



Labyrinth Network Northwest News

Welcome Spring 2011

Do we feel like moles coming up for light, air and sun after a long, rainy winter? Yes, probably, but now our verdant part of the world is faithfully bursting forth in flowering fecundity and so we humble humans follow suit with labyrinth walks, gatherings, retreats, and special events that link us to each other and to the global labyrinth community as well. Here are some thoughts about recent labyrinth activities completed, news of new ones planned, and photographs to compliment them all.

NEW NW REGIONAL REP for VERIDITAS: Christine Merritt

Christine recently accepted this position and she says, so far, the job has been to verify email addresses for the organization. There are currently nine active regions in the United States coordinated by Lisa Moriarty and nine active regions abroad. Some regions are more active than others.

What the Northwest region might do to facilitate organized activities and resources is be open to creative possibilities, but response from regional facilitators has been sparse. Christine feels strongly that “there is no desire or need to replicate or compete with the successful programs of the LNN, The Labyrinth Society, Western Washington Labyrinth Network or the NWRLG.” Nevertheless, she does believe there are many exciting and constructive possibilities.



Some of the ideas generated by the regional gathering were to have regularly scheduled informal meetings

- to share what we are currently doing and experiment with various ways of enhancing the labyrinth experience using props, dance, rituals, etc.
- to have a greater impact in making the labyrinth more available to young adults from 18 through 25 years of age by targeting colleges and universities for potential labyrinth walks and workshops.
- to be a resource for building more permanent outdoor labyrinths throughout the region.
- to spread the word regarding Veriditas training programs and events.
- to coordinate Global Healing Response and advertise events for the general public.

Christine would like to see a very fluid and organic coordination and support between all the labyrinth groups within the region which could also embrace schools and training programs for spiritual directors, teachers, pastors, businesses, hospitals, etc. There is fertile ground for wonderful expansion of the labyrinth experience and cooperation between those of us who are passionate about its ability to facilitate personal and communal awakening.

Christine is gathering information in the hope of promoting an active region with:

- regularly scheduled meetings
- a personal contact for Veriditas
- promotion of Veriditas programs and fundraising
- introducing the labyrinth to the general public
- promoting the building of more permanent labyrinths

- increasing awareness of the Global Healing Network
- networking with other labyrinth groups in the region

To this end Christine Merritt would love to hear from any interested people. You can contact her via email : christinemerritt@earthlink.net



LNN's LABYRINTH TEA



Due to the recent politicizing of the term “Tea Party” in this wonderful country of ours, we need a new name for the LNN yearly gathering at Westminster Presbyterian. This year n enthusiastic group of people enjoyed gathering for tea, baked goodies and other “grazing” food. It was lovely catching up with the LNNers who I don’t see regularly. It seemed to go too quickly; again, I didn’t get to talk to everyone, before Marlise Strobe called us to sit down as she led us on the piano while we sang the Quaker hymn, *Simple Gifts*. Then Marlise introduced various LNN topics focusing on upcoming events and ideas which we discussed for awhile before singing a closing song as Marlise played again in her inimitable style. The church canvas labyrinth was available to walk upstairs and many of us took advantage of this to end the afternoon with a walk in a rather chilly but lovely space on a labyrinth with a right-entrance quadrant, eight circuit pseudo-Chartres pattern that was new to me. They are not on the worldwide labyrinth locator. Does anyone know anything about their canvas labyrinth? Nancy Klos brought her labyrinth kits and it was suggested that she do a presentation next time about her labyrinth business and art. I encourage LNNers to make time to attend this yearly event. There were a few new people there and it really makes a difference to labyrinth newbies to meet others who are actively and creatively incorporating labyrinths into their lives. The more the merrier!



HARMONY HILL LABYRINTHS

Harmony Hill, overlooking Hood Canal in Union, WA, is a small non-profit retreat center whose mission is “to transform the lives of those affected by cancer and to inspire healthy living for all.”

Harmony Hill packs a lot of healing into its twelve acre facility with organic vegetable, herb, and flower gardens, hiking and walking paths and two outdoor labyrinths.

According to their website,

<http://www.harmonyhill.org/content/gardens-labyrinths> ,

“The Ferrari Family Sequoia Shell Labyrinth, located behind the Gatehouse, and our wheelchair accessible labyrinth, located in front of the Elmer & Katharine Nordstrom Great Hall, both offer a different experience for the labyrinth walker. The Sequoia Labyrinth is secluded and a nearby creek can be heard during the walk, while a walk in the wheelchair-accessible labyrinth is surrounded by the Harmony Hill gardens and is in the center of campus.”





Harmony Hill also has a canvas labyrinth they use indoors when the weather is inclement. Their labyrinths are free to walk, donations are accepted, and you need to call ahead to ensure that the campus is open to visitors. (360) 898-2363



NEW PORTLAND, OREGON LABYRINTH DEDICATION

Article by Marilynn Considine, Director, Public Relations & Communications, National College of Natural Medicine

The grand opening of the Min Zidell Healing Garden at National College of Natural Medicine will be held Sat., June 24 and will be open to the public. A key feature within the garden is a labyrinth that was designed by Drake's Seven Dees' design consultant, Vanessa Gardner Nagel. Location: 049 SW Porter Street Portland, OR 97201, 503.552.1504

During the preliminary design directive the consultants were told that it would be important for this garden to inspire visitors from around the globe. In fact, there was a discussion of the Min Zidell Healing Garden becoming a refuge and an attraction for people in the same fashion as Portland's Chinese Garden and Japanese Garden. Ms. Nagel has visited many, 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 at 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 NCNM Min Zidell Healing Garden labyrinth is an original design and unique to this garden.



NEW LABYRINTH IN SEATTLE, WA

Myra Smith of The Laughing Flower Labyrinth Landscaping Company sends us information about a new labyrinth in the center of Seattle.

New to Seattle Center, a 74-acre urban park that provides music, entertainment, sports, festivals, picnics and family fun year 'round, is a gigantic orange labyrinth painted on the black asphalt. Easy to find, it's located at the northeast corner of the Center House, in front of the Experience Music Project building and behind the Space Needle. Open 24 hours a day, seven days a week, it is fully accessible.

The labyrinth was designed, laid out and painted in May 2010 by Seattle Center Staff. It is an artistic design element more than a meditative sacred space. However, visitors don't need to know about labyrinth designs or history to enjoy walking this beautiful winding path. It's a wonderful, new contribution to a very busy and delightful urban space.

"The concept for the labyrinth...was to activate the space with free activities for the public especially children." -Deborah Daust, Seattle Center Communications Director



FEATURED NW LABYRINTH ARTIST: Ansula Press



Kay, Jodi, and I thought we should bring attention to the plethora of labyrinth artists in the PNW by featuring one per newsletter. Ansula Press lives in Portland, OR and is an active member of LNN and TLS as well as a well known local Portland artist. Here is what she has to say about her labyrinth art.

Labyrinths and mandalas guide us to the Center. I create mandalas as a meditation. I walk labyrinths as a meditation.

I have made 5 of my mandalas into blank cards. One of them includes the Chartres labyrinth. These cards can be used as tools for meditation or mailed to a special friend, or both. These cards, as well as an embossed finger

labyrinth, will be available for purchase at the LNN Regional Gathering in June.

My Genesa labyrinth, a 39 foot diameter labyrinth, will be installed at World Labyrinth Day at Marylhurst University. The structure in the center of the labyrinth is a cubeoctohedron, a form of Sacred Geometry called a Genesa crystal. It is considered to be a shape that, like a crystal, can amplify, cleanse, balance and release the energies of the intentions of those standing within it.





Western Washington Labyrinth Network (WWLN) Spring Gathering*



April 30, 2011, 12:30-4:30pm,
Emmanuel Episcopal Church, Mercer Island, WA.
The theme is "**Transformation: Stories from the Labyrinth**", and features creative workshops, inspiring stories and a group labyrinth walk. Creative workshops will focus on creating a SoulCollage™, making labyrinth journals, and mapping your life on the labyrinth. Registration fee of \$25 includes the afternoon's activities and coffee/tea and snacks. Complete registration information and full details available at WWLN.org.

*From Myra Smith's website, <http://www.laughingflowerlabyrinth.com/events.php>



World Labyrinth Day, Saturday, May 7, 2011 – “Walk As One At One”

Be a part of a rolling wave of peaceful energy around the planet when you walk a labyrinth at 1pm this day



Saturday, May 7, 2011 ~ 11:00 a.m. – 3:00p.m.
Marylhurst University ~ 17600 Pacific Highway (Hwy 43),
Marylhurst, Oregon 97036

Come and watch labyrinth designers create labyrinths, walk labyrinths, and learn about labyrinths.

World Labyrinth Day Festival features: Many outdoor temporary labyrinths to walk including; Genesa Crystal Labyrinth, Earth Mother labyrinth, May Pole labyrinth, and a canned food labyrinth (please bring non-perishable items for the labyrinth ~ after this event all goods will be donated to H.O.P.E. = Helping Other People Eat (Serving West Linn, Oregon City, and Gladstone, OR and Marylhurst University

Campus Food Pantry (for students in need.)

Activities include: Kid's Labyrinth activities, and a May Pole Labyrinth Dance.

Song for World Labyrinth Day

Donna Nett sent us a song they will be singing at 1pm on their Lakeside Labyrinth in Nelson, BC, Canada on World Labyrinth Day and she would like it to be shared with others.

(Tune "We are One in the Spirit")

We are One World in Spirit
We are One World in Our Hearts
We are One World in Spirit
We are One World in Our Hearts
We join in Unity and Walk this day as One
And we know we are One World by our Love,
By our Love,
And we know that we are One World by our Love.



Northwest Regional Labyrinth Gathering, June 24-26, 2011, Portland, OR

One Step at a Time: Global Labyrinth Consciousness

The regional labyrinth gathering will be a 3 day event, each day at a different location. This gives participants a chance to experience 3 of Portland's best labyrinths.



Early Bird Registration deadline: May 15, 2011*

Save \$15 (LNN Members save \$20) on Saturday's full day of workshops, labyrinth walks and Jill Geoffrion's presentation about her Chartres, France labyrinth experiences.*

Friday evening, June 24 - Trinity Episcopal Cathedral, Portland, OR

Labyrinth Prayer: Hope in the Midst of Suffering

<http://www.trinity-episcopal.org/> Registration \$15

Saturday, June 25 - all day gathering - Mission of the Atonement, Beaverton, OR

The Chartres Cathedral Labyrinth: An Ancient Pathway Meeting Contemporary Needs

<http://www.motaspirit.org/> Registration: \$75 after May 15

Early Bird Registration: \$55 LNN Members \$60 non-members

Note: to receive the early bird discount, payment in full must be received prior to May 15*

Sunday, June 26 -afternoon workshop St. Lukes Episcopal Church, Gresham, OR

Labyrinth Ministries in Christian Settings, a workshop for church labyrinth facilitators

<http://www.saintlukesgresham.org/Welcome.html> Registration \$15

For more information and to pre-register go to: <http://labyrinthnetworknorthwest.org>

Tickets may be purchased at the door for Friday and Sunday events only.

Limited Seating for Sunday's event so first come first serve