

From: Kay Kinneavy <kay@labyrinthnetworknorthwest.org>
Subject: Winter Labyrinth Activities
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To: LNN Announcements <announcements@labyrinthnetworknorthwest.org>



Rainy Day on the Labyrinth
St. Luke's Episcopal Church, Gresham, OR

Winter labyrinth Activities

If you don't feel like walking a labyrinth in the rain, try the cozy indoor carpeted labyrinth at the Franciscan Spiritual Center in Milwaukee which is open to the public during business hours Mon. - Fri. Or try one of the many other indoor labyrinths.

Check out the LNN Calendar for indoor labyrinth events. <http://www.labyrinthnetworknorthwest.org/calendar.html>

Try a virtual Labyrinth or get a labyrinth app for your cell phone
<http://www.labyrinthnetworknorthwest.org/resources.html#virtual>

Watch some labyrinth videos
<http://www.labyrinthnetworknorthwest.org/resources.html#video>

LNN Pizza Party & Labyrinth Slide Show

Please join us at McMennamins, Kennedy School on Wednesday, December 7 for a relaxing and fun evening. This is a good opportunity to get connected with other labyrinth enthusiasts in the area. Those of us who were unable to go to Taos for the international labyrinth gathering will be interested in seeing the pictures and hearing about the adventures of those who attended.

There will also be a few labyrinth gift items available if you want to pick up a few Christmas gifts.

I am looking forward to meeting some of LNN's newer members at the pizza party.
It will be very helpful if you can register in advance so we'll know how much pizza to order.
More details and registration info: http://www.labyrinthnetworknorthwest.org/resources/2011/111207_LNN_2011_Pizza_Party.pdf

Scott Crane from Menucha wanted to share this inspiring labyrinth story with the network.

We just held one of our cancer retreats here at Menucha, and one of our guests this time wrote to tell us about an amazing experience she had on our labyrinth. This is what she said:

“ I had an amazing experience of sacred space walking the Labyrinth. With the soft rain coming down as I walked the path quietly and intentionally asking for release of my troubles and stress two deer walked within feet of me without trepidation. As if they knew they were safe and almost as if we were one with the earth. I stopped and watched in amazement at such a beautiful sight. After they headed up the trail I continued

my walk and when I reached the middle I spent as much time as necessary until I felt release and joy. On my way back to the hall the deer returned ahead of me leading me all the way back to our hall. It was somewhat difficult to reenter the chaotic world we live in, but I now have a place to meditate on and know that I will return. My wish is that every person would get to experience this little piece of heaven just once in their life."

Happy walking!

Scott T. Crane, cce, ccrl
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