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On Friday, May 27 Rappahannock Westminster-Canterbury will host its annual Labyrinth Walk. This meditative walk, in which participants proceed at their own pace through RWC’s outdoor labyrinth, will be held between 10:00 a.m. and 2:00 p.m. on the RWC campus, 132 Lancaster Drive, Irvington. The event is free and open to the public; no reservations are required.

“The labyrinth has been used as a spiritual tool for centuries,” says Rebecca Ford, an RWC resident and member of the organizing committee for the walk. She points out that labyrinths date to pre-Christian days, and labyrinth walks have been used to help people reduce stress, quiet the mind and open the heart. “Walking quietly through the labyrinth in the presence of other people symbolizes the journey everyone takes through life. Though you’re walking outside, the real journey takes place inside of you as you have time to reflect on your life and assess your goals.”

RWC has been sponsoring labyrinth walks for a decade, but this year’s walk will be different, Ford says. “In the past we’ve played recorded music to help establish an atmosphere of serenity for walkers. This year we’ll have live music, which should add immensely to the experience.”

Members of the RWC community and local musicians will play during the hours the walk is open.

RWC will also provide guidance on how to go through the labyrinth walk to those not familiar with the activity. Benches are positioned near the labyrinth for those wish to relax, and water will be available to keep people hydrated on what could be a warm day in late May.

RWC's outdoor brick labyrinth was constructed by the continuing care community's landscape crew two years ago, and is modeled on the famous labyrinth at Chartres Cathedral, France. Many of the bricks used to construct the labyrinth were purchased to honor or memorialize individuals. Whiz Harris, RWC's vice president for development , says that bricks may still be purchased for installation on the walk, at a cost of \$100. Proceeds from brick sales benefit the RWC Health and Wellness Program. Those wishing additional information about the walk may contact Ford at 438-4180.