



# The Spirit of Veriditas

## Voices From the Labyrinth

Summer/Fall 2010

A Veriditas Publication: Voice of the Labyrinth Movement

### The Poetry on the Path Issue

Welcome to the Summer/Fall edition of the Labyrinth Journal! I write this while living in Chartres, France. Dawn and I are here with many wonderful volunteers to offer our bi-annual program called **Walking a Sacred Path**. The labyrinth stirs people deeply and opens the imaginative perception so we can see things anew. Metaphor, poetry, art and story are the fabric of the spiritual life. They serve a very important purpose because we do not have a language that allows us to talk about the invisible world, the world of spirit, healing or

the unseen levels of our reality. Since we must use a noun connected to a verb in the English language, all our ideas are anchored to the concrete, sensate, physical world.

This is why we need poetry, which uses metaphor, and metaphor is the alphabet of the invisible world. And the labyrinth is a container of metaphor. It stirs people deeply and opens the imaginative perception so we can see things anew. Metaphor is the bridge between matter and spirit.

*"Metaphor, poetry, art and story are the fabric of the spiritual life. They serve a very important purpose because we do not have a language that allows us to talk about the invisible world, the world of spirit, healing or the journey of faith."*

the journey of faith. The fact that in the Romance languages a noun must be connected to a verb, (i.e.: I am *typing* these words on my *computer*.) rules out

Marion Woodman says, "If we fail to nourish our souls, they wither." Life becomes boring; it has no dimension. Without soul, we have not ears to

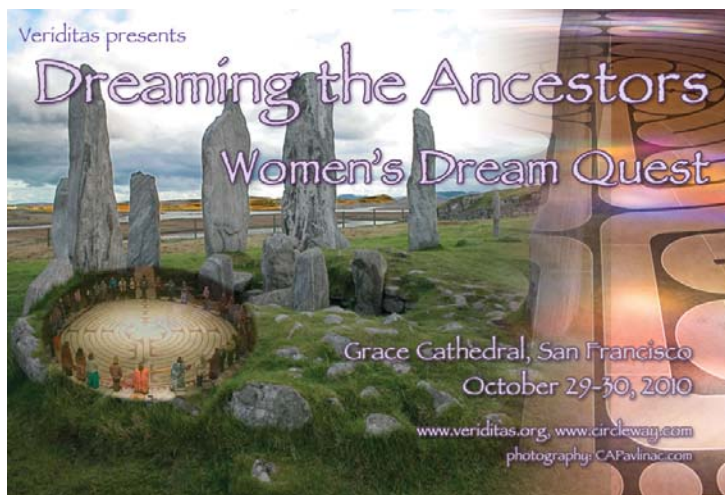


Lauren Artress

hear great music, no perception to understand poetry or dreams, no eyes to appreciate fine art. The creative process shrivels in the absence of continual dialogue with soul. And creativity is what makes life worth living.

Blessings on the Path,

*Lauren*



#### Dreaming the Ancestors

The Women's Dream Quest offers women the rare opportunity to spend the night in the sacred space of Grace Cathedral. The evening through morning program includes small and full group activities, singing, healing, art and Labyrinth walking.

Facilitated by Judith Tripp, MA, MFT with  
Small group leaders, Diana Stork on harp,  
Cindy Pavlinac's images and dance by Thais and Tenaya Mazur

October 29-30, 2010

Friday 7:00pm - Saturday 11:00am

Grace Cathedral, Taylor and California St, San Francisco

\$125 (\$150 after October 1)

CEUs available/ Student rate available

For further information, see the details on [www.Veriditas.net](http://www.Veriditas.net)  
or call the Veriditas office 707- 283-0373

# From Your Executive Director

## by Dawn Matheny

It is a beautiful fall, and Lauren and I are just back from **Walking a Sacred Path** in Chartres, France. Our programs were as powerful as ever. This time they focused on the wisdom of the body and grateful living so it's no surprise to find myself feeling quite full of gratitude.

The world is so beautiful. Our Full Moon Walk last night was awesome as the moon shone directly on the rocks of the labyrinth and the air was gentle and fresh. Veriditas is growing and spreading through the work of all of our trained facilitators, our Board, our Council, our volunteers, our staff and our expanding pool of Master Teachers: JoAnn Mast,

Kay Mutert, and the latest graduate, Di Williams.

We've had so many of you step up and be willing to support Veriditas (both on a monthly basis through our sustained giving program, and through your generous donations and your gifts to the auction). The community of those who gather around the labyrinth shares a vision of the path we are all on, and that I have the honor of supporting this precious work in the world that contributes to the world being a better place.

Early in October, 2010, we celebrate Lauren's 65th birthday and fifteen



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

years of the unique and life-changing work of Veriditas. We hope you can join us in San Francisco for this tribute to Lauren and the organization she founded that we all love and support.

A handwritten signature in dark ink that reads "Dawn".

## Poetry as Peace by Robin Bradley Hansel

The response to this issue's theme has been so overwhelming, that we have combined our Fall and Winter 2010 editions in order to share as many of your submissions as possible. Even so, several wonderful poems about the labyrinth remain unspoken just as many more of you are sure to be inspired to write your own verses after reading these. Please do keep sharing your creativity with us - and with each other - for the world needs poets more than ever before.

Sometimes, the perfect poem comes to you unexpectedly like an ancient whisper. While trying to choose one of my favorite poems to share, one that I had never read before by Mirabai floated gently to the surface. I sincerely hope you enjoy it, too.

### *Use the Geometry*

*He left His fingerprint on a glass the  
Earth drinks  
from.*

*Every religion has studied it.  
Churches and temples use the geometry of  
those lines  
to establish rites and laws and prayers  
and our ideas of the  
universe.*

*I guess there is just no telling how out of  
hand - and wonderfully wild -  
things will get  
when our lips catch up to  
His.*

\*Poem written by Mira (c. 1498-1550) as found in Daniel Ladinsky's Love Poems From God: Twelve Sacred Voices from the East and West.

Send me your suggestions for our next exciting issue of ***The Spirit of Veriditas, Voices From the Labyrinth***. Our team is planning a "Music on the Path" theme. Until then, keep walking, writing, singing and sharing your gifts.

Peace for Your Path,  
Robin  
[robin@labyrinthwellness.com](mailto:robin@labyrinthwellness.com)



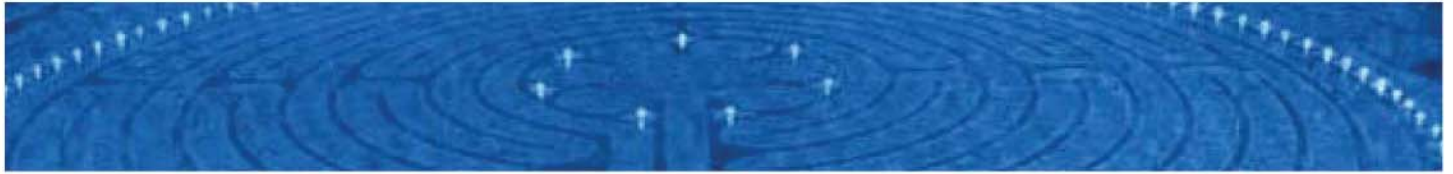
Photo credit: Robin Bradley Hansel



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



# 2010 Veriditas On-line Auction



**OCTOBER 8-31,2010**

The Veriditas organization is growing along with the work of the labyrinth in the world!  
We have found an easy and fun way to support this growth—and shop for cool stuff at the same time.

Our On-line auction, powered by BiddingForGood, is fast approaching. Bidding begins on October 8th. So, now is the time to build a fantastic auction catalog of items. Thanks, in advance, for your interest and support!

## Two ways to Help

### DONATE AN ITEM

Donating an item is easy! (It's even easier than listing an item on eBay). Just go to [www.biddingforgood.com/veriditas](http://www.biddingforgood.com/veriditas) and click "Donate an item." You will need a digital photo of your item and a description for the listing. If you have any trouble listing an item please contact Phyllis Carlisle at [auction@veriditas.org](mailto:auction@veriditas.org).

Donation ideas include labyrinth items, music, artwork, gift cards to national restaurants or stores (i.e. Starbucks, Borders), getaway vacation sites, services, books signed by authors—you get the idea! No item is too small! It's great to have a wide price range of things to choose from.

There are literally thousands of people who receive the information about our auction and are interested in the labyrinth. So, if you are a labyrinth vendor, artist, author, restaurant or store owner, this is a great way to advertise!!!

### BID ON AN ITEM

Beginning on October 8th the auction will be open. Please visit the Veriditas BiddingForGood site often to view our catalog of exciting items. It's fun to check on your items and bids!

The auction site can be reached at [www.biddingforgood.com/veriditas](http://www.biddingforgood.com/veriditas). If you have any trouble, please don't hesitate to contact Phyllis Carlisle at [auction@veriditas.org](mailto:auction@veriditas.org). She will send you an easy link via email.

Feel free to pass this information on to anyone who you think might be interested!

Bid high and Bid often!



Questions? Contact Phyllis Carlisle at [auction@veriditas.org](mailto:auction@veriditas.org)

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**Name:** \_\_\_\_\_

**Email:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Donation Item:** \_\_\_\_\_

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# *Little Miracles on the Path*

by Linda Mikell

Looking back in the “Little Miracles on the Path” archives, I found two poems which speak volumes about the intergenerational appeal of the labyrinth as well as the wonderful metaphors it brings to mind. The first poem was written by a twelve-year-old girl who walked Danielle Wilson’s labyrinth in the UK in April of 2005. The second poem was written by facilitator Judy Twigg in 2008. I hope they both touch your heart and your stillness as they have touched mine.

*With gratitude, 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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## *The Labyrinth*

*It is a forgotten path,  
Guided by brilliant spirals of light –  
It is spirituality embedded in thought and  
space.  
Just put one foot in front of the other and  
You are led to the centre of a world;  
A world that only you can see and hear;  
A world that only you can taste and touch.  
Follow the chant – the chant of the world  
beneath your feet.  
Just put one foot in front of the other and  
Follow the forgotten path.*

*Abi Dadson, 2005*

## *Journey*

*We journey the labyrinth of life  
sometimes alone  
sometimes together  
sometimes leading  
sometimes following  
always learning  
yearning for the center.*

*Round and round we go  
touching the sorrows  
holding tight to the joys  
opening both to light and darkness  
searching for the balance  
that is the Circle.*

*We reach the Center*

*In the stillness of our being  
we find love and wisdom.  
We journey outward,  
knowing we hold within us  
both the Circle and the Center.*

*Judy Twigg, 2008  
Redsun Labyrinth Walker*



*Photo credit: Robin Bradley Hansel*



# The Write Stuff

## Simple Starters to Prompt your Pen

by Maia Scott

Writing poetry offers a powerful and sometimes playful variation to standard journaling and inspires the mind to expand. The boundaries, patterns, and shapes of the verse gently press upon usual written patterns; uncovering uncharted words, new language structures, and even fresh ways of looking at things. There are so many ways to approach poetry, ripe with an endless array of forms, prompts, and concepts to interweave.

Here is a small sampling of simple poetry and writing exercises to tempt the mind's eye and quicken the quill. Harness their potential as keys to reach uncharted domains within. Or twist them about playfully, working them like building blocks to structure goals and dreams. Experience them on your own and add them to your treasure chest of options for group facilitation.

**HAIKU** – It never hurts to revisit that elegant and easy introduction into poetic structure featuring three lines. The first line is 5 syllables, the second has 7 and the last has 5. If you want to “Laby it up”, how about a “Chartres-ku” which may feature 3 lines with 11, 6, and 11 syllables:

Near the circle's edge  
One lunation under God  
Gently gazing forth.

-and-

Ancient arms enfold drawing me deep  
within  
To the heart of knowing  
Thrumming rhythms swirl me through  
the universe.

**WRITHMS** – If the rhythm of words could represent the way you walk, what would it look like? Would it be pert and brisk or swell and flow like a waltz?...

It happened once without a cause  
Foreseen by one who plays with light.

-or-

Opening ever ward scattering shiny  
things  
Beckon me eagerly mirroring merrily.

**WORDS' EYE VIEW** – Cut or tear a hole into a piece of paper and observe. You may want to randomly place it onto a finger labyrinth to let a small piece of it show through. Or, watch the happenings during a labyrinth walk. Stay very literal about what you notice. Then, take it deeper.

Black, then green and blue  
Block the light in progression  
A cupped hand lingers...  
Upon heavenly suggestion.

**ONE STEP DEEPER** – Read a page from your journal, your favorite holy book, or even the daily news, all the way through to the end. Select a word that speaks to you. (It could be the theme of

your walk). You now have the starting letter of each line of your poem.

Head over heels in deep  
Optimizing a rapid descent.  
Prepared to hit bottom... again...  
Eventually, I'll launch upward.

**CONCRETE POEMS** – Write your way into a labyrinth. The twists and turns will automatically break the text into poetry “Lines”. Or, ponder the possibilities of a blank page and let your hand lead your heart and mind on its own quest.

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.



Photo credit: Maia Scott

# Via Negativa by Aine Pierandi McCarthy

*"The seas round Crete are dark blue almost to  
blackness,  
wild, bare, and empty... 'Sea Mother,' I said,  
Foam-Born  
Peleia of the Doves, this is your kingdom."*

—Mary Renault, *The King Must Die*

There is still no answer  
to simultaneity.  
The wind pulls the ropes,  
hoists the black sail,  
drags me into your shadow,  
while you wait to taste the salt  
of my skin,  
with a deep aching blue grief  
for the sea.

There is no such thing as  
definite place. You dream  
your sleep surrounded  
by the black fabric of  
the Milky Way,  
ripped in the middle.  
The center of the labyrinth  
is a hole in spacetime.

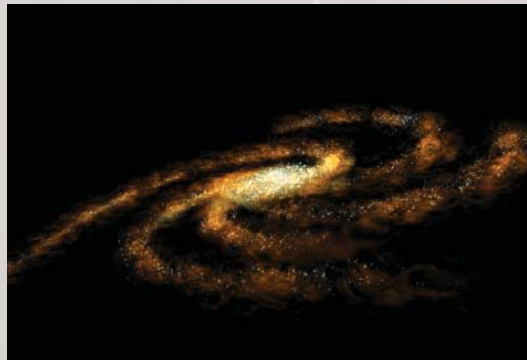
I sleep amidst a sea  
of galaxies, in the belly  
of the Foam Born, where  
gravity stretches the night.

The fire in gestation,  
the earth is quickening.

Each of us travels  
in a cone of light.  
The clew threads through  
frozen shadows,  
the bodies of those  
whom the light has left.  
The labyrinth is river

flowing forward. I ask  
if there is such a thing  
as redemption. The path  
is strewn with these stellar  
corpses, and you are  
wondering, why we are  
born into these bodies?  
Why not become fire?  
Encircled by death,  
we live on a spinning world.

Time has grown long  
in your prison,  
without stories or skies.  
Fossil light  
travels back, scattered  
like star pepper



in the foreground  
of memory's photograph.  
The earth spins ever  
slower since it was born.

I am the first  
to brave the frothy universe.  
I am the first  
to befriend the darkness.  
I am the first  
to return from you.  
In the center  
of the earth, you would be

weightless.

Each of us travels  
in a cone of light.  
I carry only a ball of thread  
and the question  
of what it is  
for a life to be taken.  
Our lives  
are woven and bound  
by this labyrinth.

Ocean music  
is all you will hear  
when fate takes  
its final shape,  
finished  
by the line  
drawn  
around you.  
What does it mean  
for a life to be taken?

The universe  
will never  
come back  
together again.

I will come in  
dancing  
to your fierce music.  
*I will walk  
lighter after,  
when there is no  
looking back.*

By, Áine Pierandi McCarthy



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>



# Sister Kathleen-Deigan and the Poetry of Thomas Merton

by Robin Bradley Hansel

Kathleen Deignan, CND, is a theologian and sacred songwriter who has composed over 200 songs for worship and contemplation, based on the mystical texts of the Christian, Jewish and Celtic traditions, and her own prayer poems. Dr. Deignan founded and directs the Iona Spirituality Institute at Iona College where she writes and lectures internationally in



the area of classical and contemporary spirituality. As a sister of the Congregation of Notre Dame, Kathleen lives a life of Visitation inspired by Mary's Magnificat which is expressed in her ministry of sacred song. She is co-founder of and composer in residence for Schola Ministries, a project in service to the liturgical and contemplative arts <http://www.scholaministries.org>. She recently developed one of her bestselling books into an audio breviary weaving her sacred song and Thomas Merton's poetry called **A Book of Hours: At Prayer with Thomas Merton** (Schola Ministries 2009).

For more than thirty years, Sister Kathleen has been introducing new generations of spiritual seekers to Thomas Merton's voice which echoes the traditions of Christianity and Judaism, the mystical depth of Islam's Sufism, the wisdom traditions of Asia and Native America, and the poetic challenge of a wide network of culture critics. This spiritual master and celebrated American monk has inspired and challenged

readers through his genius and appeal as a mystic and a prophet. Today, Merton continues to awaken in us his desire for contemplation, justice, and love for the natural world.

I was blessed to have Sister Kathleen Deignan join me last season as a guest on our July 8th episode of The Wisdom of the Labyrinth to discuss labyrinths, her environmental ministry, her music, and Thomas Merton's work. Our Internet radio interview was followed by a discussion of her reflections on Merton's poetry for this special poetry edition of the Veriditas Journal.

"Poetry is just Merton's nature. It is his exquisite gift and how he works with words. It is almost as if he writes in poetry all the time especially in his contemplative meditations, narratives and reflections. His poetry is in his prose," Sister Kathleen shared.

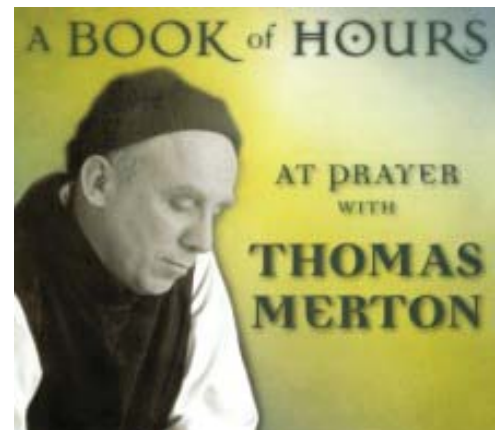
"Merton's voice has multiple levels in that he can harmonize with himself as teacher, preacher, prophet, critic and poet. However, it is his mystical, contemplative side that is just gorgeous. His writings that were maybe not intended as poems remain as poems. The ones that come out of silence have the depth of poetry. They are powerful, sometimes lyrical, and a concentrated form of revelation. When Merton is letting his soul speak, his soul speaks to us," she explained.

Dr. Deignan reflected, "Merton's life was a labyrinth. His legacy is 'Centering Prayer'. Merton wrote of only One center: the Divine and the Mystery. It is the beautiful, luminous

center that is the core of every being – human and otherwise. The invitation of our life is to somehow arrive at that center. This man awakened to the center, he traveled this labyrinthine path, and he discovered that center in himself. It was the Center of everything."

Regarding Merton's unique gift of vision, Sister Kathleen concluded, "Merton makes exquisite images on the canvas of your imagination. He will paint with his pen. It is just beauty."

*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)*



*"His writings that were maybe not intended as poems remain as poems. The ones that come out of silence have the depth of poetry. They are powerful, sometimes lyrical, and a concentrated form of revelation."*

# Walking to the Rhythm

## by Maia Scott

The content and cadence of a carefully selected poem has the potential to set the theme and pace of a labyrinth walk. Like a favorite piece of music, it can move the body, mind, and spirit and set into motion a structure for depth and discovery.

Facilitators on the list-serve shared some of their favorite works. Give the poems below a deep look and see if they move you to read them before your own walk or share them with your group. Or, paste these into a resource list and add your own favorites to the mix for later use.

Kunitz, Stanley – “The Layers”:

<http://www.americanpoems.com/poets/Stanley-Jasspon-Kunitz/18274>

See it read by the author himself

<http://www.videovroom.com/FilesForPeoplePoets/KunitzStanley/VideoPoemStanleyKunitzReadingTheLayersOn022006InNYCApt.htm>.

John W. suggests this poignant work embracing struggle and loss and the strength to continue down the road of life.

Macado, Antonio - “Last Night as I was sleeping”:

<http://www.poetry-chaikhana.com/M/MachadoAnton/LastnightasI.htm>

And, for a meditative video rendition narrated to natural wonders, visit <http://www.youtube.com/watch?v=mNfSKMINQuE>

Judith Tripp recommended this work pondering the nature of God within and without.

Nelson, Portia- “Autobiography in Five Short Chapters”: <http://www.mhsanctuary.com/healing/auto.htm>

See a young guy’s quirky paper storyboard version on YouTube:

<http://www.youtube.com/watch?v=jSCA0EWR2RE>

Eddie Hamersma recommends this popular parable depicting the process of making the same mistake twice as illustrated in Nelson’s book, There’s a Hole in My Sidewalk.



*Photo credit: Maia Scott*

O’Donohue, John – “Beannacht” (Blessing):

<http://www.poetry-chaikhana.com/O/ODonohueJohn/InnerHistory.htm>

Experience a video of the author reading it accompanied by stills of O’Donohue in his homeland:

<http://www.youtube.com/watch?v=ZfvS2LYbZLQ>.

*continued on page 9*



*Walking the Rythem continued from page 8*

I suggest one of many incredible works from, To Bless the Space between Us: A Book of Blessings. I remember John O'Donohue reading excerpts from this book in progress when he was the featured presenter in Chartres just a few years prior to his passing.

Oliver, Mary- "The Journey":

[http://www.panhala.net/Archive/The\\_Journey.html](http://www.panhala.net/Archive/The_Journey.html)

For a video version with written text and imagery visit

<http://www.youtube.com/watch?v=Z07AaGECfe8>

Edie Hamersma offers this Pulitzer Prize winner's poem inspiring self empowerment despite outside forces.

If you would like more poems and writings by these and other authors, the internet offers up a wealth of resources at your fingertips. If you prefer the smell of ink and the swish of turning pages, remember to visit Amazon.com through the Veriditas portal.



*Photo credit: Robin Bradley Hansel*

## 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!*

<http://www.amazon.com/?&tag=veridithevoic-20&camp=15345&creative=331681&linkCode=ur1&adid=15V6MVCMAAHSAM3P0JNV&>

# Straight to the Center by Judith Tripp

*Today the labyrinth is open  
Chairs gone, space carved out for  
The curving path of my heart*

*Many walkers walk slowly on the path  
The labyrinth must be walked in prayer  
here, it seems.  
Prayer is a slow and painstaking thing.*

*Shall I join with the orthodoxy?  
That age-old question  
Not today, says my heart who sees*

*I know the way on this path.  
With careful short cuts,  
I bypass the prayerful*

*I enter the center alone and exalted.  
I pass a test in myself  
And claim my own way.*

*Go straight to the High Altar,  
Bow down only to God  
Like an arrow shot from my heart, I go*



Photo taken of Judith Tripp in Tintagel, England by Marjorie Connelly

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## Labyrinth by Rodney Beck 03/10

*I viewed the convolutions,  
even tried the path  
but lacking today's discipline,  
and a senior desire to know,  
I never reached the goal.*



Photo credit: Maia Scott

*But now I wonder,  
what might it be;*

*perhaps the walk  
of medieval men  
closer and safer  
than that of  
Crusaders;*

*or, as I have read,  
a trek with Jesus,  
to Golgotha,  
that place and time*

*when one dies  
to the old self  
and real life begins,*

*where awareness is born  
that God's love  
is ours to share?*

*Too late now  
to walk the path  
but not to make it  
within my heart.  
by Rodney Beck 03/10*

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**"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>



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*

July - August - September

Focus: Patience



**QUOTE:** Patience and perseverance have a magical effect before which difficulties disappear and obstacles vanish.

—John Quincy Adams

**PICTURE/SYMBOL:** Clouds and sky

**COLOR:** Blue

**PRAYER:** *Life-Giver, Compassionate Companion, over and over you teach us about the process of inner growth: to have patience with all things but chiefly have patience with ourselves. Regardless of how much patience we have, we would prefer never to use it.*

*You advise us that patience cannot not be acquired overnight. It is just like building up a muscle. Everyday we need to work on it.*

*You encourage us to not lose courage but to instantly set about to transform our impatience--- everyday begin the task anew.*

*Life-Giver, support and guide us in our daily practice of patience. Open our hearts to understand that patience makes lighter what sorrow cannot heal. Patience is the art of caring slowly.*

*We are grateful.*

—Jo Ann Mast

**IDEAS FOR BENEFITING ORGANIZATION:** Local Food Banks

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

**MUSIC:** “Secret Gardens: Songs From A Secret Gardens” by Mercury; “Celtic Spirit” by Narada Collection Series; “Chartres: The Path of the Soul” by Catherine Braslavsky Ensemble

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



# This Quarter's 2010 Global Healing

## Theme: A Call for Courage

*Courage is a kind of salvation ~ Plato*

**October - November - December**

**Focus: Heart**



**QUOTE:** Sometimes the biggest act of courage is a small one. —Lauren Raffo

**PICTURE/SYMBOL:** Red Rose

**COLOR:** Red

**PRAYER:** *Blessed are You, Oh Harvest of my Heart, never let me lose sight of the importance of a beautiful sunrise; or watching my children or grandchildren sleep or smell the rain. It is often the little things that really matter in life.*

*Open my heart and mind to the small steps and little victories along my path for these have the greater meaning in life.*

*I give thanks to you, Divine One who are so Light-Hearted, make my heart like yours. May I be a light this day for those who are in darkness and give warmth and light to all.*

*Amen*

—Jo Ann Mast

**IDEAS FOR BENEFITING ORGANIZATION:** UNICEF

**IDEAS FOR AMBIANCE:** Enhance your labyrinth with small rocks, glass stones or beads and tea lights (candles or battery operated)

**MUSIC:** CD “Beauty All Around: All is Forgiven” by Ashana; (Songs for voice and crystal singing bowls; CD “Portal” by Christine Tulis (award winning harpist & composer)

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

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## Full Moon Labyrinth Walks at the EarthRise Retreat Center at IONS



Veriditas, in partnership with the Institute of Noetic Sciences (IONS) and the EarthRise Retreat Center, will be offering a Full Moon Labyrinth Walk on Thursday, October 21; Sunday, November 21; and Tuesday, December 21. There is no cost for this hour-long event.

Be sure to wear layers, and bring a flashlight. If it rains, the event is canceled (no moon!). For directions go to: <http://ions.org/earthrise/plan/maps/>

For more information click link: <http://www.veriditas.org/programs/Petaluma.shtml>



# 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).*

Since our last update, the Veriditas Council has met twice by phone to follow up on action items from our last Santa Fe meeting and to prepare for our upcoming gathering in California at IONS in October. One main area of focus right now is fundraising. The fact is, without funds we cannot continue our work.

The Council and Board are jointly working on the annual online auction which has been a very successful venture. Things are moving along well, but we are happy to accept donated items for the sale. If you have a product, service, talent or vacation accommodation that you would like to share, please contact us at [council@veriditas.org](mailto:council@veriditas.org). We would be happy to include you. You may also donate directly by visiting the auction site. A link to the auction is available under the "Support Veriditas" tab on the website. You can use the link to preview the auction as well.

A new Sustained Giving Program

has also been put into place, which allows you to donate a set amount to Veriditas each month. This not only allows you the opportunity to spread your donation over a period of time, easing your financial burden, it also creates a more stable income stream for Veriditas. If you are interested in joining the Sustained Giving Program, more information can be found on the Veriditas website by clicking on the "Donate" button.

Our efforts to strengthen connections with facilitators continued with our first major facilitator communication, which went out in late spring. We hope to make this a quarterly event. Changes are being made to the facilitator portal to make it a more dynamic and useful resource. To begin with, we are very excited to announce that the regional facilitator lists have been finalized and posted! You can now find other facilitators in any area just by visiting the regional page after entering the facilitator portal. For any additions or

corrections to the list, please e-mail both your regional rep and Roberta at [roberta@veriditas.org](mailto:roberta@veriditas.org). Archives of discussions are also being created to give facilitators an additional resource to answer questions. These archives can be found by going to the "Special Interest Groups" tab and then clicking on "List Serve."

Finally, we are very pleased that several of our members will be taking very active roles in the upcoming TLS Gathering in November. Along with Lauren, council-members Lisa Gidlow Moriarty, who is also the current TLS president, and Judith Tripp will be featured presenters.

We look forward to meeting many of you in San Francisco at Grace Cathedral in October! Our mission is to reach out to the entire facilitator community, and it will be a joy to begin to do so in person.



## Veriditas Regional Network Spotlight Midwest Region

### by Lisa Gidow Moriarty

The Midwest Region is composed of Minnesota, Nebraska, North and South Dakota, and Wisconsin. An active group of facilitators is organized in the Minneapolis/St. Paul called the Minnesota Labyrinth Network (MNLABNET) although membership is open beyond Minnesota. The MNLABNET communicates through a Yahoo Group where members post

messages, discover new labyrinths, share photos and ideas, and announce details for meetings and events. The MNLABNET has been meeting regularly since the late 1990s on scheduled dates and times in January, May and September. Meetings are usually hosted by a member who coordinates a labyrinth experience.

In addition, the MNLABNET has sponsored labyrinth facilitator training, Midwest Labyrinth Festivals every other year since 2003, The Labyrinth Society's annual conference in 2004 and a Veriditas Facilitator Renewal Day in 2009.

The Midwest area is labyrinth-rich. The Minneapolis/

*continued on page 14*

St. Paul Twin Cities area alone boasts over 100 permanent public labyrinth installations, not including portable labyrinths. One of the earliest is a steel and granite labyrinth installation at the Minneapolis Institute of Arts, and new labyrinths continue to be built. Offerings include several permanent dual-path conflict resolution labyrinths at elementary schools, hospitals, city parks, places of worship, colleges, community gardens, retreat centers and spas. One MNLABNET member, a Veriditas facilitator and labyrinth builder, has fourteen walk able labyrinths at her home and regularly offers bus tours of the many public and private labyrinths in the area.

### One Shining Regional Facilitator

Rev. Barbara Kellett first learned of the labyrinth in the late 1980s from Robin Van Doren, a colleague of Jean Houston, who offered multi-cultural training at Ramsey County Human Services in St. Paul, MN where she introduced the labyrinth to social workers and staff. Barbara began to present the labyrinth in 1991 and

over the years guided thousands in secular and religious settings. In 1996 Barbara attended Veriditas training and continued to be a visionary and a catalyst to connect and support people who worked with labyrinths. Barbara initiated the MNLABNET and large labyrinth gatherings. She retired from social work, obtained a Master of Divinity, became an ordained Unitarian Universalist minister, and now offers spiritual direction.

Barbara's gracious, soft-spoken and generous nature clearly supports her desire to nurture the spirit. She is well known in the Midwest for her collection of "toys for the labyrinth" that she readily makes available for use by other area facilitators. These include: portable labyrinths, scarves and fabrics, feather masks, musical instruments, sets of brass and crystal singing bowls, dozens of books, photos, finger labyrinths and other creative "stuff." Barbara regularly mentors new facilitators, and she is the guiding spirit behind the First Universalist Church of Minneapolis Labyrinth Circle, a dedicated team of labyrinth enthusiasts who offer open

walks and much more to thousands.

Another MNLABNET member, Zara Renander, wrote the following poem and offers it for the Poetry on the Path theme:

### *The Pilgrim*

*Labyrinth, Camino and Red Road  
lead to any time, to all time and  
timelessness.*

*Finite finds infinite. The eternal NOW  
ever present.*

*Warm footprint on stony trail, step follows  
step*

*to heart's core: exterior to interior,  
reflection mediated by motion.*

*The path winds from tangible to  
intangible.*

*Mass and matter by sacred alchemy  
transmuted,*

*and rock-ribbed hearts dissolve into  
The Rose.*



### 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>



# Book Connection

## Recommendations by Tina Margason

A few years ago, I was blessed to spend a week at Chartres with John O'Donohue as our teacher for Veriditas. Every morning we would meditate to his deep lilting voice leading us into our interior landscape, as he called it. His teachings were interspersed with beautiful poetry shared from his soul and life experiences. It is my joy to share some of John's poetry, and its possible uses with labyrinth work with you.

*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*

### Conamara Blues

By John O'Donohue  
ISBN: 9780060957254

Conamara Blues is a beautiful book of poetry compiled in Conamara, Ireland in 2000. In this book, John writes many soul stories reflecting his love of the land. You feel as if you have visited there, and you can understand how this land influences his thinking. His power of language is amazing. Many poems could be used for threshold moments. Here are two small samplings to whet your appetite, and make you want to come back for more.

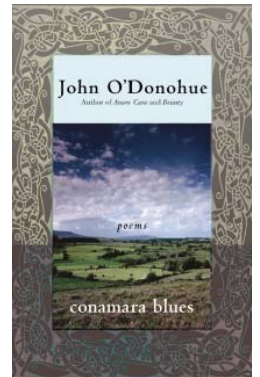
#### *Fluent*

*I would love to live  
Like a river flows,  
Carried by the surprise  
Of its own unfolding. (p.41)*

#### *Thought-Work*

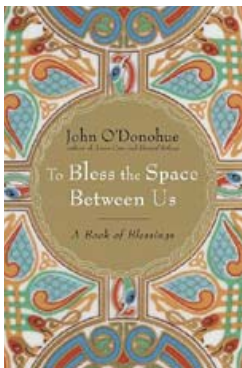
*Off course from the frail music sought by words  
And the path that always claims the journey,  
In the pursuit of a more oblique rhythm,*

*Creating mostly its own geography,  
The mind is an old crow  
Who knows only to gather dead twigs,  
Then take them back to the vacancy  
Between the branches of the parent tree  
And entwine them around the emptiness  
With silence and unfailing patience  
Until what was fallen, withered and lost  
Is now set to fill dreams as a nest. (p.15)*



### To Bless the Space Between Us: A Book of Blessings

By John O'Donohue  
ISBN: 978-0-385-52227-4



In this book, John reminds us of the blessing of life lived in constant awareness and gratitude of the Divine. He gives us a treasure chest brimmed with blessings structured around the luminal moments of our lives: Beginnings, Desires, Thresholds, Homecomings, Callings, State of the Heart and Beyond Endings.

For all the poets and artists out there, I give you John's blessing:

#### *For the Artist at the Start of Day*

*May morning be astir with the harvest of night;  
Your mind quickening to the eros of a new question,  
Your eyes seduced by some unintended glimpse  
That cut right through the surface to a source.  
May this be a morning of innocent beginning,  
When the gift within you slips clear  
Of the sticky web of the personal  
With its hurt and its hauntings,  
And fixed fortress corners,  
A morning when you become a pure vessel  
For what wants to ascend from silence,*

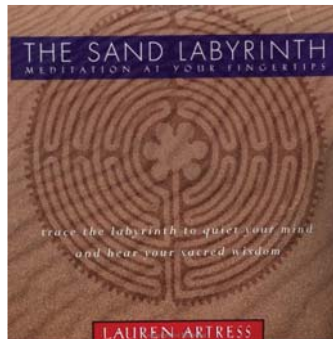
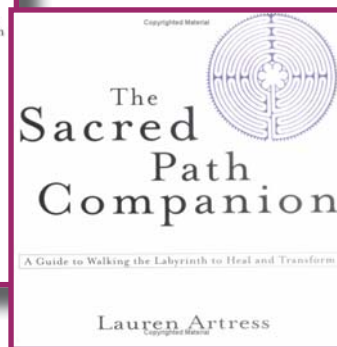
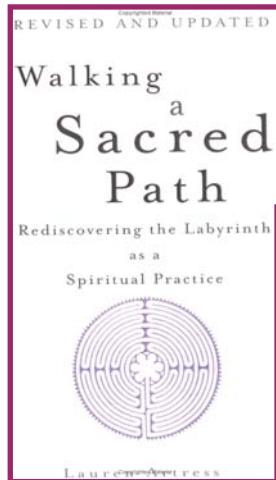
*May your imagination know  
The grace of perfect danger,  
To reach beyond imitation,  
And the wheel of repetition,  
Deep into the call of all  
The unfinished and unsolved  
Until the veil of the unknown yields  
And something original begins  
To stir towards your senses  
And grow stronger in your heart.  
(p.17)*

## 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!*



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

IS A  
VERIDITAS PUBLICATION

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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.



Experience the Wisdom of the Labyrinth

## Veriditas 2010 - 2011 Calendar

Date	Event
October 8	<b>San Francisco, CA</b> , Grace Cathedral. Gala celebration of Lauren Artress' 65th birthday. Click the link for details: <a href="http://veriditas.org/celebrate/">http://veriditas.org/celebrate/</a>
October 8 - 31	San Francisco, CA. Veriditas Online Auction. Help us raise much needed funds by donating items and/or bidding on the wonderful items in our catalog. We have a vacation aptment in Paris, handcrafted items, registration to Chartres, music, labyrinths and many other treats. To donate or see the auction catalog anytime click link: <a href="http://www.biddingforgood.com/auction/AuctionHome.action?vhost=veriditas&amp;aalias=fall2010">http://www.biddingforgood.com/auction/AuctionHome.action?vhost=veriditas&amp;aalias=fall2010</a>
October 15-18	<b>Tipp City, OH</b> . Harmony Farm. Workshop, <i>A Harmony Farm Labyrinth Event</i> and Facilitator Training with Lauren Artress and Kay Sandor. For information and registration for the workshop, <i>The Three Questions of Life, A Pilgrimage for the Soul</i> , click this link: <a href="http://www.harmonyfarmonline.com/shop/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/</a> . For information about and the application for Veriditas Labyrinth Facilitator Training, click this link: <a href="http://www.veriditas.org/programs/training.shtml">http://www.veriditas.org/programs/training.shtml</a> .
October 21	Petaluma, CA. Full Moon Labyrinth Walk. Veriditas, in partnership with the Institute of Noetic Sciences (IONS) and the EarthRise Retreat Center, will be offering a Full Moon Labyrinth Walk on Thursday, October 21 at 7:00 pm. There is no cost for this hour-long event. Please RSVP to the Veriditas Office at 707-283-0373 by Thursday at 6:00 pm or email <a href="mailto:dawn@veriditas.org">dawn@veriditas.org</a> or just show up. For directions go to: <a href="http://ions.org/earthrise/plan/maps/">http://ions.org/earthrise/plan/maps/</a> . Other Full Moon Labyrinth Walks will be Sunday, November 21; Tuesday, December 21.
October 29-30	<b>San Francisco, CA</b> . Grace Cathedral. Women's Dream Quest. Judith Tripp. For more information go to <a href="http://www.veriditas.org/programs/women.shtml">http://www.veriditas.org/programs/women.shtml</a> .
November 12-14	<b>New Harmony, Indiana</b> . The 2010 Annual Gathering of The Labyrinth Society, <i>New Harmonies in the Labyrinth</i> . For more information go to <a href="http://www.labyrinthsociety.org">www.labyrinthsociety.org</a> .
December 3-5	<b>Burlingame, CA</b> . Mercy Center. Advanced Facilitator Training, with Lauren Artress and Dawn Matheny. You must have attended Veriditas Basic Facilitator Training and have at least one year experience as a Facilitator. Certified Facilitators preferred. For more information, log onto the Facilitator's Portal.
March 8	<b>Brisbane, Queensland, Australia</b> . Lauren Artress is guest on Conversation Hour on Australian Broadcasting Company Radio. For more information, contact Rev. Richard Zweck, Email <a href="mailto:richard.zweck@lca.org.au">richard.zweck@lca.org.au</a> .
March 9	<b>Brisbane, Queensland, Australia</b> . All day workshop with Lauren Artress. Contact the Rev Peter Catt, St Johns Cathedral, Dean of Brisbane, <a href="mailto:PCatt@anglicanbrisbane.org.au">PCatt@anglicanbrisbane.org.au</a> , web site: <a href="http://www.stjohnscathedral.com.au">www.stjohnscathedral.com.au</a> . 373 Ann St, Brisbane Australia 4000, or Postal Address GPO Box 421, Brisbane QLD, Australia 4001. Phone: 617 3835 2231 (Office)
March 11-21	Lauren Artress continues her trip in Australia. Please check for city and details by clicking the link to the Veriditas Calendar <a href="http://www.veriditas.org/September2010Calendar.shtml">http://www.veriditas.org/September2010Calendar.shtml</a>

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