

Western Washington Labyrinth Network's Spring Gathering 2011 "Transformation: Stories from the Labyrinth"

Saturday, April 30, 2011 from 12:30-4:30pm
Emmanuel Episcopal Church, Mercer Island, WA



"Personal transformation can and does have global effects.
As we go, so goes the world, for the world is us.
The revolution that will save the world is ultimately a personal one."
-Marianne Williamson

FEATURED PRESENTATION...Grace and Coracle: A Celtic Legend And Song For The Labyrinth

The Voyage Of St. Brendan chronicles the wondrous journey of a Celtic saint and his companions "through the labyrinth" to the Isle Of Promise and back home again. In this retelling of an ancient Celtic legend, bardic harper and healer Jane Valencia guides listeners into a spiritual landscape that mirrors the labyrinth walk in which we all are upon – a pathway filled with darkness and light, confusions and marvels, encounters with "the beast" and the company of angels. Enjoy the tale, learn a Celtic chant, and experience how we are all in the little boat of ourselves -- navigating a labyrinth path encompassed, sheltered, and brightened by Grace.

CREATIVE WORKSHOPS

- * Create a **SOULCOLLAGE®**, a visual representation of transformational journeys, with Elizabeth Mahoney-Niven.
- * Connect with the magic of the natural world and uncover the blessing it has for you in the moment in **NATURE'S GRACE: CREATE A LABYRINTH POEM OF BLESSING**, with Jane Valencia.
- * Engage in **LIFE MAPPING ON THE LABYRINTH** with Myra Smith, a transformational exercise to increase your awareness of the gifts of the past, present and future.

NETWORKING with Pacific NW labyrinth enthusiasts,
facilitators, builders, artists, craftspersons, walkers,
mental health professionals, spiritual directors and more

GROUP LABYRINTH WALK with harp by Jane Valencia

**\$20 per person if paid in advance with registration by April 25, 2011, or
\$25 after April 25, 2011; includes the afternoon's activities and coffee/tea and snacks.**

**Complete registration information and full details
available at WWLN.org.**



*WWLN: uniting people in using the labyrinth as a path to mindfulness
through events, publicity, communications and the sharing of resources*

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"Transformation: Stories from the Labyrinth"

April 30, 2011, 12:30-4:30pm

Emmanuel Episcopal Church, Mercer Island, WA

Agenda

- 🦋 12:30-1:00 Registration 🦋 Social 🦋 Coffee/Tea/Snacks Available
- 🦋 1:00-1:15 Welcome - Myra Smith
- 🦋 1:15-1:30 Introductions/Group Icebreaker - Dan Niven
- 🦋 1:30-2:15 Presentation: Jane Valencia "Grace and Coracle: A Celtic Legend and Song for the Labyrinth"
- 🦋 2:15-2:30 Break
- 🦋 2:30-3:30 Workshops/Small Groups
 - Workshop 1: SoulCollage - Elizabeth Niven, presenter
 - Workshop 2: Nature's Grace - Jane Valencia, presenter
 - Workshop 3: Life Mapping on the Labyrinth - Myra Smith, presenter
- 🦋 3:30-4:25 Labyrinth Walk with harp- Emmanuel Episcopal Labyrinth
- 🦋 4:25-4:30 Closing on the Outdoor Labyrinth

WORKSHOP DESCRIPTIONS/Presenter Information

*Create a **SOULCOLLAGE®**, a visual representation of your transformational journeys.

A veteran music educator with a BFA in Piano Performance and an MEd in Integrated Teaching Through the Arts, Elizabeth Mahoney-Niven discovered the labyrinth nine years ago following a second cancer diagnosis and surgical recovery. After taking an Introduction to SoulCollage® class four years later, she has become passionate about this reflective, intuitive and creative process of visual journaling. Attending numerous retreats and workshops has inspired Elizabeth to create over 200 powerfully-voiced, collaged cards, deepening her connection to inner wisdom. The workshop is titled "Using SoulCollage® Principles for Visual Journaling: Creating a Visual Representation of Transformational Journeys." Using the intuitive process of SoulCollage®, participants will create a collage card. Seemingly everyday images have power, intuitively recognized by the collage artist during their selection and placement onto the card. The participant gives voice to the card, leading to self-discovery and a deeper connection to personal wisdom. Participants will leave with a collaged 5" X 8" card, an overview of SoulCollage®, and a reflective page to record responses, feelings or discoveries about their collage. The images, cards, and glue will be provided. If you have a favorite pair of scissors, or a craft Exacto knife, please bring them to the session.

*Connect with the magic of the natural world and uncover the blessing it has for you in the moment in **NATURE'S GRACE: CREATE A LABYRINTH POEM OF BLESSING**, with Jane Valencia.

A wander through a garden or even a glimpse through a window can be a labyrinth walk into wonder and blessing. In this workshop we will connect with the magic of the natural world, and uncover a specific blessing it has for us in this moment. We will each create a simple and fun three line poem to evoke this gift for ourselves. A long-time lover of labyrinths, Celtic harper and bardic healer Jane Valencia nourishes a Spirit-centered, nature-woven life and an illuminated sense of oneself with her music, tales, teachings, and artistry. Visit Jane Valencia at SingingDeerHealing.com.

*Engage in **LIFE MAPPING ON THE LABYRINTH**, a transformational exercise to increase your awareness of the gifts of the past, present and future.

Using a process developed by Eve Hogan, author of Way of the Winding Path, A Map for the Labyrinth of Life, and the Rev. Dr. Lauren Artress, author of The Sacred Path Companion, A Guide to Walking the Labyrinth to Heal and Transform, participants will create a timeline of their lives and walk a Chartres labyrinth as they reflect on past, present and future. Myra Smith is a labyrinth designer and builder, and owner of The Laughing Flower Labyrinth Company (www.laughingflowerlabyrinth.com). A certified labyrinth facilitator with a lifelong interest in providing sacred space for the spiritual path, Myra has a BA in Philosophy with a Minor in Religion, combined with a dozen years of fund raising and development work in the nonprofit sector. Myra has built over thirty temporary and permanent labyrinths in the Pacific NW. Myra is a member of The Labyrinth Society, WWLN and Labyrinth Network Northwest, and served as President of Project Labyrinth of Bellingham. Myra serves on the Wisdom Circle of Stillpoint, an ecumenical Christian retreat center in Bellingham, and writes articles on Christian spirituality and the labyrinth for Examiner.com.

REGISTRATION FORM - 4/30/2011 WWLN Spring Gathering

\$20 per person if paid on or before April 25, 2011/\$25 per person after April 25, 2011.

Please complete a separate form for each attendee.

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____ Email/Other: _____

* Please complete and mail this registration to: WWLN Registration/Cecilia Finnigan, POB 732, Mercer Island, WA 98040. Include **check** for \$20 per person **made out to: Cecilia Finnigan**.

* Or to pay via credit card using your Paypal account, send payment to wwlnpayment@gmail.com and include your confirmation number here: _____.

Check in begins at 12:00 noon, with the event starting at 12:30 p.m. For a complete schedule or more information, please visit wwln.org or contact Betty Hawkins at 206.463.5062 or bhawkins53@comcast.net.