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Wes Hangman

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Wes Hangman

510-697-5505

wrhangman@gmail.com

www.hangmancontractor.com

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# Labyrinths: Walking in Circles with a Purpose

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Backyard Baltic Wheel labyrinth in Lafayette Photos Cathy Dausman

And three Lamorinda churches have, or are building, labyrinths. Reverend Jan Holland of St. Stephen's Episcopal Church, Orinda calls the labyrinth "an ancient Christian walking meditation." She says it is a spiritual tool which evolved from the medieval practice of making a pilgrimage to Jerusalem. Walking the labyrinth became an acceptable substitute for taking the trip. Holland and her husband, Reverend Larry Hunter, recently returned from an overseas trip which included a visit to the famed labyrinth in France's Chartres Cathedral. Holland's first labyrinth experience was ten years ago. This summer St. Stephen's broke ground on its own outdoor labyrinth. Two years in the planning, it is scheduled to be finished the end of October. For

Holland, having a labyrinth at her church is "the fruition of a dream." Holland cites *Walking a Sacred Path* by Lauren Artress as a good reference.

Lafayette Orinda Presbyterian Church (LOPC) is home to a permanent outdoor labyrinth located at the church's main entrance. The labyrinth, designed into the stone walkway, was built in September, 2006 when the entrance was remodeled for handicap accessibility. Karlene Paufler, chair of the church's Labyrinth Committee, has walked labyrinths across the U.S. and in Europe. She says each labyrinth has a different feel, and "once you've done it...it's addictive," and "you don't have to think about where you're going."

LOPC now opens its labyrinth to the public several times a year for what they call a sacred journey. The experience often includes instrumental music and attendance numbers about 60. Its March labyrinth walk was well attended even after rain officially cancelled the event. LOPC's next labyrinth walk is scheduled from 7:00 to 8:00 p.m. on September 9; see [www.lopc.org/home.asp](http://www.lopc.org/home.asp) for details.

David Starkweather and Anna Johnson co-chair the Orinda Community Church Labyrinth Committee. Committee research discovered the Bay Area is home to 80 labyrinths, in schools, churches, and backyards. They also learned that the labyrinth is a valuable therapy for those with memory impairment. Starkweather says the church first built temporary labyrinths from luminarias (candles in paper bags) on their property. Next they borrowed a canvas labyrinth from a church in Pleasant Hill. They then bought a Classic design canvas labyrinth, a "perfect fit" for their fellowship hall. It is used during special Christmas and Easter services.

Martha Engelbert built a garden labyrinth in her Lafayette area home in the late 1990's after she and her daughter took a guided tour of labyrinths in France, Germany and Switzerland. When they returned, the pair designed an "easy to make" Baltic Wheel labyrinth from gravel and brick. (The Baltic Wheel pattern



Built 5 years ago, this labyrinth is modeled on the Chartres Cathedral design



Ground has been broken for an outdoor labyrinth at St. Stephen's Episcopal Church, Orinda.

is a modest five circuit labyrinth good for limited spaces. Larger, more elaborate labyrinths call for 11 circuits.) Engelbert and her Pleasant Hill church friends use the labyrinth,

which she named Oasis, regularly. "It's a marvelous way to be centered," she says.

To learn more go online to <http://www.labyrinthsociety.org/>.

Orinda Motors Presents



# The 7th Annual Orinda Classic Car Show

Saturday, September 24th, 10am-2pm

Benefiting the Seniors Around Town Transportation Program

### Cruise in a Classic!

Donate \$10 and choose your ride for the parade.

Enjoy vintage and modern exotic cars and motorcycles, food, music, and more! The show will be held in Orinda Village at Orinda Motors, 63 Orinda Way.

Join us as a spectator or to show your car or motorcycle! (see entry form below)

FREE ADMISSION

Visit Our Website at [www.OrindaCarShow.com](http://www.OrindaCarShow.com)



### The Event:

The Orinda Classic Car Show will feature over 170 American and European cars ranging from the 1920's, to the classics of the 50's and 60's, as well as modern exotics. This year's event will also have an all new edition of the special exhibit -- "Orinda Through The Years" -- coordinated by the Orinda Historical Society and Orinda Motors.

This unique exhibit combines vintage and classic cars with historical materials in a museum-like setting.

This 7th Annual Orinda Classic Car Show will expand displays to the Orinda Country Club's 16th fairway and also have exhibits of race cars, military vehicles and historic fire trucks!!! There will be something for everyone.

The event is free, but those who make a donation of \$10 will have an opportunity to ride in one of the cars during the parade at the close of the show.

Proceeds benefit the Seniors Around Town transportation program and donations are tax-deductible. Seniors Around Town Tax ID: 94-609-8323.

### About Seniors Around Town:

This non-profit program is organized by the Orinda Association and provides Orinda seniors who are not able to drive and who may not qualify for the County Connection LINK system with free transportation to appointments in the Lamorinda, Berkeley, and Walnut Creek areas. This is the only program of its kind in the county and all Orinda seniors 65+ are eligible.

### The Orinda Classic Car Show also supports the Educational Foundation of Orinda:

EFO is a volunteer-led, non-profit organization, which is dedicated to providing financial support for quality educational and enrichment programs for EVERY student in Orinda's public schools. To learn more visit the EFO website at [www.OrindaEFO.org](http://www.OrindaEFO.org).

See vintage and custom motorcycles on display.



The 7th Annual Orinda Classic Car Show Sponsored by:



### 7TH ANNUAL ORINDA CLASSIC CAR SHOW ENTRY FORM

Complete and mail this entry form and your tax-deductible entry fee check of \$60 for cars and \$35 for motorcycles made payable to Seniors Around Town to:

Chip Herman, 2 El Caminito, Orinda CA 94563

Questions? Email [ChipHerman@OrindaCarShow.com](mailto:ChipHerman@OrindaCarShow.com) Seniors Around Town Tax ID: 94-609-8323

Owner's Full Name:			
Address:			
City:	State:	Zip:	
Phone:	Area Code:	Number:	
Email Address:			
Car/Motorcycle:	Manufacturer:	Year:	Model: Body Style:
If you are new to the show, please provide some interesting facts or history about your car and/or motorcycle along with this entry form.			
Would you be interested in participating in the "Parade of Classic Cars" after the show at 2:00pm? <input type="checkbox"/> YES <input type="checkbox"/> NO			
Would you be interested in giving a ride in your car in the parade to someone who makes a donation to our charity? <input type="checkbox"/> YES <input type="checkbox"/> NO			
Would you like to pre-order a commemorative "Orinda Classic Car Show '11" T-shirt? Please add an additional \$15 to your registration check. <input type="checkbox"/> YES <input type="checkbox"/> NO Men's size: <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL Women's size: <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL			
I understand that by signing below, I release Seniors Around Town, Orinda Motors Inc., the event organizers and other sponsors from any and all liability and/or responsibility for any and all damages that may occur on the day(s) of the Orinda Classic Car Show at Orinda Motors (Orinda, CA), resulting directly or indirectly from activities at the event. I also understand that I am responsible for my vehicle and its contents. I verify that I carry automobile insurance on the vehicle that I am displaying at the event.			
Signed:			Date: