

For: Parish of the Epiphany, 70 Church Street, Winchester, MA 01890

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FOR IMMEDIATE RELEASE

CHARTRES CATHEDRAL LABYRINTH COMES TO WINCHESTER, MA FOR
RARE MEDITATION PRACTICE OPPORTUNITY

January 26, 2011, Winchester, MA: A 36-foot replica of the Chartres Cathedral labyrinth will be the centerpiece of a four-hour workshop on January 29, including the opportunity to walk the labyrinth. The workshop includes a presentation on the history and practice of labyrinth meditation, discussion, prayer, and journaling (as desired). Proceeds will support El Hogar Ministries.

Presenter Jill Mackavey, Certified Labyrinth Facilitator, owner of the labyrinth replica, and workshop leader, has been working with the labyrinth since 1995. "Walking the labyrinth is a wonderful way of meditation for spiritual pilgrims of all kinds. It's equally rewarding for people who don't consider themselves religious, but who are interested in a meditative or prayerful experience," she said.

Mackavey first became interested in labyrinth walking in 1995, when she visited Grace Cathedral in San Francisco, where she studied with the Rev. Lauren Artress, the mother of the rebirth of the labyrinth and author of "Walking a Sacred Path." Ms. Mackavey's replica of the thirteenth-century Chartres cathedral's labyrinth is painted on canvas, and was purchased directly from *Veriditas*, at Grace Cathedral. Mackavey offers many workshops and retreats including *Working with the Labyrinth*, *Body Prayer*, and *Theology and the Arts*.

El Hogar Projects is home to 250 abandoned, orphaned, and hopelessly poor children in Tegucigalpa, Honduras. El Hogar rescues children from a life of hunger and desperation on the streets of Honduras. It enables them to break the cycle of poverty and unemployment by providing them with a home, a nurturing environment, education and a marketable trade. See <http://elhogar.org/> for more information.

The workshop will be held on January 29, 2011, from 9 am to 1 pm at the parish hall in the Parish of the Epiphany, 70 Church Street, Winchester, MA. Please contact Jill Mackavey at macktag@msn.com for more information.

Suggested donation: \$20

Please bring a bag lunch. Coffee and tea will be provided.

Please bring clean socks for walking the path, and a notebook or journal if desired.

The workshop is for adults, although older children may enjoy participating.

Alternative labyrinth experiences are available for those with limited mobility or vision.

To learn more about El Hogar contact Liz Kinchen, Executive Director for El Hogar Ministries, Inc. at info@elhogar.org or 781-729-7600.