



# Labyrinth Network Northwest News

## Labyrinth Network Northwest - Off to a Flying Start

By Kay Kinneavy

Can you believe it? LNN has been in existence less than 2 years. We've done a lot in such a short time, and we have big plans for the future.

After months of rushing from one exciting activity to another, the LNN Planning Circle enjoyed a weekend together at the beach to rejoice in our successes and plan for the future.



LNN Planning Circle - First Annual Retreat  
Neskowin, Oregon - May 29-30, 2009



### LNN - Look at Us Now!

LNN's website is constantly growing with new material constantly being added to the site, and a steady increase in the number of people visiting our site each day. Our new Reflections page gives LNN members an opportunity to share their experiences. 17 different authors have already published their Reflections, and more articles are already in process.

## Scholarships and Fundraising

LNN's Scholarship Fund has made it possible for us to be represented at the 2007 TLS Gathering in Kansas City and the 2008 TLS Gathering in Atlanta. A limited number of \$100 scholarships will be available for the 2009 TLS Gathering at Edgefield in October. All LNN members who live in the Northwest Region are eligible to apply. Scholarship application <http://labyrinthnetworknorthwest.org/forms/091007scholarship.php>



### Labyrinth Umbrellas

Of course, fundraising is required in order to maintain our scholarship fund. Our beautiful labyrinth umbrellas were very popular last year, and they sold out very quickly. So we now have a new supply, and once again we are selling labyrinth umbrellas for the bargain price of \$20. These are very high quality umbrellas which are sold at a much higher price elsewhere.

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### Piano Concert to Benefit LNN Scholarship Fund



On September 17, we will celebrate the feast day of Hildegarde of Bingen with a benefit concert featuring music written by women composers played by pianist Marlise Stroebe at the Old Church in downtown Portland. This event will also include opportunities to walk the labyrinth to the music of Hildegarde of Bingen.



"Drawing Down the Sky"  
An Evening with Land Artist Jim Buchanan  
Wednesday, October 7, 2009  
7:00 - 10 PM

A Benefit for the LNN Scholarship Fund

Originally trained as a landscape architect, Jim Buchanan of Scotland is a renowned labyrinth maker and "land artist" working on exciting and ambitious labyrinth projects that involve all age groups. Jim pushes the boundaries of form, connecting the spiritual aspects of walking the labyrinth with the creative act of constructing them. His most recent works involve light projections and reflections of labyrinths, some of them in water. See beautiful [pictures](#) of Jim's creations online.

This presentation will be held at First Christian Church at SW Columbia & Park in downtown Portland. Participants will also have the opportunity to walk the church's new indoor permanent labyrinth.

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## LNN Seasonal Events

We've had great variety in our quarterly events: Labyrinths and children, Dance on the Labyrinth, a Weekend with Robert Ferre, Summer Labyrinth Pilgrimage, Fall Ceremony Workshop, Mid-winter Tea Party, and Twilight Labyrinth Walk .... all different and all successful. Read about some of LNN's events past and future in the following articles.

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## Summer Labyrinth Pilgrimages



2008

LNN's first summer labyrinth pilgrimage was such a success that it was decided to make this an annual event. On July 19, 2008 our pilgrimage group met at St. Gabriel's Episcopal Church in Portland where they had the opportunity to walk the church labyrinth and hear about its creation from DC Donohue, Portland labyrinth artist who created the labyrinth.



Second stop on the 2008 pilgrimage was at a private garden labyrinth in Portland's west hills. Cindy Kinnie welcomed the group to her labyrinth where they enjoyed sunshine and flowers and expansive views of the countryside while walking the labyrinth.

After the labyrinth walk, people gathered to talk about their experiences. Everyone was delighted by the insightful



comments made by the children who participated in the pilgrimage.

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LNN's Second Annual Summer Labyrinth Pilgrimage  
Seeking Shalom in the City of Peace  
June 13, 2009  
12:30 pm to 4:00 pm



We will visit two private garden labyrinths built by mental health practitioners in Salem, and learn about the creation of a garden labyrinth and how it is being used in a therapeutic setting.

See the information flier for the full schedule.

[Register now for the LNN Summer Labyrinth Pilgrimage](#)



The 2009 Labyrinth Pilgrimage begins at St. Paul's Episcopal Church in Salem where we will have the opportunity to walk two canvas labyrinths which have been created there during their regular monthly labyrinth walks.

The first private garden labyrinth on our pilgrimage has rainbow rock embedded in the surface of the paths. (The rocks can be walked barefoot to stimulate acupressure points in the feet which research indicates can lower blood pressure and improve balance in older folks.) This labyrinth is one of a kind.

The second garden labyrinth on our pilgrimage was just completed a few weeks ago and has never before been available to the public. You won't want to miss this opportunity.



**Fall Ceremony Workshop  
Presented by Paula Hills and Ann Schneider**

Reported by Paula Hills

On a beautiful fall day in October of '08, about 30 people gathered to participate in our quarterly event, The Fall Ceremony Workshop, at St. Bartholomew's Episcopal church in Beaverton, Oregon. Because we were a diverse community of souls and had no particular shared transition or transformation around which to organize a ceremony, we chose Fall, as it related to the seasonal cycle and as it related to the autumn of our human life cycle with it's attendant lettings go, reallocation of energies, solidifying of our skills and adapting to changes in our physical and material and spiritual lives.

Central to the experiential part of the workshop was a ceremony in which each person placed 12 items from nature that they had gathered over the preceding weeks with intention and meditation, onto a black cloth at the center of the circle, to form a most wonderful and amazing mandala. You might describe a mandala as a generally circular and symmetrical snapshot of a moment in time, a spiritually symbolic representation. In this case the moment was both, the day itself as well as the intentions and life concerns that each participant brought to the circle.





As we placed our items we described the process we had gone through collecting them and how that had given us insight into our own “autumn” issues. Once completed the combined energy of all the component parts was truly awe-inspiring. It remained in place until the entire workshop was complete and then a few intrepid souls saw its dispersion back into the wild with a whipping fling of the cloth and watching as the bits settled back into the wetlands behind St. Bart's. It was magical and spoke of completion and release. It evoked the way Buddhist monks, after hours and days spent creating sand mandalas brush them away and return the collected sand to a stream or river so that their intentions can be carried throughout the connected waters of the Earth.



Of course we enjoyed a labyrinth walk, which was preceded by some group movement to bring an even greater layer of cohesion to all gathered. Improvisational music composed in the mode of fall and provided by Licia Seaman and her array of singular instruments accompanied the walk, as did various workshop goers who felt inspired to join in creating a rich musical tapestry.

We finished the day with a more left-brained presentation about the component parts of ceremony, it's purposes and varied methods, but all this only after fully satisfying our participatory needs. Finally we broke into small groups organized around ceremony themes including, family transitions, memorial services, coming of age, separations and dissolution of relationships to brainstorm forms for ceremonies using the tools we had learned. All in all it was a very satisfying day.

## LNN Mid-Winter Tea Party

By Paulianne Balch-Rancourt

Labyrinth Network Northwest's winter quarterly event was a lively affair, ably arranged by Marlise Stroebe. The Tea Party, held February 21<sup>st</sup> at Westminster Presbyterian Church, entertained nearly 30 labyrinth enthusiasts who all seemed pleased to be present. After folks greeted each other and got settled with goodies and tea, Marlise opened the gathering by playing the old Shaker dance song "Simple Gifts" as we all sang along. Each person introduced themselves, telling about their involvement with labyrinths and adding a symbol of their 'gift' to the table centerpieces. It was wonderful to learn that several people were attending their very first LNN event and exciting to hear about all the activities happening with Pacific Northwest labyrinths!



Marlise Stroebe



TLS 10th Birthday Celebration  
Atlanta, Georgia

The Labyrinth Society (TLS) was introduced by presenting a few highlights from their excellent, newly-redesigned [web site](http://LabyrinthSociety.org) (LabyrinthSociety.org). Kay Kinneavy showed some of her photographs from last year's TLS international gathering in Atlanta, Georgia, and shared her enthusiasm for the event, the people, and the pre- and post- happenings. Stephen Shibley added his comments, especially highlighting his joy of getting to know Lea Goode-Harris and a very special connection they had.

After a little break to refill tea and goodies (or let some out), Marlise drew us back to the gathering like a Pied Piper with more of her beautiful music. Stephen gave an overview of the TLS 2009 Gathering, being held here on the West Coast for the very first time, near Portland, Oregon! Lea Goode-Harris is one of the featured speakers this year, along with Jim Buchanan of Scotland and Ronald Esquivel of Costa Rica. Stephen gave us lots of handouts for the annual gathering including a registration form, web sites for the speakers and the two host groups (TLS and LNN).



Joan Williamson & Stephen Shibley



Joan Williamson then gave us a preview of the LNN Summer Labyrinth Pilgrimage when we will visit her labyrinth in Salem. She told us the story of her very special 'pink' labyrinth, the tree planted for their moving in which magically grew in the perfect place to join the (future) labyrinth. From the pictures we saw, it promises to be an exciting spring pilgrimage.

The Tea Party closed with another song, an Old Irish Melody. People didn't rush away to their busy lives afterwards but stayed to visit and talk some more.

At 4 PM Westminster's labyrinth opened upstairs and many people took the opportunity to walk this beautiful purple canvas, decorated with candles, ivy and rosemary. The music playing was "Golden Bells" (Tibetan), everyone I talked to liked it. What a lovely finish to a fun networking afternoon.



Paulianne Balch-Rancourt  
Labyrinth at Westminster Presbyterian Church  
Portland, Oregon

## Where are the Labyrinths?

By Kay Kinneavy

Labyrinth enthusiasts from around the world will be coming to Oregon in October for the 2009 Gathering of The Labyrinth Society. The first question they ask is "Are there any good labyrinths near here that I can see? Of course, there will be a tour of Portland area labyrinths on the day after the gathering, but that will cover only a few of our many interesting labyrinths, and people will be looking for more as they travel to and from Portland coming from all directions.

The Worldwide Labyrinth Locator is the best source for locating labyrinths, but it includes only labyrinths whose owners have submitted a listing. Look online for Labyrinths in Oregon and Washington. Do you know of other labyrinths which are not on that list? If so, please ask the owners to submit the info. <http://labyrinthlocator.com/> Send me the info too for the LNN list Kay@labyrinthnetworknorthwest.org

## Featured Presenters at the Labyrinth Society 2009 Gathering

By Christiana Brinton

As we all know, Labyrinth Network Northwest is hosting this year's Labyrinth Society gathering in October at McMenamins Edgefield in Troutdale, OR, and the three main presenters represent the depth and diversity of the burgeoning global labyrinth culture in all of its creative splendor. Hailing from California, Costa Rica, and Scotland respectively; Lea Goode-Harris, Ronald Esquivel, and Jim Buchanan bring years of intellectual curiosity, formal study, and practical hands-on labyrinth construction to this year's gathering, providing participants not only with featured presentations in their fields, but also pre-gathering workshops that will be fun, informative, and rewarding for participants.



Lea Goode-Harris, PhD, is well known in the labyrinth world as the creator of the Santa Rosa Labyrinth, the Snoopy Labyrinth, and the Ladybug Labyrinth. She is an active member of the Labyrinth Society and currently serves on the Membership and Research committees. Over the years, Lea has been a guest speaker and presenter at numerous labyrinth events and installations; she was the keynote speaker for the New England Labyrinth Guild Festival in 2005, and at the 2006 Northwest Regional Labyrinth Gathering in Medford, Oregon. She did her doctoral research in the psychological significance of the labyrinth and has written *Labyrinths, A Journey of Discovery* and *Making the Santa Rosa Labyrinth; An Instruction Workbook for Making the Santa Rosa Labyrinth*. Lea is also a prolific poet and her [website](#) features over seventy of her current [poems](#) that are “Inspired by the Labyrinth and the Dance of Life.”

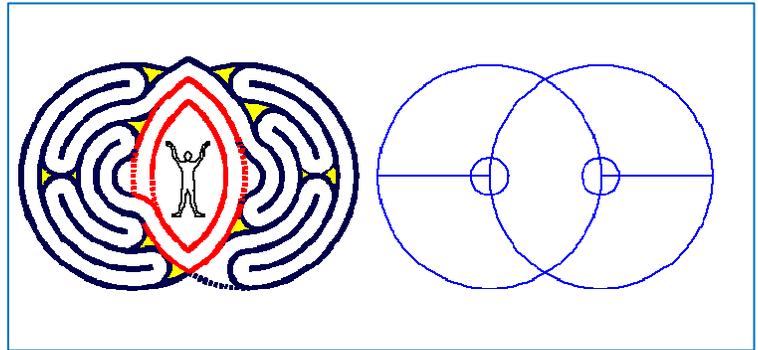
Lea's pre-gathering workshop, from 1:30 – 4:30pm on Thursday, October 8<sup>th</sup>, entitled, “Poetree,” will entice and inspire anyone who has waxed poetic about their labyrinth experiences to put pen to paper as she does so eloquently.



Taken in May 2007 at the NW Regional Labyrinth Gathering. Lt to Rt: Milt Harris (Lea's husband), Lea Goode-Harris, Martha Shonkwiler, Kay Kinneavy, Agnes Thomsen, Marian Swanson, Eunice Schroeder, & Lani Rosetta at her labyrinth in Central Point, OR.

Friday, October 9<sup>th</sup> at 7:00pm, is Lea's featured presentation entitled “Spirit Sightings” which poses the question, “How do we recognize the grace of spirit in the winding path of the labyrinth?” Lea will use imagery, storytelling, and her extensive background to lead participants in the “dance of spirit in the diversity of the labyrinth.” It's an evening surely not to be missed.

Ronald Esquivel, an architect and metaphysics teacher and a native of Costa Rica, will be giving a pre-gathering workshop from 9:00am – Noon on Thursday, October 8<sup>th</sup> entitled, “Sacred Geometry” is the precursor to his featured presentation on Friday, October 9<sup>th</sup> at 8:30am entitled, “Geometries and Energies.” Most of us who have walked, studied, built, and worked with labyrinths know something about sacred geometry, but Ronald brings a whole other level of passion and creativity to this subject.



In his pre-gathering workshop, Ronald will share his extensive knowledge of the sacred numeric relationships that have been instrumental in creating labyrinth designs since antiquity. Then his featured presentation will take this information and expand upon the relationship between the energy produced by labyrinths created using sacred geometry and the emotional, physical and physiological impact of this energy on living cells. Ronald will also treat participants to a glimpse of his plans for a new project, currently under construction, that is, in essence, a “spiritual theme park.” I don’t know about you, but my brain store of sacred geometry info is getting a bit rusty and retro, and this double bill sounds like a great way to deepen and revitalize my understanding of this important topic. I say, “Be there or be square (as compared to spiral....)”



Jim Buchanan, a Scotsman from the area of Dumfries and Galloway, Scotland, is a trained landscape architect and well know artist who is a consultant on the Edinburgh Labyrinth development project and a well-known designer of labyrinths created using projected light, shadow and water. Jim will be giving a pre-gathering presentation at First Christian Church in downtown Portland on Wednesday, October 7<sup>th</sup> from

7:00 – 10:00pm. This event is a benefit for the LNN Scholarship Fund. Jim Buchanan's featured presentation, entitled, “Connecting Spirit and Creativity”, will be on Thursday, October 8<sup>th</sup> at 7:00pm.

Jim’s work can be seen on his [website](http://www.jimbuchananprojects.co.uk/), and at <http://www.jimbuchananprojects.co.uk/> Given Jim’s astounding creative genius, I don’t see how anyone would want to pass up the chance to see him in action in downtown Portland. In his presentation at the First Christian Church, Jim will share with us some of his experience with labyrinths and lead the participants through some exercises from his book, [Labyrinths for the Spirit: how to create your own labyrinths for meditation and enlightenment](#). Jim’s workshop promises to be the perfect kickoff to a wonderfully inventive, educational labyrinth gathering.