

FOR IMMEDIATE RELEASE
October 9, 2023

Contact: Klara Tammany
Phone: 207-577-0607
kftammany@gmail.com

Trinity Church and Commons
Lewiston, Maine

RE: Oct 25 Time of Remembrance, Lament, Hope and Re-dedication

PHOTOS ATTACHED: Trinity Church Labyrinth, Memorial ribbons on the church fence post 10/25/23. Also a Trinity labyrinth QR code.

In recognition of the one-year mark since the mass shooting in Lewiston, Trinity Church will offer a special time of Remembrance, Lament, Hope and Re-dedication. Afterwards, people can remain at the church to walk the labyrinth, or sit in meditation. Quiet music will be playing and simple meditative art materials and books will be available. Clergy, spiritual directors and others will be available to one-on-one quiet conversation and prayer.

Walking the labyrinth offers an opportunity to rest, reflect and restore the soul. The Labyrinth at Trinity is based on that of Chartres Cathedral in France's Loire Valley. Constructed around 1200. Labyrinths have been a place of spiritual nurture for countless souls across the centuries - touching those from many faith traditions - and those from none at all. It is a private meditation, and as such one may walk "a holy path" with Christians and Jews, Buddhists and Hindus, and with people simply seeking a place of refreshment and wellness.

The labyrinth at Trinity is now open and available regularly each Friday from 11-1:00. Anyone wishing to explore this spiritual experience is welcomed. Trinity is located at 247 Bates St., Lewiston, corner of Bates and Spruce, next to Kennedy Park.

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FMI: on Labyrinths and the one at Trinity Church, see
<https://trinitylewiston.org/the-labyrinth/>



