

## Denny Park to dedicate labyrinth

The public is invited to attend a **Labyrinth Dedication in Denny Park, 100 Dexter Avenue North (north side of the park by the playground), in Seattle, WA on Sunday October 30<sup>th</sup>, 2011, from 12:30 – 1:15 pm.**

The labyrinth project is a continuation of the Friends of Denny Park playground and lighting installation initially led by Elizabeth Grace. The renovation effort was turned over to Jackie Roberts in February of 2011.

“During a Seattle Unity picnic in Denny Park I had an idea that Denny Park was the perfect place for a labyrinth. I really think it was there all along just waiting for the community to come together to make it appear in its present form. When I first started the project I thought it would just be nice to have one. After my husband's routine surgery, left him a quadriplegic, it got personal, and it became a healing labyrinth for us. That was June 10, 2011. After that everything started opening up, community came together, people came forth, and money appeared to make this happen. No one said no when I approached them....there were so many people, events, and things that fell into place. I feel like the labyrinth was always there waiting to emerge. Now I say: “walk or wheel the labyrinth”; it is wheelchair accessible.” –Jackie Roberts

The labyrinth portion of the project was made possible by support from Friends of Denny Park, Seattle Parks Department, Department of Neighborhoods, Western Washington Labyrinth Network, Betty Hawkins, Dan Niven (original design), Margaret Phibrick, Mutual Materials, HBB Landscape Architecture, Vulcan, Seattle Unity, Jackie Roberts, Annie Christensen, Sonia Campbell, James Tierney, Linda Carney, Myra Smith, The Laughing Flower Labyrinth & Landscape Co., and many more donors, friends and volunteers.

A labyrinth can be described as a walking meditation or path of prayer. The labyrinth has ancient and anonymous origins and is an archetype, a pattern that is universal to all of humanity. Labyrinths have been found in many cultures all over the world---on pottery, coins, tablets and tiles that date as far back as 5,000 years. Many patterns are based on spirals and circles mirrored in nature, and symbolizing unity, oneness or wholeness.

Labyrinths are currently used worldwide as a way to quiet the mind, recover a balance in life, meditate, gain insight, self-reflect, reduce stress, and to discover innovation and celebration. They may be found in parks, hospital grounds, churches and private residences.

The Denny Park labyrinth joins over twenty labyrinths in the Seattle area, including two recently added to parks in the area: a new, large, orange labyrinth painted on the asphalt at Seattle Center; and a rock and gravel labyrinth at Rose Hill Meadows Park in Kirkland.

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### Dedication Event Agenda

Opening/Welcome-Sonia Campbell

What is a Labyrinth?-Rev. Karen Lindvig

History/Thank Yous-Jackie Roberts

Community Remarks-TBA

Performance Dance-Cornish College of the Arts

Blessing Dedication-Rev. Karen Lindvig

Walking Ritual-Western Washington Labyrinth Network

Closing: Drumming in the Labyrinth- Baldwin, drum leader

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For more information, contact Jackie Roberts at 206 232-8158.