February 14, 2017 MEDIA RELEASE:

CARLETON PLACE Celebrates Canada's 150th!

Celebrating Canada's 150th at the Carleton Place Community Labyrinth

Let's walk the Carleton Place Community Labyrinth 150 times during 2017 to help celebrate Canada's 150th birthday!

Join us from 7:00 – 8:00 p.m. on Monday April 10th, 2017 for the launch of the "*150 CP Labyrinth Walks for Canada's 150th*" commemorative event. In addition, a short film about labyrinths will be shown, followed by discussion and a potluck dessert buffet.

Whenever someone walks the Carleton Place Community Labyrinth during the period April 10th – September 8th in 2017, they will be encouraged to record their participation. We are hoping to meet, and even exceed, our goal of 150 labyrinth walks – and will celebrate our combined achievement during our annual "Light up the Labyrinth" event on Friday, September 8th, starting at 6:30 p.m.

To broaden the scope of this special commemorative initiative – we are also reaching out to other labyrinths locally and across Canada – and inviting them to join in the celebration. A list of participating labyrinths (to date) can be found below.

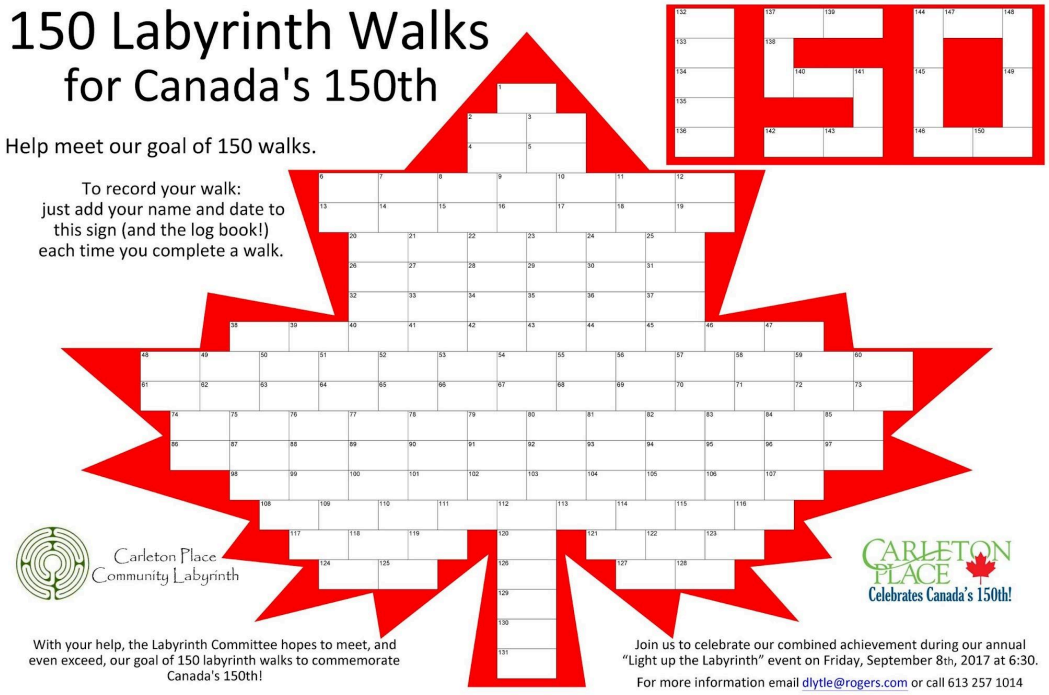
Christine Hume, Labyrinth Facilitator and Committee member, explains: "*As we brainstormed about ideas to celebrate Canada's 150th birthday, it occurred to us that simply encouraging more people to walk the labyrinth to help them discover how this form of walking meditation can help to naturally quiet the mind and achieve feelings of calm and peacefulness, would be a good idea!*"

Some excerpts from the CP Labyrinth visitor's journal:

"Every time I walk the labyrinth I feel good. Thank you to the committee for keeping everything so nice."
"So glad to start the Spring with the opening of the labyrinth… when you refresh yourself, you refresh others."

"A reminder of how we should live beautifully on our life paths."
"Spending a short while at the labyrinth – to start my week. Already I feel calmer and more centred – just from allowing myself to stop for a bit! Very grateful."

To participate (starting Monday April 10th, 2017) – just add your name and date to this sign (and the log book!) - each time you complete a labyrinth walk.



Thanks to support from the Ontario Trillium Foundation, the Town of Carleton Place and individuals and businesses within our community, this permanent labyrinth exists for people to use at any time. It is located at the corner of George and Baines Streets beside the Carleton Place & Beckwith Heritage Museum, 267 Edmund Street in Carleton Place, Ontario.

Additional Canadian Labyrinths that will be participating:

- **Fleetwood Park Labyrinth** located in Surrey, British Columbia at 15802 – 80th Avenue – www.labyrinthlady.ca
- **The Toronto Park Labyrinth at Trinity Square Park** located in Toronto, Ontario – www.labyrinthnetwork.ca
- **Tigh Shee Labyrinth** located in North Lancaster, Ontario - http://www.roadsigns.ca/wp/about/labyrinths-gardens/

For more information please contact Debby Lytle: 613-257-1014 or email: dlytle@rogers.com
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