



Labyrinth Network Northwest News

LNN PLANNING CIRCLE COMMITTEE LOOKING FOR NEW MEMBERS

The planning circle of Labyrinth Network Northwest would like to invite 3-5 new people to join our team. Currently, we have 7 planning team members and we would like to have 10-12 members.

We meet 4 times per year, with 2 of the meetings being a phone conference call and 2 meetings in person. We try to have one of the in-person meetings coincide with a casual labyrinth event. One of the in-person meetings involves a 2 day casual retreat.

We communicate a great deal through e-mail. We plan events quarterly to promote the many wonderful labyrinths in the great Northwest.

If you are not able to apply for our planning team, there are several committees that also need volunteer help. Following are the committees that keep LNN running smoothly: Membership, Programs, Finance, Publicity, Hospitality, Website, and Newsletters to name a few.

We welcome your support and ideas and look forward to hearing from you.

NORTHWEST REGIONAL LABYRINTH GATHERING – 2011



Way back in June (remember June?) Trinity Episcopal Cathedral Labyrinth Guild (TLG), LNN, and its Washington State counterparts sponsored a three-day Gathering at three different locations in the Portland, OR area. Friday evening, June 24th, TLG members and Denny Dyke set up a beautiful lighted Baltic Wheel outdoor labyrinth at Trinity Episcopal Cathedral in downtown Portland. Our honored guest speaker, Rev. Jill Geoffrion, author of seven books focused on labyrinth



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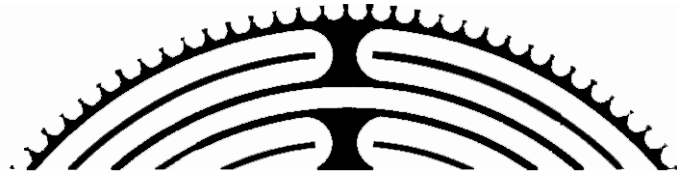
praying and founder of Faith, Hope, and Love Global Ministries, gave a presentation on her many years of work in Africa and around the world. The inlaid wood, medieval Trinity labyrinth, polished, decorated, and warmed by TLG volunteers, was available for walking after Jill's talk.

Saturday, June 25th, dawned sunny and warmed up to everyone's relief and delight after our chilly, wet spring. Early morning found Denny Dyke, Stephen Shibley, Bea Herrera and many others busily constructing labyrinths on the grounds of Mission of the Atonement in Beaverton, OR. A bustling marketplace offered Jill Geoffrion's books, Nancy Kloss's beautiful fabrics and patterns, selections of jewelry, ceramics and other arts from Sister Kathryn Knoll at the Sophia Center, Mary Andonian's book Bitsy's Labyrinth, Myra Smith had t-shirts, CD's and more from Laughing Flower Labyrinths Company, and LNN Circle Members Jodi Lorimer and Ansula Press had cards, books and labyrinth suncatchers.

Rev. Geoffrion, despite a long and challenging illness, was a tireless and inspirational speaker on many levels both Saturday and on Sunday at St. Luke's in Gresham. Her topics on Saturday were "The Chartres Cathedral Labyrinth: An Ancient Pathway Meeting Contemporary Needs" and, after lunch, "Pilgrimages and Labyrinths: Walking There and Back" which included her personal experiences walking the Pilgrim's trail to Santiago de Compostela with her family.

Attendees shook off their lunch lethargy with a very lively introduction to the Appleton Dance. Stephen Shibley and DC Donohue gave a spirited lesson in how to 'dance' this labyrinth, requiring a partner and a good sense of humor. We were accompanied in the dance by Carl Thor on his hammered dulcimer playing a lively Irish tune. The pattern appeared to be chaotic at the outset, with partners walking together on





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separate paths, encountering the oncoming traffic and separating, only to be rejoined at the end. A lot of confusion and laughter resulted. We gave it a second go and were all quite delighted that in fact, it all worked out as it was meant to. To see the pattern, visit

http://www.jonappleton.org/appleton_dance.html

Workshops offered in the afternoon included "Life Mapping on the Labyrinth" offered by Myra Smith, "Ritual and Community on the Labyrinth" with Paula Starr and "Walking the Labyrinth Together: An Interfaith Spiritual Journey" conducted by a panel of guests from different faith backgrounds.

The Closing Ceremony on the brick labyrinth outside MOMA was held in the late afternoon summer sunlight, holding hands with friends new and old, and sharing in the fellowship of the labyrinth.



The Sunday afternoon session with Jill was focused on "*Labyrinth Ministries in Christian Settings*," and was directed toward those who work with labyrinths within the walls or on the grounds of a church environment. St. Luke the Physician Episcopal Church in Gresham, Oregon (where there is a permanent outdoor

Chartres labyrinth), hosted this workshop with a buffet and labyrinth stones for the guests. As Jill shared her passion for this particular ministry, she also gave space for introductions, ample time to address questions, comments and shared ideas and energy in a small group setting.

It was a refreshingly interactive time and an inclusive and creative brainstorming session. Jill offered her wisdom and insights from a broad career that covered the joys and conflicts of ministry within the church. And included some humorous anecdotes! After a beautiful Power Point presentation created with photos and scriptures about "peace," we processed



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to the labyrinth for a closing ceremony and some reflective time of meditation and healing prayer as we "*Dedicated Ourselves to the Next Step*" on our journeys. It was a meaningful conclusion to our NWRLG.

NATIONAL COLLEGE OF NATURAL MEDICINE'S FENG SHUI LABYRINTH



A new labyrinth was unveiled in the NW in June. The labyrinth was designed by Vanessa Gardner Nagel as the centerpiece of the Min Zidell Healing Garden at Portland, Oregon's National College of Natural Medicine. Ms. Nagel has visited many gardens around the world, and she knew that to make the NCNM garden truly memorable, she would have to create something that hasn't been done before. As she looked at Chinese and Naturalistic (naturopathic) sources for inspiration, she discovered the feng shui mystic knot.

When the NCNM Clinic was being designed in 2009, the college turned to a world-renowned feng shui consultant for advice — so Ms. Nagel knew the knot pattern was an appropriate design choice. In addition, she had some feng shui experience while working on a project in China for about five years, so she was comfortable using the concept as the labyrinth design.

An interesting feature within the labyrinth is its center, which stands out in contrast to the path pattern. The center consists of a pebble mosaic of hawthorn leaves and berries. This pattern was developed after the designer learned that this plant is highly valued by both Chinese and naturopathic medicine and could serve as a symbol of a common bond, even if each modality has diverse components, and that their combination has much to offer.

The Min Zidell Healing Garden is located next door to NCNM's clinic at



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3025 SW Corbett Avenue, Portland, OR 97201

The Garden's summer hours of operation are Monday – Friday from 8 a.m. – 7 p.m., and Saturday from 9 a.m. – 5 p.m. Closed on major holidays. This schedule is subject to change.

For information call Marilynn Considine, Director, NCNM Public Relations and Communications, at [503-552-1504](tel:503-552-1504).

PAT RESER GARDEN LABYRINTH WALK July 23, 2011

On a lovely summer evening, July 23, 2011 about 30 labyrinth walkers gathered at the home of Pat Reser in Portland OR. The theme for the evening was pilgrimage.



Last year Pat was able to make a personal pilgrimage with family members on the Camino de Santiago (road of St James) in northwestern Spain to the city of Santiago de Compostela. The cathedral there holds the relics of St James, the patron saint of Spain.

Pat shared walking symbols with us and also several notes from her personal journal which she recorded on the days that she walked the roads. There are many challenges in this type of journey, both physical and spiritual. At the end of Pat's trip, she received the bad news that her husband had died back in the United States. The life lessons she learned on her pilgrimage would immediately become part of her new independent life.



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The grounds at Pat's home are lovely. All around the garden labyrinth are blooming plants and flowers such as Echinacea and lavender and pink hydrangeas.

Pat did a short opening ceremony at the entrance of the labyrinth. Each walker was given a choice of a lighted candle or a string to tie knots as they walked. There is a nice water feature at the center of the walk.

Sometimes, walking an outside labyrinth can be challenging. There are long grasses to hop over and bees to dodge. But the beauty of the surroundings pulls one into a great presence right away. There are also beautiful fir trees on the grounds adjacent to the labyrinth.



Labyrinth Network Northwest was happy to greet several new faces at this event. Grace Cushing gave a short introduction about labyrinths to those walkers who had never been on a labyrinth before.

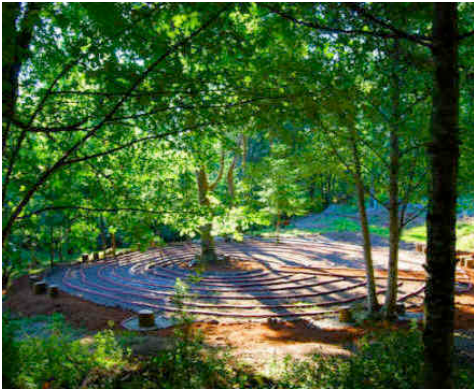
We are grateful to Pat Reser for sharing her home, gardens and personal life experience with so many of us on that beautiful summer day.

(by Marlise Stroebe, Sept 2011)



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NEW LABYRINTH IN WASHOUGAL, WA



Ecopsychologist, Dr. Christina Brittain and L.W. (Bud) Quinn have created a spectacular new nine circuit labyrinth on their property, a 40 acre private retreat they call “Ecoplace” at “Quinn Mountain” 10 minutes east of Washougal, WA in the Gifford Pinchot Forest. They call their labyrinth, *Labyrinth of the Wind*, and they have created a website with loads of photos of the construction and features of this

beautiful site and unique classical labyrinth design.

This from Christina’s website:

This Labyrinth is named in honor of wild nature that speaks to the Columbia River Gorge in a myriad of voices.

Gorge winds from the east and west converge above Quinn Mountain...torrid summer winds and frigid winter winds from the high desert to the east, and rain-laden winds from the vast Pacific Ocean to the west.

Most of the time, Quinn Mountain is sheltered from winds by the high mountain to the east and the Cape Horn bluffs to the west.

However, when east winds become severe (over 50mph), they deflect off the face of the Cape, coming back to encircle Quinn Mountain and the Labyrinth in a spiral of invisible energy.

About its conception, Christina says:

“As I connected to the bare land on which the Labyrinth would be built, I did not visualize perfectly aligned circuits or geometrically aligned shapes. Instead, my intuitive wisdom revealed ancient, winding paths with irregularities to cradle and nurture native plants and herbs, all in harmony and balance with this special place where wildness abounds.



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As I began laying out the Labyrinth, I sensed the bare ground warmly receiving its paths, and the trustable intelligence of nature coming forth with a loving spirit and energy...ready to lead seekers to enhanced lifelong wellness and joy.”

To my delight, the center, and main path to and fro, unexpectedly revealed a keyhole...most fitting for a journey to awakening and embracing 'genuine self'.”

Visit http://quinnmountain.com/columbia_gorge_labyrinth.htm for more information and to contact Dr. Brittain to schedule a visit.

AWARE BY DESIGN LABYRINTH ART

We call our work 'evocative,' as the presence in the designs calls up a felt recognition of our authentic nature and intuitive Self.

Long ago Gary received in a vision the energetic patterns of the designs.

Later, while living in Germany, he found a path through an old oak grove that led to a stone labyrinth. Each morning at dawn he walked the seven circuits meditatively to center himself. Unexpectedly, there he met again with the geometric compositions made from light.

Guided by this presence, Gary started drawing what he saw in his inner sight. The eight geometric Beings became a passionate part of our lives as they support states of pure being, heightened awareness, healing and a creative approach to everyday life.

The nurturing essence within the art prints holds an invitation to re-kindle the flame of aliveness.

Kati and Gary R. Smith

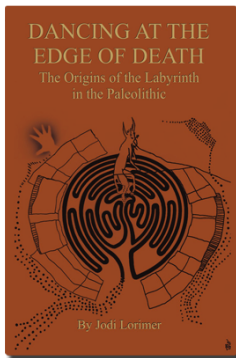


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Gary and Kati have art cards and ceramics with these designs on them for sale on their website, <http://www.awarebydesign.net>. They sent me a selection of cards which I have added to the LNN stash of special occasion cards I send out to LNN members when such an occasion presents itself. They also have a wonderful photography-poetry-musical video creation on their website, <http://www.awarebydesign.net/About.php>, called, *Labyrinth*, that is lovely, evocative and well worth viewing.



JODI LORIMER'S YOUTUBE VIDEO



On August 4th Jodi Lorimer announced her new video book trailer for her book, *Dancing on the Edge of Death, The Origins of the Labyrinth in the Paleolithic*. It is highly informative, professional video that will certainly entice you to read her book which is the point after all! <http://www.youtube.com/watch?v=s4v58Hn0Dec>

A LABYRINTH FOR ALL

Aryana Rayne and members of the Rick Hansen Foundation have realized a dream. Inspired by Linda Bartram, a blind woman who is an advisor on the accessibility of public transportation to the government, a group in Victoria, BC have formed the Victoria Community Labyrinth Society, made up of architects, disability professionals, and many other local citizens, with the intention of designing and creating labyrinths that are accessible to everyone, regardless of disability.



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The original design was named "Linda's Labyrinth" in Bartram's honor after she envisioned and built models out of a variety of materials including pipe cleaners and Play Doh. The concept is to create a design with wide, smooth paths to allow for wheeled vehicles such as strollers, wheelchairs, and walkers to accommodate those with mobility difficulties. Originally, the plan was to have handrails for the visually impaired on a one-way path and a large community center, but a three-year search for the land to build it has not materialized as yet. The parks department has offered a park as a site but would not permit the handrails, stating that they were unattractive. As the point of the labyrinth is to serve everyone, including the visually impaired, they are currently at an impasse. Still, the enormous amount of work all these volunteers have done has resulted in the availability of a Power Point presentation to show local governments brochures, proposals and a website with the design, dimensions, possible materials needed and step-by-step 'how to' guide that is available online. Visit <http://www.lindaslabyrinth.org> to access this information. Although their temporary labyrinth lacked the desired guide rails, someone somewhere will build one, continuing the Victoria Community Labyrinth Society's dream of creating a place for meditation and celebration that would serve everyone in the community and raise global awareness of the needs of all people.

YACHATS BUILDING NEW COMMUNITY LABYRINTH



The community of Yachats, on the Oregon Coast, has scheduled a series of public labyrinth events as preparation for the creation of a new Community Labyrinth next to the Public Library.

Marie Green, Chair of Yachats Labyrinth Park

Project Task Force, says "after extensive research and thoughtful and lively discussions, the Task Force has found strong interest in creating a labyrinth in Yachats for Yachadians and visiting tourists." Construction is tentatively scheduled for Fall 2011.



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NEW LABYRINTH FACEBOOK GROUPS



For those of you on Facebook or who plan to succumb to the allure, be sure to visit and sign up for two groups started by John Ridder. One is “Chartres Cathedral Labyrinth” and the other is “Classical Labyrinths.” The Chartres group’s description is “For all who walk, talk, use, design, make, create and appreciate the Chartres Cathedral Labyrinth and its variations.” New members, added every day from all over the world, contribute photos of their own labyrinths or personal visits to Chartres as well as their experiences there. The variations in materials are just dazzling, as is the wonderful suggestions and information from members. The other site, “Classical Labyrinths” is more recent yet there is again an amazing variety from old glass bottles, to willow, pebbles and pumpkins. This site is directed to those who appreciate the Classical 7 circuit labyrinth and its derivatives. Just go to your home page and type in either group name in the ‘search’ box at the top.



13th ANNUAL LABYRINTH SOCIETY GATHERING



This year’s Gathering is in Taos, NM from October 21-24 with additional seminars the week after that link this event with the ASPE Convention the following weekend. There will be lots of permanent labyrinths open to walk around town as well as temporary labyrinths set up at the Kachina Lodge and at the Taos Agricultural Center. Taos is a lovely



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small village with a main square around which are lots of shops, restaurants, and art galleries all within easy walking distance of the Kachina Lodge. Taos is not as big as Santa Fe, it's more low-key, and so it's easy to spend time walking labyrinths, take a break for a bit of sight-seeing, and then resume labyrinth activities afterwards. The weather should be in the 70's or high 60's during the day, cooling off at night in the mid 40's. It is the desert so it is possible to awaken to a light dusting of snow in the morning.

There will be many indigenous speakers at this Gathering; Yucatan Maya Messenger Ac Tah is offering a special Thursday and Saturday night



presentation and labyrinth walk using two new labyrinth designs based on Mayan Tzolkin principles and Toltec Elder Tlakaheel will be doing a blessing during the Gathering and speaking about



his vision and mission during the week after the Gathering on Oct 25th and with Lucy Pringle, one of the keynote speakers, on Oct 28th. Plus there will be indigenous performers on Friday night and a possibility of a few of the 13 Grandmothers attending the Gathering as well.

If you are on the fence about coming, don't pass up an opportunity to enjoy this high energy, high desert oasis in the company of members of the world-wide labyrinth community. Consider it a gift to yourself that might provide exactly what you need right now in your life. For more information about all of the above go to:

http://www.livinglabyrinthsforpeace.org/October_Events_Page_2.html,
http://www.aspesymposium.com/index.php?option=com_content&view=article&id=15:workshop-seminar-list&catid=3:workshops&Itemid=14
<http://www.labyrinthsociety.org/annual-gathering>