

# Kay Mutert

Veriditas Master Teacher | Labyrinth Workshop Leader  
Facilitator Trainer | Speaker



*Kay's passion is helping others find their inner song. Kay believes the ancient archetype of the labyrinth is right for today's world as it draws us into an embodied non-verbal experience. She encourages others to deepen their spirituality, letting her love for music and movement speak to the hearts of others.*

## The Reverend Dr. Kay Mutert

*Veriditas Master Teacher*

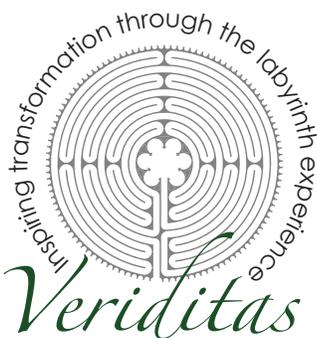
Labyrinth Workshop Leader ~ Facilitator Trainer ~ Speaker

Creative Musician ~ Author

*Leading labyrinth workshops in life transitions, spiritual deepening and renewal of spirit*

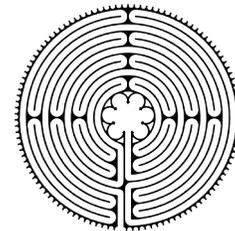
"Using the labyrinth, Kay guides people to trust themselves during the turns in life's journey."

~ workshop participant



"Kay demonstrates a deep acceptance for people and where they are in their life journey. Her music and her insightful teaching make her workshops come to life. She is a trusted colleague and kindred spirit."

~ Lauren Artress, Founder, Veriditas



**To book Kay to share this ancient practice for healing and clarity, contact:**

Veriditas | 707-283-0373 | dawn@veriditas.org

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## Biography



*“I believe the labyrinth serves as a tool for people to connect with their inner being and trust where they are in any stage of life.”*

The Reverend Dr. Kay Mutert is a Veriditas Master Teacher after having completed an apprenticeship with Lauren Artress, the founder of Veriditas and worldwide leading force in the use of the labyrinth as a spiritual practice. She has worked alongside the Reverend Dr. Artress co-presenting at Veriditas pilgrimages at both Grace Cathedral in San Francisco and Chartres Cathedral in France. She provides music for many of the Veriditas labyrinth walks. She serves on the Veriditas Council.

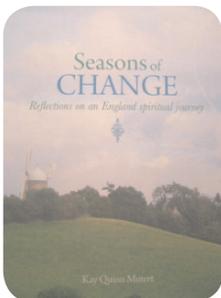
Kay uses her composite experience as musician, minister, and teacher, inviting others to claim the labyrinth in a reconnection with the sacredness of life. She has worked with labyrinths since the mid-1990s, helping groups introduce and develop labyrinth events, inviting others into renewal of mind, body, spirit and re-engagement of creative energy, leading retreats, workshops and rituals for life.

### Kay's extensive experience includes:

- Ongoing international work with churches and groups in USA and Great Britain for spiritual renewal and meditative practices
- Senior minister at the United Methodist Church, in Talladega, AL receiving the community service award from historic Talladega College
- Minister in the British Methodist Conference, invited to work with ministerial renewal for the clergy of the British conference
- Guest musician and program presenter for Iona Abbey, Iona Scotland
- National and Regional leadership in worship events
- Director of Music at Canterbury United Methodist Church in Alabama
- Music Services Coordinator at University of Alabama
- Teacher and Musician in Florida, working with teacher training and community programs
- Awarded Wordruff Fellowship for her Masters of Divinity at Candler School of Theology, Emory University
- Doctorate in education from the University of Alabama

*“Kay has discovered the blessing inherent in honoring the mysterious rhythm of life. She believes each individual is invited at every moment to trust the wisdom of the heart and to embrace the sacred truth that unites all of life. “*

*~ workshop participant*



A conductor, composer and pianist, Kay interweaves the labyrinth with her compositions in concerts and community programs, some specialized for those affected by cancer and AIDS. From her experience as a musician and presenter at Iona Abby in Scotland, she brings Taizé and the unique Iona resources to labyrinth work.

She is the author of Seasons of Change



composer of Songs for the Journey

*“Kay Q. Mutert is a sensitive accompanist for the sojourner who seeks to walk the ancient path of the labyrinth. Her gifts of invitation and hospitality create a safe place for all to bring their own stories, lives, songs, hurts, and joys onto the path.*

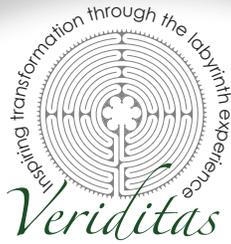
*~ workshop participant*

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**Lauren Artress founded Veriditas, a non-profit dedicated to inspiring personal and planetary change and renewal through the labyrinth experience. Veriditas is a unique organization known for offering in-depth psycho-spiritual experiences in the labyrinth. The labyrinth becomes a metaphor for walking a spiritual path together with others.**

Veriditas offers quality experiences of the labyrinth in sacred spaces by way of workshops and retreats throughout the United States, Canada, Europe, Africa and Australia. Veriditas signature programs are:

- Semi-annual Pilgrimages to Chartres Cathedral, Chartres, France
- Semi-annual Urban Pilgrimages to Grace Cathedral
- Sponsored Workshops by request offered by Lauren Artress and Master Teachers trained by Lauren
- Labyrinth Facilitator Training, a unique professional training for those interested in facilitating the labyrinth experience for others

For more information about Veriditas programs, please visit [www.veriditas.org](http://www.veriditas.org)

Veriditas program participants say the labyrinth experience:

- "Opens my heart"
- "Centers and grounds me"
- "Helps me know that there is a pattern of organization at work in the chaos of the current world"
- "Receives my grief and pain and allows for its release"
- "Connects me to that which is greater than me"
- "Gives me creative insight to solve the problem I'm working on"
- "Balances my energy"
- "Revitalizes me to take on the rest of my life"
- "Connects me to others walking"
- "Is my path of prayer"
- "Provides me with inner guidance"
- "Gives me hope"



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## And about the Chartres experience:

"The time I spent with you in Chartres was one of the most meaningful times in my life."  
"A very moving and powerful experience!"

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## Labyrinth Talks & Workshops

All titles are available for Lectures or Workshops. Talks are available in one hour lecture format followed with a labyrinth walk. Workshops are offered as partial or full day experiences and customized to meet the needs of your community.

### Sacred Journey: A Life Path

Our life journey is a sacred act. Kay invites you to see the Ordinary as Sacred: celebrating life's special moments; creating and honoring rituals for life's experiences; living life with blessing and taking blessing into your labyrinth walk.

### A Path Less Taken: Ancient Wisdom for Today's World

Framing a new way of living from ancient places, the labyrinth and ancient Celtic wisdom offer the modern seeker guides for walking today's complex life path. Kay introduces stories and wisdom out of the past: a love of creation, the voices of women and men, a sense of community and hospitality, a love of beauty - for forming a contemporary practice toward healing and wholeness

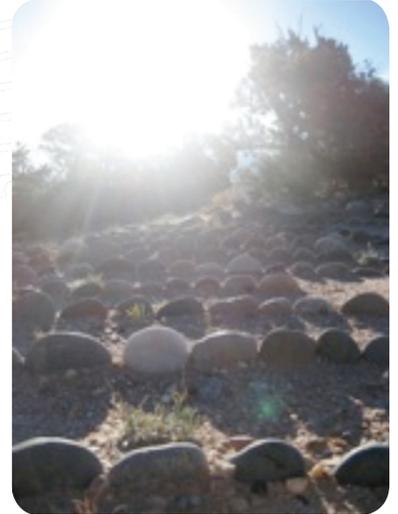
### Circling on the Labyrinth

How important being in circle, working in circle, moving in circle can be. Learn the valued process of being in circle with others. When there have been enough words and thought, join the circle on the labyrinth. Kay facilitates simple embodied movement on the labyrinth and patterns for group act and ritual.



### Seasons of Change: Carrying our Stories into the Labyrinth

Using stories from her book: Seasons of Change Kay offers you reflection time on your own journeys and stories, seeing the pivotal points as we move through life's transitions, challenges and changes. The labyrinth becomes a container for our soul work, as we come to grow and learn from the past.



### Like a River Flows: The Way of Creative Expression

Using a line from a John O'Donohue poem, Kay leads you into the realm of unfolding the "aha!" surprise of the creative process. The labyrinth provides a place for being open to re-igniting your creative self or that of your community.

### Music for the Soul: Sound and Silence on the Labyrinth

Kay brings her lifetime of music experience into an event of creating beautiful music on the labyrinth and for honoring the grace of silence. Providing a safe haven, she invites all into an experiential opportunity for receiving the rhythms and sounds around us, trusting your own voice, making music and learning melodies for the labyrinth walk.

*"Kay is a wonderfully equipped teacher and caring person – I would love to learn more under her guidance."*

*~ workshop participant*

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