



Labyrinth Network Northwest Late Winter Book Discussion and Tea Party
Sunday, March 7th, 2010 ~ 1 till 3 pm
The Fireside Room, Westminster Presbyterian Church
1624 NE Hancock Street, Portland, Oregon
More Information: DC Donohue 503.235.7274

Dear Labyrinth Walkers,

Please join LNN on Sunday March 7th from 1 till 3pm for a free Book Discussion and Tea Party in the hospitable Fireside Room at Westminster Presbyterian Church in Northeast Portland.

The book we will discuss is Lauren Artress' *Walking A Sacred Path: Rediscovering the Labyrinth as a Spiritual Practice*, originally published in 1995 and reissued in 2006. This book is a thoughtful and inspired exploration into the possibilities of labyrinth walking as a means of connecting with the truest self and with the divine.

Please come even if you have not read the book (there is plenty we can learn from those who have), or if it's been ages and ages since you did read it. Rather than reading or rereading the entire book now, you may want to do one of two following alternate exercises:

Either:

Consider this quote from Lauren's book: "Small miracles can happen on the labyrinth." Reflect on how this may have been true for you or come to our discussion curious about how this has been true for Lauren and others.

Or:

Engage in a variation of the Sikh tradition of *hukam*. Sit quietly with a copy of Lauren's book in your hands, close your eyes and breathe deeply, while thinking about the thing that is on your mind most at this moment. Really turn this issue over in your heart and mind and respectfully ask for guidance in this matter. When you are ready, open the book randomly and begin reading wherever your eyes fall on the open pages. Is there an insight there for you? (This is also a fun exercise to do with an enormous dictionary.)

Our get-together will have time for talk, coffee/tea, cookies and a labyrinth walk. And what better way is there than that to spend a late winter Sunday afternoon on the brink of Spring?

