

Winter Solstice Greetings Everybody,

Before your festive calendar gets completely filled up with social activities, we want to invite you to join your community for a Winter Solstice Labyrinth Walk.

Friday, December 21st, 4:00 pm at the Lakeside Labyrinth in Lakeside Park, Nelson.

Take a break from your busy lives and share a Walk of Gratitude as we say Thank You to 2018. Welcome the return of the light and set an intention with your community for a positive outlook for 2019.

The spiral meditation is peaceful and centering, inviting us to reconnect with ourselves and all that we hold dear. Bring illumination and the warmth of the fire of transformation to your inner hearth on this longest night of the year.

The Nelson Community Labyrinth Group hosts a community walk for each seasonal change, when we come together as a group, in silent walking meditation, to acknowledge and appreciate what is important to us.... perhaps the gift of a community that lives in consciousness with good hearts and minds. Perhaps it's an opportunity to give thanks for the lessons and gifts that were received during the autumn months and the days of descending darkness.

There is no charge to walk the labyrinth in Lakeside Park, ever!! It is available for walking anytime during park hours, so even if you can't make it on Dec. 21st, or if you prefer a solitary walk, it's waiting for you to make connection with yourself.

We hope to see you and your families on Friday, December 21st at 4:00 pm. Dress warmly.

Seasonal blessings to everyone.

Donna Nett

For the Nelson Community Labyrinth Group

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