



# The Spirit of Veriditas

## Voices From the Labyrinth

Spring 2010

A Veriditas Publication: Voice of the Labyrinth Movement

### The Sacred Feminine Issue

Welcome to our Spring Edition of The Labyrinth Journal!

After 10,000 years of patriarchal rule we hardly know where to start reclaiming what has been lost. If we define patriarchal as "power over" with all its various methods such as divide and conquer and insensitive hierarchies that abuse people you may begin to get a sense of it. The Sacred Feminine has become a code word for just the opposite: power with and through and hierarchies that listen and care. It gets beyond dualism of either/or and embraces the paradox of both/and. She has many names: Divine Wisdom, Sophia or Divine Mother. How are you coming to know Her?

We are in a huge pendulum swing to discover new ways of negotiating power: power with, not power over. We are discovering ways of being together where our differences add richness to our lives rather than make us retreat into the safety

of what we are comfortable with.

The labyrinth can teach us many of these new ways. When we walk a labyrinth together we learn to share space

*We are in a huge pendulum swing to discover new ways of negotiating power: power with, not power over.*

differently. The metaphor that we are all walking this human path together becomes physically embodied. Most often we walk in silence so we can move beyond words, which is where we humans get into conflict with one another, unless we are coming from a commonly held experience which the labyrinth provides. On the labyrinth we learn the difference between force and flow, cooperation instead of competition.



Lauren Artress

When Sophia becomes recognized we no longer value—as Jill Mellick says—"the presence of power, but the power of presence".

Enjoy!



### Veriditas Labyrinth Pilgrimage

Sole to Soul,  
Walking the Labyrinth to Quicken the Spirit  
Grace Cathedral, San Francisco  
July 30th - 31st, 2010

The Rev. Dr. Lauren Artress, a leading force in the Labyrinth Movement, leads an 'urban retreat'. Through lecture and discussion, small group sharing, networking over meals and walking the labyrinth, the weekend will provide deep reflection to make space for the divine mystery. Both Friday and Saturday, there will be an enchanting evening labyrinth walk and fellowship dinner.

To register on-line click: <http://www.veriditas.org/programs/grace.shtml>  
For questions call or e-mail Veriditas at [contact@veriditas.org](mailto:contact@veriditas.org) or 707-283-0373.

Early registration: \$250.00  
July 30, 2010 – July 31, 2010  
Price increases to \$279.00 June 30, 2010

# VERIDITAS UPDATE - Spring 2010

by Dawn Matheny, Executive Director

Our great news: Thanks to a grant from an anonymous donor, Veriditas was able to bring administrative support back into the office after a year of squeaking by. Through an extensive job search process (screening over 200 applicants) Anne Bull was hired 75% time as an Administrative Assistant and Office Manager.

We are excited to welcome Anne. She was born and raised in South Africa, where the stark life-quality contrasts, of mansions on one side of the street and makeshift shantytowns on the other, was so glaring that it inspired her to dedicate her life to making a meaningful difference in the world. She moved to the US in 1996 and completed her BA in Health Sciences and Social Services with Specialization in Applied Psychology for Professional Contexts. Together with her training in graphic design, this communications-based degree has helped guide her work with non-profit organizations over the last 8 years.



Anne Bull

Anne's spiritual journey has included many years of meditation practice. She is now an assistant Zen Teacher and an ordained Soto Zen Buddhist Priest.

She served on the High Mountain Crystal Lake Zen Community Board of Directors for seven years. During that time she also worked part-time as their Communications Director

In June 2008, she moved to Montague Massachusetts to support the work of the Zen Peacemakers, an organization dedicated to social service. She served as their Communications Director, Event Coordinator, assistant to the Vice President and Office Manager.

At the end of 2009, Anne relocated to California with her dog Emma, to be closer to family. She and her niece, who is one-going-on-two, share a bundle of giggles!

In addition to walking the Labyrinth, Anne enjoys yoga, meditation, reading, playing guitar & singing, and playing Native American flute. She is also pitching in, with her boyfriend, on the development of an organic farm in Sonoma County.

She is delighted to have joined the Veriditas team as Administrative Assistant. The position is an ideal match for her life path and she is looking forward to contributing to furthering this meaningful work in the world.

Anne is in the office Monday through Thursday from 10:00am – 6:00pm Pacific. Say hi when you call.

Roberta Sautter continues as our Webmaster and List Serve co-coordinator, providing technical assistance working part-time from her home in San Francisco. Pam Cole is our bookkeeper working 2 days a week in the office.



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

## Other Important News:

Veriditas now has a beautiful brochure – which is making its debut as a part of the new Sustained Giving Campaign being launched late in May 2010. The goal of our Sustained Giving Campaign is to create an inner circle of those who pledge their commitment to Veriditas in the form of a monthly contribution. Veriditas has created a benefits package to award the first 100 new donors who sign up. (Those of you who already pledge monthly will be included in the pool.) The package will include a drawing for a free tuition for September's "Walking a Sacred Path in Chartres", along with a hard copy of this newsletter sent to you. If you've made a donation to Veriditas in the past, watch for your letter and don't miss this opportunity to continue your support in the form of a monthly contribution that will help sustain Veriditas – or if you haven't joined our donor circle, now is the time! Go to the home page of our website and Donate to Veriditas. "It takes a village!"

Stay tuned for more updates!

## Veriditas is getting ready to run an online auction fundraiser.



Starting on October 8, 2010, 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.

### Give a little and get a lot in return.

Whether you have 1 item or 100 to contribute, your participation is an invaluable part of our fundraising efforts. By donating an item or service directly online, you'll be helping to raise money for our organization, and you'll receive a mention on our site that can link back to your own web page.

## Become a Sponsor

Place your company's logo on our site that links back to your own web page and you could develop new business. We can track how often your logo is viewed and clicked to see just how many people are accessing your site.



# Welcome to the Sacred Feminine Issue

## by Robin Bradley Hansel

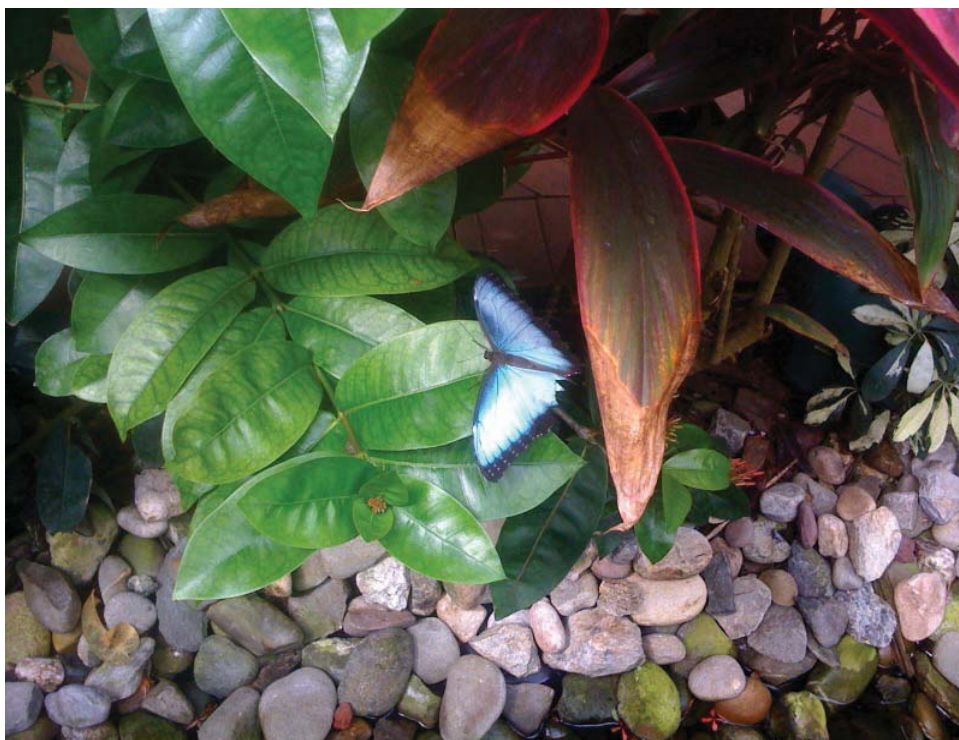


Photo Credit: Robin Bradley Hansel

"There is in all visible things an invisible fecundity, a dimmed light, a meek namelessness, a hidden wholeness. This mysterious Unity and Integrity is Wisdom, the Mother of all, *Natura naturans*." – Thomas Merton

*My very first introduction to the concept of The Sacred Feminine was at a Veriditas workshop event a couple of years ago. I remember Dr. Artress referring repeatedly to "Hagia Sophia" and feeling like I was the only one in the room who didn't have a clue as to who this "person" was. Even so, I was immediately captivated by the idea that the*

*feminine presence I personally felt and saw so vividly within nature had scriptural roots.*

"There is in all things an inexhaustible sweetness and purity, a silence that is a fount of action and joy. It rises up in wordless gentleness and flows out to me from the unseen roots of all created being, welcoming me tenderly, saluting me with indescribable humility." – Thomas Merton

*I began my quest to find Divine Wisdom in the everyday. For those of us who are drawn to the labyrinth as a spiritual tool, this journey*

*may take many unexpected twists and turns. Male or female, we need a way to name The Sacred Feminine that we hope to discover deep within ourselves. The Spring 2010 Journal is dedicated to those of you who shared your own unique interpretations of the Feminine with us. We hope you enjoy it!*

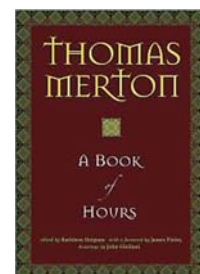
"This is at once my own being, my own nature, and the Gift of my Creator's Thought and Art within me, speaking as Hagia Sophia, speaking as my sister, Wisdom." – Thomas Merton

*Each week we will continue to discuss this exciting theme and many others on The Wisdom of the Labyrinth internet radio program. Listen each Thursday at 10am Pacific on Voice America <http://www.voiceamerica.com/voiceamerica/vshow.aspx?sid=1541> and do send along your ideas to me for future issues of the Journal. Our Summer 2010 edition will have a "Poetry on the Path" theme.*

Peace for your Path,

Robin  
[robin@labyrinthwellness.com](mailto:robin@labyrinthwellness.com)

\*Merton quotations are from Thomas Merton: A Book of Hours edited by Kathleen Deignan available from Sorin Books at [www.sorinbooks.com](http://www.sorinbooks.com)



*Tune in to the Wisdom of the Labyrinth with Robin Bradley Hansel and Lauren Artress Thursdays at 10 AM Pacific Time on 7th Wave Network*

<http://www.voiceamerica.com/voiceamerica/vshow.aspx?sid=1541>

# The Balance of Power or the Power of Balance by Maia Scott

When exploring the symbolism behind the shapes and numbers that make up the incredible art work we know as the Chartres Labyrinth, I found myself



continuously awed at the layers of thoughtful planning that went into the design and construction. Add to that some eight-hundred years of speculation and imagination by Freemason fanatics and labyrinth lovers alike.

*“Why not put the labyrinth into the symbol? And so I dared to tilt the balance a bit.*

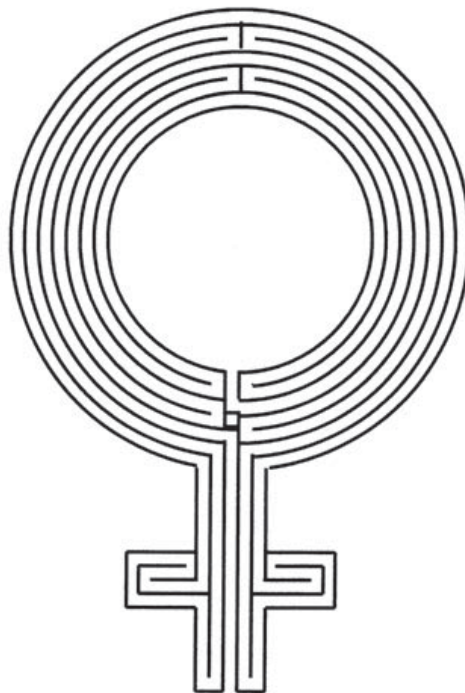
Sacred Geometry inspires the opportunity to create balance. Like many beings, there is often a feminine and masculine aspect to many labyrinths. Maybe curvaceous lines spark an association with the swells of the Mother or the ability to creatively think around corners. And maybe those clean, straight lines evoke the streamlined silhouette of the purposeful warrior and the ability for linear processing. Is the center a birthing place, a vessel to seed the hopes, prayers, and rites of endless pilgrims?

We find symbols in the labyrinth. And there is also a whole world of opportunity to put the labyrinth into the symbol. Our basic circle has so much to express

from the equidistant places of power of all those sitting at King Arthur’s Round Table to the simple geometrical fact that circles have no beginning or end. And the square... this contemplative gathering of shape symbolism can, uh, spiral on forever.

Awhile back, I was pondering the impact of Veriditas’ School of the Sacred Feminine as it honored the place of many women in our culture of enlightenment and started coming up with labyrinth images. “Why not put the labyrinth into the symbol?” And so I dared to tilt the balance a bit. I started with symbols and shapes which our modern society regularly connects with the strength of women. Interestingly enough, when these potent images metamorphosed into labyrinth patterns, their energy shifted.

They gained some balance. Athena’s Mirror is full of straight lines and clean, symmetrical paths. The egg dares to have paths of uneven widths and takes a left-brain approach with its first major turn; yet clean lines and symmetry are present. It is fascinating to observe that the goddess image, drawn free hand, has the least Yin/Yang, female/male balance and note that it’s visually off center as well.



Lots of Internet resources are available to those interested in exploring sacred geometry, symbolism, and labyrinths. Labyrinth Enterprises has a huge link list offered up on their website for your exploration. Go to <http://www.labyrinthproject.com/links.html> and click on the sacred geometry link to drop down to that heading on this massive resource list.



I experienced the joy of discovery both in generating computerized accuracy feeling the swish of the pen as it curved across the page. I will not shun the sketch pad for the glamour of the paint program nor will I trade in the cursor for the pen. In celebrating the sacred feminine through creating these and other labyrinth designs, I am reminded that we can not celebrate one without acknowledging and even crediting the other.

*Artwork by Maia Scott*

*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.*



# *Little Miracles on the Path*

by Linda Mikell

Dear Facilitators,

When I was told that the theme for this journal was The Sacred Feminine, I went back in my Little Miracles archives to the very first year [2004]. The following story resonates with me, and I'm sure it will resonate with other facilitators who struggle with issues of "control" during labyrinth walks. Please search your memories and send me your Little Miracles story so that I may publish it for facilitators in the future.

Blessings on your path, Linda

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](mailto:edlinmik@optonline.net).

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## A Crone Learns by Shari Ezyk

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.

*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.*

Once I had calmed my mind and allowed them to be, I entered the 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 and then ran over to retrieve my hat. By the time I returned I had no idea where I had been or in which direction I had been walking. I was reminded of Lauren's teaching that indeed one can get lost in the labyrinth. I had no idea whether I was headed out or back into the center and for the second time that morning 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 a lesson or two!

Shari Ezyk  
Toronto Canada  
[comeseemygardens@rogers.com](mailto:comeseemygardens@rogers.com)



Medieval Eleven Circuit  
Chartres Labyrinth - 36 foot  
Octagon Shaped Canvas



Baltic Wheel Labyrinths



Modified Medieval 7-Circuit  
Labyrinth Pattern - 24 foot  
Octagonal Canvas Labyrinth

Canvas Labyrinths from Veriditas - To order, call the office at 707-283-0373 or download the order form:  
<http://www.veriditas.org/products/canvas.pdf>. For more information go to <http://www.veriditas.org/products/canvas.shtml>

# Collected Images and Stories of the Feminine Divine

## by Tina Margason

**F**acilitators are some of the most creative people I have been blessed to know! So what an opportunity this issue provided for me to reach out to that Creativity, which is so divinely feminine! The images and stories sent were as individual as every labyrinth walk can be, with their own beauty and expression of the Feminine Divine. I hope you enjoy and are inspired by the images, along with the anecdotes that came with them. Gratefully, I thank all who were inspired to participate.

**From Rev. Dawn Peters:** This picture is one I took on a hike I went on at Quicksilver Park in Almaden, California. I came down the path you see on the upper left of the photograph. I stopped at a “v” in the path (you can see how the path then continues on the right side of the picture). I turned around, and looked back from where I had come, and saw this--what looked to me like a woman's body, with the creek bed going up the center of her womb. I was so struck by it, that I had to return with my journal and a camera a few days later so I could capture the essence of the place.

**From Rev. Warren Lynn:** This photo is one I took a few years back of my wife and son on my canvas labyrinth during a walk. Betsy had walked to the center to sit and

meditate/pray. My son, Philip, entered the center a bit later and quickly found his



*Photo Credit, Rev. Dawn Peters*

place to Betsy's lap as a safe place for him to also meditate/pray. They remained in the center like that for about 20 minutes, still, resting, centered. I normally don't take photos of my walks, and certainly not when I am holding the space, but I couldn't resist this one. I think this photo speaks to the divine, mothering, feminine in the nurturing and serene way that Betsy makes a patient place for Philip to snuggle in and find safe refuge in order to encounter the divine.

**From Janice Turner:** Lois and I came up with the idea of braiding fabric together last fall for an umbilical cord we needed for a clown show we were creating on Birth. It was beautiful and all the women who saw the show laughed and then wanted to know about the beautiful umbilical cord. We created the braid from pieces of fabric and old clothing donated by women in our community. It is 700 feet long and weighs 45 pounds.

We both remembered practicing braiding when we were young. We practiced on our dolls, pieces of yarn, and our friends'

or sisters' hair. Our mothers braided our hair, and we braided our daughters' hair. It seems to be a universal thing that women young and old have done at some point in their lives. It is a truly feminine activity.

We are creating a portable labyrinth made from various materials, old jeans quilted together for the base, bras for the petals at the center. We decided that a truly feminine way to mark the path of the labyrinth as well as the lunations was with the red braided cord – the umbilical cord. For Lois and I this is the Feminine Divine on many levels.

On the eve of St. Bridget's day, I took the braid outside and placed it on a sheet on an old table in my back yard. I left it out over night according to legend to be blessed by St. Bridget. Snow had begun to fall, and I worried it would be buried beneath the snow. However, in the



*Frosty Blessings - Photo Credit, Janice Turner*

morning there was just a light dusting... much like a hoar frost. It almost looked like a giant cup cake out in the snow! I took this picture of it after its blessing. We now call this part of the labyrinth "Bridget's Braid."

**From Anne Gordon:** I spend as much time as I can in The Church of The Garden. It is where I find the sacred. Last fall while digging potatoes, I unearthed this wonderful image of the Mother

*continued on page 7*



*Mother & Son - Photo Credit, Rev. Warren Lynn*



continued from page 6

Goddess. How appropriate that she came from Under-The-Earth.



From Anne Gordon. Photo by Hugh Prichard

Our last offering is an image sent by Lee Goode-Harris who asked to notice another image of Mother in the dark shadows of the background if you can. This was taken on her labyrinth where Mother abounds.



Image Provided by Lee Goode-Harris-

Many thanks to all who participated in sharing these beautiful images and words that remind us of Compassion and Beauty that is always there if we just see.

You may email Tina Margason at [tmargason@gmail.com](mailto:tmargason@gmail.com)

## Veriditas Labyrinth Facilitator Training

**Apply Now**

All Veriditas Facilitator Trainings are preceded by a Qualifying Workshop. Please check the calendar for details on individual workshops. This workshop must be led by Lauren Artress and/or a Veriditas Master Teacher

**July 17 - 18, 2010**

**Birmingham, Alabama.** Highlands United Methodist Church, Five Points South. Facilitator Training with Master Teacher Kay Mutert. For more details and information regarding the qualifying workshop click this link: <http://www.pathtohealing.org/>

**August 2 - 3, 2010**

**San Francisco, CA. Grace Cathedral.** Facilitator Training. Lauren Artress with Kay Sandor, Veriditas Master Teacher Apprentice. [https://www.veriditas.org/facilitator\\_application.php](https://www.veriditas.org/facilitator_application.php)

**August 21 - 22, 2010**

**Honeymoon Bay, BC, Canada.** Honeymoon Bay Lodge. Workshop *Awaken to the Path - Ignite your Passion* with JoAnn Mast, followed by Facilitator Training. For more details and information click this link: <http://www.honeymoonbayretreat.com/>

**September 4 - 5, 2010**

**Canterbury, Kent, UK.** University of Kent. Workshop *Journeys Through the Labyrinth* with Lauren Artress, followed by Facilitator Training with Master Teacher Di Williams. For more information click link: <https://store.kent.ac.uk/events/>

**September 11 - 12, 2010**

**Chartres, France.** Facilitator Training. With Lauren Artress. For more information about *Veriditas in Chartres* click this link: <http://www.veriditas.org/programs/chartres-home.shtml>

**October 17 - 18, 2010**

**Tipp City, OH.** Harmony Farm. Workshop, *A Harmony Farm Labyrinth Event* and Facilitator Training with Lauren Artress and Kay Sandor. For information and registration for the workshop, *The Three Questions of Life, A Pilgrimage for the Soul* copy and paste line into browser: <http://www.harmonyfarmonline.com/shop/the-three-questions-of-life-a-pilgrimage-for-the-soul/>

WORLD - WIDE  
**LABYRINTH LOCATOR**

Click link: <http://labyrinthlocator.com/>

# Open Spaces Sacred Places TKF Foundation Celebrates Mother Earth One Garden at a Time

by Robin Bradley Hansel

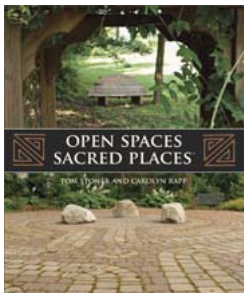
Tom Stoner and his wife, Kitty, co-founded the TKF Foundation in 1996 after experiencing the healing power of nature in their own lives. As President of TKF, Tom devotes a large portion of his time and money trying to



TKF Foundation

reverse the social divide in communities. He has a deep commitment to providing the opportunity for deeper human experiences by supporting the creation of public green spaces that offer a temporary place of sanctuary, encourage reflection, provide solace and engender peace.

"We are blessed to live in a world of great abundance. Yet too often we feel a void, a lack of connection to what is elemental, essential and constant. We are out of balance, conflicted between the fast-paced pressures of the modern world and the need to center ourselves, to simply be in nature," states Tom.



Tom wrote *Open Spaces Sacred Places* with Carolyn Rapp to share inspirational stories of passionate and preserving people whom the TKF Foundation calls

*Firesouls*. The individuals featured in the book have worked tirelessly to create open spaces and sacred places where people can enjoy a moments of refreshment and peace in today's complex world.

One of my favorite *Firesouls* in the book is Jerry Waters. Jerry worked with Amazing Grace Evangelical Lutheran Church pastor, Karen Brau, to create *The Amazing Port Street Sacred Commons* in East Baltimore. These two community leaders teamed up with the TKF Foundation and their local neighbors to create a sacred garden and labyrinth in a vacant, inner city lot where drug dealers used to thrive.

Every TKF project possesses four universal design elements and attributes: a portal or threshold, a path (often a labyrinth), a destination point and a sense of surround. Another unique part of every TKF garden includes the placement of a specially designed TKF signature bench with an attached



TFK Foundation

waterproof journal. Over the years, thousands of anonymous journal entries have been collected. Several of these speak to this quarter's Sacred Feminine theme:

"The Sacred Mother comforts in the twists and turnings of the labyrinth on this Mother's Day. May all who walk this path find what they need."

"Walk with nature, in her paths are peace."

"May the Mother Goddess bring comfort to all who seek shelter on this bench. May

Goddess' beauty surround you. Her love will fill your soul. May you find peace here with Her."

Tom Stoner concludes, "Nature is close at hand but we have not paid it much mind. The breeze, the sky and many places of nature's respite are within a walk or a short drive. *Open Spaces Sacred Places* points the way to another mode of thinking about each day and the role of nature in our lives."



Photo Credit, Anne Gleeson

For more information visit <http://www.tkffdn.org> Listen to my June 10<sup>th</sup> interview with Tom and Carolyn on *The Wisdom of the Labyrinth* internet radio show <http://www.voiceamerica.com/voiceamerica/vshow.aspx?sid=1541>

*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 [robin@labyrinthwellness.com](mailto:robin@labyrinthwellness.com)*



# Veriditas and the Sacred Feminine by Judith Tripp

The name "Veriditas" is taken from Hildegard von Bingen's notion of the Greening Power of God.

It has always seemed to me to be the essence of the sacred feminine. I know that the sense of the immanent, receptive, inclusive, mothering, nurturing ultimately greening aspect of the divine is the heart beat of my work with the labyrinth and with the Women's Dream Quest. I sense that this is so for so many of us- men and women alike who walk the curving path. The sacred feminine gets into our blood. We honor the qualities of this deep stream of human knowing.

For a while I worked on a set of programs for Veriditas called "The School of the Sacred Feminine". It was an ambitious undertaking and I hope to see it revived again in the future. What I found in that work was that we all need education and experience of the pantheon of female deities who represent archetypes of mothering, fierce compassion, adventuring spirit and creativity. We also need to learn from the right side of our brains through ritual, meditation, song, dance and return to the land of our souls. Embodying the sacred feminine is a practice that takes us into the inner realms of contemplation and intuitive knowing.

My work in the Women's Dream Quest- a Veriditas sponsored overnight experience

for women - has been a celebration of the sacred feminine. The labyrinth has always been a central aspect of the Quest along

pray to the Divine Mother, to return to the land of the soul and to take time for deep peace.

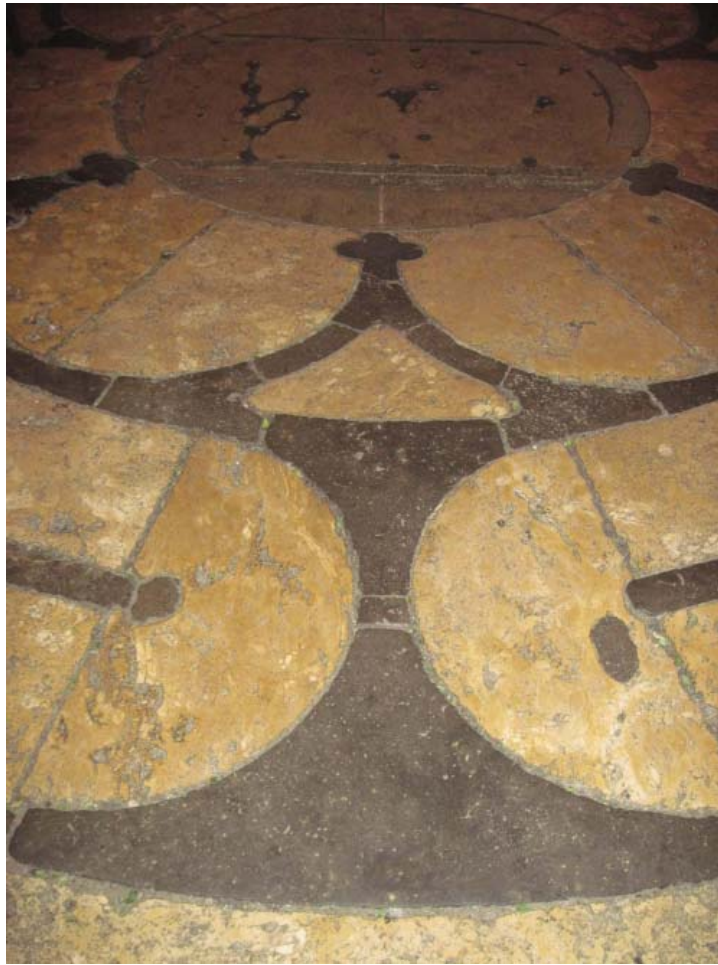


Photo taken on the Chartres, France Labyrinth by Marjorie Connelly

There is much written about the awakening of the sacred feminine these days- some of which is polarizing and pandering to a division between men and women. This is natural in our current cultural climate. It is also understandable in a history that has been exploitive to women. Our challenge is to honor the ancient/ future ways of practice and thinking while at the same time honoring the sacred masculine impulse. A sacred marriage is in order.

Back in the 12<sup>th</sup> century when Hildegard was coining her phrase and living in a time when the sacred feminine in the person of Mary was being enshrined in our beloved Chartres with its curving path, a similar awakening was taking place.

*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.*

email: [judith@circleway.com](mailto:judith@circleway.com)

web: <http://www.circleway.com/>



## Women's Dream Quest

### Dreaming the Ancestors

A women's overnight experience in San Francisco's Grace Cathedral, Led by Judith Tripp

Grace Cathedral, San Francisco, California  
October 29 - 30, 2010, 7 PM to 11 AM

For more details click link: <http://www.veriditas.org/programs/women.shtml>

Early registration: \$125.00, price increases to \$175.00 August 30, 2010



# Images of the Feminine Divine created by Sue Swanson

Sue Swanson sent these lovely images of the Feminine Divine inspired by the Chartres labyrinth. I enjoyed finding them on my finger labyrinth. As I walk a labyrinth now, I am conscious of the wisdom, gratitude, kyros, joy, blessings, and of course the stillness that leads to a new birthing. This awareness has deepened the experience of the path for me, as I hope it does for you. Many thanks for sharing your talent and inspiration with us all, Sue. - Tina Margason

## *Entry – the dancer*

The image of Entry is a direct tracing of the meeting of the four paths in the Chartres style labyrinth. The Dancer at the entrance to the path reminds walkers to be joyful and grateful for a time of walking meditation.



## *Blessing – Queen of heaven*

In the center of the petals of the Chartres labyrinth, the Queen of Heaven is found. She is there to bless the journey. She listens to the reflections of the walkers with infinite patience and love.



## *Stillness – the unknown*

There are eight places in the Chartres style labyrinth to meet the Stillness. These stopping places allow walkers to rest for a moment. The strong pillar shape, quiet and stately, advises us to slow down, be still and know.



## *Sophia – wisdom calls*

Sophia, the Wisdom of God, is found in the center of the outer lunations of the Chartres style labyrinth. She witnesses the dreams of the walkers and shares her knowledge. She gently reminds the walker of the truth that dwells within.

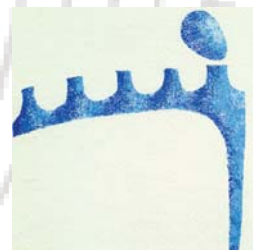
## *Gratitude – even in brokenness*

The Gratitude image appears as the walker enters the center. It is painted in the colors of autumn to symbolize thanksgiving. There are sideways hearts on the crown of the figure. It reminds us that the labyrinth can bring healing by drawing the broken pieces back into the whole.



## *Kyros – in God's time*

As we leave the path, Kyros is there blessing the time spent on the journey as God's time. The flowing cape is made of the lunations. It reminds me of the gears of a clock. Kyros time is a place where times slows and attention to God working in our life grows.



## *Birthing – a dwelling place*

The Birthing image is a direct tracing of the fifth center petal of the Chartres style labyrinth. This petal represents the Angels. The circular shape is like a womb where walkers can sit in quiet reflection until they are ready to re-enter the path. The center can help us find solutions to problems and dream of new possibilities.

Sue Swanson Purple Apple Arts [www.purpleapplearts.com](http://www.purpleapplearts.com)



## Labyrinth Making with Robert Ferre - Grace Cathedral - August 3, 2010

The basics of sacred geometry and its application to labyrinths  
Classical and medieval labyrinth design principles  
Considerations for building permanent and temporary labyrinths  
How to build a masking tape labyrinth in 15 minutes

Early registration: \$150.00

Price increases to \$175 June 30, 2010

Click Link to Register: <http://www.veriditas.org/programs/grace.shtml>



The Journal Team is very excited to now provide these Global Healing Resources in each of our quarterly issues. These resources were created by Ellen Bintz Meuch, The Veriditas Global Healing Response Founder and Coordinator. They are simply offered as another tool which facilitators might utilize when planning labyrinth walks. The Global Healing Resources have been posted regularly on the Veriditas List Serve since 2009. Our hope is that by making them available in this publication as well, an even wider number of labyrinth walkers might be able to enjoy their creative and unifying themes and suggestions.

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## This Quarter's 2010 Global Healing Theme: A Call for Courage

*Courage is a kind of salvation ~ Plato*

April -May-June

### Focus: Spirit



QUOTE: Spirit has fifty times the strength and staying power of brawn and muscle. —Mark Twain

PICTURE/SYMBOL: Yellow water lily

COLOR: Yellow

PRAYER: *From out of the depths of darker places; Up from the mud of past death and decay; Surpassing all that would consume our tender shoots of hopeful possibility -- We journey beyond the cold past toward a golden light of new life. With each motion forward, we come closer to our own blossoming future.*

*And so, for Spirit that offers us energy to keep going; for Spirit that leads us beyond old regrets with surprising strength; for Spirit that guides us along better paths; for Spirit that empowers indescribable beauty in unsuspecting places – we give thanks, beyond even our words.*

*To this time, Spirit brings only what we already have the potential to become, moving us toward a radiant light of new day, until, finally, we too blossom with a golden brilliance, offering Spirit for a world in such great need. Amen.*

—Warren Lynn

IDEAS FOR BENEFITING ORGANIZATION: Veriditas or local labyrinth organization or Local Women's Shelter

IDEAS FOR AMBIANCE: Flowers!!!!!! Perhaps bunches of yellow daffodils. New life

MUSIC: "Soir, Dit-Elle," tracks 3-5, 9, 11, 13-14, by Trio Mediaeval

Or,

"Emergence: Songs of the Rainbow World," tracks 1-2, 4-5, 7, 9, R. Carlos Nakai; and "Spirit Wind" album by Richard Warner

(Special thanks to Ellen Bintz Meuch for creating the Global Healing Response 2010 Resources)

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Listen to the June 17th episode "Labyrinths Around The World: Building Global Neighborhoods," on The Wisdom of the Labyrinth., with guests Ellen Bintz Meuch and Warren Lynn. <http://www.voiceamerica.com/voiceamerica/vshow.aspx?sid=1541>

To become a donor go to: <https://www.veriditas.org/donations.php>



# The Veriditas Council Corner

## by Tracy Friedl

The Veriditas Council 2010 Core Circle Members are Cindy Cleary, Warren Lynn, Linda Mikell, Ellen Bintz Meuch, Jo Ann Mast, Dawn Matheny, Kay Mutert, Marge McCarthy, Tracy Friedl, Lisa Moriarty, John Ridder, Judith Tripp, Duncan Newcomer, and Melissa Postnikoff (in spirit and memory). Each member would love to hear suggestions from Veriditas facilitators. Please let the Veriditas Council representatives know of your needs, ideas and dreams, by reaching them via email at [council@veriditas.org](mailto:council@veriditas.org).

The Veriditas Council recently spent an intense and very productive weekend in Santa Fe, NM. Not only did we move forward on several action items, but we were lucky enough to be together to celebrate the 80th birthday of one of our beloved members, Marge McCarthy.

One of our primary goals was to review and discuss the preliminary results from our survey. Thank you to those who responded! Your answers have provided us with direction and helped us to focus our priorities. Your input is crucial as we strive to fulfill our mission of strengthening the facilitator network. With that in mind, we will be working to implement new programs in order to bring you more focused educational opportunities, as well

as finalizing the facilitator list to go up on the region webpage. If you have not had the opportunity yet to give permission to have your name listed, please send your pertinent contact info to Tracy at [council@veriditas.org](mailto:council@veriditas.org) or use the link on the portal on the website.

The Regional Reps have been busy getting to know each other and sharing ideas on communication and organization. Look for more communication from your reps about what is going on in your part of the country. A new cycle of Global Healing Response ideas is starting to germinate. Finally, work is beginning on the Fall Auction. As always, we welcome your support of any kind, whether as a committee member or a donor. If you have any desire to be a part of this wonderful and excit-

ing project, or any of the other projects mentioned above, you can always reach us at [council@veriditas.org](mailto:council@veriditas.org).

We are very energized by the work that we have accomplished and the feedback we have received from you! Our next two meetings will be Oct. 8-10 in San Francisco, coordinating with the celebration of Lauren's birthday, and April 8-10, 2011 in Birmingham, Alabama. This will be our first trip to the South, where we will hopefully be introducing a new component to our weekend - a Friday night reception with local facilitators.



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## Veriditas Regional Network Spotlight

### by Lisa Moriarty

With over 2500 trained facilitators living around the world, Veriditas is challenged with making and maintaining a connection of support. The List Serve, Facilitator Portal on the website and this journal are some ways, but having a local group of facilitators can provide opportunities for more frequent face-to-face networking and sharing. A growing list of 15 regions currently comprises our worldwide network of trained facilitators, and one or two Regional Representative serves each region as a contact person. A list of the Regional Representatives can be found on the Veriditas website in the Facilitator Portal under Regional Groups. We currently have a vacancy only in the Mid-Atlantic Region and are seeking a Representative from Delaware, Washington DC, Maryland, Virginia, or West Virginia to serve in that capacity.

Facilitators are encouraged to find your Regional Representative and share your thoughts and ideas on ways to stay connected within your area. We hope to highlight a region in each issue of this Journal, sharing activities, labyrinths and upcoming events. Lisa Moriarty is the Coordinator of the Regional Representative Network. She can be reached at [veriditasreps@veriditas.org](mailto:veriditasreps@veriditas.org).

#### Central Region

The Central Region is comprised of the states of Indiana, Illinois, Iowa, Kansas, Kentucky, Michigan, Missouri, and Ohio. Ellen Bintz Meuch is the Central Region Representative. She has connected with others in her area to create the Heartland Labyrinth Group of facilitators in the greater Chicago area, which has its own website:

[www.heartlandlabyrinthcircle.com](http://www.heartlandlabyrinthcircle.com) and meets several times per year for "support, knowledge, research, and to share the stories and concerns of individuals who are inspired by the amazing tool of the labyrinth."

The Central Region will be busy this year. In addition to regularly scheduled Heartland meetings and activities, in June the region hosted the Midwest Labyrinth Gathering in Morgantown, IN, <http://www.labyrinths.org/labyrinths/waycross/>, followed by Veriditas Facilitator training and refresher course. (Listen to the May 20<sup>th</sup> episode of The Wisdom of the Labyrinth <http://www.voiceamerica.com/voiceamerica/vshow.aspx?sid=1541> for more info). In November, The Labyrinth Society annual conference will be in New Harmony, Indiana <http://www.labyrinthsociety.org/annual-gathering>.

*continued on page 13*

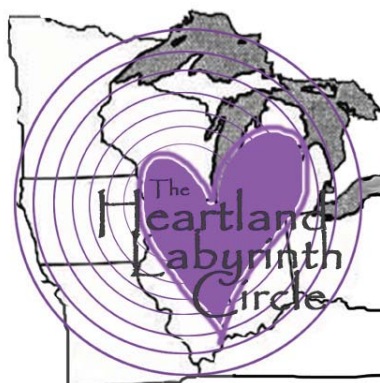


### One Shining Regional Facilitator

In addition to raising four small children, facilitator Shirley Toth has just started her own company and completed her training as a Spiritual Director all while leading a number of labyrinth workshops

and retreats in the Indianapolis area. Shirley shares, "I feel the possibilities and opportunities are just now beginning to widen and deepen for me and I hope to branch out to other churches to offer retreats and workshops. I would also like to reach out to the community by offering

the same to a local women's shelter. And I have recently felt a stirring to somehow support/mentor teen mothers. It would be a great benefit for me to share experiences, learn from others, talk over ideas and partner for events, as well as combine resources, talents and gifts."



### Welcome to the site for Labyrinth Enthusiasts in the Heartland!

Included would be the areas that extend from Chicagoland outward to the Great Lakes Region, encompassing greater Illinois and the regions of Indiana, Michigan, Minnesota. Actually our group is open to anyone who would like to join and be supported and connected by those encircled by the heart of the labyrinth.

This is a hands-on group that supports both the Labyrinth Society and Veriditas movements to expand awareness and experience of the Labyrinth. We are a varied group encompassing those who simply are drawn to the labyrinth and want to know more, to facilitators and builders trained and certified who use the labyrinth in regular practice.

<http://www.heartlandlabyrinthcircle.c>



### iSpiritual and Veriditas: Working Together

Rita Caroni and Dayle Marshall, the creators and owners of **iSpiritual** are happy to join in partnership with The Rev. Dr. Lauren Artress of Veriditas.

Veriditas is a non-profit organization dedicated to promoting the healing powers of the labyrinth. Founded in 1995 by the Rev. Dr. Lauren Artress at the Grace Cathedral in San Francisco, Veriditas offers workshops, retreats and professional training for those interested in facilitating labyrinth walks in their own communities. Veriditas recently relocated its office to a retreat center in the hills of Sonoma County.

**iSpiritual** is a 10 year old business that sells premium quality products for labyrinth lovers and facilitators. A leader in the field, **iSpiritual** has both an on-line, and soon to open walk-in retail store in Sonoma County. A wide range of labyrinth products are available.. For more information click web link:

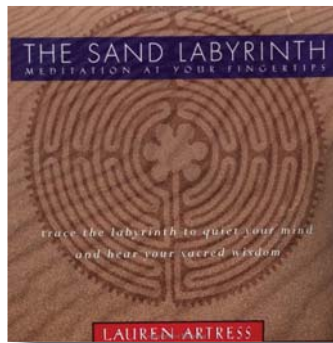
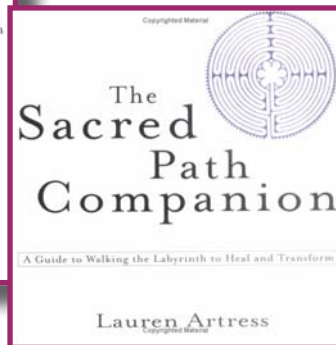
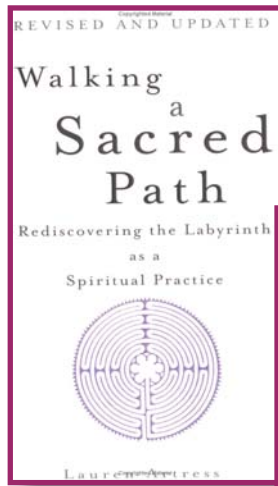
<http://ispiritual.com/products.php>

## 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.

**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!**



### Spring 2010

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

IS A  
VERIDITAS PUBLICATION

Veriditas  
101 San Antonio Road  
Petaluma, California 94952  
707-283-0370 (tel)  
707-283-0372 (fax)  
<http://www.veriditas.org>

World Wide Labyrinth Locator  
<http://labyrinthlocator.com/>

#### Journal Team

Lauren Artress, Dawn Matheny, Tina  
Margason, Maia Scott

#### Editor

Robin Bradley Hansel

#### Graphic Designer

Marjorie Connelly

#### Contributing Writers and Photographers

Lauren Artress  
Marjorie Connelly  
Shari Ezyk  
Tracy Friedl

Anne Gleeson  
Lee Goode-Harris  
Anne Gordon  
Robin Bradley Hansel  
Warren Lynn  
Dawn Matheny  
Tina Margason  
Ellen Bintz Meuch  
Linda Mikell  
Lisa Moriarty  
Dawn Peters  
Hugh Prichard  
Maia Scott  
Sue Swanson  
TKF Foundation  
Janice Turner  
Judith Tripp

#### 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.



# Book Connection

## Recommendations by Tina Margason

Many walkers of the labyrinth find a balance in the womb-like sacred space that helps put into perspective the patriarchal models of our present culture. Many seekers are currently searching for the Mother aspect of God, known by many names. If you are among them, I can recommend two books to help you on your journey. Authors who yearn for the Feminine Divine wrote both books. Searching in places all over the world, they finally find Her. Read them and find out where and how! The labyrinthine path of their journeys will fascinate and inspire labyrinth lovers who also yearn. I hope you enjoy them as much as I have. *Tina Margason is a retired educator who keeps busy facilitating labyrinth walks, building labyrinths, and writing for the Journal. She is currently a member of both the Veriditas Board and the Veriditas Council. Tina lives in California with her husband, Jim, who is the wind beneath her wings*

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### The Hidden Journey

By Andrew Harvey

ISBN: 0-8050-1454-3

"To be of use to Ma [the Mother], you must know everything about your own nature; to do her work, you must have truly understood the world, not fled from it. Ma wants people to be juicy."

I laughed. 'Juicy?'

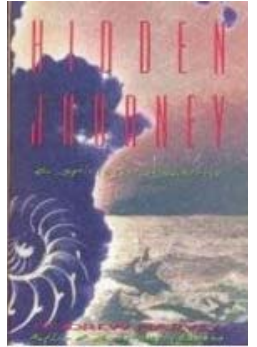
'Yes, full of passion and humor, truly human.'" (p. 55)

"It was late afternoon. The room was full of shadows. 'I am tired,' Mr. Reddy said, appearing for the first time crumpled. I had not stopped to think how much I must be exhausting a sick man, and he had not given his sickness another thought.

'Forgive me,' I said. 'I have made you talk on and on.'

'Talking about the Mother keeps me alive,' he said, and slowly walked out." (Pgs. 69-70)

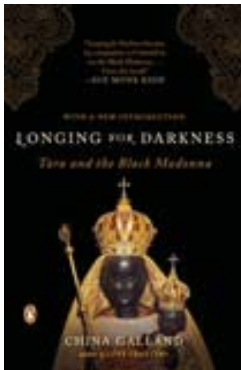
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### Longing for Darkness: Tara and the Black Madonna

By China Galland

ISBN: 0-14-01.2184-6



"It occurred to me that there was something false about the way Mary was so often depicted as a passive sufferer. I no longer believed that.

Mary is not passive. But Mary's passivity may be all we've allowed ourselves to see. A woman rising up against authority, a woman strong and fearless, a ferocious woman, an independent woman, a heroic woman, a physically courageous woman - to have seen Mary that way would not have served the social order. I began to imagine Mary differently. The Mary I saw stepped in front of his (Christ's) tormentors. At first she hurled herself at the Roman soldiers...trying to wrench their whips away from them, then to remove his crown of thorns. She denounced the soldiers, she defied them, she did not faint, she was not helpless, she did not retreat, and she was not polite. She was a tower of strength. This is a Mary we have not seen in the West. This is a Mary that we need now, a fierce Mary, a protectress who does not allow her children to be hunted, tortured or murdered." (Pgs. 273, 275)

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## Be an **amazon.com** **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!*



Experience the Wisdom of the Labyrinth

## Veriditas 2010 Calendar

- July 15 - 18** **Birmingham AL.** Highlands United Methodist Church. Thursday evening July 15, 6:30 – 8 p.m. presentation by Lauren Artress, 8:15– 9:15 p.m. Labyrinth walk in Fellowship Hall. Friday, July 16, 8:30 AM – 5 PM, Workshop, *A Path toward Healing: The Labyrinth Journey* with Lauren Artress and Kay Mutert. Saturday – Sunday, Facilitator Training with Master Teacher Kay Mutert. For further information go to [www.pathtohealing.org](http://www.pathtohealing.org). For more information and application for Facilitator Training, <http://www.veriditas.org/programs/training.shtml>.
- July 30 – 31** **San Francisco, CA.** Grace Cathedral Pilgrimage. *Sole to Soul* with Lauren Artress. For more information and registration, <http://www.veriditas.org/programs/grace.shtml>.
- August 2-3** **San Francisco, CA.** Grace Cathedral. Facilitator Training. Lauren Artress with Kay Sandor, Veriditas Master Teacher Apprentice. For more information and application for Veriditas Facilitator Training, <http://www.veriditas.org/programs/training.shtml>.
- August 4** **San Francisco, CA.** Grace Cathedral. Labyrinth Building workshop with Robert Ferré. For more information and registration, <http://www.veriditas.org/programs/grace.shtml>.
- August 6-8** **Rhinebeck, NY.** Omega Institute. *Labyrinth Walking: An Ancient Tool for a Whole New Mind*. Register at <http://www.eomega.org/>, or call Alyson Lachmann at 845-266-4444 x206. Schedule is Friday night lecture from 8-10 pm, 9 AM –5 PM on Saturday followed by a evening labyrinth walk and drumming circle from 7:30-9:30 pm. Sunday goes from 9-12 noon.
- August 20 - 22** **Honeymoon Bay, BC, Canada.** Honeymoon Bay Lodge. Workshop *Awaken to the Path - Ignite your Passion* with JoAnn Mast, followed by Facilitator Training. For more information, contact [meg@honeymoonbayretreat.com](mailto:meg@honeymoonbayretreat.com), or see the website, [www.honeymoonbayretreat.com](http://www.honeymoonbayretreat.com). For information about and the application for Veriditas Labyrinth Facilitator Training, <http://www.veriditas.org/programs/training.shtml>.
- September 2 - 5** **Canterbury, Kent, UK.** University of Kent. Workshop *Journeys Through the Labyrinth* with Lauren Artress, followed by Facilitator Training with Master Teacher Di Williams. For more information and registration for the workshop, <https://store.kent.ac.uk/events/>. For information about and the application for Veriditas Labyrinth Facilitator Training, <http://www.veriditas.org/programs/training.shtml>.
- September 6 - 11** **Chartres, France.** Cycle One. Lauren Artress and Mary Hamilton. *The Spiral of Transformation: Deepening Compassion for Self and Others*. For information about this program, <http://www.veriditas.org/programs/chartres-fall.shtml>. For more information about Veriditas in Chartres, <http://www.veriditas.org/programs/chartres-home.shtml>.
- September 11 - 12** **Chartres, France.** Facilitator Training. Lauren Artress. For more information about Veriditas in Chartres, <http://www.veriditas.org/programs/chartres-home.shtml>. For information about and the application for Veriditas Labyrinth Facilitator Training, <http://www.veriditas.org/programs/training.shtml>.

**VERIDITAS** ~ Experience the Power of the Labyrinth

101 San Antonio Road, Petaluma, CA 94952

Voice: 707-283-0373 Fax: 707-283-0372 Email: [contact@Veriditas.org](mailto:contact@Veriditas.org)

<http://www.Veriditas.org>





Experience the Wisdom of the Labyrinth

### Veriditas 2010 Calendar, continued

- September 13 - 18      **Chartres, France.** Cycle Two. Brother David Steindl-Rast, *Grateful Living* Lauren Artress, host. For information about this program, <http://www.veriditas.org/programs/chartres-fall.shtml>. For more information about Veriditas in Chartres, <http://www.veriditas.org/programs/chartres-home.shtml>.
- October 15-18      **Tipp City, OH.** Harmony Farm. Workshop, *A Harmony Farm Labyrinth Event* and Facilitator Training with Lauren Artress and Kay Sandor. For information and registration for the workshop, *The Three Questions of Life, A Pilgrimage for the Soul*, <http://www.harmonyfarmonline.com/shop/the-three-questions-of-life-a-pilgrimage-for-the-soul/>. For information about and the application for Veriditas Labyrinth Facilitator Training, [https://www.veriditas.org/facilitator\\_application.php](https://www.veriditas.org/facilitator_application.php)
- October 29-30      **San Francisco, CA.** Grace Cathedral. Women's Dream Quest. Judith Tripp. For more information go to: <http://www.veriditas.org/programs/women.shtml>
- November 12-14      **New Harmony, Indiana.** The 2010 Annual Gathering of The Labyrinth Society, *New Harmonies in the Labyrinth*. For more information go to [www.labyrinthociety.org](http://www.labyrinthociety.org)

## Fall 2010 Chartres

**Cycle 1, September 6 - 10, 2010**  
**Spiral of Transformation:**  
**Deepening Compassion for Self and Others**  
**Led by Lauren Artress and Mary Hamilton**

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**Facilitator Training September 11 - 12, 2010**  
**Lauren Artress**

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**Cycle 2, September 13 - 17, 2010**  
**Grateful Living**  
**Led by Brother David Steindl-Rast**  
**and Hosted by Lauren Artress**

Early registration for each cycle is \$1,199. After August 20th the cost for each cycle is \$1,299.  
The Facilitator Training cost is \$600 for the two day training

For more information and to Register go to <http://www.veriditas.org/programs/chartres.shtml> or call the office at 707-283-0373