

# **Join Us at Still Point Zen Center**

## **October 4, 2008**

**This is a Community Family Event**



## **Experience Spirituality from Many Traditions**

### **1:00 Dedication of the Grass Chartres Labyrinth**

The Labyrinth is an ancient symbol of life's journey. It is a path of prayer and meditation for all people seeking the divine, regardless of the faith tradition in which one participates. The winding meditation path leading to the center, based on a labyrinth laid in the floor of Chartres Cathedral around 1220, can be experienced as a personal pilgrimage to the inner self or soul. The labyrinth walk often helps connect with the self, yielding spiritual healing, new insight, and inner peace.

### **2:00 Dances of Universal Peace**

Leaders will be Paul and Mary Jean Matejcek and Annie Horzen

The dances of Universal Peace are a form of spiritual meditative dance conducted in the company of a number of other dancers in a circle. The dances are facilitated by a dance leader who usually plays guitar or drum accompaniment. Each dance has a chant, which is sung as the dance is performed. The chants are often sacred phrases put to traditional or contemporary melodies, and include a wide range of languages including Aramaic, English, Hebrew, Persian, and Sanskrit. The dances embody the understanding that the truth at the heart of all religions is the same truth, and that peace can be promoted through an experience of this unity. Dancers of all levels of ability dance together, and each dance/chant will be taught for all to follow.

### **4:00 Drumming Circle**

Leaders will be Craig Wayh and Kathy Alby

Bring a drum or rattle if you have one. If you don't have one we can share.

"African and Asian cultures have been practicing community percussion for thousands of years. Now Americans are fast joining drum circles, informally or through organized centers,..." wrote Harriet Barovick recently in Time Magazine. All over America, people of all ages are taking up drumming in astounding numbers. In communities all across the country, drumming circles are springing up, oriented not toward performance and musical virtuosity, but toward personal

**transformation, spiritual expansion, and community building. Since there are no prerequisites to drumming, anyone can join in and explore rhythms with hands and drumsticks as an exhilarating way of communing.**

### **5:30 Pot Luck Supper**

**Bring a dish to share and experience the wonderful collection of food during this Harvest Season. Tea and water will be available; you can bring your own beverages, please no alcohol.**

**\*\*Donations will be taken for the leaders of Dances of Universal Peace and the Drumming Circle**

**Weather permitting most activities will be outdoors, please bring clothing for outside activities. If we will be inside we ask that you take off your shoes, slippers can be worn.**

**This is a family event; children are encouraged to join us. There are several marked trails in the woods for hiking, toys, balls and activities will be on site.**

**RSVP to Still Point Zen Center 920-994-8650 or by E-mail [StillPointZen@earthlink.net](mailto:StillPointZen@earthlink.net)**

**For directions go to our website: [www.StillPointZenCenter.org](http://www.StillPointZenCenter.org)**