

TRINITY LABYRINTH WORKSHOP

Turning Toward Joy & Wonder

Parker Palmer of the Center for Courage & Renewal suggests that when the going gets tough, one should turn to joy and wonder.

Joy, unlike happiness, is not dependent on external circumstances, but is rather the experience of beauty, connection, hope, and grace. Join us as we explore how to turn the heart toward joy & wonder through conversation, meditation, walking the labyrinth, and creative writing.

Facilitators:

Molly Osborne is a facilitator for the Center for Courage and Renewal. Patricia Newton is a certified labyrinth facilitator and member of the Trinity Labyrinth Guild. Both are physicians developing healing communities, with thanks to Trinity Episcopal Cathedral.



Saturday, March 28th

8:30 am-1:00 pm

Kempton Hall

*Trinity Episcopal Cathedral
147 NW 19th Ave, Portland*

Cost: \$25 dollars

*Space limited. Register in
advance:*

trinity-episcopal.org/labyrinth

For more information:

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SPIRITUAL FORMATION