

LABYRINTH WORKSHOP

Kindness in Difficult Times

A Workshop for Self-Reflection

Kindness is not dependent upon external circumstances – it is an inner quality that can be cultivated and nurtured, even in difficult times.

Join the Trinity Labyrinth Guild as 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.

Free to the public; advance registration required.

[Download a finger labyrinth](#)

Facilitators:

Molly Osborne is a facilitator for the Center for Courage and Renewal. Patricia Newton is a certified labyrinth facilitator and member of the Trinity Labyrinth Guild. Both are physicians developing healing communities, with thanks to Trinity Episcopal Cathedral. We have led several previous labyrinth and self-reflection workshops at Trinity Cathedral on kindness.



Saturday, November 7th

9:30 am-12:00 pm

Online on Zoom

[Register in advance](#)

For more information:

Patricia Newton

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