

**For immediate release**

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## **World Labyrinth Day is May 5**

There are many labyrinths in the Portland area that are free and open to the public, and Labyrinth Network Northwest (LNN), a regional group, is inviting the public to participate by walking one on World Labyrinth Day May 5.

Labyrinths are becoming more and more sought after today as a means to meditate, to contemplate, to work through life changes, to relax and to renew the spirit. In earlier times a labyrinth was walked as a pilgrimage and/or for repentance. As a pilgrimage, it was a journey to become closer to God.

Labyrinths are ancient. They have been found all over the world dating from earliest antiquity but their origins are not known. Classical labyrinths were first documented on a clay tablet from Pylos, Greece (circa 1200 BCE) and were also found on Cretan Coins of 400 to 500 BCE.

The labyrinth was a central feature in many of the European Roman Catholic churches in the middle ages and many of these still exist today. The most famous of these remaining labyrinths, built around 1200, is at Chartres Cathedral near Paris, France. Many of our local labyrinths are patterned after Chartres.

World Labyrinth Day is a day that brings people from all over the planet together in celebration of the labyrinth as a symbol, a tool, a passion or a practice. As part of this celebration you are invited to “Walk as One at 1” to effect a rolling wave of peaceful energy as the world turns. Walk in your local time zone at 1 PM. And consider a pledge to walk for another time zone.

As it has with World Labyrinth Day, LNN facilitates communication and cooperation between labyrinth-interested people in the Pacific Northwest. With well over 120 labyrinths, Oregon's labyrinth community is evolving into one of friendships, cooperative activities, mutual interests, labyrinth sharing, and regular events.

LNN is devoted to supporting activities and practices centered on the labyrinth, bringing together labyrinth walkers, facilitators, healers, sacred and secular counselors, consultants, artists and others, all united in our passion for the labyrinth and the possibilities for transformation.

Walk as One at 1:00 on Saturday, May 5th. You will be walking with hundreds of people around the globe.

Find a labyrinth near you:

- St. Luke's Episcopal Church, Gresham;
  - St. Gabriel's Episcopal Church, NW PDX;
  - Trinity Episcopal Cathedral, NW PDX;
  - National College of Natural Medicine, Min Zidell Healing Garden, SW PDX (For directions: <http://www.ncnm.edu/about-ncnm/maps-directions.php>);
  - First Christian Church, SW PDX;
  - OHSU Women's Health Center, SW PDX;
  - Cedar Hills UCC Church, SW PDX;
  - Parkrose Community Peace Labyrinth, Parkrose High School, NE PDX;
  - The Grotto, NE PDX;
  - Metanoia Peace House, NE PDX;
  - Sunnyside Methodist Church, SE PDX;
  - Sts. Peter & Paul Episcopal Church, SE PDX;
  - Col. Summers Park, SE PDX;
  - Mission of the Atonement, Beaverton
- 
- Legacy Meridian Park Hospital, Tualatin;
  - St. James Episcopal Church, Tigard;
  - Kaiser Sunnyside Medical Center, Clackamas;

For more information visit:

<http://labyrinthnetworknorthwest.org>

<http://labyrinthsociety.org/world-labyrinth-day>