage these stresses.

The beautiful Trinity Labyrinth will be open Nov 5 from 11am until 145pm for an open public walk. Open to all points of view!

Trinity Episcopal Cathedral   Kempton Hall  
147 NW 19th Avenue   Portland Oregon  
Nov 5   11am to 1:45pm.   Free, donations accepted.



# The Chartres Cathedral Labyrinth

**Presentation, discussion and guided  
meditation**

## **Labyrinth walk precedes the discussion**

The Chartres Cathedral Labyrinth in France is the best preserved medieval labyrinth of the 80 labyrinths built in 11<sup>th</sup> and 12<sup>th</sup> century Europe. Pilgrimage was very important in medieval Europe and Chartres was a major stop for pilgrims walking the Camino de Santiago to Santiago de Compostela in Spain. Pilgrimage is again popular in our time as a way to find guidance, inner connection and meaning in our lives. The meandering labyrinth is an ideal place for reflection and meditation. Please join me for a presentation about my recent pilgrimage to Chartres and a sharing of labyrinth experiences. There will be a guided meditation and quiet time for you to consider the pilgrimages in

your own life.

**Presenter: Patricia Newton**, labyrinth facilitator, member of the Trinity Labyrinth Guild and Labyrinth Network Northwest

**Trinity Episcopal Cathedral**  
**147 NW 19<sup>th</sup> Avenue**  
**Portland, OR 97209**

**Kempton Hall**  
**Free**

**Monday November 5**  
**2pm - 3:30 pm**

For information contact [trish@keyosk.com](mailto:trish@keyosk.com)