



The Spirit of Veriditas

Voices From the Labyrinth

Spring - Summer 2011

A Veriditas Publication: Voice of the Labyrinth Movement

The Latest Veriditas News.... by Dawn Matheny

This May in Chartres was outstanding! While our programs were small, they were mighty! Here's just a glimpse into Cycle One of Walking a Sacred Path, which has come to be known as "The Builders" week. All who participated had an extraordinary experience building a labyrinth in the lower garden at the Maison St. Yves where all our Chartres programs are held. Under the expert leadership of Labyrinth Historian and Builder, Jeff Saward, "the Builders" moved 12 (French) tons of recycled cobblestones from a back courtyard down a floor to the enclosed garden. It was sorted into size piles and we learned how to draw the Chartres-style pattern on the grass. We then placed the rocks on the pattern, and dug the stones in. It was as though we were each building our inner labyrinth that just happened to have an outer result. We finished putting the last stone in its place to the minute a dedication walk was scheduled. The Mystical Christianity group (meeting simultaneously) held the space with music and chanting as the Builders walked the first walk. It is our hope this labyrinth serves the residents of the Maison St. Yves for many years to come.

Working with Marjorie Helms of Karish Marketing Group, we've launched a "Share the Labyrinth Experience" Campaign with a goal of reaching 6 new cities in 2011. We did outreach to our facilitator community

to see if they were interested in bringing a "qualifying" workshop and Facilitator Training to their area. Watch for these new events, led by our Masters Teachers, to come to your area soon. Contact Marjorie at marjorie.helms@comcast.net to explore setting something up in your part of the world.

Veriditas has moved – but no change of address and our phone remains the same. We now have a more compacted version of our office in an adjacent building, with access to a new meeting room space, the Skylight Room here at the Earthrise Retreat Center, a part of



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

Asbo) "The Path Not Taken (our Urban Pilgrimage) and Facilitator Training at Grace Cathedral in San Francisco.



Photo Credit: Anne Bull

Consider coming to Chartres with us this fall for "Opening the Divine Imagination". As we've mentioned, the grand labyrinth in Chartres Cathedral will be affected by cathedral construction in the years ahead, but no date has been set. We will let the Veriditas community know when more details are available. For now, the labyrinth walk in Chartres remains the pinnacle of our time in Chartres.

the Institute of Noetic Sciences in the Sonoma/Marin hills.

Lauren really is on a sabbatical for the 12 weeks of summer, taking a well deserved step back from the business of Veriditas. We look forward to having her back August 26 to lead (along with our Master Teacher Apprentice, Kayleen

Don't forget our big on-line Auction is coming up in October. It's not too early to list your donation! Email our Auction Donation Coordinator for more information: Phyllis Carlisle at pscarlisle@austin.rr.com.

Many blessings to all of you,

Dawn

Welcome to The Caregiver Issue

by Robin Bradley Hansel

The theme for this issue was inspired by Linda Mikell's personal story which is shared so beautifully below in *Little Miracles*. From this starting point, our Journal Team began brainstorming ideas about how those of us who work with labyrinths can better share this healing tool with others.

Many of us have been trained in traditional Caregiving professions like healthcare, counseling, ministry, and therapy. We know first-hand how these rewarding professions often bring with

them a very high degree of burnout. We sometimes give so much attention to our clients, families and friends that we may

stories and be inspired to take time for your own personal growth and healing. Our final issue of 2011 will have a

shared theme of "Photography, Technology and Research." Email us your exciting ideas for articles today.

"This special issue is dedicated to you, The Caregiver. May you each feel renewed by the community of these stories and be inspired to take time for your own personal growth and healing"

forget to take care of ourselves. (Perhaps, like me, that very level of "Caregiver's Burnout" was precisely what led you to the quiet center of the labyrinth).

This special issue is dedicated to you, The Caregiver. May you each feel renewed by the community of these

Peace for your Path,
Robin

Robin Bradley Hansel, Editor
journal@veriditas.org

Little Miracles on the Path

by Linda Mikell

The "Little Miracles" story with a caregiver theme that I would like to share with you in this journal is actually my own story. Some of you may know that four years ago my 93 year old mother came up from Florida to live with my husband, Ed, and me. There certainly were adjustments, but mom is a positive person with a very likeable personality. As anyone knows, who has been in the caregiver role, things change, sometimes gradually, sometimes in an instant. Being prepared for the changes and proactive about them is important.

Turnings

I was talking with a new couple I had just met at my Unitarian Universalist Fellowship and they were telling me that they were caring for the man's mother long distance, and that a particular book had helped them tremendously. It prepared them for the changes, and the next steps to take. I immediately wrote down the title and bought the book. The book was Gail Sheehy's *Passages in Caregiving*. When I looked at the book there was a surprise and there was the miracle. On the cover I noticed the faint pattern of a familiar design. Could it be?? Was it a Chartres labyrinth? Yes, there it was, our beloved symbol. But why? Certainly the couple who recommended the book to me had no idea how involved I was with labyrinth work.

Needless to say I devoured the book. Sheehy had a labyrinth experience that she was able to compare to caregiving. Ms. Sheehy writes "Most of us will go through what I call "turnings" – significant changes in the condition of our loved one that demand new coping strategies. Each new turning requires a shift in attitude, different tools, and more help. We caregivers also have our own turnings, bombarded by conflicting emotions that force us to question our motives and reshape our attitudes. We have so much to learn, not only how to become fearless advocates for our loved one but also how to take care of ourselves at the same time."

Sheehy's recommendations have supported me through many changes

with mom. And the labyrinth continues to support my spirit and help make me strong to face the changes.

With love and gratitude,
Linda Mikell

Linda Mikell has been a Veriditas facilitator since 2003 and she serves on the Veriditas Council. Linda leads a weekly labyrinth walk every Thursday at 1:30pm in the sanctuary of her Unitarian Universalist Fellowship in Stony Brook, NY and also a monthly evening walk the second Tuesday of the month. Linda 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.

Veriditas Assists Gail Sheehy with a Caregiving Labyrinth Walk

by Christine Katzenmeyer

As the bestselling author of sixteen books, Gail Sheehy has rocked the culture and changed the way millions of women and men around the world look at the stages of their lives. In 2010, she took on a most challenging and personal issue on her latest book: Passages in Caregiving: Turning Chaos into Confidence.

lady had to wheel her own wheelchair up the giant hill.

The walk was Gail's way of introducing the labyrinth as a metaphor for what it is like to be a caregiver. She shares on her website that the labyrinth is inspirational to caregivers. There are surprises around every turn. She shares that there is only one true path that leads to the center and we never know what exactly we will find, just like a caregiver does with his/her loved one. The goal of caregiving, just like the labyrinth, is to not find answers but to be present to the journey. To accept that the caregiving of a loved one is the journey and that there is always a coming back journey as well... the journey back to life as one's own.



Photo of Mary Jo, Gail, and Christine. Photographer Unknown

This year, Gail was the keynote speaker of the Aging in America Conference in San Francisco. The conference was sponsored by the National Council on Aging and the American Society on Aging. Gail brought 55 conference participants to the Grace Cathedral Labyrinth and was assisted by myself and Mary Jo Saavedra, another Veriditas board member.

On a beautiful warm April day, the group arrived by bus, foot, wheelchair, and car. Mary Jo and I welcomed the weary urban pilgrims with a fifteen minute overview of the labyrinth while they rested. They seemed very happy to sit by the side of the labyrinth for a while as the trip from the conference hotel to Grace Cathedral had been grueling for some. The bus which had gathered them had not been able to make the hill, so many had to walk or grab a cab. One

Many people after the walk shared their stories with Mary Jo and me. One insightful woman shared that she felt that the labyrinth could "hold" her enormous grief, and she had not yet found anyone, or anything that could prior to the walk. She was very grateful that she could leave her burden in the center. Another "felt" the listening



Photo credit: Mary Jo Saavedra

that the labyrinth was able to do for her. She said the labyrinth seemed to listen to her anxiety over a daughter



Photo credit: Mary Jo Saavedra

with multiple sclerosis. Some discovered that mysterious "thing" of there being no chronological time while on the labyrinth.

For more about Gail's labyrinth metaphor for caregiving, visit <http://www.GailSheehy.com>

Christine is the Executive Director of the Consortium for Older Adults (COAW) in Denver, Colorado and a current member of the Veriditas Board of Directors. She enjoys hiking in the mountains of Colorado with her husband, Larry. Chris has accompanied Veriditas three times to Chartres and delights in the energy of the Divine Feminine she experiences while doing labyrinth work in Chartres. Chris is a gerontologist, a director of the Academy for Older Adult Wellness and a frequent speaker on the subject of older adult wellness around the US.

Elements of Self Care

by Maia Scott

The concept of “Give and Take” stands as such a universal way of things, it is easy to forget its intrinsic significance on personal wellbeing. We engage in it regularly by watering the tree to enjoy its sweet fruit, fueling the fire that keeps you cozy while reading a good book, and yes, handing over the bucks in exchange for that morning ritual in a cup.

What do we, as labyrinth facilitators, do for ourselves to balance the energy, insight, and support we offer others during workshops and walks? Often the simplest things reveal themselves as powerful providers of comfort, inspiration, release, and even relief.

moment, “One night, I was up sitting out in the back yard trying to meditate and pray. For some reason I ended up in the vegetable garden that I was preparing for planting. I had the urge to just lay down on the freshly turned soil. Feeling a bit foolish, I followed my instinct and laid with my face on the crumbly soil. My fingers felt the earth; my nose pulled in the smell of dark moisture. In that position I felt myself filling with deep peace.”

Jane’s longevity is rooted herein. “Since that time I have never forgotten that Mother Earth is there to support me. I allow myself time to be in nature and include it in my plan as I map

be released at that time.” Many other techniques provide support. “Another technique is to say “Disconnect” from a specific thing and then in your mind’s eye, see a pair of scissors cutting the air in front of you... Again for the highest good of all concerned.”

As a massage therapist, I often sink into a hot bath to clear myself after a day’s work. During the day, I wash my hands (of my clients’ issues) up to my elbows in cold water. I am a fire sign, so, bedside rock collection aside; I believe water works to balance that energy. What surrounds each of us, energetically and environmentally; and what will realign that personal synergy?

"What surrounds each of us, energetically and environmentally; and what will realign that personal synergy? In the flow of giving and receiving, it is important to respect the elements of balance within even as we help others around us"

Ellen Cowhey offers labyrinth walks for the students of the Masters School, an independent school in Dobbs Ferry, NY. “We have an outdoor labyrinth on campus.” Ellen explains, “On a few occasions, we’ve had candlelight labyrinth walks. So it’s usually a few teens and myself left at the end, and together we put out all the tea lights, perched on nests of gravel in rolled paper bags around the outside of the labyrinth, and just sort of straighten out the space.” Ellen goes on to share the comfort of closure. “Somehow, tending to it at the end is calming, and feels like we are cooling the space. Indeed extinguishing the flame offers a release of energy, while the ignition of a flame offers a means of cleansing.

Jane Wirth, long time facilitator and stress management instructor in Northern CA discovered a release beyond her usual array of healing modalities. “At one horrific point I felt crushed by things occurring in my life. At the time I was beyond stressed, almost as if my soul was being tortured.” Jane recalls her knowing

out labyrinth events. I also repeatedly check in with myself while facilitating an event to make sure I feel as if roots are growing from my feet into the earth below me. Staying *grounded*, no matter what happens, I know I can trust the labyrinth and the earth to support me.

Carol Jones, with the Peace Awareness Labyrinth and Gardens in Los Angeles CA, recommends MSIA founder and spiritual advisor, John Roger’s book called Psychic Protection. “I have found this invaluable for preparing to work with people either by teaching them how to walk the labyrinth, or in my various other ministerial capacities.” Carol shares techniques from within its pages.

“Put one’s hand on one’s forehead while asking Spirit/God (whatever you call the energy that is love) to clear any negativity or imbalance or anything one picks up from working with other people for the highest good of all concerned. Then run a finger from the forehead to the tip of the nose and back up again to release anything that can

In the flow of giving and receiving, it is important to respect the elements of balance within even as we help others around us.

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



Labyrinth designed by Maia Scott

The Dancing Woman Labyrinth: A Caregiver's Story of Survival and Hope

by Robin Bradley Hansel

Many of us are fortunate to know of the exciting labyrinth work of Lisa Gidlow Moriarty. For years, Lisa has traveled internationally sharing her enthusiasm for labyrinths while serving as the President of The Labyrinth Society and as an Advanced Certified Veriditas Labyrinth Facilitator and active Veriditas Council member. However, we may be unaware of the very special story of Lisa's experience as a loving Caregiver and cancer survivor which helped to birth a uniquely artistic path of healing which she now shares with others.

The Dancing Woman Labyrinth

was created by Lisa in memory of her mother who died of breast cancer many years after the diagnosis of cervical cancer. Lisa had her own ovarian cancer surgery in 1983 shortly after the birth of her daughter. The complete story of Lisa's Caregiver journey is found on her *Paths of Peace* website. There, Lisa shares with her readers how she and her mom "would turn and move together with awkward steps that we jokingly referred to as dancing" while transferring around her home. Later, after her mom grew much weaker, Lisa heard her softly murmur, "I just want to dance." After her mom died, a young child comforted her by sharing the belief that in heaven people "Dance with the angels".



Photo credit: Joel Koyama

Based on a 4/5 circuit Baltic Wheel design, the **Dancing Woman (DW) Labyrinth** is rich with this hopeful symbolism of joy, strength, compassion and release. "I created the DW

Labyrinth in 2000, seven years after my mom died. My mother felt fully present as I worked with the labyrinth and walked, wept and danced in the paths."



Photo credit: Lisa Gidlow Moriarty

"My first **DW Labyrinth** was a small design painted on denim. She danced out into the world on her own and has been most amazing as she touches others in deep and personal ways," Lisa explains.

Lisa continues, "I recall vividly, the **Dancing Woman Labyrinth's** first public appearance. I laid the denim out on the conference room floor without any explanation and without her story. I turned away momentarily, and when I turned back around I saw a woman lying on the floor in the labyrinth. It was a profound experience. I later learned that this friend had been diagnosed with breast cancer. This is just the first instance of cancer survivors responding spontaneously to this labyrinth. I knew then that there was something unique and meaningful about the **DW Labyrinth** for others, even without knowing her story," she explained. Lisa donates a portion of the proceeds from the rental of her **Dancing Woman**

Labyrinths to the American Cancer Society, specifically for woman's cancer research.

Lisa continues to share her dedication to Caregiving with others through this path and her numerous other labyrinth designs in hospitals, hospice and community settings. Thankfully, she also uses it to care for herself. "I personally continue to find solace in the welcoming embrace of the **Dancing Woman Labyrinth**. I wear a **Dancing Woman** ring so she is always with me, and I am often on the outdoor labyrinth sitting, lying or dancing under the moonlight when I seek comfort. I am honored and humbled that she brings such hope and joy to others. My heart is full, and I know my mother is smiling," Lisa concludes. Please visit www.pathsofpeace.com for more details.

Robin Bradley Hansel's company, <http://www.labyrinthwellness.com>, is based in South Florida. She enjoys uniting her professional training as a Certified Veriditas Labyrinth Facilitator, a Licensed Physical Therapist and a Certified Pilates Instructor with her creative spiritual pathway as a writer. As editor, Robin welcomes your exciting ideas for The Spirit of Veriditas, Voices From the Labyrinth via email at journal@veriditas.org



Photo credit:
Lisa Gidlow Moriarty

Caring for the Caretakers by Judith Tripp

When I began to reflect on this theme, the first thing that came to mind was my Reiki training some 32 years ago. I had been doing quite a bit of body work at that stage of my career and was in the unfortunate habit of taking on the sore necks and traumatized psyches of the people I was working on. The notion of Reiki flowing through my mind/body/spirit as I gave a treatment changed all of that. I no longer took responsibility for "healing" by using only my own energy. I had help. Getting that on a substantial level has helped me all through my career as a psychotherapist, workshop leader and musician. My job is to remember what I can do, how much I can do and to leave the rest. This is truly the basis for self care in my life. When I forget, I get unbalanced and need replenishment.

In order not to get to the used up level, it is important that I keep to my daily

practices. Beside Reiki, I find that meditation, labyrinth walking, praying, keeping a simple gratitude journal and making sure that I process the feelings I have doing my work and my life are all essential parts of my own self care. If a week has a lot of therapy stress in it, I make sure that it also has time to sing and move and prowl around the shops I like to visit. There is something to be said for the balance of mindful activities and fun. After leading two groups in England and France this spring- I took myself to Paris for miles of window shopping, amazing meals and just the right amount of art.

I believe we all have a need for a certain proportion of inner and outer work, creativity, relaxation and relationship. It is a powerful thing to admit to ourselves just what that proportion is in a given chapter of our lives. Being in touch through the inner arts of meditation, journaling, counseling and labyrinth

walking lets each of us know when we need to add in a little prayer or song or hot water.

Self care is an art. I know I have learned valuable lessons in it as I have learned to listen to the good mother in my psyche, when I remember that there is help all around from the spiritual realm, and when I let my beloved ones help when I need it.

Judith Tripp, MA, MFT is a transpersonal psychotherapist, musician, certified Veriditas facilitator, and leader of the Women's Dream Quest held at Grace Cathedral and other venues around the country. She has presented programs on the Sacred Feminine for Veriditas at Chartres and in California.

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On Holy Ground by Reverend Marcia Jewsbury

I was away at a conference when I received a voice message informing me of tragic accident. My heart sank. I wanted to do something to comfort the grieving, but I was far away. That evening the conference offered an opportunity to walk a labyrinth - a sacred winding path of narrow turns leading to the center and out again - where the divine and the ordinary meet on holy ground. As I walked the narrow path I found it hard to keep my balance at times and sometimes found it hard to put one foot in front of the other as I prayed for those who were grieving. I was reminded of those who were thrown off balance by grief, and struggled to put one foot in front of the other just to keep on keeping on. When I reached the center of the labyrinth it was as if those I was praying for had joined me in the

center and we were held in the presence of God. I didn't want to leave the center. I wanted to stay there in that safe, holy place. To leave would mean having to walk out into the reality of the pain and grief. One step at a time I made my way out of the labyrinth. With each step came courage to take the next step. With each step came a greater awareness of the holy ground upon which we walk.

In healthcare we walk on holy ground. We walk with people in the most vulnerable times of their lives. Sometimes the path is narrow and full of twists and turns that we don't expect. Sometimes we lose our balance and have a hard time putting one foot in front of the other - but it's a holy path - a sacred journey that takes us to the center where we meet the divine in the ordinary

people we care for each day. We need only take one step at a time. The path will lead us and God promises to be with us. Breathe with each step. Follow the path - for it is holy ground.

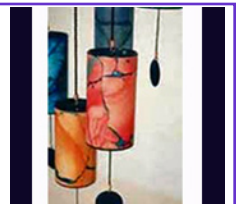
The Reverend Marcia Jewsbury is one of the most recently certified Veriditas labyrinth facilitators. She is the manager of spiritual care and of the Paintree patient center care initiatives at St. Joseph's Hospital in Kokomo, Indiana. She supervises chaplains and facilitates spiritual growth/renewal retreats for hospital staff.

(*Thanks to Anna Scott of the Veriditas New Facilitator Committee for collecting this reflection)



iSpiritual has partnered with Veriditas for the sale of labyrinth related products to facilitators and others to aid them in their work with labyrinths.

<http://ispiritual.com/veriditas-products-c-31.html?page=2&sort=2a>



A Caregiver Shares a Sacred Passage

by Robin Bradley Hansel

I first learned of Sharon Clark's work through her generous donation of the "Walking the Labyrinth of Grief" CD to the last two TLS annual fundraising auctions. Sharon designed this recording to give support, comfort and compassionate care to grieving individuals through guided meditations.



Sharon's husband, Allan Emery, was unexpectedly diagnosed with a brain tumor in 2006 and passed away just six months later. The journey of their shared grief during Allan's final months was the catalyst for "*The Grief Interlude Series: Guided Meditations to Healing*" four CD audio collection.

As a guest last summer with her son, Chris on *The Wisdom of the Labyrinth* radio show, Sharon shared with listeners how walking labyrinths has played a role in her ability to process the loss of her husband. During that interview, Sharon mentioned that she had recorded excerpts from the private journal she started while Allan was ill. In collaboration with co-creator and narrator, Marti Soler, the "*Our Sacred Passage – A Caregiver's Thoughts & Guided Meditation*" CD set was released to help address the particularly difficult Caregiving phase of a terminal illness.

Disc one of the two CD "*Our Sacred Passage*" recording includes ten narrative tracks which discuss ways for the Caregiver to prepare for his or her loved one's passage into the final phase of living. Sharon encourages Caregivers to stay as emotionally engaged and spiritually present as possible to their loved ones amidst the chaos of doctor's visits and treatments. This can be done by honoring and creating memories together. With great wisdom, Sharon encourages listeners to "wrap that honor around your busy actions and the energy you give through this new role of Caregiving. Let it shape your conversations as you weave it into the care you are giving to your loved one. Acknowledge that you feel honored to be there and to be a part of the final days here." Continuing to speak from her own personal experience of caring for Allan, Sharon encourages other Caregivers to "Say that you're honored to stand on this threshold as he begins to look across to the next phase of his solo journey."

Disc two of "*Our Sacred Passage*" offers a thirty minute guided meditation to assist the Caregiver with relaxation. The soothing music and gentle narration

offer listeners a welcome respite from the emotional and physical rigors of daily caring for a terminally ill loved one. Sharon suggests that by saying yes to kind offers of help from friends, the Caregiver may receive a much needed opportunity to take a nap or perhaps get a therapeutic massage.

Sharon hopes that this audio resource will help convey the promise "that in the midst of illness and loss, pain and suffering, there awaits a sacred and precious time of togetherness." Visit www.GriefInterlude.com for more details.

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*"Living prepares us for many things,
but it rarely prepares us for dying."*



Our Sacred Passage has been lovingly birthed based upon one caregiver's journey and grieving process. It has been created with deep compassion and a strong desire to assist others on their own grief journey. It is a gentle reminder that in the midst of illness and loss, pain and suffering, it is also a sacred and precious time of togetherness.

Our Sacred Passage



A Caregiver's Thoughts & Guided Meditation

"Are you enjoying what you have read so far? Help Veriditas' *The Spirit of Veriditas, Voices From the Labyrinth* continue to bring you labyrinth news and inspirations by donating now."



<https://www.veriditas.org/donations.php>

2011 Global Healing

Theme: Coming Together

"Coming together is a beginning. Keeping together is progress.

Working together is success."—Henry Ford

April-May-June

Focus: Compassion



QUOTE: "The whole idea of compassion is based on a keen awareness of the interdependence of all these living beings, which are all part of one another, and all involved in one another." *Thomas Merton*

COLOR: Soft blue, like a comforting blanket on a cold night (photo above taken by Warren Lynn)

PRAYER: "Compassion is not afraid to feel. It is not afraid to suffer. It is alive and beating and knows we are one---one with the Divine. Come with passion to that which calls your heart no matter how big or small.

Allow yourself to feel what you feel, and it will lead you to that authentic true nature of things that bring you peace of mind.

Let the energy behind your heart's passion move you into the action you want, need and desire. Open yourself to a world far deeper than your mind could ever know.

Walk your possibilities, and allow your potential to seek compassion in yourself so that you may serve yourself and the world in the tradition of the strong and the real. Every step you take is a healing step for yourself and others. Every step you take is a sacred step.

Walking the sacred Path of the labyrinth you heal your heart and soul. You heal the earth and all her people and creatures. It is time! Amen" —*Jo Ann Mast, Veriditas Master Teacher*

IDEAS FOR BENEFITING ORGANIZATION: American Red Cross, United Way of Western Alabama (Tuscaloosa), United Way of Central Alabama (Birmingham)

IDEAS FOR AMBIANCE AROUND THE LABYRINTH: Living plants, flowers representing new growth and hope, candles, bells or chimes to ring while walking.

MUSIC: "Quiet Heart and Spirit" by Richard Warner, "Compassion" by Peter Kater and "Gratitude" by Kim Robertson

(Special thanks to Ellen Bintz Meuch for the Global Healing Quarterly Resources)



Veriditas is getting ready to run an online auction fundraiser.

Starting on October 3, 2011, Veriditas will be auctioning off a number of fun and unique items to bid on to raise money for our organization - and the more items we have the more money we can raise, so we're asking for your help

Show your support by clicking on the "Donate Items" button to contribute to our catalog located on the Veriditas Bidding For Good webpage: <http://www.biddingforgood.com/auction/AuctionHome.action?auctionId=126806817>

2011 Global Healing

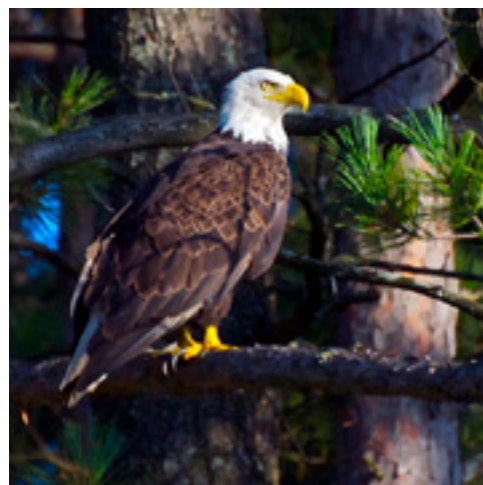
Theme: Coming Together

"Coming together is a beginning. Keeping together is progress.

Working together is success."—Henry Ford

July-August-September

Focus: Civility



QUOTE: "Be civil to all, sociable to many, familiar with few, friend to one, enemy to none" *Benjamin Franklin*

PICTURE/SYMBOL: An Eagle, reminding us of strength and courage (photo above taken by Warren Lynn)

COLOR: Orange, like the color of the sun that sheds brilliant light upon our shadowy ways

PRAYER: "On this day of brilliant possibility we invoke a wisdom that is simple enough for children and yet challenging for the wisest adult: be nice.

So let the grace that creation offers wash over my neighbors. Let my actions make way for the differences of those around me. May my way of being be a confession of what can be, but not a weapon to deny the hope of others. In this space, in this time may actions of holy civility be the path upon which we dance.

Share a breath with an other. Affirm someone else's right to not agree with you. Choose to be kind. Offer embrace to a stranger. Hold the door open as someone else passes by. Step aside so that the other may also use the path of your going for different purpose. Honor the space that is big enough for all of us, and too small for only one of us. Celebrate the opportunity to disagree and still be friends, sisters, brothers, lovers. Rest in the wisdom that what you don't agree with may have something important to teach you. Play fair. Amen".

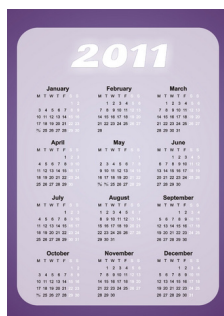
—Rev. Warren Lynn

IDEAS FOR BENEFITING ORGANIZATION: National Civility Center <<http://www.civilitycenter.org/>>, local and/or national conflict resolution education programs; an example might be the Navajo Peacemaking Project <<http://navajopeacemaking.org>>

IDEAS FOR AMBIANCE: Beautiful flowers of fall colors (could use the small planted flowers and replant them for next year). Incorporate small group dancing with scarves. Use small bells or chimes when walking and share them with other walkers thus creating community.

MUSIC: "Songs of the Earth and Sky" by Bill Douglas featuring the Ars Nova Singers. A combination of upbeat and light music

(Special thanks to Ellen Bintz Meuch for the Global Healing Quarterly Resources)



To view the Veriditas 2011 Calendar, click the URL
<http://www.veriditas.org/Calendar.shtml>



The Veriditas Council Corner

by Tracy Friedl

Our most recent gathering was in Alabama in April. The meeting was very productive, despite missing a few of our members. This gathering was especially significant as it was our first time meeting with local facilitators as part of our weekend. This first reception was a huge success - what a pleasure to meet the people for whom we have taken on this work. We look forward to continuing with these receptions at future meetings, getting to know as many facilitators as possible.

The *Circles of Grace* idea introduced in the last journal continues to evolve and

take shape. What we hope to accomplish with the *Circles of Grace* model is to form small, regional groups worldwide who would meet periodically using the circle model. A pilot group is being formed in California to test the concept.

In other Council news, the Facilitator Manual revisions are just about complete. We look forward to rolling out the new version as soon as possible. The Master Teachers program continues to be successful, with our two teachers traveling far and wide to provide training to new facilitators. We are also exploring ways to start a mentoring program for

new facilitators.

The Veriditas website is continually being updated and revised. We are still working on archiving pertinent discussion threads, as well as Global Healing Response information and Little Miracles on the Path. Other new features we hope to bring you include an easier link to the Journal and an event planning template. Keep an eye out for the new, better organized site.

Our next meeting will take place in Colorado in early November. We look forward to meeting some of you there.

Veriditas Regional Network Spotlight

by Jo Ann Mast & Marge McCarthy

The Mountain Region is composed of Montana, Wyoming, Colorado, New Mexico, Utah and Arizona with small active labyrinth groups across this region. The Labyrinth Resource Group in Santa Fe is one group that sponsored a Global Healing Response labyrinth walk on March 20th to support the people of Japan. A World Labyrinth Day walk was held on May 7th at the Cathedral in downtown Santa Fe.

We are planning for special labyrinth events on the 10th anniversary of 9/11. In Santa Fe,

we hope to collaborate with a group that paints sneakers for Peace (Pazos) with a workshop in the morning and then walking in our shoes as we take "Steps for Peace" in the afternoon.

Join The Labyrinth Society (TLS) at their 13th Annual Gathering, October

20-24th in Taos New Mexico. This year's theme is "Return from the Center: Open the Heart of Peace." Come explore

Boulder Colorado. Its purpose is to support the facilitator community by encouraging better communication

and more local connections. The Council extends an invitation to all facilitators in the Mountain Region to join them Saturday November 5th for lunch. It will be exciting time for listening to one another, connecting names with faces, sharing labyrinth stories and walking the labyrinth together.

For more information contact jomast@earthlink.net or call 303-717-4772



Warren Lynn photo: Walking Marge's labyrinth

the ways labyrinth designs help us to manifest peace and to unite disciplines, cultures, the environment and the universe. To register go to www.labyrinthociety.org

The Veriditas Council holds its semi-annual meeting November 4-6th in

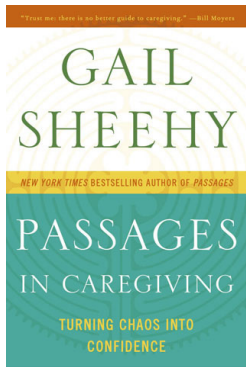


Photo Credit: George Heinke

Book and Resource Connection

Passages in Caregiving: Turning Chaos into Confidence

By Gail Sheehy



This book is a gift to the millions of caregivers in our world. Sheehy offers invaluable advice and guidance in a pro-active approach. After identifying the eight crucial stages of caregiving, she offers insight for navigating each one. You feel prepared. There is so much available to the reader in terms of research, resources and advocacy group information. Sheehy writes with empathy and intelligence. She includes many family stories that are relevant and compelling. If you are a caregiver now, or think you may be one in the near future, this is the resource book for you. (*Recommended by Linda Mikel*)

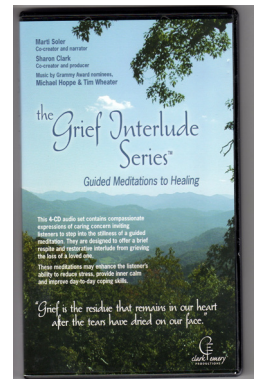
"After identifying the eight crucial stages of caregiving, she offers insight for navigating each one. You feel prepared"

The Grief Interlude Series: Guided Meditations to Healing

An audio CD collection produced by Clark-Emery Productions, Inc.

This series is a set of four beautifully recorded CD's designed to provide the listener with a self-help tool for coping with the pain, confusion and stress of losing a loved one. Each recording begins with the offering of thoughts based upon a personal grieving experience followed by a guided meditation set to soothing music.

The first CD entitled "Amidst the Tears" is for Caregivers who have recently lost a loved one while "Walking the Labyrinth of Grief" is a second CD for those who have been grieving for a few months. The third CD "At the Edge of Midnight Lies a New Dawn" shares the possibility of restored hope. Finally "Blessed", the fourth CD provides a perspective for individuals who have traveled the path of grief for an extended time. Though the set was created to coincide with various intervals of the grieving and healing process, the listener is encouraged to use them however they wish.



"Each recording begins with the offering of thoughts based upon a personal grieving experience followed by a guided meditation set to soothing music"

The creators of this series suggest that at some point in every person's life, there will be an experience of loss followed by grief. This grief, whether it be for a person, a place, a dream or for a situation for which we desired a different outcome is uniquely our own experience, and we need to care for ourselves as we move through it toward healing. Just like walking a labyrinth, these CD's help us to remember that "there is no "right" way to grieve, there is just *your way*." www.GriefInterlude.com (*Recommended by Robin Bradley Hansel*)



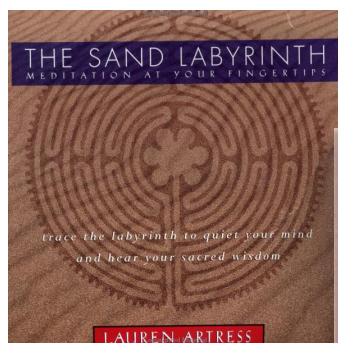
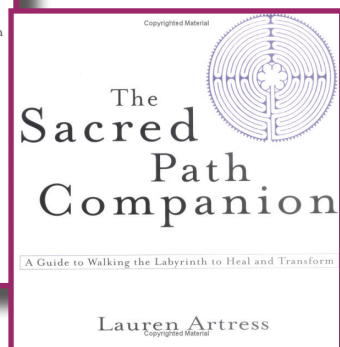
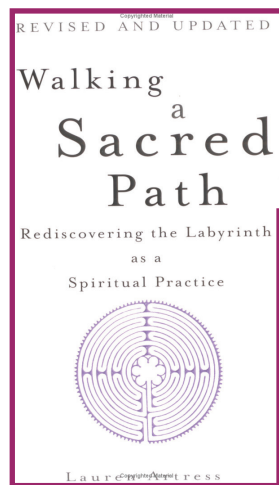
Labyrinth photo taken by David J. Cowan of The Cancer Resource and Support List at www.alisalliance.org

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 labyrinth walking 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.

The Spirit of Veriditas, Voices From the Labyrinth

IS A
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Spring - Summer 2011

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VERIDITAS VISION & MISSION

The Vision of Veriditas is to activate and facilitate the transformation of the human spirit. The work of Veriditas centers on the Labyrinth Experience as a personal practice for healing and growth, a tool for community building, an agent for global peace and a metaphor for life.