

From: Kay Kinneavy - LNN Kay@LabyrinthNetworkNorthwest.org
Subject: Walking the Labyrinth through the Pandemic
Date: August 2, 2020 at 3:23 PM
To: announcements@labyrinthnetworknorthwest.org



Labyrinth at Southridge Community of Christ Church near Vancouver, WA

400 NE 179th St, Ridgefield, WA

[map](#)

Dear Labyrinth Friends,

I have several nice photos of this labyrinth at Southridge Community of Christ Church, but most of them show lots of people walking the labyrinth together... rain or shine. It's a beautiful labyrinth created by the people of this church.

This labyrinth was supposed to be the final destination on LNN's Summer Pilgrimage which has been postponed because of COVID-19. We thought by late summer the virus would be under control, and we could have our pilgrimage. Sadly, that is not true. So, this picture with a shadow across the labyrinth while I sit alone on a bench seems quite appropriate. No events can be scheduled, but the labyrinth is still there, and it's always open. You are invited to go there on your own if you are nearby and walk the Southridge

Labyrinth. It's a beautiful peaceful place.

We do know that someday this pandemic will be over, and then we will be able to be together again and it will be wonderful at that time to resurrect our plans and walk together. It will be a great pilgrimage whenever it happens.

You may not live near this labyrinth, but there may be an outdoor labyrinth close to you that you can walk alone or with members of your household. The LNN website features a newly updated list of [Permanent Labyrinths in Portland and the Surrounding Area](#). Take a look at this list and see if you can find one near your home. If you know of one that isn't on the list, please let us know. Also report to us if one on the list no longer exists.

The Pandemic has forced us to be creative, so we are now having online finger labyrinth meditations. Most of us would prefer to walk a real large labyrinth, but for most of us that is rarely possible now. I have a large collection of finger labyrinths of various kinds which are rarely used. Now I have been participating in these finger labyrinth events via Zoom, and I've learned a lot about how to use a finger labyrinth in different ways to have more meaningful experiences. It's been quite enlightening to hear the various presenters as they describe different ways to approach a finger labyrinth walk. I encourage you to try it.... more than once... and see what you learn. A list of finger labyrinth events happening in August is available under **Virtual Labyrinth Events** below.

Send me an e-mail and tell me about your labyrinth experiences during the pandemic.

Many blessings on your path,
Kay

VIRTUAL LABYRINTH EVENTS

If you need a finger labyrinth for these virtual events, we have printable copies on the LNN Resources Page: [Classical Labyrinth](#) [Chartres Labyrinth](#)



For many years, Trinity Episcopal Cathedral's labyrinth third Monday walks have been a well-attended favorite. Trinity Labyrinth Guild has currently replaced the walk with a Zoom Finger Labyrinth meditation. **The next meditation will be August 17 at 7:00 p.m.** They open with some finger labyrinth instruction, centering, pictures, and meditation, followed by a group finger labyrinth walk accompanied by special music. There will be time for sharing afterward.

These events will be held every third Monday until regular walks can resume.
To join, click on the link below:

<https://us02web.zoom.us/j/83794811558?pwd=ZHcxRlBtZnZEenZibm5abGJUdlEydz09>

Veriditas, the international labyrinth organization, holds Zoom Finger Labyrinth Meditations every Friday. People attend these walks from all over the world. Times alternate to accommodate participants in different time zones.

- August 7, 4:00 pm PDT led by Judith Tripp
- August 14, 12:00 noon led by Kay Mutert
- August 21, 4:00 pm led by Lars Howlett
- August 28, 12 noon led by Lauren Artress



These events are free, but you must register in advance at the [Veriditas website](#). After registration, you will be sent a link to connect to the meeting. The Veriditas website has a number of labyrinth webinars that you can watch for free or a small cost. There is an excellent short video on how to use a finger

labyrinth.

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