



## Labyrinths Bringing New Ways of Celebration

Welcome to the holiday issue of the *Labyrinth Journal* with our theme of Celebration. Meditative walking is only one – and the most basic – way to use the labyrinth. Many facilitators are using the clear boundaries of the labyrinth as a symbolic field that enhances rituals and celebrations. Peace walks are beginning to pop up everywhere as well as full moon walks and croning parties.

I remember my 50th birthday fondly. A group of friends and I went to the Robert Sibley Park to walk the amazing 60 foot classical seven circuit labyrinth that was created in the bottom of the volcanic crater. It is about a 20 minute walk into the park and then a dusty hike down the side of the crater to get to the opening of the labyrinth. As we came near we discovered five men playing musical instruments by the labyrinth. We approached in

silence and then began our walk. They played as we walked to the center! It was lovely and festive. Serendipitous moments like this are gifts in and of themselves. It was a delight! Once we reached the center, the musicians packed up and left, leaving a mellow silence hovering around the labyrinth in the late afternoon air.

In our tension filled culture we need new ways to celebrate. We need rituals of healing from our wounds and disappointments. We need acts of solidarity when the winds of change blow harsh. The labyrinth has embedded within it the "sacred measurements," to quote Keith Critchlow, that offer psycho-spiritual healing, a circle of solace when we are heartbroken and a place to celebrate the forward movement of our lives.

This holiday issue offers stories and the experiences of Veriditas Facilitators who work with ritual



Lauren Artress

and create celebrations. These have been collected by Jana Batey from our facilitator community.

Veriditas Facilitator Andy Andrews writes about using candlelight to celebrate the return of light during a Winter Solstice ceremony.

We're delighted to feature Helen Curry's book *The Way of the Labyrinth*. She offers many approaches to ritual and shares examples of ceremonial occasions.

Judith Tripp is our featured facilitator this issue. Many of you already know her work through the

Women's Dream Quest. Judith is a very experienced ritual leader. Her meditations bring people into the moment and at the same time transport them to another place. Judith was with a Veriditas group when we went to the quarry which was the source of the stones used to build Chartres Cathedral. It was a sunny day and we gathered near

the mounds of uplifted earth. Judith played her flute to quiet our minds. She then led us in a meditation about this very special quarry. She brought the meditation in as we reflected upon what we were experiencing through our lives and what we need to find the strength and the wisdom to continue. How do we serve and support others in their service? How will our actions and our work with the labyrinth become a foundation for something new in the years ahead?

Linda Mikell continues with her column "Little Miracles on the Path." In this issue she selected two very different stories that illustrate the use of the labyrinth for celebration.

On October 7th, Melissa Postnikoff died after a long struggle with cancer. She was a dedicated Board member and great friend to us all. We will miss her deeply. Please see the articles inside.

During this holiday season, let us focus on all those who have been affected by the many natural disasters, famine and disease, riots and wars occurring all over the planet. Consider becoming an active participant in the Global Healing Response (GHR). Let us focus on sending love, peace and healing energies to these people and places that are close to us and those that are far away. Let them all have a place in our hearts and let us all celebrate the wonder and magic that is the labyrinth.

May we all receive blessings on the Path,

Lauren



Women's Dream Quest: Dreaming the New Hope of Spring, February 2005, Grace Cathedral, San Francisco. Photo (c) Cindy A. Pavlinac [www.sacred-land-photography.com](http://www.sacred-land-photography.com)

# Labyrinths: Pathways of Celebration

Labyrinths have long been pathways of celebration – inward and outward, sacred and secular, planned and spontaneous. For each time we pause and turn towards the labyrinth in thanksgiving at the conclusion of our walk, we are acknowledging and celebrating the experience. From this, the simplest of gestures, all the way to the most carefully designed and elaborate of wedding ceremonies, the labyrinth calls us to celebrate. Perhaps because it is a clear space, perhaps because it is a container, perhaps because it is a vortex, or perhaps because its energies both radiate outward and draw us in, the labyrinth is a perfect place for rituals, festivals and celebrations of all kinds.



**We can let our hearts and our imaginations guide us as we create endless new ways to allow the labyrinth to welcome us in all of our celebrations.**

Over the years, I have observed thousands of people as they have stepped off the labyrinth. They do not look or move the same way that they did when they walked in. Something has changed, however subtle, and they know it. It is this often inexplicable transformation that is acknowledged and celebrated in the turning, the briefest of prayers, the most private of ways, that moment of witness. Nothing more needs

to be said or done. It is an inward celebration.

Public labyrinth walks offer wonderful opportunities for outward celebration. From the beginning Lauren Artress taught me that labyrinths need to be blessed. Ceremonies of all kinds honoring the changing seasons, solstices and equinoxes, Thanksgiving, New Year's Eve and religious holidays from all spiritual traditions can be designed on and around the labyrinth as a blessing before walking. My book *The Way of the Labyrinth* (Penguin Compass 2000) contains many examples of such blessing ceremonies.

Labyrinths are also ideal places for private celebrations such as rites of passage, birthdays, baptisms or naming rituals, memorial services, divorce observances and, of course, weddings. In each of these the simple three-part experience of a labyrinth walk forms the basic structure for the ceremony. Guests are either invited to form a circle around the labyrinth to witness those who are being honored or they can participate by walking the labyrinth as well.

For the weddings, I invite the couple to begin their walk sepa-



*Helen Curry  
Photo by Marty Cain.*

rately, to meet in the center to exchange their vows and to walk out together. There is something so magical about setting this familiar ceremony in the round that I actually guarantee "not a dry eye in the house."

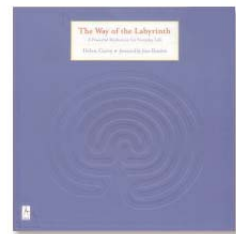
Many religions have ceremonies that lend themselves wonderfully to labyrinth walks. I have facilitated a Holy Communion walk with a table holding the bread and wine in the center. In this case, the labyrinth served to further illustrate and deepen the transformation which that service at the heart of Christianity symbolizes.

For a surprise 40th birthday party a man asked me to design a temporary labyrinth for his wife. Friends and neighbors gathered to help me create a 7-circuit

out of garden stakes and masses of multi-colored ribbons. She was invited to walk it alone and to crown herself with an elaborate flowered headpiece that we placed on an altar in the center to honor her journey so far and to claim her power for the journey ahead. It was an exuberant labyrinth festival.

Those of us who are designing and performing these ceremonies are really charting new territory and can rejoice in our freedom to do so. There are no rules or traditions that need to be followed. We can let our hearts and our imaginations guide us as we create endless new ways to allow the labyrinth to welcome us in all of our celebrations.

*Helen Curry [hpcurry@earthlink.net](mailto:hpcurry@earthlink.net)  
<http://www.CTlabyrinth.org>  
Founding President of the global  
Labyrinth Society 1998-2004*



*The Way of the Labyrinth  
by Helen Curry.*



*Wedding scene in Connecticut. Photo by Helen Curry.*

# Veriditas Facilitators

## The Labyrinth: A Celebration of Life...

Out of the many responses from facilitators to share ways they are using the labyrinth to celebrate, the one regret is that there is never enough room to acknowledge them all. We hope you enjoy the selection that follows.

### **Celebrating Family**

by David Bentley, Friday Harbor, WA

Thirteen family members got together for the first time in years. They were asked to bring along a small object that represented their individual lives. At the event, each member shared the object and what it represented; the farmer brought tomatoes, the weaver brought yarn, etc. Thirteen small platforms were placed around the labyrinth and after explanations, each placed their symbols on one of the platforms. They were instructed to walk, and to notice each object along the way and think of the person it represented. Using the labyrinth to reacquaint themselves with each other, they hugged, played tag...they laughed, they cried and in the center they reunited as family.

### **Labyrinth Wedding**

by Eve Hogan, Maui, HI

The bride and groom walk in separately as a time for contemplating their lives and letting go of the past. Eve joins the couple in the center – the heart of the labyrinth – as they share their vows. Family and friends walk straight in from the edges to surround the center and the couple with their love and support... and walk off again when the ceremony is complete. The bride and groom walk out arm in arm following the labyrinth path or forging their own path together... emerging as a couple.

### **Rites of Passage**

by Carol Jones, Peace Labyrinth & Gardens and Cathy Koch, St. Charles Episcopal Church, St. Charles, IL

Carol Jones performs a Coming of Age Ceremony. A young girl on her 13th birthday is led to the entrance of the labyrinth by her mother and father, symbolic of their having prepared the way for her. The young woman then walks the labyrinth alone, signifying the path of her own life. Of course she is accompanied by her spiritual family and by Spirit, as no one walks alone. As she walks, family and friends gather around the edge until she reaches the center. One at a time, they offer blessings and wishes as she walks back out.

Cathy Koch performs a "wisdom shower" for brides-to-be. Friends and family write down words of wisdom regarding marriage and life and share these with the bride-to-be at the beginning. Each person reads their wisdom to the bride. After the readings the women walk into the labyrinth. The bride's mother and the bride come last. When the two women reach the center, the other women circle around them and bless the bride, her fiancé and her marriage. The bride leads the procession out of the labyrinth followed by her mother and then family and friends. All the pages are placed in a beautiful journal for the young bride to keep.

### **Women of the World**

by Linda Mikell, Unitarian Universalist Fellowship, Stony Brook, NY and Diane Rudebock, University of Central Oklahoma

Linda Mikell, as part of the international "Gather The Women" celebration, has participants write on different colored stars the names of women who are admired and then attach them to a golden cord. Half the group holds the cord and walks the labyrinth together while the other half sing to them.

Once in the center each person picks a stone from a glass bowl, which is later decorated with the word "hope." This is symbolic of Martin Luther King's quote: "We shall hew out of a mountain of despair a stone of hope." Each person keeps their stone as a reminder of this intergenerational celebration.

Diane Rudebock celebrates International Women's Day by hosting a "Work of Women" event on campus. Walkers focus on the women in their lives who have walked before them. In the center they stop to reflect on the women whose support they have had in their lives; exiting, they reflect on the question "what will I do to make the path a better place for the women of the world?" Moving stories of their reflections include childhood memories of grandmothers and aunts. This helps them understand the impact that women

have had on their lives and brings a commitment to reconnect with them.

### **Summer Solstice**

by Paula Hills, Labyrinth House, Portland, Oregon

The ceremony opens with a calling of the four cardinal point directions by blowing a conch shell followed by a Sufi inspired dance performed by the whole group. Drums beat and the didgeridoo plays as the group dances a spiral into the center and out again. After this "warming" the group begins the formal walk which is followed by the igniting of a "wicker man" that everyone has tied papers to containing the written words of those things they were ready to release from their lives.

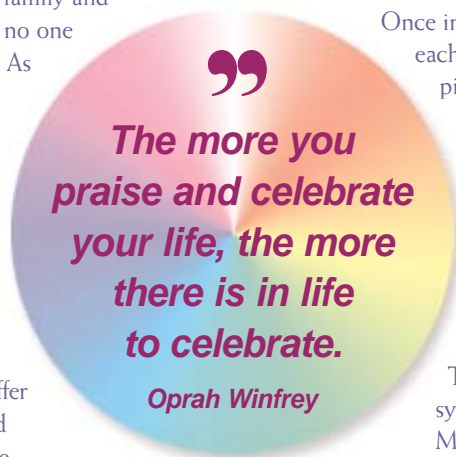
### **More Celebrations...**

Sandra Sarr from Washington teaches a class called "Healing Writing Circle" to help people celebrate their life stories. They combine the power of walking the labyrinth with writing as a tool to access inner wisdom and express it in written word.

Etienne Diedericks, of South Africa, and friend built a chakra labyrinth to "walk" with their horses in a riding rink.

Maia Scott retired her faithful guide dog Selma by walking into the center of the labyrinth, guided by her canine companion, and there in the center releasing Selma from her role as guide to begin her new life. The message was clear that it was Maia who, this time, was guiding Selma into a safe place as Selma had done for her so many times.

Jana Batey  
jana@pathworkz.com  
<http://www.pathworkz.com>



# Little Miracles on the Path

While scanning through the many stories sent to me for "Little Miracles on the Path," I found two that remind us of the rich ways our labyrinths can be used in celebratory rituals. These ceremonies and rituals make our walks more meaningful. The first story tells of a ritual which celebrates the birth of a "crone"... but the twist is that this crone has another lesson to learn. The second story tells of lighthearted joy in an opening ceremony for a new labyrinth that I hope puts a twinkle in your eye.

Blessings,  
*Linda Mikell*

## A Crone Learns

Last March I celebrated my 60th birthday and invited a group of women friends to join me in a croning ceremony on a beautiful stone labyrinth in Tucson at St Michael's and All Angels Church. I had prepared a ritual with a birthing theme. My friends formed two rows, creating a birthing channel and gently pushed me, with my eyes closed, down this channel into the center of the labyrinth where they baptized me, as a new crone. I had chosen the crone name of Sophia, representing the Goddess of Wisdom, the feminine voice so often missing from our view of the Divine, because as an elder that is what I am seeking.

After the ceremony there was time for all of us to walk the labyrinth. As I watched from the shade of the ramada, I was distressed to see some of my friends walking the lines rather than the path and others dancing into the center from any place on the labyrinth. I had done a labyrinth presentation to this group of

women, several weeks earlier, but this was their first opportunity to walk it. I was feeling distressed and responsible for them not 'getting it' and had to suppress a strong urge to run into the labyrinth and show them the 'right' way. I finally surrendered and allowed them to have their walk in their own way.

Once I had calmed my mind and allowed them to be, I entered the



*Autumn Equinox Labyrinth of Balance, Labyrinths of Spirit and Grace Exhibit by Cindy A. Pavlinac, Sausalito Presbyterian Church, CA, September 2005. Photo (c) Cindy A. Pavlinac, www.sacred-land-photography.com*

labyrinth for my own walk. About half way back out on my return path, suddenly a gust of wind came along and blew off my sun hat which, in 90 degree Tucson weather, is much needed for the long slow walk. I took a quick look to see which circuit I was walking and in which direction I was going and then ran over to retrieve my hat. By the time I returned I had no idea where I had been nor in which direction I had been walking. I was reminded of Lauren's teaching that indeed one can get lost in the labyrinth. Not knowing whether I was headed out or back into the center, for the second time that morning I had to surrender and trust that the labyrinth would lead me exactly where I needed to go. When we shared our experiences

after the walk, to my amazement everyone had had a profound experience and received just the guidance they needed. I could only conclude that the Goddess loves chaos and indeed had been present at the croning to teach us all, especially me, the control freak, a much needed lesson or two!

*Shari Ezyk  
Toronto, Canada*

Grace Cathedral was our connection across the miles. My husband, who is a comedian, picked a card also and got "Humour!" This all added to the heightened excitement.

When we had finished our walk, we gathered to share some food and drink. We popped a bottle of fizzy... the cork flew to the top of the community centre where we were. It flew up very high and landed right in the centre of the canvas!! Bull's eye! I took it that our labyrinth was well and truly blessed.

*Valerie Whitworth  
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## Featured Veriditas Facilitator

When I think of the labyrinth and its place in my work, I celebrate it as a gathering place for the different streams that I bring to the world. This is how I describe my work, *Circleway: The way of the circle is the way of the soul. My psychotherapy practice, dream quests, pilgrimages and music each reflect ways of coming home to what is awake and aligned in each of us. In the circle we have the opportunity to see each other clearly and simply. Living in the circle we communicate from the heart. Held by the circle, we reach high into the transcendent realms of sky spirit and deep into the rich immanent realms of earth spirit. Connected, we remember our purpose and gifts.*

I came to working with the labyrinth and then to Veriditas in the middle of my career. I had already practiced transpersonal psychotherapy for 10 years when Lauren began meeting with a group of us to bring the labyrinth into Grace Cathedral. My work had always been concerned with the mind/body/spirit connection. I studied Tai Chi and Yoga. I meditated. I had explored a variety of spiritual paths, always loving the mystical paths of heart that spoke for an integration of the imminent and transcendent ways. I had begun forming my workshops on

women's spirituality entitled *Awakening to the Heart of the Feminine*. My work involved movement, psychodrama, guided meditation and rituals. I had also begun leading the Women's Dream Quest at Grace Cathedral where I was able to bring these therapeutic gifts as well as my flute and guitar music to the fore. In 1990, I had begun my pilgrimage life, beginning to realize the power of the ancient sacred sites to nurture and inspire spiritual life.

It was in this fertile ground that the labyrinth took root in my life. At last there was a container, a context, a meeting ground, a practice for my work. My intuition told me that we were working with an archetype that exemplifies the way of the soul. It gives us an opportunity to leave the critical, divisive mind behind for an experience of inner communion simultaneously with an experience of outer community. How important this is for each of us individually and how important this is for us collectively at this moment of crisis in our nation and in our world.

I was drawn to use the labyrinth as a way of problem solving, integrating insights, praying for revelation, and opening to vision. I routinely send my clients to the



Judith Tripp

labyrinth at Grace Cathedral to continue the process of therapy and to make the work of our sessions their own.

I am convinced that the healing of our overextended, consumerist, stressed out culture, is a return to

a consciousness that admits the presence, power and beauty of the spiritual world. This must be experienced through the inner pathways. The labyrinth comes to us as a portal into those inner realms. It is just what we need.

And so, as I write in this issue about using the labyrinth for celebration, I celebrate the advent of the labyrinth in my life for the way it joins the threads of creativity, spiritual exploration, community and the spiritual heritage of Chartres Cathedral with the utter beauty of its form.

Judith Tripp  
[judith@circleway.com](mailto:judith@circleway.com)  
<http://www.circleway.com>

## Winter Solstice Celebration

A group of Unitarian Universalist people in Corvallis wanted to use the labyrinth to celebrate the Winter Solstice, and devised a lovely ritual. The canvas labyrinth was laid out in their Fellowship Hall, using no lights in the room, only the community candle lighted and on a pedestal in the center of the labyrinth. We placed chairs and cushions around the labyrinth in a circle for seating both before and after the labyrinth walk. All the participants and facilitators met in an adjacent room for an orientation to the labyrinth, a description of the ritual and the setting of intention. Participants removed their shoes. After the orientation, everything takes place in silence.

We filed one by one through a fabric-draped entrance into the hall and found a seat or a cushion around the labyrinth, the room very dark with only the Community candle in the center. We sat in meditation together around the labyrinth for about 15 minutes, and then people came as

they were ready to the entrance, where I was sitting. Flanking the entrance to the labyrinth were decorated tables with votives for the participants, each in its own holder (to protect against drips and for comfort in carrying). Each walker was given the votive which they carried with them onto the labyrinth. From the Community candle in the center, they each lit their votive and carried the flame with them as they threaded their way back through the labyrinth in the growing light, little by little, wick by wick. The circle of light began to take shape as the walkers finished and returned to their place in the perimeter. We meditated together for a time, with the flickering votives illuminating a circle of faces, from darkness to light, from individuals to a community.

After the meditation, we filed out single file into the adjacent room, where we de-briefed and then had refreshments and social time. The silence was as powerful as any music.

Andy Teylnor Andrews  
[hobbit@proaxis.com](mailto:hobbit@proaxis.com)



Cub Scouts and CYO teens celebrating their new labyrinth in Huntington, IN. Photo (c) by John Ridder <http://www.labyrinths.org>

## Melissa Kae (McCarty) Postnikoff: A Memoriam

Melissa was born on March 26, 1961 and passed from this life on October 7, 2005.

Melissa's Veriditas activities include Facilitator Training in 2001, Facilitator of the program in Chartres, France in 2004 and Coordinator of Regional Representatives for the past few years. She joined the Veriditas Board in the spring of 2004. She has been a dedicated and conscientious volunteer and has contributed enormously to Veriditas. We will miss her.

Melissa was born in Benton, Illinois and after graduating from Benton High School in 1979 married her husband Joseph on June 6, 1981. She graduated from Graceland College with a Bachelor of Arts in Music Performance in May 1983. Melissa earned Master of Music degrees from Texas Tech University in May 1985 and 1986. She earned a Master of Arts in Fine Arts Administration from Texas Tech University in August 1990.

Melissa was actively involved in the Community of Christ church and was Co-Pastor of the Burselson, Texas Congregation.

She is survived by her husband, Joseph F. Postnikoff, her daughter, Magdalyn Joy (Maggie) Postnikoff, her mother Georgene McCarty, her father Gerald McCarty, her "Nana" Linda Webster and a host of family and friends.

All who knew Melissa have good memories to share, and sharing will keep her alive in our hearts forever. A memorial service celebrating her life was held at the Community of Christ congregation in Grand Prairie, Texas on Thursday, October 13, 2005. The family suggests memorial contributions to Veriditas, 1009 General Kennedy Avenue, 1st Floor, The Presidio, San Francisco, CA 94129 and the Bruce Wood Dance Company, P.O. Box 11365, Fort Worth, TX 76110.

### Words from a friend...

Melissa was one of the best human beings this big world has ever seen. We met at a labyrinth meeting a few years ago and instantly formed a strong bond of friendship. I have to be honest. I had no idea that she composed beautiful music or led a dance troop. I didn't know about her leadership at church and I didn't



”  
**Melissa was one of the best human beings this big world has ever seen.**

*Ellen Meuch*

even know about her daughter, Maggie, and her husband, Joe. But, I did know, by the sparkle in her eyes that she would be a great friend. And I choose the word great very carefully.

Melissa found so much joy in her life – especially from her family! Then she gave it back to us. I hardly remember her not having a smile on her face. Even when I was in the midst of a problem, she smiled at me with a wisdom that said, "I'm here for you and I know you will figure this out."

The thing is, I think she already had figured out a solution and she just let me talk and talk until I got there, too. That's a good friend.

When we were in Santa Fe, New Mexico for a labyrinth meeting we had so much fun together shopping and she introduced me to her favorite spa. There was a time that we drove in silence for a few minutes. Melissa reached over, heartily patted my leg and said, "My friend." When I am missing her, I trust that she is still near me and can whisper, "My friend."

I don't remember her saying anything bad about anyone. And, I don't remember her ever saying she couldn't do something. What a wonderful way to live. Because of these attitudes she accomplished SO much in her shortened life and was surrounded by many friends.

We had made plans to go to Chartres next September. I have cried a lot since she died. Melissa and I had a lot of work we wanted to do in the world together. I am hoping we can still do it. Her job descriptions have just changed.

With great peace and healing,  
*Ellen Meuch, meuch@msn.com*

## Alaska Labyrinth Cruise with Lauren Artress July 2 - 9th, 2006

*The Beauty of Creation, the Beauty of the Soul*



Sail with us on a magical seven-day cruise from Vancouver, BC through the Alaskan wilderness in the Inside Passage, stopping at the historic ports of Ketchikan, Juneau and Sitka along the way. Our trip includes airfare from San Francisco to Vancouver, airport to dock transfers, a one night stay in Vancouver, the all-inclusive luxury cruise, social events with Lauren and your fellow participants, and programs integrating our Alaskan journey with the journey of the labyrinth.

The grandeur and magnificence of the Inside Passage will stir us deeply. We will use the labyrinth as a practice throughout the week to explore the relationship

of outward beauty with the inner world of the soul. This meditative week can provide a time of reflection. How does the beauty of creation that we are seeing affect our spirit? And how can we continue to be sustained by it when we go home? What concerns do we have about our lives as we are living them? We will be nourished by poems, teaching stories and discussion and experience together a life-changing week.

A small deposit due by January 1st 2006 holds your place. For more information, go to <http://www.seamastercruises.com/rhermanson/>, or contact Ron Hermanson at [rhermanson@seamastercruises.com](mailto:rhermanson@seamastercruises.com)

# Global Healing Response: An Update

Saturday, October 15, was a day for healing in our world. People all over the globe walked labyrinths to create a unified power of healing for those affected by the Gulf Coast storms, the earthquakes of Pakistan and Afghanistan, the floods of Central Europe, and the mudslides of South America.

Some of these walks occurred on other days. Some were indoors and others outdoors. Attendance ranged from one to sixty. Many of us held the prayers of survivors from the Gulf Coast that Winnie Darphin Bacque collected for us.



**There is such powerful energy when people come together for goodness – even when separated.**

**Beverly Marriner  
Bethlehem, PA**

The diversity of the events is something to celebrate! There is no better way to capture the spirit of the GHR than by sharing the words of those who participated.

*Before October 15th we received these words of support, intention and involvement:*

St George's Cathedral has a long history of speaking for the voiceless and we endeavour to be a place of hope and healing. We are acutely aware of the vulnerability of the people and the land and will join you in this event.

*Rev. Vivien Harber  
Cape Town, South Africa*

I will participate by drawing a temporary labyrinth in Angola!!! As far as I know it might be the first labyrinth in Angola (Africa). I will be on a 4x4 trip with women

only and we will all walk the labyrinth.

*Terry De Vries Nel, Angola, Africa*

I decided to make a beach labyrinth last Saturday. Without knowing this, it was the day of the South Asian earthquakes. Four friends made a Chartres labyrinth at the beach of Domburg, and prayed for the healing of all those involved in the recent disasters.

*Selma Sevenhuijsen, The Netherlands  
<http://www.waterlabyrinths.com>*

*After the 15th we received these insights and experiences:*

I realized that I had been walking in both sun and shadow and that both were very much a part of this particular walk as I prayed for those whom I did not know but whose story has so touched me. So I embraced both realities of sun and shadow and offered them both back to the labyrinth.

*Ruth Krall, Indiana*

Global pain is so overwhelming it feels good to take "small steps" to work for intentional change.

*Janelle Hooper, Wheaton, Illinois*

A Great Horned Owl was hung up in a barbed wire fence on my property. We rescued him and took him to a Birds-of-Prey rehab center. Two weeks later he was released. As we walked the night of the 15th, the Owl landed on the telephone pole beside the labyrinth and hooted until we were done. To add owl medicine to our walk made it so powerful.

*Nancy Franz, Wheat Ridge, Colorado*

In the center of the labyrinth I placed a large Tibetan singing bowl full of water and asked each walker to blow their prayers and well-wishes into the water. I watched as many walkers spent considerable time and great love doing just that. It was the most beautiful experience, both the walk and the release.

*Paula Hills, Portland, Oregon*

My friend, Mike Burnett and I

had about twenty people walking his laby. All felt that although we are far away from some of the world's troubled spots (some are on our doorstep!), at least we could contribute by increasing the 'Healing Energy.'

*Etienne Diedericks  
Magaliesburg, South Africa*

Now we are ready to build on the GHR foundation. We will develop a database of participants that will be accessible to organizations that can benefit from the use of the labyrinth during a disaster. We are committed to cooperating with other organizations such as the Water Labyrinth Project and the Labyrinth Society with the hope that together we can strengthen each other's programs.

There is a lot of work to do – create a website, integrate data, contact organizations and maintain

communication amongst the labyrinth facilitators. As the creator of the GHR, I am appreciative of the help and support of Veriditas, members of the facilitator network, and especially Winnie Darphin Bacque. Winnie is an invaluable source of information and ideas. She did so much to make the October 15th GHR meaningful for her fellow survivors in the Gulf Coast and all those suffering around the world. Please feel free to contact me if you would also like to offer ongoing help in some way.

Thank you, again, for your support, thoughts and energy that created the first organized Global Healing Response labyrinth walk. Never underestimate the power of healing energy!

*Ellen Bintz Meuch,  
GHR Coordinator, meuch@msn.com*



*Some of the Global Healing Response locations around the world are pictured here. Top: The Netherlands, Selma Sevenhuijsen; Middle left: British Columbia, Nadina Schaddellee; Middle right: South Africa, Etienne Diedericks; Bottom: Texas (USA), Kathy Norrod*

## 2006 Programs and Events

- 1/6-1/7 *Women's Dream Quest, Portland, OR*  
Trinity Episcopal Church, contact Gyllian Davies 503-331-1922
- 2/3-2/6 *Pilgrimage Retreat with Facilitator Training*  
Grace Cathedral, San Francisco, CA  
Registration information at <http://www.veriditas.net/programs/grace.html>
- 3/10-3/11 *Women's Dream Quest, Spokane, WA*  
St. John's Cathedral, contact Karen Robbins 509-455-6795
- 3/16-3/21 *Seattle, WA Cluster Event*  
Qualifying Workshop and Facilitator Training  
Contact: Chris Morton 206-277-3763
- 4/14-4/16 *New Orleans, LA*  
Details to be announced.
- 5/25-5/30 *Delray Beach, FL Cluster Event*  
Qualifying Workshop and Facilitator Training  
Contact Vaneta Lorraine 561-496-4130, [duncancenter@adelphia.net](mailto:duncancenter@adelphia.net),  
<http://www.duncancenter.org>
- 6/2-6/4 *New England Labyrinth Guild Fifth Anniversary Festival*  
Contact Beth Mace, [bmace@aew.com](mailto:bmace@aew.com)
- 7/2-7/9 *Alaska Labyrinth Cruise with Lauren Artress*  
Contact: Ron Hermanson at [rhermanson@seamastercruises.com](mailto:rhermanson@seamastercruises.com)  
or <http://www.seamastercruises.com/rhermanson/>
- 8/6-8/13 *Golden Door Labyrinth Week*  
Escondido, CA Information at <http://www.goldendoor.com>
- 9/18-9/23 *Walking a Sacred Path Chartres Cathedral, France*  
Cycle 1: Faculty, John O'Donohue, author of "Anam Cara, a Book of Celtic Wisdom." Topic to be announced.
- 9/25-9/30 *Walking a Sacred Path and Facilitator Training*  
Chartres Cathedral, France  
Cycle 2: Faculty, Lauren Artress. Topic to be announced.
- 10/13-10/16 *Santa Fe, NM Cluster Event*  
Qualifying Workshop and Facilitator Training  
Contact Marge McCarthy <http://www.walkingtogether.net>
- 10/20-10/24 *Edmonton, Alberta, Canada Cluster Event*  
Qualifying Workshop and Facilitator Training  
Contact Lynell Prediger, <http://www.providence.ab.ca>
- 10/27-10/28 *Women's Dream Quest, San Francisco, CA*  
Dreaming the Circle of Wisdom, contact Veriditas 415-561-2921
- 11/2-11/5 *Labyrinth Society Annual Gathering*  
Information: <http://www.labyrinthociety.org> or David Gallagher at [TLSinformation@aol.com](mailto:TLSinformation@aol.com)
- 11/10-11/14 *Pilgrimage Retreat with Facilitator Training*  
Grace Cathedral, San Francisco, CA  
Registration information at <http://www.veriditas.net/programs/grace.html>

## Veriditas Canvas labyrinths

### Classic 11-Circuit 36-foot Chartres Canvas Labyrinth

Flexible, durable and portable, made of high grade, heavy weight canvas, and proven to last, this labyrinth can be folded and put into the trunk of a car, and if placed into two duffel bags, may be checked-in as flight baggage and flown anywhere. Lauren Artress' original canvas labyrinth has flown at least 300,000 miles, and the path walked by nearly 500,000 people! This labyrinth is painted with durable interior latex paint on the blank dodecagon-shaped natural canvas. It is made of three sections attached by Velcro, yet appears seamless. It can be set up for walking within 15 minutes. This labyrinth is usually painted a deep rich purple, but may be special ordered in green or blue. Many groups have found this to be the perfect way to introduce the labyrinth into their community, which is often the first step in establishing a permanent labyrinth in their area. Standard labyrinth diameter: 36 feet; Path width: 1 foot; Sections: 3; Weight: 104 pounds; Standard Color: Purple; Cost: \$3,300 outside the state of California, \$3,850 within the state of California; Cost includes UPS shipping, and 8.5% California sales tax, if applicable, within the continental USA. Additional cost for International shipping, and to Alaska or Hawaii. Production Time: 4 - 7 weeks.

### Modified Medieval 7-Circuit 24-foot Chartres-like Canvas Labyrinth

This labyrinth has a pattern painted on a 24-foot octagonal one-piece canvas. It has all the elements of the 11-Circuit Chartres canvas labyrinth, and is formulated according to the principles of Sacred Geometry. Having 7 circuits allows for a walking path of approximately the same width, one foot, as the 11-Circuit 36-foot Chartres canvas labyrinth, but is contained on a 24-foot diameter canvas, thus permitting its use within smaller spaces. This smaller pattern retains the full six-petal rosette center, and entrance/exit similar to the 11-Circuit pattern. It has six labryses that form the cross, as do the ten labryses in the 11-circuit pattern. Within the pattern is also the ancient spiral as in the 11-circuit labyrinth, and 77 lunations surround the circumference. This labyrinth would be ideal for working with children and the elderly, as the walk is shorter, yet allows the same benefit as the longer walk. Standard labyrinth diameter: 24 feet; Path width: 1 foot; Sections: 1 piece; Weight: 48 pounds; Standard color: Purple (green and blue by special order) Cost: \$2,600 outside the state of California, \$2,825 within the state of California; Cost includes UPS shipping and 8.5% California sales tax, if applicable, within the continental USA. Additional cost for International shipping, and to Alaska or Hawaii. Production Time: 4- 6 weeks.

Veriditas has placed portable canvas labyrinths in hospitals, schools, hospices, prisons, churches, cemeteries, libraries, retreat centers, spas, and private homes. To order call, fax or email:  
Voice: 415-561-2921 Fax: 415-561-2922  
email: [contact@veriditas.net](mailto:contact@veriditas.net)