



# labyrinth<sup>TM</sup>

*Unlocking potential through the power of the Labyrinth*

## **Workshop times and dates**

### **“THURSDAY EVENINGS AT ST LUKE’S”**

**Time:** 7:00 – 9:30 PM    **Dates:** November 13, 20, 27

**Cost:** \$30 includes materials. **“Bring a friend” SPECIAL: 2 for \$50!**

These are stand-alone evenings focused on variations of the month’s theme. Come to one and complete a small piece, or do a longer exploration over several sessions.

### **WEEKEND INTENSIVES**

**Friday 7:00 PM – 9:30 PM & Saturday 9 AM – 3:30**

Dates:      November 21-22      •      December 12-13

**Cost:** \$75 includes materials, tea, snacks. Bring a lunch on Saturday

Materials and supplies are provided but feel free to bring any media, objects or images you are currently working with or curious about exploring.

**Place:** St Luke’s Anglican Church, Lindsay Hall, 760 Somerset St, Ottawa

### **October’s theme is Abundance and Completion.**

What has come to fruition for you? What do you want to shed like leaves in the autumn wind? What would you like to re-frame, re-cycle, (maybe even compost!) of your beliefs, habits, or sentimental objects?

### **November’s theme is Retreat and Incubation**

It’s time to plant bulbs and cover over the rose bushes. What ideas are you working on? What’s in the way? What needs nourishing and protection?

### **December’s theme is Resting on the Way Home**

It’s cold, the days are short. We are travelling through the darkness towards an uncertain future. What lights the way? What guides the journey? What draws you onward?

## **SPECIAL EVENT!**

### **A Labyrinth weekend at Christ Church Cathedral, Ottawa**

The cathedral in the modern world is a place of pilgrimage, arts, and learning. We celebrate this with a weekend of activities in Cathedral Hall.

#### **LABYRINTH BUILDING WORKSHOP**

**Time: Friday November 14<sup>th</sup> 2 PM to 5 PM**

**Place:** Cathedral Hall, Christ Church Cathedral, 439 Queen Street, Ottawa, ON

**Cost:** Free!

Q: How do you go from a ball of string to an eleven circuit labyrinth?

A: Slowly, carefully, and with lots of help, patience, and a sense of humour!

Together, we will be making a full-size Chartres style eleven circuit labyrinth using tape and traditional methods. Though the labyrinth is temporary, the pattern is timeless, and the results are spectacular.

A great opportunity to learn about labyrinth design and get hands on experience. Bring knee pads if you've got them. **NO PREVIOUS EXPERIENCE NECESSARY!**

**For more information and to register please contact Vanessa**

**Phone 613.233.3066**

**Email:vanessa@labyrinthed.com**

#### **WORKSHOP: "LONGING FOR PEACE"**

**Time: Saturday November 15<sup>th</sup>, 9 AM – 3:30 PM**

**Place:** Cathedral Hall, Christ Church Cathedral, 439 Queen Street, Ottawa, ON

**Cost:** \$40 includes materials. Bring a lunch.

The atmosphere of November is sombre at best, and Remembrance Day now reminds Canadians of fresh losses. This workshop draws on the words of Duruflé's *Requiem* (performance at the Cathedral November 2<sup>nd</sup> at 4:30 PM) and other texts to inspire our imaginations as we reflect on **our longing for peace.**

Participants will come away with an image-based expression of their understanding of what it means that **"peace begins within."**

**For more information and to register please contact Vanessa**

**Phone 613.233.3066**

**Email:vanessa@labyrinthed.com**

#### **LABYRINTH PEACE WALK**

**Time:** Sunday November 16<sup>th</sup> after the 10:30AM service. Details TBA.

**Cost:** Free will offering.

**All are welcome**