

NEW YEARS DAY 2011 LABYRINTH PEACE WALK AT GRACE



The annual New Year's Day Labyrinth Peace Walk at Grace Memorial Episcopal Church offers a respite from the busy sports and holiday season, and provides an opportunity for quiet meditation on personal and world peace in the year ahead.

SCHEDULE

12-noon to 12:30 pm	"Labyrinth 101 for Beginners"
12:30 pm	Opening Ceremony with Jane Rickenbaugh
12:30 to 2:00 pm	Susan Cerddeu ~ spiritual improvisation on the harp
1:30 pm	"Writing Prayers for the Labyrinth" in the chapel (Jo Bronson)
2:00 to 3:30 pm	Laila Murphy ~ spiritual improvisation with the flute
3:30 pm	Closing ceremony on the Labyrinth

The opening ceremony, at 12:30 pm, will be led by sacred dancer Jane Rickenbaugh. Two musicians will perform music of "spiritual improvisation" during the afternoon. Harpist Suzanne Cerddeu will play from 12:30 to 2 pm, followed by flutist Laila Murphy from 2:00 to 3:30 pm.

In addition to labyrinth walking for peace, the day offers a quiet setting with live music and space for contemplation and journaling. At noon, before the walk opens, a short "Labyrinth 101 Class for Beginners" will be held in the chapel. At 1:30 pm, another short class will be presented on "Writing Prayers for the Labyrinth."