



# The Spirit of Veriditas, Voices From the Labyrinth

Winter 2009

A Veriditas Publication: Voice of the Labyrinth Movement

## The Labyrinth Movement Around the World

Welcome to the Winter Veriditas Newsletter under our new title! This volume focuses on the Labyrinth Movement around the world. As one of the early pioneers, I was simply one of many others engaged in the work, and now it is time for perspective. To introduce this issue, I will offer some connecting stories to what is now a worldwide movement. In Veriditas, we refer to these early times as the "seed planting" stage with the goal of "peppering the planet with labyrinths."

It was in 1994 that Barbara Hartford and I, through the help of Jean Bolen and the Tiger Trust, took the canvas labyrinth to Ireland. Our first night in Dublin, Barbara and I were amazed to find signs indicating a labyrinth somewhere in the city. With some effort in an unfamiliar place, we tracked the signs and found that they led to the Governor's Mansion, the exact site of our presentation scheduled for the next day! We roared with laughter!

Our second venue in Ireland was the International Transpersonal Association Conference in Kilarney, Ireland. This was the first introduction of the labyrinth to the Transpersonal Community. After the presentation, many people came up to ask how to create a labyrinth. We explained verbally, drew outlines on napkins and talked into the late of night. As a thank you, we donated a "Seed Kit"—an early form of teaching people how to create a labyrinth—to the Benedictine Monastery who gave their space for our canvas labyrinth. Such was one of the many beginning to draw worldwide attention to walking the labyrinth.

Soon after that, I traveled to Manus, Brazil, again with the ITA. This trip held many challenges since the presentation room was too small and somehow United Airlines lost one 'wing' of the canvas! Regardless, through the translated slide presentation, the idea jumped the cultural barriers.

My presentations and trainings started in Canada through the Heal-

ing Touch network by the late Janet Mentgen and Susan Major who enthusiastically set up workshops combining the labyrinth with this powerful energy based healing work. What started in Toronto soon went to Calgary, Edmonton and Vancouver and our trainings were enthusiastically received with record-breaking numbers in attendance. This work continues: Veriditas will be offering ongoing workshops there in 2009.

In the spring of 1997, I made my first trip to Australia where I received an invitation from The Reverend Andrew St. John of Melbourne who was a friend from my faculty days at General Theological Seminary. This trip laid the groundwork for my March, 2008 visit, sponsored in Melbourne through The Augustine Centre by Paul Saunders, at the Convent (a modern Presidio) by Ian McKendry and in Canberra by Alison Meretini at the Rachum Labyrinth Centre. I had the privilege of doing workshops and training 24 people in Melbourne, and I haven't even



Lauren Artress

mentioned Chartres, France, yet!

May you find this issue of interest and begin to connect the dots that led to the labyrinth coming into your life. Did you find the labyrinth? Or, did the labyrinth find you?

Blessings,



## Fall 2008 Online Auction

# for Veriditas

**The Veriditas Online Auction 2008 Open! Let The Bidding Begin!**

***Make Your Bid to Support Veriditas!***

Now is your chance to not only get all the great items you want, but to do it knowing you are helping support our organization and mission. Veriditas presents the most comprehensive trainings and workshops to give as many people as possible the experience of walking the labyrinth.

Auction items range from exotic vacation getaways to donated items guaranteed to delight and surprise. So, tell your friends, family, community.

*Click Link to go to Auction web page* <http://www.cmarket.com/auction/AuctionHome.action?vhost=veriditas>



# Message From Veriditas Executive Director

## by Dawn Matheny, Ph. D.

We were excited to receive over 60 entries for a new newsletter title and are happy to announce our new name:

*"The Spirit of Veriditas, Voices From the Labyrinth"*

Because our title and subtitle were submitted by different folks, we ended up with two contest winners. They are: Joyce Rains and Angela Mattos. They will both receive their choice of a Veriditas fleece jacket, a labyrinth altar cloth, or a pilgrimage medallion. We so appreciate everyone's participation in helping us rename the newsletter.

This issue of "The Spirit of Veriditas, Voices from the Labyrinth" casts a wide net and presents labyrinth activity that is happening all over the world. A globalization is truly underway!

Back on the home front, here are some of the updates for happenings at Veriditas:

Lauren is now working closely

with the Marion Woodman Foundation to offer workshops that combine the BodySoul Rhythms work of well-known Jungian analyst Marion Woodman with Lauren's own work around the labyrinth. See the new offering outlined below and consider joining us in January.

JoAnn Mast, Advanced Training Graduate, Certified Facilitator, a long time labyrinth lover from Colorado, has become a Master Teacher for Veriditas. JoAnn will teach her first Facilitator Training for Veriditas in Colorado in March, 2009. Congratulations JoAnn for becoming the first Master Teacher for Veriditas.

Di Williams, from Scotland, and Kay Mutert, from Alabama, are currently our two Master Teacher Apprentices, in training with Lauren to become Master Teachers, with more Apprentices to be announced in the year ahead.

The Facilitator Manual has gone through a major revision and now numbers over 50 pages of everything you ever needed to know

about facilitating the labyrinth. If you've been trained and want to purchase an updated version of the manual, contact the office for an order form.

A Veriditas Facilitator Renewal Day coordinated by the Veriditas Council under Linda Mikell's leadership and Advanced Facilitator Training with Lauren Artress and Dawn Matheny are soon to be held in Connecticut this November, replicating the successful events held in the Bay Area this January.

Veriditas held another successful year of programming in Chartres, France with participants coming from Iceland, Ireland, England, Scotland, France, Spain, Poland, Germany, Italy, Canada, Hong Kong, the Netherlands, the Bahamas, and Australia (in addition to, of course, participants from all over the United States). We're happy to be attracting folks from all over the globe.

Our major fundraiser is underway: the Veriditas Auction. We are excited by the international range of



*Dawn Matheny, Ph.D.  
Veriditas Executive Director  
email: dawn@veriditas.org*

offerings. Check it out. Do your Christmas shopping with us. We hope you'll find something just right for you. And, if you've contributed, we are so grateful.

We are continuing to grow in scope and vision. Join us in the Veriditas world-wide community.

## Veriditas/Marion Woodman Affiliated Workshops



### **The Spiral of Transformation: Combining BodySoul Rhythms with the Labyrinth** January 9-11, 2009

Psycho-spiritual maturation does not occur in a linear direction, but rather in an invisible spiral pattern. Through poetry, storytelling and dream sharing we will open our minds and hearts to the transformative process. Embodying our dream images and walking the labyrinth we will explore the sensory nature of the inner spiral. Through focusing on our moment-to-moment experience, we may uncover the soul's capacity for creating and transforming images, giving rise to our inner longing for authentic self-expression. The process enlivens us and reveals the next step on our life's journey.

Instructors: Lauren Artress and Mary Hamilton  
January 9-11, 2009 (Starts 3:00 PM Friday, ends 4:30 PM Sunday)  
Cost: \$250.00 per person  
Food and Lodging: \$250.00 per person  
Location: The Mercy Center, Burlingame, California

For more details and to register click the link: [http://www.veriditas.org/programs/marion\\_woodman.shtml](http://www.veriditas.org/programs/marion_woodman.shtml)

# The Many Labyrinths of Canada by Robin Bradley Hansel

The world's second-largest country is no stranger to the mystery of the labyrinth. This awareness is thanks to the efforts of a vast number of dedicated Canadian facilitators working throughout the provinces.

St. Paul's Anglican Church <http://www.stpaulslabyrinth.ca> is located in Vancouver, British Columbia in Western Canada. Reverend April Stanley led a group of 17 volunteers in the painting of the eleven-circuit permanent labyrinth on the hardwood floor of the church hall in 1997. Just three weeks later, she completed her training with Veriditas to become one of organization's first trained labyrinth facilitators.

Reverend Stanley has recently completed her thesis entitled "Creativity as a Spiritual Practice" for a Doctor of Ministry degree. She credits the St. Paul's labyrinth experience as opening the door for her to explore her own creativity and she continues to promote the labyrinth through her ministry as a tool of transformation.

Jo Anne Tharalson and the rest of the St. Paul Labyrinth Committee tend to think of their ongoing work in terms of "spiritual hospitality". Together, they actively share their dynamic mission statement with the Vancouver community at large.



*St. Pauls Anglian Church Labyrinth at Eucharist Setting*

"St. Paul's Anglican Church is committed to providing this spiritual resource, rooted in the Christian tradition, yet hospitable to all who seek a place of meditation and prayer. We offer to the community the sacred path of the Labyrinth for those who look for healing, renewal, transformation, refuge and peace," the Committee relays.

Volunteers are readily available for questions almost daily and three cornerstone events are held each year on Earth Day, All Souls Day and New Year's. On Earth Day, Jo Anne Tharalson describes that the Labyrinth Hall is decorated with plants, shells, lichen, pine cones and whatever else nature provides. The walkers move to the sound of birdsong instead of music. The All

Souls Day Walk provides walkers with a specific time and a sacred space in which to remember, mourn and celebrate those they have loved but see no longer. New Year's Eve walkers enjoy candlelight and a variety of musicians. They are invited to return New Year's Day morning to walk in silence for two hours, followed by two hours of music and then a community supper designed to invite neighbors to meet one another as together they welcome the year.



*Also in British Columbia, Five Oaks Labyrinth Closeup, submitted by Robin McGauley*

the City of Surrey is enjoying their first labyrinth in Fleetwood Park. It is a 42 foot classical seven-circuit pattern with gravel paths and granite borders. The labyrinth compliments the natural beauty of Fleetwood Gardens. Three rows of maple trees planted on three sides surround the structure inside the Bosque to provide a canopy of shade. Shrubs pruned into Celtic knots, a pergola and flower gardens complete the peaceful space.

Diana Ng of Minerva Innovations <http://www.minerva-innovations.ca/surrey-labyrinth-project> approached

the city back in 2006 about breaking ground for the public space. The manager of Fleetwood park was looking for something that would make the park unique and welcomed the idea of a labyrinth.

The non-denominational project is a community partnership between the City of Surrey's Parks and Recreation Department and the South Fraser Unitarian Congregation. The financial support of many small businesses in the city helped to make the project a reality in August 2008.

Eastern Canada has its own exciting share of labyrinths. The Toronto Public Labyrinth at Trinity Square Park in Ontario is a prime example. <http://www.labyrinthnetwork.ca/> Jo Ann Stevenson and Anne Tanner, both Veriditas Trained Facilitators along with many other important members of the Labyrinth Community Network (LCN) worked to bring this vision to

completion. The LCN is a group of volunteers who value the experience of walking or tracing a labyrinth. The Network collaborated with the City of Toronto and The Church of the Holy Trinity to open the labyrinth to the public in September 2005.

The Eleven-Circuit Medieval Labyrinth is conveniently located in the very heart of the city. It is wheelchair accessible and it offers a Braille sign at its entrance. Many annual events have been held including an Open Walk and Medieval Music to celebrate the solstices and equinox-

*Continued on Page 4*



*Toronto Public Labyrinth in the Rain  
Photo Credit Jim Stevenson*

# Labyrinths From a Mexican Perspective by Clarita Sierra

**B**y going into a labyrinth, I am open to new “awakenings”: Moments of clarity in which new insights or understandings are gained. With this new awareness, the experience of life is seen differently and new possibilities are opened. Changes in patterns of thought, emotions, and behavior can occur. An awakening allows me the possibility of growth to new levels of psychological and spiritual maturity.

For example, 5 years ago I went to San Francisco, California, with my husband on a business trip. He had many things to do so I had a lot of time on my own. By this time, I was already working in Amatlán with Dr. Ortiz. He told me that while I waited for my husband, I should visit Grace Cathedral and walk the labyrinth inside. He had never been there but he knew it was a copy of the labyrinth inside Chartres Cathedral in France.

I started walking from my Hotel all the way up to Nob Hill where the Cathedral is located. I went inside and it was such a peaceful experience. I took my shoes off and started my walk. When finished, I went out of the church feeling a sense of Gratitude, Love, and Honor because I had the privilege of living this beautiful experience. Immediately I called Dr. Ortiz in Mexico to tell him about my experience and to

thank him for sending me there. In the afternoon, I took my husband back to the Cathedral so he could



*Hostal de la luz Labyrinth, in Amatlán de Quetzalcoatl, Morelos, México  
Photograph submitted by Clarita Sierra*

also feel this beautiful experience. When he came out, he also called Dr Ortiz to tell him all about it.

Later, back in Mexico, I heard that Luis was planning to do some expansions at the hotel. I asked him if he could build a labyrinth and he immediately showed me all the plans, which included a labyrinth!

One week before the public opening, I had my second experience inside the labyrinth in this sacred and beautiful place called Amatlan. A Mexican Shaman guided me

through the labyrinth. He told me I should enter barefoot and with my eyes closed. As I was walking, I felt

the pebbles on the floor that were guiding me in the right direction. Every time I felt lost, the road felt rough and my feet knew I had to turn to the correct path. It was as if my intuition and my third eye were guiding me. While I was walking, some people were drumming. All of a sudden, the drums went faster then slower with special rhythms.

Sometimes I felt scared as if I was going farther away, getting lost. But as I continued walking and started trusting myself, I felt closer to my center. When I finally got to the

center of the labyrinth I knew I had found my spiritual core. The same as with my spiritual journey, when I feel lost and distant when I am the closest to finding my true self and my true core.

Both labyrinth experiences were very special. They made me realize that one must trust each process that life offers us to let our deep wisdom guide us.

For a few years during Dr. Ortiz's Seminars, I had the privilege of guiding these walks, we made many different exercises inside the labyrinth and each time it was a completely new experience. Some people come with questions, others just to slow down and take time out from a busy life. Some come to find strength to take the next step. Many come during times of grief and loss. Others come to find miracles and healing in their lives. In Mexico, I observe only people who are on a spiritual journey, or people with such great faith that they are looking for a miracle, know and appreciate labyrinths. Most labyrinths here are located in holistic spas or at hotels.

*Clarita Sierra is a facilitator living in Mexico. The Labyrinth in this story is at Hostal de la Luz in Morelos, Mexico, at a place called Tepoztlan.*

*You can get on line and see the pictures of this beautiful Hotel and the labyrinth at [www.hostaldelaluz.com](http://www.hostaldelaluz.com)*

*“The Many Labyrinths of Canada” continued from page 3*

es, an Earth Day walk, and Doors Open Toronto which attracted more than 1600 visitors with its focus on “Sacred Spaces, Sacred Circles”. Workshops at local Hospices, universities, and cancer support networks have also been held on an outreach basis by dedicated LCN volunteers.

The Toronto Public Labyrinth volunteers have responded to the call for input on The Labyrinth Society's upcoming DVD documen-

tary entitled “Creating the Path”. Additionally, a collection of stories from labyrinth walkers produced and published by Jo Ann Stevenson and Cathy Anderson known as Mystery Stories from the Labyrinth is in its second printing and continues to share its uplifting message of the labyrinth with others.

Located just one and a half hours from bustling Toronto, Five Oaks United Church and Retreat Centre <<http://www.fiveoaks.on.ca/>> can

be found situated on 116 acres of Carolinian forest in Paris, Ontario. Their beautiful eleven-circuit labyrinth is placed in the grass off the banks of where the Grand River and Whiteman's Creek meet. Reverend Robin Donald McGauley, Program Coordinator for Five Oaks shares, “We celebrate this land as sacred because the First Nations people here say that where two bodies of water meet, that place is sacred.”

Since its construction four years

ago, the labyrinth has been the site of numerous workshops and retreats including a recent June 2008 session with Dr. Lauren Artress on “Rediscovering the Divine From Within” in conjunction with Veriditas Facilitator Training and the Centre's annual Summer Solstice Walk. Next summer's Solstice celebration will include Sacred Circle Dance with Catherine Maine.



# Labyrinths at Guadalajara, Mexico

## Bilingual story by Fernando Barba

Our initial experience working with labyrinths here in Guadalajara has been very successful. Our project started with children, working on drawing a labyrinth while they were receiving the walking instructions so they could understand both how to reach and how to get out from the center. When the labyrinth was complete, we entered the labyrinth, being sure each child had time to walk. When everyone was finished, we shared our experiences, learning to use this tool as a way to be in our own center, focused and aware.

to investigate how labyrinths can help children with autism.

Our main objective at Chiquitet is to teach children a new way to create happiness in their lives, and labyrinths are excellent tools to achieve this effort!

Also, we plan to promote the use of labyrinths in schools and public spaces here in Mexico, and to collect funds to build labyrinths for people of all ages to enjoy.

niño el camino para llegar al centro del laberinto y el camino para salir afuera, posteriormente ingresamos al laberinto en donde hacemos

y maneras para mantenerse feliz en cualquier situación, y el laberinto es una gran herramienta para este esfuerzo.



Later, we enjoyed teaching them to draw and play with labyrinths.

Now as our program is deepening, we are developing a special program

Nuestra experiencia usando los laberintos ha sido excelente, el proyecto nació para ser usado con niños, la experiencia comienza utilizando dibujos donde se le enseña al

dinamicas y juegos, despues de la caminata platicamos sobre la experiencia y les enseñamos como hacer de esta tecnica una herramienta para encontrarse ellos mismos cuando se sientan confundidos.

Otras actividades que estamos haciendo es investigando como trabaja el laberinto con niños con autismo ó algún conflicto de aprendizaje.

El objetivo principal de Chiquitet es enseñar a los niños nuevas formas

Otro de los objetivos es promover el uso de laberintos en escuelas y lugares publicos y conseguir fondos y donaciones para construir laberintos de material.

*For more information, please contact: Fernando Barba (chiquitet) [chiquitet@botmail.com](mailto:chiquitet@botmail.com)  
52 33 34401606  
52 33 38186583  
Guadalajara, Jalisco, México*

*Photographs submitted by Fernando Barba*

## School of the Sacred Feminine

### Judith Tripp, Director

February 7th, 2009

“Writing in the School of the Sacred Feminine, with writer Susan Griffin...”

9:00 AM - 5:00 PM

**First Universalist Church**  
**1187 Franklin Street**  
**San Francisco, CA**

For details: <http://www.veriditas.org/programs/school.shtml>



# The Grand Bahama Labyrinth by Robin Bradley Hansel

When the passion of the labyrinth found Barbara Chester a little over a year and a half ago, she



Barbara Chester

could hardly have expected then that it would lead her from her Caribbean home on Grand Bahama Island all the way across the vast Atlantic ocean to Chartres Cathedral. It was in France that Barbara trained under Dr. Lauren Artress to become a Veriditas Facilitator. It was also there that Barbara told Lauren she would personally begin a community project to build a labyrinth. Her island was in need of healing and peace ever since the 2004 devastation of Hurricanes Frances and Jean.

Barbara immediately spearheaded the fund raising needed to initiate the project. Soon, because of her

numerous speaking engagements and through the use of radio and television she earned the loving title of "The Labyrinth Lady." Friends donated the perfectly dimensioned piece of ground for the labyrinth and its meditation garden near a little chapel in Garden of the Groves. The chapel is a replica of the first church on the Island and it is surrounded by indigenous plants, waterfalls and streams containing numerous fish and turtles. Barbara and her committee, along with the support of a local nursery, planted additional wild shrubs, trees and plants known for their healing properties and symbolic references. A lily pond for reflection and an arbor is also planned.

"We placed rosemary for remembrance along the winding path leading to the labyrinth," Barbara shared.

Supporters who gave of their time, talent, materials and funding will be listed as an "Illuminator" to the project. Their names will be carved into stone in a "Monument to Creation" and placed in the Labyrinth Garden of Healing and Peace for the Community. On-going fund raising is planned.

Robert Ferre of Labyrinth Enterprises was hired to carefully construct the design of the full-sized Chartres style labyrinth to adhere to

sacred geometry. His assistant, Judy Hopen, flew to the Island to draw the path and direct the work. The color the Island committee chose for the field of the labyrinth was specifically mixed by the company for the project. It is known as "Bahama Blue."

The construction was challenging due to high heat and humidity. Most of the work took place under a tent for shelter from the sun. Despite the conditions, Barbara shared how the natural residents of the community embraced the project almost as much as their human counterparts.

"Even before the base was cemented,

soon as the covering was removed," she stated.

The official opening for The Grand Bahama Labyrinth was October 1, 2008. It will remain open for use anytime during park hours. Contact [grandbahamalabyrinth@gmail.com](mailto:grandbahamalabyrinth@gmail.com) for additional information.

*Robin is a Certified Veriditas Labyrinth Facilitator in South Florida. Her company, Labyrinth Wellness, LLC, unites her professional training as a physical therapist and a Pilates instructor with her creative spiritual pathway as a writer. <<http://labyrinthwellnessllc.blogspot.com>>*



Grand Bahama Labyrinth Committee

a turtle came ashore and laid her eggs at the designated place of entry to the labyrinth. Butterflies and hummingbirds were hovering above the center just as



Grand Bahama Labyrinth Walker

## Veriditas 2008 Auction - Priceless Auction Item

Item Number 234

**Labyrinth Adventures**

Item Description

**A Labyrinth Experience and Dinner with Lauren in San Francisco**

Lauren Artress will lead you and your friend on a personal tour of the Grace Cathedral Labyrinths, and then host you at a dinner at an exclusive Nob Hill Hotel in San Francisco.

This is a unique opportunity to spend an evening in the company of the founder of the labyrinth movement. Don't miss it!

Special Instructions

**BID NOW!**

**Leading Bid \$225.00**

This dinner must be coordinated with Lauren's travel schedule.

Click to Bid on this item: [http://www.cmarket.com/auction/item/Item.action?\\_sourcePage=%2Fitem%2FbrowseImage.jsp&id=74537257](http://www.cmarket.com/auction/item/Item.action?_sourcePage=%2Fitem%2FbrowseImage.jsp&id=74537257)



# Labyrinths in Scotland by Robin Bradley Hansel

Reverend Di Williams, Chaplain for the University of Edinburgh, has been involved with labyrinths in Europe since 1993. However, her passion was particularly kindled after visiting Grace Cathedral while on holiday in 2001. Now an Advanced Facilitator with Veriditas and a 2008 Master Teacher Apprentice in Chartres, this Anglican Priest shares the story of Scotland's first permanent stone labyrinth.

Reverend Williams collaborated with another Veriditas trained facilitator, Fiona Fidgin, back in April 2002 to offer the first canvas labyrinth walk to the University community. The local press and the Higher Education Chaplaincy took interest in the special time set aside for quiet, peace and reflection leading up to exams. Di began her Veriditas training that summer and happily obtained the support necessary to cover the cost of purchasing the University's own 32 foot Chartres canvas labyrinth <<http://www.chaplaincy.ed.ac.uk>>.



*Edinburgh Labyrinth Chaplain  
Di Williams*

On September 11, 2002, the two facilitators offered an evening vigil entitled "September 11th, One Year On....". They advertised the event across Edinburgh as an opportunity to walk with three specific intentions: to remember the victims in



*Edinburgh Labyrinth Dancer*

America and Afghanistan, to hope that we might learn the cost of war, and to ask for the wisdom and guidance of world leaders. The canvas was full of students and members of the wider Edinburgh community representative of all world religions.

Throughout the next couple of years, the University of Edinburgh Labyrinth Project continued to attract attention with its regular walks. Committed to offering a sacred space both to students and to the local community, the project extended an invitation to "those of all faiths and none who value the stillness and focus of this ancient and beautiful path". Walks on Easter and during Fall Fresher's Week were offered as well as outreach walks to prison inmates and the Girl Guide movement.

Reverend Williams eventually obtained a significant grant from the University Development Trust and the groundbreaking began for Scotland's first permanent labyrinth. The 42 ft. Edinburgh Labyrinth was constructed out of granite sets and bonded stones in keeping with

the cobbled streets surrounding its peaceful setting in the 18th Century George Square Gardens in Edinburgh's Old Town. It was formerly opened on October 6, 2005 by the Chair of the Scottish Arts Council, Rt. Rev. Richard Holloway. <<http://www.labyrinth.ed.ac.uk>>.

Today, The Edinburgh Labyrinth remains a vital part of its community. Labyrinth workshops were conducted during the Edinburgh Festival of Spirituality and Peace. A walk was held on the anniversary of the dropping of the bomb on

Nagasaki. Another walk followed a public conversation on war and peace between notable religious area leaders.

Reverend Williams recently facilitated labyrinth workshops at the Global Higher Education Chaplains Conference in Finland. She is currently helping universities abroad to develop their own labyrinth projects. Recently awarded an MBE, Member of the Order of the British Empire, in the June 2008 Queen's Birthday Honors List for her "Services to Higher Education", she is as committed as ever to the Veriditas vision of sharing labyrinths with the world.

*Photos provided by Di Williams*

*Robin is a Certified Veriditas Labyrinth Facilitator in South Florida. Her company, Labyrinth Wellness, LLC, unites her professional training as a physical therapist and a Pilates instructor with her creative spiritual pathway as a writer. <<http://labyrinthwellnessllc.blogspot.com>>*



*Edinburgh Labyrinth University Walkers*

 **Fall 2008 Online Auction for Veriditas**

*Click Link to go to Auction web page*

<http://www.cmarket.com/auction/AuctionHome.action?vhost=veriditas>

# Little Miracles on the Path

by Linda Mikell

I love the theme of this edition of our journal. Looking at labyrinths outside of US borders is an important perspective. Labyrinths have the potential to heal our world. This story was sent to me in 2005 by facilitator, Valerie Whitworth, from Northern Ireland, a country with a contentious past. I was so pleased when Valerie sent it to me. Soon, all of our Little Miracle stories will be archived on our website so that you may reference them to use in workshops or lectures. Please send me a story when you have one and I will circulate it to those facilitators who are interested. Also, let me know if you want to be added to this list. And now, Valerie's story:

*Linda Mikell has been a Veriditas facilitator since 2003. She serves on the Veriditas Council. Linda leads a weekly labyrinth walk every Thursday at 1:30 pm in the sanctuary of her Unitarian Universalist Fellowship in Stony Brook, New York. There is also a monthly evening walk the second Tuesday of the month. She is very interested in collecting and sharing stories for Little Miracles on the Path. If you have a story please send it to her at [edlinmik@optonline.net](mailto:edlinmik@optonline.net)*

## Peace Found

I hosted a walk as part of an International Conference, in Belfast Northern Ireland. The purpose of the conference was to look at Community arts and ways in which arts can be used to bring people together in areas of conflict, and in areas of peace and reconciliation. It was the first time that I had hosted such a big event. There was a lot of interest and 25 participants came

from all over. Labyrinths are a fairly 'new' event here, and I have to do a lot of education I think to build up awareness of their potential. People had travelled on bus to an area which would have been notorious as a place of trouble and violence in the past. I was nervous, but anyway the labyrinth looked beautiful, as ever, and transformed this large sports hall into something special. There was one person in particular, who seemed very uncomfortable,

and quite challenging. I thought she was fairly determined not to be open to the experience. I started to relax when I could see the labyrinth 'working' on people, as they began to 'dance' together on the path. We sat on the labyrinth afterwards sharing experiences.

I was amazed to hear, that this woman, (the challenging person) expressed her initial reluctance, and resistance, but whilst walking found herself taken over with emotion. She couldn't believe

it. When she got to the centre, she felt suddenly full of joy and much lighter. She said, she had travelled from Finland, to Belfast, and she would not have believed anyone, if they had told her that she would find peace in the middle of Belfast, but she had.

Wow. ....

*Best wishes Valerie Whitworth  
[valwhitworth@btinternet.com](mailto:valwhitworth@btinternet.com)*

## The Sacred Thread by Jay Edge

I live in London, England and have been offering labyrinth based workshops and events for the last 4 years. In Spring 2006, I began working with a friend and fellow therapist and labyrinth facilitator, Elizabeth Clarke. Together we created an ongoing series of labyrinth days for women that weave together our daily journey through the seasons with the journey through the labyrinth. We called our workshops Sacred Thread.

Currently we offer four days each year, one each at the Solstice and Equinox points on the calendar. The Solstice and Equinox points are points of transition and change on the wheel of the year, threshold moments when the ongoing cycle turns from one season to another.

We begin each Sacred Thread day by creating a communal altar. This is an important and soulful part of our

together. Over the years we have created altars holding flowers and fruit, pictures of loved ones, symbols

piece of poetry written on summer retreat, candles from Chartres and Grace Cathedral, home grown flowers and freshly picked beans, and an MA thesis, the summation of years of creative and academic work.

Once our altar is built and our circle candles lit we begin to explore how the archetypal energy of the current season is expressing itself in our lives. Each day is a perfect opportunity to pause and reflect on how in tune, or out of tune, our inner world is with what's happening in the outer landscape.

In the Spring, we explore what seeds we would like to consciously support and nurture through the coming months. Our seeds might



*Photograph submitted by Jay Edge*

day together, and our altar acts as a resource and a place of deep connection for us all during our time

of a new relationship coming to into blossom, the first draft of a novel, a

*Continued on page 9*

# A Labyrinth for Kent by Jan Sellers

This is the story of a whirlwind 18 months. It begins in south-east England, at the University of Kent in Canterbury, where I work as Creative Learning Fellow. In February 2007, I discovered an article about quiet time and space at university, highlighting Di Williams' work with labyrinths at the University of Edinburgh. This sparked connections: I had been awarded funding for a new project about creativity and reflection in learning. As I learnt more, visiting labyrinths and talking with Veriditas-trained facilitators in the UK, I came to understand that the labyrinth could be used to foster reflection and creativity in a secular context – and could therefore be an exciting way of supporting teaching and learning, working with groups and individuals. Its history, across faiths, countries and cultures, made it a resource of considerable interest to a contemporary, international university such as Kent (with students of 139 nationalities this year).

Back on campus, I set up a Labyrinth Group with enthusiastic colleagues, and purchased a glorious 36 ft. canvas labyrinth. With

help from facilitators Di Williams and Jay Edge, we launched a series of labyrinth events. Interest grew,



Photo Credit - Andrew Wiggins (Haywood Landscapes, Ltd)

and four of us had the privilege of training with Lauren in Chartres in May. As new facilitators, we hope this strength of numbers will embed work with the labyrinth into the mainstream of university life.

The idea of a permanent labyrinth in the University grounds seemed a distant dream; but the idea kept cropping up. A new project at the

University, 'The Creative Campus', opened doors for us and to our delight, funding was agreed. There

was a tremendous sense of people saying 'Yes!' Huge efforts were made at all levels within the University to make the dream a reality. We commissioned Jeff Saward as designer, working alongside Andrew Wiggins (Haywood Landscapes Ltd.) for construction, to build a labyrinth open to the whole community as well as students and staff.

Our new labyrinth, completed in August 2008, is settled on the slopes overlooking the city and cathedral.

The path is of Yorkstone – like the ancient paving stones of Canterbury – pale gold and grey, glowing in sunlight. An additional path encircles the labyrinth, holding this beautiful space. Our journey is just beginning; I'd love to hear from others who are working with labyrinths in universities and colleges. Special thanks go to all who have advised, designed, built and helped to make this happen – and especially to Lauren, without whom this adventure would never have happened. Joy on your journeys – and come visit us!



*Jan Sellers has worked in adult and university education and guidance for most of her life; she founded the University of Kent's Student Learning Advisory Service in 1993. Jan is a Quaker and a student of Chantraine Dance. The labyrinth draws it all together: teaching, learning, faith, and dancing spirit.*

*“I came to understand that the labyrinth could be used to foster reflection and creativity in a secular context – and could therefore be an exciting way of supporting teaching and learning, working with groups and individuals.”*

*“The Sacred Thread”  
continued from page 8*

be a new job or a new relationship, beginning a new project or simply choosing to emerge from a long and quiet winter of retreat and replenishment. During the bright days around the summer solstice, we explore what buds or flowers in us are opening into the warmth and light

of summer. This year's autumn celebration will see us celebrating the harvest. We'll honour whatever crop we each are gathering in as summer ends. Winter will find us exploring the descent into the dark of Solstice, finding a pathway through the dark, and exploring how to hold an inner light, even in the dark times.

At each Sacred Thread day we weave the stories and myths of the season with guided reflection, simple creative work and the experience of walking the labyrinth. It has been a joy to offer these workshops and to help spread the “word” about the labyrinth, which is not nearly as well known in England as it is in North America.

*Jay Edge is a transpersonal psychotherapist and trained with as a Veriditas labyrinth facilitator at Chartres with Lauren in 2005. [www.journeyofthesoul.co.uk](http://www.journeyofthesoul.co.uk)*

# The Labyrinth, a Continued Italian Legacy by Maia Scott

Ancient cobbles lead the way, winding inward full of stories, life, and spirit. This certainly describes many a labyrinth – and my journey through the amazing walled city of Lucca, located in Northern Italy. A pilgrimage drew me to visit Lucca to “walk” the old finger labyrinth carved into a pillar in front of the Duomo San Martino. Such a thrill it was to run my finger over the path as many have done before.

One can't walk through the streets of the multitude of little medieval towns without encountering the sacred. For, around the corner, tucked lovingly into a crevice in an unassuming wall, is a little shrine to Mary. Then, down the way, sunlight and music warms the spirit as a lone singer belts his passion for his loving God to an empty little church. And, up a one winding lane, I follow the Stations of the Cross to end at a hermitage built into the side of the mountain.

Labyrinths are not infrequent surprises either. Italy's rich history, as seen in its art and architecture, reveals a reoccurrence of this sacred symbol. These appear in castles, as remnants in museums, peeking from ruins, on podiums, amidst cathedrals, and even in an old tomb. Certainly, beautiful Italy is abundant with representation of pilgrimage and a deep set appreciation for the sacred. Yet, until recently, there was an absence of walkable labyrinths.

Entering onto the path; the first and only labyrinth facilitator in Italy is Lucia Giovannini. She trained in Chartres and had a vision to bring the wonders of the walkable

winding path home. “My intent is to make the labyrinth available in Italy and I am putting all my effort into introducing this practice.” Her efforts don't stop with leading walks.

Without a canvas labyrinth available, Lucia needed to come up with some ideas. “I wondered a lot on what to do, how to solve this riddle.” Her creative spirit was

people. Lucia created four classical labyrinths out of candles, not an easy feat. She has also created labyrinths from simple pieces of wood and other natural resources.

“The Italian people either never heard of labyrinths or they only know the ones in old churches and they never thought you could walk on them.” The Catholic Church is certainly prevalent with a sparse scattering of mosques, Buddhist temples and Geova Witness sites. As seen at the Cathedral in Chartres, the Church would rather not draw attention to the fact that some of their places of worship house labyrinths. Lucia says that the people who are actually open to labyrinths are mostly people with a more New Age mindset.

Will Italian tradition and culture weave its way into the new labyrinth culture forming today? “It's still early to tell.” Lucia says. A private garden with a labyrinth is already listed on the Labyrinth Locator. Who knows what else is out there unknown? Now, Lucia Giovannini's passion will continue to light the way, inviting those who walk the path before them to become a living link to Italy's magnificent past.

*Maia Scott is a body worker, artist, and recreation therapist from Northern CA who currently embellishes her current three jobs with presentation engagements ranging from classroom visits with her guide dog Tessa to confrence workshops including sessions walking a tactile portable labyrinth under blind-fold.*

*“My intent is to make the labyrinth available in Italy and I am putting all my effort into introducing this practice.”*



Photograph submitted by Maia Scott

As a recently published author, Lucia realizes the importance and power of the written word and is hoping to see Lauren Artress' books translated and published in Italy.

alight with possibility as she set out to introduce the labyrinth. Her first public labyrinth walk, which took place in July in the old town of Bologna, attracted some two-hundred



Photograph submitted by Lucia Giovannini

**“Are you enjoying what you have read so far? Help the Veriditas Journal continue to bring you labyrinth news and inspirations by donating now.”**



<https://secure.groundspring.org/dn/index.php?aid=5644>



# Creating Our Labyrinth in Homoródszentmárton by Crystal Lanier

In the summer of 2008, 26 Unitarian Universalists from San Jose, California made a pilgrimage to the ethnic Hungarian village of Homoródszentmárton, Romania. We were hosted by the congregation of the Homoródszentmárton Unitarian Church (est. 1613). Eager to meet our spiritual cousins we had little but a design for a labyrinth and an intent to forge bonds between our congregations.

In two and a half days, members of both communities labored in blistering heat with naught but one wheelbarrow, a few shovels and a couple of picks. Working together we cleared and leveled an 8 meter diameter area for the labyrinth situ-

This labyrinth's most unique feature is the kopjafa at its center. Carved by the village doctor it is adorned with designs taken from the richly symbolic traditional folk language. The designs symbolize a celebration of the joint efforts of both communities. The path around



*Photo Credit - Lisa Hettler-Smith*



*Dedication - Photo Credit Lisa Hettler-Smith*

ated just outside of the old fortress wall of the church. With neither a common culture nor language, we worked together to shape the labyrinth. Guided by village craftsmen we set stones from a nearby river in concrete to mark the traditional seven circuit path. The entrance and cardinal points of the compass were marked with stones hundreds of years old from the medieval church wall.

the obelisk-like monument allows walkers to contemplate their own connections with life in the Romanian countryside as they encircle the river-rock base. Together with the large stones pointing to the corners of the Earth, the kopjafa creates a sundial that marks the passage of time from sunup to sundown.

Our Romanian labyrinth was created to echo the design of the labyrinth that lies in the center of our

sanctuary at the First Unitarian Church in San Jose, California. Every time one of us walks a labyrinth on either side of the ocean, we are strengthening the bond between our congregations and communities. All who took part in its creation celebrated its birth at a candle light vigil. We began the project as strangers but ended it as one community walking the labyrinth together singing rounds of "Dona Nobis Pacem". When the Universe, the One God, the Divine, conspires to connect two peoples in separate lands, all who touch the conspiracy, all who are blessed to be tools of that connection, are lifted into another plane where all is possible. Building our labyrinth in Homoródszentmárton was one such experience.

*Crystal Lanier is a high school science teacher who loves working with youth and young adults and facilitating the creation of concrete experiences that allow people to connect with each other and the divine in their lives. Each summer she joins a fabulous team of grounded adults to build connections with and among the high school youth from the First Unitarian Church of San Jose. She lives with her husband, Chris, and two sons, Mike and Brian - whose golden spirits inspire her daily.*



*Reflection, Photo Credit - Carol Low*

# Labyrinths Are Truly Global

## by Mike Burnett and Etienne Diedericks

Africa has a long tradition with the labyrinth; from the pharaohs in the North to the tribes in the South. African tribes have for centuries had a tradition of initiating their young men and women into adulthood and this was done through a labyrinthine dance form, for example the Venda's Domba Dance (Snake Dance). The Zulus also had a game where a labyrinthine form was drawn on the ground and the player had to find the centre, which was the king's kraal.

At the southern tip of the African Continent lies a beautiful country that has gone through some major changes in recent times. With the end of apartheid, South Africans had to look for new ways to unite all its people and the labyrinth has been one of the tools that has allowed us to forgive and reconcile.

South African labyrinths started gaining popularity in the late 1990's. Most of the early labyrinths built were the Classical seven-circuit design. Today labyrinths are found throughout the country in schools, hospitals, parks, churches, cathedrals, city pavements, private gardens, wine estates, nature reserves, health spas, retreat centres, training centres, and garden nurseries. With such a wide diversity of labyrinths,

both young and old are given the opportunity to experience the walk for themselves.

With a number of established labyrinths now scattered around the country, the word has spread quickly. Testimonials of the benefits and healing powers of walking the labyrinth were published in various articles in local newspapers, television and spiritual magazines. Although many people have helped in promoting the labyrinth in South Africa, two women, both Veriditas facilitators, must be mentioned for being the pioneers in the revival of the labyrinth in the country. They are Terry de Vries Nel and Clare Wilson.

I built my first Classical labyrinth using the seed pattern for the millennium new year. At midnight, as the 20th Century came to a close and as the dawn of the next century unfolded, we walked the path. In 2002 I built the Celtis Labyrinth, an 11 circuit labyrinth on our farm in Magaliesberg using local Magaliesberg rocks. The Magaliesberg Mountain, an ancient range, dates back 200 million years and forms part of the Cradle of Humankind, a World Heritage site. Celtis Lodge Country Retreat is a lodge that offers its guests a peaceful place to relax and unwind. (Please visit our



Photograph by Etienne Diedericks

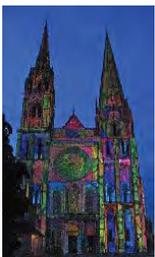
website [www.celtislodge.co.za](http://www.celtislodge.co.za)). The Celtis Labyrinth has drawn both local and overseas visitors to come and walk its path.

Various labyrinth workshops as well as Reiki attunements, drumming sessions and rituals have taken place. Also, my horses and I have for many years been doing labyrinth work with disabled children and AIDS orphans. It is truly amazing to see its healing power. No matter where we are in our journeys, we always receive more than what we are looking for. To me, the labyrinth offers a space, a quiet sacred space, to travel within. I have walked the path many times and have always been uplifted and motivated into living

happily in the now. But at times of sadness, loss or mourning, the labyrinth has, with respect, allowed me the time to grieve and to help bring closure to my pain.

*Mike Burnett owns and runs Celtis Lodge Country Retreat on a farm in Magaliesburg and Etienne Diedericks works for Johannesburg Water, South Africa as a Biochemist.*

*Having built a powerful stone labyrinth with a centre obelisk in 2002 on Mike's lodge, both are involved in labyrinth building, walks and facilitation. Mike also works with horses and kids on horseback using a labyrinth designed for horses. The journey continues.*



## Chartres, France Program

**Walking a Sacred Path - May 24 - June 6, 2009**

*School of the Sacred Feminine*, Judith Tripp leading "Meeting Mary", May 24  
*Cycle One*, Jeremy Taylor leading "Dreaming the Sacred Path - Walking the Interior Labyrinth", May 25 - 30  
*Facilitator Training*, led by Lauren Artress, May 30 - June 1  
*Cycle Two*, Alan Jones and Barbara Brown Taylor leading "Rediscovering Mystery", June 1-6

### IMAGINE

- ✂ Living a short distance from the cathedral in the medieval and renovated "Seminary" literally in the shadow of one of the remaining active spiritual sites in the world
- ✂ Unscheduled time where you can walk the medieval village in Chartres, attend a service in the cathedral, or have a glass of wine at the historic Le Serpentine Cafe...
- ✂ The world renowned expert, Malcolm Miller - author of "Chartres Cathedral", giving us a private group tour of the Cathedral and teaching us about the most complete collection of 12th and 13th century stain glass windows in the world

For more details and registration information click link: <http://www.veriditas.org/programs/chartres.shtml>

# The Path Winds Full Circle Down Under by Maia Scott

It is amazing to imagine thirty years ago, Carol McDonough found herself in the Ely Cathedral captivated by a mysterious meandering path. Further pilgrimages landed her at yet more labyrinths, thus planted the seeds for a growth spurt of a sacred kind in her homeland of Australia. Carol yearned to bring this pilgrim's art home and, with the inspiration of Lauren Artress and help of a friend, she turned her deepest desire to reality.

Various sources agree that the labyrinth movement in Australia was pollinated by the appearance of Lauren Artress at a Jungian conference. For Carol, possibilities started to bloom from there. For one, during that same year, 1994, Carol McDonough's long awaited labyrinth was built. In her Earth and Spirituality blog, Carol describes its unique details, "Ours had overlaid on it the four elements – earth, yellow brick; air, white limestone; fire, red brick; water, volcanic rocks from the sea. There was equal space between them for plantings in each symbol colour: earth, gold/orange calendula and Californian poppies; air, lobelia blue; fire, Flanders red poppies; water, silver lambs ears." As Carol's initial labyrinth manifested, so did community interest. Thereafter, Carol McDonough blessed the earth with a continued sprinkling of her inspired paths.

In the early twenty-first century, maybe seven labyrinth enthusiasts shared their wisdom and stories. Then, one of these individuals, Lorraine Rhodda visited the States and networked with an eclectic international contingent of labyrinth gurus and enthusiasts and returned home with a mission to build a network of like-minded individuals in Australia. Now, as the Australian regional representative for both Veriditas and TLS, Lorraine Rhodda walks the path to success. "My role as Veriditas Rep in Australia is still at the stage of putting feelers out there for people to come together as

we evolve here." It is no easy feat to organize labyrinth facilitators across a huge distance to power forward as an organized unit. There is certainly an emergence of labyrinth work on a community grass roots level. A vision of a greater Australian "Path" of labyrinths has also been conceived to tie everything together.

As labyrinths and their interest take root closer and closer together, the synergy will foster an instinct to come together and Lorraine's open arms will reach the farthest corner of her motherland. To date, there are almost fifty labyrinths in Australia



*"Lorraine's open arms will reach the farthest corner of her motherland."*

posted on the Labyrinth Locator. Doubtless, there are more. Ancient to modern designs have manifested in all manner of materials ranging from handmade tiles to native plants. These labyrinths have been thoughtfully and lovingly placed to make precious the space in all manner of settings from the house of God to the bosom of Mother Earth. As they build them, pilgrims come, intuitively connecting to form a greater community.

Paths are crossing and the energy is drawing together. Presently, local organizations are producing special events with the labyrinth as a focal point. For example, there will soon be a Holistic Healing Festival including classes on healing with local flora and, of course, a labyrinth workshop. Looking to Melbourne in October, enthusiasts and facilitators alike will be delighted to discover the first inaugural labyrinth gathering sparked by an appearance earlier this year by none other than Lauren Artress.

*Photographs provided by Lorraine Rhodda*



*Lorraine's Aussie Labyrinth Walk with Lauren Artress*

# Never Too Old To Learn New Tricks by Tina Margason

I had missed the March Robert Ferre labyrinth construction workshop in nearby San Francisco! I was so disappointed to have lost this chance to find out more details since I was on a neighborhood committee here in San Jose researching possibilities for putting a labyrinth into a park nearby. How pleased I was to find another chance to attend only four months later!

But now it was July, and I was sitting exhaustedly in my chair wondering why I had signed up and taken train, bus and cab fifty miles to attend this workshop. After all, I had already built many temporary labyrinths; what else could I need to know? Well, spending time with a master labyrinth builder was the best thing I ever did for myself and for my future labyrinth projects.

Robert Ferre and his crew of artists have built more than a thousand labyrinths from any material you can imagine. He knows history, design, shortcuts in building, how to handle site concerns,

and the strength and weakness of a myriad of materials. On top of this, he presented in such an organized, calm and low-key style, it was easy to absorb the information. Spontaneous questions and discussions were encouraged so all my questions felt personally answered. Everything he showed on his power-point slides was right there in the handouts, and the hands-on activities were fun and educational.

are needed. I heartily recommend this workshop to any of you who are serious about labyrinth building. Here are a few statements from other workshop participants:

"Robert Ferre is a great addition to



am so happy to have attended this."

"I enjoyed the bean/lentil exercises, great visual support with the slides."

"I enjoyed the sacred geometry lecture, ways to build labyrinths and learning to draw Chartres labyrinths."

*Veriditas will be offering this workshop again on July 29, 2009, at Grace Cathedral in San Francisco. Please check the Veriditas website for details. Good luck on your labyrinth building!*

*Tina Margason is a retired educator who keeps busy facilitating labyrinth walks, building labyrinths, editing this newsletter, and is currently a member of both the Veriditas Board and the Veriditas Council. She lives in California with her husband, Jim, who is the wind beneath her wings.*

*Photographs provided by Tina Marrgason*



I came home very happy that I had attended and filled with financial information, building techniques that were MUCH simpler than what I had done before and a renewed enthusiasm for planting more labyrinths where they

the total Facilitator Training."

"Great program. Very helpful and inspiring."

"The thing I enjoyed the most about the program content was sacred geometry and making labyrinths using beans."

"Extremely valuable information. I



## Fall 2008 Online Auction

# for Veriditas

*Click Link to go to Auction web page*

<http://www.cmarket.com/auction/AuctionHome.action?vhost=veriditas>

# Book Connection

## A Whole New Mind

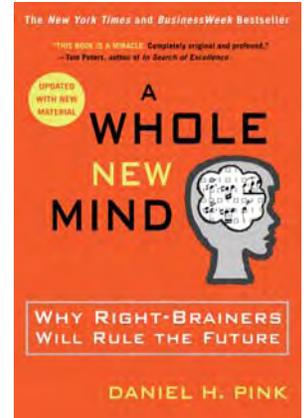
By, Daniel H. Pink  
Riverhead Books - 2008  
ISBN: 1-57322-308-5

*“Today the more appropriate metaphor for our times is the labyrinth...”*

“This book describes a seismic - though as yet undetected - shift now under way in much of the advanced world. We are moving from an economy and a society built on the logical, linear, computer-like capabilities of the Information Age to an economy and a society built on the inventive, empathetic, big-picture capabilities of what’s rising in its place, the Conceptual Age.” (pp. 1-2)

“Today the more appropriate metaphor for our times is the labyrinth.... They are surging in popularity for many of the reasons I’ve discussed in this chapter and in the rest of this book. ‘In an age when many Americans are looking beyond the church pulpit for spiritual experience and solace, a growing number have rediscovered the labyrinth as a path to prayer, introspection, and emotional healing,’ reports The New York Times.” (pp. 227-228)

“ ‘We live in such a left-brain world.... And here is this whole other world that we must integrate in order to meet the challenges of the next century,’ [Lauren] Artress has said. When people walk into a labyrinth they ‘shift consciousness from the linear to the non-linear’ and bring to the surface ‘the deep, intuitive, pattern part of ourselves.’... Even the shape of the typical labyrinth is significant. ‘The circle is an archetype for wholeness or unity. So when people walk into the labyrinth, they begin to see their whole life.’ ” (p. 230)



Be an  **QUEEN (or King)!**

*Close your eyes and imagine yourself scanning the stacks, row upon row of all the labyrinth books, volumes on spirituality, and references on sacred geometry you could ever dream of in one place. Occasionally, you stop to read a random page or sample some music. You slide your arm gently down and find yet more... and more... and more to discover. And, click! It's yours -- ah, such power!*

*This world, Veriditas, and the spiritual community at large is just brimming with wondrous linking interconnectivity. If you are itching for new reading or music and you happen to be passing by the Veriditas website (<http://www.veriditas.org>), then you're in the right place at the right time. Veriditas happens to boast a link to one of the biggest virtual bookshelves in the world, Amazon.com, and if you enter there from the land of the labyrinth movement, you instantly spark a win-win situation. When you enter Amazon's website through Veriditas's link and make any purchases from Amazon.com, you will also be giving 5% of your purchase directly to Veriditas and helping to put new goals and visions into the hands of future history - ah, such power!*

## **East Coast Facilitator Renewal Event, November 14 - 15, 2008!**

*Reflect - Renew - Replenish at the ocean side Mercy By the Sea Retreat Center, located in Madison, Connecticut*

*Event Led by Lauren Artress and East Coast Facilitators*

*Cost of Event: \$175.00 (does not include lodging and meals)  
Attendance limited to Veriditas-trained facilitators*



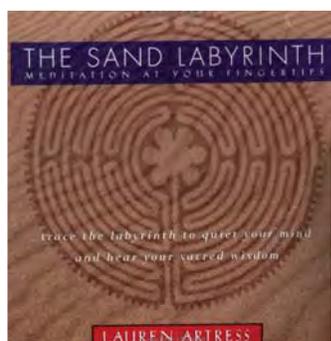
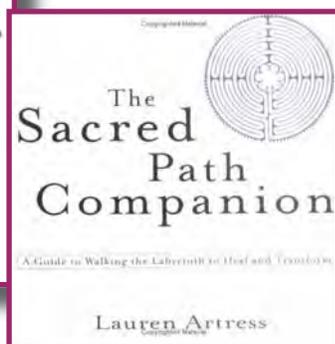
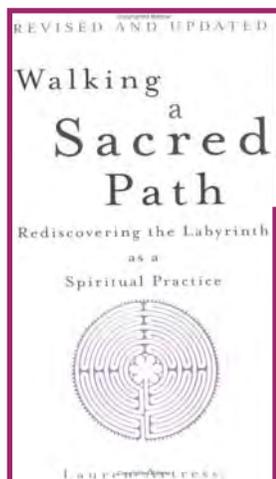
For more details Click Link: <http://www.veriditas.org/network/FRE%20Nov%202008%20Schedule%20Detail.shtml>

## BOOKS, by Lauren Artress

“*Walking the Sacred Path: Rediscovering the Labyrinth as a Spiritual Practice*” was the first book written to offer the Medieval Eleven-Circuit Labyrinth as a spiritual practice. It is now in its second edition with a new preface and epilogue to capture all that has happened with the labyrinth since this book was first published in 1995. The book was instrumental in launching what the New York Times in May of 1998 named The Labyrinth Movement.

The second book, “*The Sacred Path Companion: A Guide to Walking the Labyrinth to Heal and Transform*” places all Lauren’s teachings since 1995 about the labyrinth in one place. In Four Guidelines to Gauge Your Spiritual Growth she outlines how we can measure our increasing spiritual maturity. In Lessons of the Labyrinth Lauren articulates what the practice of labyrinth walking can nurture within us. First time labyrinth walkers will find a useful introduction to the practice in The Art of Labyrinth Walking. Those knowledgeable about labyrinthwalking will be interested in the Applications and the many suggestions around forgiveness, grieving, engaging our shadow, and strengthening in Part 2: Specific Uses for Healing and Transformation.

The Companion Guide offers short journaling exercises in the chapter Start Where You Are for those who want to take stock of their lives. Others may want to dip into the sections on Healing, Shadow Work, Soul Assignment or Initiatory Rituals, depending upon what life’s challenges are for them at that time.



The *Sand Labyrinth* is both a meditation tool and a lovely accent to home or office. Keep it in plain view on your coffee table, desktop or nightstand. Use it frequently to calm yourself before a stressful meeting, to focus your thinking, to find solutions to problems, to open yourself to your own inner wisdom.

*Looking for a quick, easy way to support Veriditas? Shop Amazon.com from the link on our home page. <http://www.veriditas.org>. Veriditas receives 5% of every sale, whether or not it has anything to do with the labyrinth! Shop today!*



### The Spirit of Veriditas, Voices From the Labyrinth

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**World Wide Labyrinth Locator**  
<http://wwll.veriditas.labyrinthociety.org>

### Winter 2009

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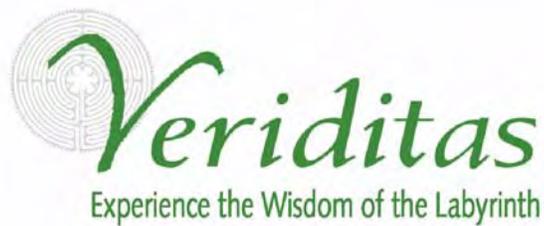
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Jay Edge  
Robin Bradley Hansel  
Crystal Lanier  
Carol Low  
Tina Margason  
Dawn Matheny  
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### VERIDITAS VISION

To activate and facilitate  
the transformation of  
the human spirit.

### VERIDITAS MISSION

Veriditas centers its work  
on the labyrinth experi-  
ence as: A practice for  
personal growth, a tool  
for community building,  
an agent for peace, and a  
metaphor for life.



## Veriditas 2008 - 2009 Calendar

October 24th – 28th	Saugerties, NY. Miriam's Well. Workshop and Facilitator Training. For more information contact Miriam's Well, <a href="http://www.miriamswell.org/events/current/temp_event_details.cfm?Event_ID=136">http://www.miriamswell.org/events/current/temp_event_details.cfm?Event_ID=136</a>
November 11th – 13th	Madison, CT. Mercy Center By the Sea. Workshop. For more information, contact April Shuman, <a href="mailto:april@mercybythesea.org">april@mercybythesea.org</a> , 203.245.0401, ext. 210.
November 14th – 15th	Madison, CT. Mercy Center By the Sea. Facilitator Renewal Event. Attendance limited to Veriditas-trained facilitators. For lodging, contact April Shuman, <a href="mailto:april@mercybythesea.org">april@mercybythesea.org</a> , 203.245.0401, ext. 210.
November 16th -18th	Madison, CT. Mercy Center By The Sea. Advanced Facilitator Training. Attendance limited to Veriditas-trained facilitators. For lodging, contact April Shuman, <a href="mailto:april@mercybythesea.org">april@mercybythesea.org</a> , 203.245.0401, ext. 210.
December 4th – 6th	Honolulu, HI. Cathedral Church of St. Andrew. Friday evening lecture, Saturday workshop and labyrinth walk, Sunday sermon. For more information, contact Erin Hoff, <a href="mailto:erinhoff@saintandrewscathedral.net">erinhoff@saintandrewscathedral.net</a> , (808) 524-2822 ext. 214.
January 9th – 11th	Burlingame, CA. The Spiral of Transformation: Combining Body/Soul/Rhythms with the Labyrinth. Lauren Artress and Mary Hamilton. For more information and registration, contact the office or go to: <a href="http://www.veriditas.org/woodman">http://www.veriditas.org/woodman</a> .
February 26th	San Francisco, CA. Lauren Artress to lecture on Happiness at California Institute of Integral Studies. For more information contact 415-575-6100.
February 7th	San Francisco, CA. Writing in the School of the Sacred Feminie, School or the Sacred Feminine. Judith Tripp with guest presenter Susan Griffin. For more information see <a href="https://www.veriditas.org/programs/school.shtml">https://www.veriditas.org/programs/school.shtml</a> .
March 6th – 9th	Portland, OR. Trinity Cathedral. Workshop and Facilitator Training. Lauren Artress. For more information contact: Pam Maben, <a href="mailto:pammaben@verizon.net">pammaben@verizon.net</a>
March 27th – 30th	Boulder, CO. Workshop with Lauren Artress and Jo Ann Mast, Facilitator Training with Jo Ann Mast. For more information, contact Jo Ann Mast, <a href="mailto:jomast@earthlink.net">jomast@earthlink.net</a>
March 30th - April 1st	Delray Beach, FL. Duncan Center. Workshop and Facilitator Training. Lauren Artress. For more information, contact The Duncan Center, Veneta Lorraine 561-496-4130, <a href="mailto:vlorraine@adelphia.net">vlorraine@adelphia.net</a> , <a href="http://www.duncancenter.org">www.duncancenter.org</a>
April 17th - 21st	London, ON, Canada. Workshop Body Soul Rhythm and the Labyrinth, followed by Facilitator Training. Lauren Artress and Mary Hamilto
May 24th	Chartres, France. Walking with Mary. Judith Tripp
May 25th - 30th	Chartres, France. Walking a Sacred Path, Cycle One. Dreaming on the Sacred Path – Walking the Interior Labyrinth Jeremy Taylor
May 30th – June 1st	Chartres, France. Facilitator Training. Lauren Artress
June 1st – 5th	Chartres, France. Walking a Sacred Path, Cycle Two. Approaching Mystery in the Flesh: What the Body Knows about God. Alan Jones and Barbara Brown Taylor

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