

From: Kay Kinneavy - LNN kay@LabyrinthNetworkNorthwest.org
Subject: Election Labyrinth Walks
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To: announcements@labyrinthnetworknorthwest.org



Dear Labyrinth Friends,

This year's election seems even more stressful than usual. After being bombarded by campaign commercials and a mailbox full of political fliers, I am feeling overwhelmed. We have several good opportunities to get centered by walking indoor labyrinths in various parts of town during election week.

There are pre-election walks on Monday, Nov. 5 at Trinity Episcopal Cathedral in Northwest Portland and at Cerimon House in North Portland.

On Election Day, labyrinths will be available at Cerimon House and Christ United Methodist in Cedar Mill. See below for details.

In case you're still feeling stressed after watching election returns you're invited

to relax with a post-election labyrinth walk at Christ United Methodist Church.

I hope you'll join me in walking the labyrinth this week, and together we'll bring a wave of peaceful energy to our community and our nation.

Love,
Kay

Pre-Election Labyrinth Walk

Monday, November 5, 2018

11:00 AM - 1:45 PM

Trinity Episcopal Cathedral

147 NW 19th Avenue
Portland, OR 97209

[\[map\]](#)



Walk a candlelight labyrinth in anticipation of the national vote.

The labyrinth walk will be followed by a presentation about pilgrimage and Chartres Cathedral at 2 PM in Kempton Hall.

Election Labyrinth

November 6 & 7, 2018

Noon to 7 PM

Christ United Methodist Church - Cedar Mill

12755 NW Dogwood Street

Portland, OR 97229

[\[map\]](#)

On election day and the day after, we will hold



On election day and the day after, we will hold a special and holy place in the Colburn Chapel for any and all who would like to get away and walk the labyrinth



For more information contact
(503) 489-4919

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**Walk the Election at
Cerimon House
Monday, November 5,
2018
2:00 PM - 8:00 PM
Tuesday, November 6,
2018
11:00 AM - 8:00 PM**



Cerimon House
5131 NE 23rd Avenue
Portland, OR 97211
[\[map\]](#)

For the first time, Cerimon House will be using a beautiful full-size Chartres labyrinth for citizens to walk to help set intentions for the days surrounding the national vote. Come be with us and "walk the vote."

Small donations are welcome.

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