

From: Kay Kinneavy kay@labyrinthnetworknorthwest.org 
Subject: Please join me for a free labyrinth walk, Monday July 25
Date: July 23, 2016 at 1:31 PM
To: LNN Announcements announcements@labyrinthnetworknorthwest.org



FREE LABYRINTH WALK AT CERIMON HOUSE

5131 NE 23rd Avenue
Portland, OR 97211

MONDAY, JULY 25th "THE DAY OUT OF TIME"
3:00 PM - 7:00 PM

Cerimon House (a nonprofit humanities organization in the heart of the Alberta Arts District) is teaming-up with Labyrinth Network Northwest to offer an afternoon of a contemplative labyrinth walk, free of charge. Cerimon House, established in 2009, has a keen interest in the various kinds of labyrinth patterns that populate history, architecture, and societies. Unlike mazes where one might become lost, labyrinths are a design for walking, always leading to the center and then "back home again" - and as such can act as a tool for self-awareness and integration of one's life story.

The one-day-only installation is a labyrinth created by Concordia resident Ansula Press, and is an innovative instrument originally created for the annual Burning Man festival. In its center is a 7-foot diameter structure called a Genesa Crystal which is illuminated by electroluminescent wire. The Genesa is a cuboctahedron which is big enough to stand in, and the geometry is considered to be a shape that can amplify the intentions of those near it, by attracting, cleansing, balancing and finally releasing the amplified energies.



In an effort to introduce several different kinds of historic and new labyrinth designs to Cerimon House in the years to come, while welcoming new friends from the Labyrinth Network Northwest community, Cerimon House opens its doors for a four-hour window of time for participants to traverse the labyrinth in a contemplative manner, or to watch from a gallery above as people walk within Ms. Press's creation.

On the Mayan calendar, July 25th is regarded as The Day Out of Time. For those who follow the 13-moon calendar, there is always one day spare, a day belonging to no week or month, and that day is July 25th. Upon this occasion (similar to the Roman calendar's New Year) followers focus on making resolutions, doing their art, and celebrating. This tradition is enjoyed by people in more than 90 countries, and took the step to become an official practice beginning in 1992.

So, in the spirit of supporting mind/body/spirit integration and well-being, Cerimon House welcomes the community to visit, and experience the invigorating twists and turns of the walking labyrinth.

Cerimon House is housed in the former Alberta Lodge, built in 1924 and reopened to the public in October 2015 as a result of a two-year renovation and restoration. Initially a fellowship hall, and then a neighborhood church, the building is now a sanctuary for community events, concentrating on the cultural arts and the humanities. Learn more at www.cerimonhouse.org

I hope you can join me for this special event.

For more information contact: Lily at: info@cerimonhouse.org

Kay Kinneavy
Labyrinth Network Northwest
275 NW Lost Springs Terrace, #106
Portland, OR 97229
kay@labyrinthnetworknorthwest.org
<http://www.labyrinthnetworknorthwest.org/>