

Labyrinths Matter - Newsletter

Summer Edition Down Under 2011

Australian Region of The Labyrinth Society, Inc. & Veriditas

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**Veriditas
Public Talks and Walks,
Workshops, and Facilitator
Training**
with Reverend Dr. Lauren Artress
10th - 22nd March 2011
pages 17, 18, & 19

Accommodation at Campion all allocated for Workshop and Facilitator Training.

Are you able to help ?

We urgently need people to accommodate participants from Interstate and overseas.

Can you help?

Phone Lorraine 03 56785638 or

Email lgrodda@iprimus.com.au

Labyrinth Talk and Candlelight Walk Topic: 'The Healing Path of the Labyrinth'. Thursday 17th March 2011 7pm - 10pm

7pm Talk \$45.00 per person

9pm Walk entry by donation

Overhead costs have now been met - it is your participation now that will make the difference

This event is proudly supporting the
Olivia Newton-John Cancer and
Wellness Centre Appeal.



**The Augustine Centre
2 Minona St Hawthorn Victoria.**
Booking: Tel 56785638
Email lgrodda@iprimus.com.au

Other ways to contribute on page 18



LABYRINTH LOCATORS

In 2006 twenty labyrinths were listed on the WWLL now there are 72 Help us build the labyrinth data base at both the National & Worldwide levels.

Is your labyrinth listed?

Is your information current?

wwll.veriditas.labyrinthsociety.org
www.labyrinthlinkaustralia.org

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About the Newsletter

The newsletter is designed to meet people where they are on the path. Send in your articles and photo's - they are the newsletter.
Lorraine Rodda Email lgrodda@iprimus.com.au

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The Ian Gawler Foundation's Labyrinth Story

Written by Maia Bedson

Therapist and Group Facilitator

Our labyrinth came about as I have had a long interest and love of them and have built many temporary ones in flour and sand. I had wanted to build a permanent one at the Gawler Foundation where I am a therapist, for over nine years however as we are a charitable foundation and had run on the veritable smell of an oily rag, there hadn't been the funds available.

Then, last year, our CEO stayed at a spa/retreat in Queensland which had a labyrinth and came back enthusiastic about having one at the Foundation. Some fundraising generated the monies needed to purchase the rocks which I sourced from a local quarry. I walked the property of 40 acres holding the question of where the labyrinth would like to be laid on the earth in my senses and it was clear where this was – down in an area sometimes referred to as "The Cathedral" by participants for its peaceful, healing energy anchored by a stand of tall River Gums.

I drew the outline by sprinkling flour on the ground and then, my wonderful husband (who is also the Deputy Therapeutic Director of the



Gawler Foundation as it happens!), our Steiner-trained gardener and our garden volunteer helped me in partially digging the stones into the earth to make the outline of the paths. We also had a beautiful birthing ceremony for the labyrinth and other staff laid a few stones each.

Our labyrinth is now used by participants who come to our programs – people for whom life has become challenging in areas of their health, emotions, or life in general. All are seeking healing and connection with their true essence and walking the labyrinth enhances people's experience.



At times we do group walks with a short introductory talk that I do about labyrinths and the labyrinth is available for any participant to our programs to walk in solitude at any time during their stay with us.

About the Gawler Foundation's Philosophy

For more information go to this website:

www.gawler.org/our-philosophy/

Every person shares in the common human search for meaning and purpose and for truth in our lives. We seek relationship and connectedness with ourselves, others, the world in which we live, and with that which draws us out of ourselves into that 'more', which is totally beyond us, that can be named Transcendent or Mystery. Such dynamic longings are as much of our human desires as are our thoughts and feelings and our physical body. Our spiritual aspects of being have an integral connection with our mind and body, offering a powerful dynamic for healing.

At the Gawler Foundation we recognise that people may choose any number of pathways in their spiritual journey. We respect each person's choices and seek to support and encourage each person in the development of their spirituality to enhance or to assist in producing profound healing and sustainable wellbeing.

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Labyrinth - landscape of the soul

Written Di Williams UK

When I discovered my first labyrinth in 1993 in Threecliffs Bay South Wales, it was one of only a relatively small number of labyrinths in the British Isles. Out of the blue, I had come across an ancient tool which proved significant in caring for my whole self, body, mind and spirit. From that moment on the beauty of these ancient circular patterns on the ground captivated me. I discovered that walking them offered a calming of the mind, nurturing of my soul as well as healthy bit of gentle exercise!

In the last few years the number of labyrinths being built across the planet has expanded rapidly. In the UK we are seeing a similar growth in construction and use. They are being installed and used in schools, colleges, universities, hospices, urban parks, private and public gardens, spirituality and retreat centres, religious settings, city centre streets, woodland, beaches and many more sites. The design is popping up in new places such as circular rugs, on the cover of best selling novels, in pieces of fine and land art on CD covers, crafted into musical instruments such as Sting's lute and as a mould through which molten chocolate flows in a TV advert!

As more people in the UK are discovering labyrinths where they live, this straight-forward practical guide explains what labyrinths are and shows how a growing number of organisations, groups and individuals are using them. But this book is not a simply a practical guide. It charts a personal journey of discovery and awakening. It is a book for the soul. I hope the photography and words capture the calming beauty of these ancient yet new paths so that in picking up the book you experience a moment of peace or personal reflection.

Personal Journey's.

By Lorraine Rodda

The following article is just one of twelve personal journeys in this delightful book. The stories and verse, its relaxed style of text and beautiful pictures are very engaging. No matter what page you open there is a treat in store for you. This is a book to have on your coffee table in your home or office.

To purchase a book please email
Di.Williams@ed.ac.uk

Tibetan Bells.

A personal journey from Dianne's book.

I had been invited to join a small group of women in walking a labyrinth in the bush of New South Wales. (Rachum Labyrinth Retreat)

The labyrinth lay beneath wonderful eucalyptus trees in a slightly raised area looking out to the surrounding hills. The path was a dusty pink and red, the colour of the earth in which it lay. It was a winter day, sharp and bright with the long shadows of the afternoon sun. It all looked and smelled so good.



Whilst walking the labyrinth I remembered that I had a small container of coloured sand in my pocket that had come from a Mandala, a mediative sand design, created by the Tashi Lhunpo monks who had made a recent visit to Edinburgh with the Dalai Lama.

In Edinburgh the monks had chanted and blessed the earth in preparation for the building of the Edinburgh Labyrinth. Before they left for their journey home they had dispersed the Mandala and given me some of the sand to take away. It was usual to disperse the sand in running water but I decided to take mine to Australia to share with my friend there.

Walking this beautiful bush labyrinth I sprinkled a few grains of the sand at the points where I was reflecting. It was in the sharing of the experience with other walkers afterwards I realised more connections than I could imagine had taken place on the labyrinth.

One woman in the group, who was in early stages of recovery from a debilitating illness, spoke about how she had worried before she had entered the labyrinth that she would not be strong enough to manage the walk. She did and said "I felt much better after I finished. What I couldn't understand is why I kept hearing Tibetan bells as I walked."

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Transition Labyrinth Walks at Pacific Lutheran College November 2009

Written by Pastor Richard Zweck
Veriditas Labyrinth Facilitator & QLD TLS Rep.

Background

Life is a journey and so is walking the labyrinth. The labyrinth closely mirrors life. In the labyrinth, there is a path leading to a goal but with many twists and turns on the way. In the labyrinth, as in life, we head towards the goal only to find that the path may lead us away from it! Eventually, however, the goal is reached.

Life's journey also means that we must cooperate and interact with others. Setting up the labyrinth, walking it and packing it away is a cooperative and interactive experience. Life also involves mystery and an experience of the spiritual. There is mystery in the unexpected power of walking the labyrinth and for many it is a spiritually uplifting experience. The candles, the use of Christian icons and the symbolism in the Chartres labyrinth, help to anchor this experience solidly in the Christian faith.

With all these aspects of the labyrinth in mind, several labyrinth workshops were organised for students at Pacific Lutheran College. These workshops were designed as transition rituals. For the year 12's they marked the end of their school years and the commencement of adult life. The walk was done in the context of the Christian Studies program. For the year 2's their labyrinth walk, marked the moving from Foundation College to Junior College. For the year 5's they it was a ritual to mark the passing from Junior College to Middle College. These workshops were a delightful, useful and profound experience.

The year 12's had the first workshop.

Timetables meant that this had to be given over 2 separate periods on different days. The workshop material explaining the labyrinth was given at the first session. In this class, the students also set up the labyrinth themselves so they could have a look at it. The next session was held 3 days later and was preceded by a brief recap on 'walking the labyrinth.' Students had the option to walk and about 40% of the students chose to do so, walking with great solemnity. Several students walked after the lesson was over and they were out of sight of their peers!

Before their walk, students were encouraged to reflect on "what they would like to leave behind" and "what they would like to keep", as they left Pacific. Students were given a rock to symbolically place their thoughts on and they placed this in a bowl of water before they entered the labyrinth. The water represents the cleansing of baptism.



The workshops went very well but we learnt that class groupings would have been preferable to having all the 12's together. To me, these workshops also show that it is better to introduce contemplative practises like the labyrinth, over the life of a student at the school. This is the approach of the school in the Townsville Catholic diocese, where all students practise Christian meditation regularly.

In summary, the year 12 walk was a very positive experience, but it could have been done better. Drawing on the experience with the 12's, the approach to the year 2 and year 5 walks was different. Teachers met with the facilitator to see and comment on the talk that would be presented to the students. Some minor changes were suggested and made.

The year 2's and year 5's transition walk.

It was decided at this meeting to talk first to all the 2's and then allow them to walk the labyrinth in class groups. The process would be repeated with the year 5's. Students were to be given the option not to walk, but none took this up. The teachers explained that this was a transition ritual for them as they moved forward in the school. Students were also given 2 phrases to reflect on: "Is there a sadness you like to leave behind in the labyrinth" and "is there something you would like to thank Jesus for?"

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Transition Labyrinth Walks at Pacific Lutheran College November 2009

The year 2 and 5's transition walk

Again, they were asked to mentally place their thoughts on the rock and then place it in the water before they entered the labyrinth. The four walks were a joy with all students enthusiastically taking up the opportunity to walk. The solemnity with which they walked was amazing as was their appreciation of the walk. One child asked a year 5 teacher if they could do the same ritual in year 9 before they moved to year 10!

At various times during the program and afterwards, children came to me and asked if they could walk the labyrinth again. One little boy came said to me, "Pastor Rick, I left lots of pain in the labyrinth." There were also some tears. One grade 2 girl cried in the labyrinth as she was moving schools in 2010. She was comforted in the labyrinth by other students and by the teacher when she had finished her walk. One friend wrote, "I had to help Abbey because she was crying because she was leaving PLC in grade three."

In one year 5 class about 4 or 5 children cried. One grade 5 student said that he had cried a little because the labyrinth gave him time to think and another girl explained that she had lost her grandmother during the year. In all cases the children received wonderful pastoral care from other students in the labyrinth and also from the teacher.

The tears were unexpected, but demonstrated that pastoral care needs to be offered at a school walk. The next day I checked with all the teachers and there were no concerns and no ongoing need for pastoral care.

The majority of children however did not cry and in one year 2 class and one year 5 class there were no tears. The children also walked with great intensity. At one time the grade 5's were being watched by a senior drama class waiting for their teacher to take them to another classroom. They seemed to not notice them!

Many students were also very reluctant to leave the centre. This was especially so for some of the 2's.

Eventually both year 2 teachers walked the labyrinth and led the children out! With the year 5's, the facilitator had to enter the labyrinth and suggest to some that they leave as it was lunch time. Generally even then they were reluctant! Here is a selection of student reflections on their experience of walking the labyrinth:

Year 2 Reflections

- "I thought that was interesting and really good. When we were quiet I was a little sad because Lucy, my old dog got sent away. I loved that and it was really fun."
- "When I was in the middle, I thanked God for different things. I felt cosy and I did not want to leave. I wished I had one at home. It was great. I LOVED IT."
- "When I was in the labyrinth I thought about happy things like Jesus getting born in a manger...I really enjoyed it."
- "What a good time! I'd love to do it again."
- "I thought about my dog dying and the time I broke my arm and it was very sad. I feel much better now because I walked the labyrinth. It made me feel much better."
- "I thought it was interesting because there was a middle to it. I loved it and like how at the start we got to put a rock in some water. I liked how Pastor Rick did that for us."
- "It was so fun doing the labyrinth because it made me think about things."
- "I thought God was with me and Jesus was."
- "I felt much better – my sins are washed away. I feel great right now. I loved it. It was awesome."

Year 5 Reflections

- "It was very peaceful and a great experience."
- "After the labyrinth, I started to cry because my little brothers died. They died when I was 3 cause they were born too early. It was good because it made me think about a lot of things."

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Transition Labyrinth Walks at Pacific Lutheran College November 2009 Reflections cont'd

- "After the labyrinth I felt released and I would like to do it at the end of each year so we leave bad things behind and start fresh for a new year to come."
- "The labyrinth made me feel sad because my sister died because my sister had a hole in her heart. I still feel sad every day but it made me feel go! I hope you're feeling go sis!"
- "I thought about my Pa...The labyrinth was good."
- "I really enjoyed the labyrinth. It made me feel a bit sad and better. I will really miss year 5."
- "I enjoyed it because it was peaceful."
- "It made me sad but it helped me to let things go."
- "I liked doing that and it was a good use of my time. I would not call it fun, more special and moving. I'd like to do that more often."

Labyrinth in Mirboo North

Written by Margaret Yarton

My journey with the labyrinth began early in 2001 when, by chance, I met the colleague of a friend of a friend while I was working in Orbost for 4 days. These two ladies had recently discovered the labyrinth and were exploring ways of using it in their church and community work in Orbost.

Something about the labyrinth captured my interest and I began reading about its history and current revival throughout the world. A few months later my husband, Warwick and I were staying a few days in Byron Bay and read (by chance?) of a recently constructed labyrinth at the nearby Crystal Castle. This was my opportunity to finally walk a labyrinth and maybe kindle Warwick's curiosity too.

My walk was meaningful but gentle, whereas Warwick's experience was more powerful and led him to an inner knowing in relation to a major work/life choice about to be made. How wonderful – now my dream of a labyrinth in our garden was our dream!

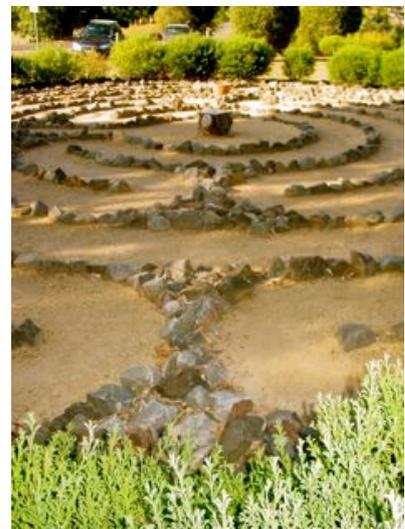
Over the next four years we gathered more books, read lots and explored various options in terms of location, orientation, design and construction. In 2004 we attended a weekend retreat, "Labyrinth of the Pilgrim" at the Campion Centre of Ignation Spirituality in Kew and towards the end of 2005 we began our labyrinth. The area was levelled, covered with sand, compacted and marked out in the Santa Rosa design.

Many hours were then spent positioning large stones to define the pathways. We have placed a large bowl of water in the heartspace and planted eriostemons around the outside edge. As you brush past them they release their delightful perfume.

By March 2006 our labyrinth was complete and together with family and friends who had supported our project we shared a special blessing ceremony to dedicate our labyrinth as a sacred space. With a focus on the

senses we blessed with light (sparklers), sound (Tibetan bowl), fragrance (incense), water and love.

Since then we have offered our labyrinth to the community with an invitation for people to walk at their leisure or join one of our themed walks. Any donations received support the chaplaincy work at our local schools.



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Tu B'Shevat, the New Year for Trees.

By Margaret Yarnton

Our first walk this year was on the day of Tu B'Shevat, the New Year for Trees. This Jewish festival celebrates the unique connection between Judaism and nature and encourages its people to guard the sanctity of the trees and the natural environment. Regardless of religious beliefs, celebrating one's connection with nature is surely a fitting beginning to any labyrinth walk.



I gave a short introduction on the symbolism of trees and the celebration of Tu B'Shevat before leading the group through a Sacred Tree Meditation. Participants then walked the labyrinth. In her book, *The Healing Labyrinth*, Helen Raphael Sands includes quotes from people who have walked labyrinths. I enjoyed these reflections and decided to create our own little book of "Reflections from the Labyrinth". Some entries following our Tu B'Shevat walk include:

- The power of belief....trees don't ever doubt that they can grow – they believe and they just do.
- Trees are always there – whispering, reminding . . . the leaves and gum nuts that had fallen to the ground and nestled amongst the stones and earth were there to remind me to acknowledge the nourishment of all I have received

- Open your heart a little by little every day and connect to all other living beings.
- Let go of all expectations. Let go of control. Accept the gifts of the universe.
- Powerful rooting into the earth as tree walking the labyrinth, the pattern working on the inner pattern, vibration of me and earth. Leaving the labyrinth, stopping at the gate, the meeting of the inner and outer worlds. How do they connect? How to bring the inner world more into the outer?

10 people came to the workshop from Latrobe Valley, Mirboo North, Foster and San Remo.



Events

We held a themed walk once a month and welcomed all labyrinth enthusiasts together with those curious to experience something new.

Last years walks included :

16 Feb 7.00 pm	Shrove Tues - with pancakes
21 Mar 7.30 pm	Autumn Equinox
28 Apr 8.00 pm	Full Moon Walk
1 May 1.00 pm	World Labyrinth Day TBA
21 Jun 7.30 am	Winter Solstice
21 Jun 5.00 pm	Winter Solstice

For details of program for 2011 please contact Margaret Yarnton, 03 5668 1561 or email her at mwyarnton@bigpond.com

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Living next door to a labyrinth. A personal journey of discovery

Written by Anne Marie Barrow

Moving to a farm on the edge of Mirboo North almost 3 years ago from the heart of the city I knew that I was starting a new chapter in my life. The contrast could not be more extreme from an inner city apartment to the expanse of a couple of hundred acres. Everyone banded around the term "Tree Change" when we told them of our plans and little did I realise at the time how apt the term was to be and how connected I would become not only to the trees but to nature itself. Looking back it is as if whilst living in the city my spirit was confined by the concrete jungle that we lived in. Don't get me wrong I loved city life whilst I lived there but now I know I had learnt all that I could in that environment and my soul was ready to evolve to the next state of consciousness.

One of the first things I noticed about our neighbour's garden was the beautiful 'spiral maze like feature' surrounded by a flowering hedge. How quaint, how pretty I thought - what a beautiful feature, at the time I had never heard of Labyrinths and didn't realise that I was looking at a beautifully constructed labyrinth. The first time I was invited to participate in a labyrinth walk I was a bit wary. My ego was a bit embarrassed about walking the labyrinth in a front garden - "Oh my goodness" whispered my ego "Imagine how embarrassed you will be if someone you know should walk or drive past and see and wonder what the hell you are doing?". However I decided to take the ego on and fought the urge to be embarrassed: this did however take quite a bit of doing. After over three decades of being conditioned to think a certain way, the ego had the upper hand to begin with.

In the end, however, with patience and perseverance, and no doubt the help of mother nature herself (who like all good mothers only wants the best for us) I managed to quieten the ego. With the ego consciously being held at bay, I could focus on the labyrinth walk itself. At first it was merely a beautiful walk in nature; taking the time to slow down and really listen.

A space in which I could allow myself "time" - with no need to talk to anyone; and yet be connected to the energies of others. Just to BE amongst people.

How often do we really ever just BE - society o enjoy the silence - with no need to talk to anyone; and yet to be connected to the energies of others. Just to BE amongst people. How often do we really ever just BE - society 'teachers' us or conditions us for want of a better word that when we're amongst people we have to talk. However by taking away the superficial level of talking and connecting to the silence within, we then in turn connect to the ones and energies of each and every person in the labyrinth. Now when I walk the labyrinth I can feel the love and pureness behind every stone laid and every bush planted. The vastness of the wide open space lets my spirit soar.



As far as the eye can see I'm surrounded by mother nature; it feels as if mother nature has embraced me in her arms and is welcoming me to the core of her being - her very

essence. As I walk the labyrinth I often think the spirals represent the smiles of mother earth; pleased that we are taking the time to connect to nature and using nature as it is intended, as a tool to connect to one's inner-self. As we connect to our inner-self our energies become heightened which in turn return to nature, the trees and all of nature around us then become energised as we walk the labyrinth. The essence of oneness; giving with no thought of receiving and growing as the natural law of oneness allows from an unconditional circular exchange of energies. Like love, the more we share our energy the more it grows and continues to reach out and expand.

Like all spiritual development tools there is not right or wrong way to walk a labyrinth, there is just your way; and I sure love my way.

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Veriditas Faciliator Sharing - On the Path

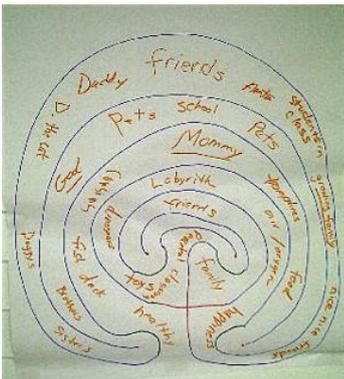
By M.E. (Beth) Langley.

Email Address Kittznclwz@aol.com

I love this story, Sometimes the best kinds of things happen spontaneously! For Fall Festival a couple of years ago, I revisited one of the schools that I have a close connection to for a labyrinth workshop with the students.

The first day I visited all the classrooms, and briefly talked about labyrinths. We had a week long labyrinth week the previous year, so this was review for most, and new to a few.

I drew a labyrinth on a poster, and then we talked about all the things we are thankful for... the younger ones talked a lot about Mommy, Daddy, pets, God, school, toys, friends... As they listed, the words were written in the labyrinth.



Afterwards, each child chose a wooden shape (you can buy bags of these at craft stores) and colored it with markers, making a symbol of something they were thankful for. The older ones came up with those and more:

air conditioning, shampoo, stores, jobs, money to buy things.. air, rivers... After making the symbols, the children were invited to walk the labyrinth carrying their symbol.

The symbols were collected in a basket, and the next day the parents came for the program and activities of Fall Festival.



On one of the side porches, we constructed a labyrinth out of their symbols, and parents were invited to create a symbol, too. Here are a few photos of the work at Five Oaks Academy, a Montessori school in Simpsonville, SC. I hope you enjoyed the photos



Appreciation extended to the Veriditas Facilitators Network for this delightful story "On The Path".

This contribution came through the Veriditas Facilitators Network. Appreciation is extended to Beth Langeley, and the Network, for sharing the path as we all "walk" to have the labyrinths as an integral part of the communities in which we live work, learn, play and pray.

If you have an "On The Path" story to share please contact Linda Mikell via her email address edlinmik@optonline.net

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**The Goi Peace Foundation and UNESCO
2010 International Essay Contest
Written by Tom Teniswood
International Lecturer
Tasmania.**

Young people from around the world are again invited this year to enter the 2010 International Essay Contest for Young People organized by the Goi Peace Foundation and UNESCO. The theme of the 2010 International Essay Contest for Young People is:

“My role in creating a peaceful world”.

- **What is your vision of a peaceful and harmonious world?**
- **What can you and the young people of the world do to realize that vision? The deadline for entry is June 30, 2010.**

First prize winners will receive a cash award and a trip to Japan. Please see the complete guidelines :

<http://www.goipeace.or.jp/english/activities/programs/1001.html>

The 2010 International Essay Contest announcement is also prominently highlighted on UNESCO website at <http://www.unesco.org/youth>.

You can also find the official 2010 Essay To read winning essays from last year's contest, please kindly visit the websites at <http://www.unesco.org/youth> and <http://www.goipeace.or.jp/english/activities/programs/2009>.

Please distribute the Essay Contest to youth organizations and associations within your network and display it on your website(s) Thank you your kind cooperation and generous support! Good luck to all youth leaders around the world! May Peace Prevail on Earth!
<http://www.goipeace.or.jp>

- **I am sorry for not getting information to you about this wonderful opportunity. Maybe you can follow up for next year's competition.**
Lorraine

**Robert Ferre's new Labyrinthine Journey
By Lorraine Rodda**



Congratulations to Robert Ferre and Linda Ricketts on their recent engagement. Their meeting place of course was labyrinthine. Robert was creating a labyrinth in San Antonio a couple of years ago and they met there when he was giving a evening talk about . . . labyrinths.

Linda is an ordained Episcopal priest, currently working part time as a chaplain, and on the verge of retirement. They will be married in May, followed by a honeymoon on the Queen Mary II, round trip, New York to Southampton, England, and back. Robert says “they still have to work out a few details in our lives, but it sure makes the future a lot brighter”.



The Blue Moon Day of Healing was held on Saturday the 27th March at the Standing Stones in Glenn Innes.
By Chris Purchase

aquamountessences@yahoo.com.au

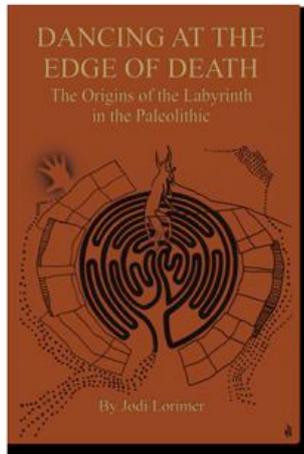
Workshops on dowsing, meditation and Australian Bush Flower Essences were held. The rainbow labyrinth was available on the day to enable people to walk the path of peace and find resolutions, relief, restoration or renewal in your daily life, or to have an uplifting experience. The labyrinth was laid out in the stone circle aligned with the Australian Stone. This was also in conjunction with the dowsing.

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Dancing at the Edge of Death The Origins of the Labyrinth in the Paleolithic By Jodi Lorimer

"In Dancing at the Edge of Death, Jodi Lorimer takes us down one track to resolve this apparent paradox. Focusing on the labyrinth not as a physical construction, but as a

compelling and intriguing symbol, she shows how this concept has been used, as a central cultural focus, since shamanism first emerged, over 30,000 years ago, as humankind's first religion. The result is an engaging and thoughtful look at evidence for the emergence of the human mind and the underlying intellectual commonalities that all humans—regardless of time, place or race—share."

David S. Whitley, author of "Cave Paintings and the Human Spirit: The Origin of Creativity and Belief"

About the Author

Jodi Lorimer has spent over 12 years following an Ariadne's thread to its source, deep into the origins of human consciousness. The labyrinthine journey to the Otherworld was painted on the wall of caves by the first modern humans in Paleolithic Europe over 32,000 years ago.

Ancient shamans mapped the route of the labyrinth revealing the complex minds and spirits of a sophisticated people. Their enigmatic art, arising from powerful experiences encountered in the weirdly beautiful environment of the caves still has a mysterious resonance for us today. What are the deep secrets of this symbol? Why is it reemerging today, proliferating around the world from Tasmania to Finland? And what lesson does it bring us from our ancient ancestors? How can both god and monster reside at the center of the enigmatic labyrinth?

From the author

We begin at the beginning of modern humans in an ice-bound Europe about 35,000 years ago. What allowed them to succeed where the resident Neanderthals did not? What made our ancestors quintessentially human and ferocious survivors? Mythically, how did these early adventurers, tumbling out of the hot blue skies of Africa manage to land on their feet in the frozen valleys of France? The key was a brilliant combination of biology and curiosity, facility and adaptation that, through art, expressed metaphor. Metaphor, in turn, enhanced culture and culture created more complex symbolic art. This sparking between survival in a harsh environment and artistic expression created the emergence of the labyrinthine idea as soul-journey, a fusion of purposeful outer and inner vision.

Consider every chapter another course along the journey deeper into the labyrinth. To reach the center we must first explore the emergence of modern humans and human thought.



We'll examine altered states of consciousness, shamanism, tribal culture and mystical architecture. 'Seeing' in a multitude of ways will be explored for what we 'see', our perspective, is what we believe. One of these explorations will be the nature of altered states of consciousness and the natural human capability to hallucinate. Another is our awakening to the brilliance of ancient peoples. The discipline and courage of Paleolithic shamans to train themselves to enter trance states and navigate hallucinatory Other worlds set humankind on a spiritual path we continue to pursue today.

\$USD 15 www.dancing-at-the-edge.com

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Grantville Lodge Bush Labyrinth - Melbourne – Victoria – Australia.

By Rev Michael Bastin



The location for the labyrinth I intuited and the entrance dowsed. The location is situated on high ground thicketed by trees in a natural bush setting with flickering glimpses of Westernport Bay and French Island. The 52-foot bush labyrinth space is held together by a natural circle of trees with their branches and leaves forming a shady-arch domed canopy overhead. I used a ritual body-dowsing divination (from the Latin *divinare* "to foresee, to be inspired by god") to gain insight into the question, "Where to lay open the entrance?"

The Local Campsite Committee of the Uniting Church in Australia brief was for a "Bush Labyrinth". Therefore, I used local materials in the construction and the finished hue is that of a labyrinth which appears as grown from and out of the natural surrounding bush setting i.e. granite, rock and wood; fallen leaves add further bush character on the labyrinth path. To give the base a shifting dimension I used three complimentary types of local compacted crushed granite dust and, when walked the underfoot experience moves from hard granite through to medium to soft sand. The perimeter is varying size river-rock and, the first pattern is laid from fallen tree branches which is contextual to this heavily treed farm site.

My working construction of the labyrinth was an ongoing prayer/lament – the book of "Exodus" oppression through Liberation, and ritual marked different stages of labyrinth completion. For example, once the base was

whacker-packed and before the pattern laid-out the labyrinth was "danced-in" by Alevi, a 10,000 year-old philosophical group from Turkey who were staying on the farm and happened across the labyrinth. To gain an image of what this ancient evening ritual dance comprised imaging forty, 6-80 year old Twirling Turkish Dervish's on the labyrinth circled by one hundred and twenty cheering, clapping, hands raised praising-mother-earth witnesses who held the space.

Although the labyrinth had been finished for a couple of weeks now, and although I had mapped out and laid down the first pattern (Charters) with fallen tree branches, I was yet to walk it – I was waiting for Kairos time. After an evening of Aboriginal dancing and didgeridoo from local indigenous folk Lorraine and Geoffrey Rodda, the Australian and Victorian representatives respectively of The Labyrinth Society who just happened to attend and along with my partner Gill, we walked the labyrinth together by moon light.

The following morning Enid and her husband, Vince (head of the Uniting Church in Australia Aboriginal Congress) who stayed the night in their caravan, and after we swapped recipes and shared conversation, they walked the labyrinth together while I sat and looked-on from the old railway sleeper seating.

Kangaroos are intrigued by the labyrinth space and can be often seen walking the labyrinth both early morning and late evening.

I had mixed emotions building and in particular handing over the labyrinth (and during both a personally and professionally heavy time); --but what better way to do it: twirling philosophical dancers, Lorraine and Geoffrey, Gill, Enid and Vince - Prayer and Lament; "Exodus" – a movement from oppression to Liberation.

For further information about Grantville Lodge Labyrinth Walking Times contact Site Manager please on: 61 3 5678 8370 or view www.uccamping.org.au

Michael has moved on from the Placement at Grantville Lodge but if you would like to contact him telephone mobile 0401 171 721 or alternatively, email m.bastin@bigpond.net.au

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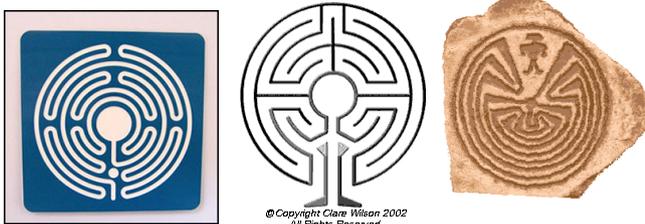
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From Little Things Big Things Grow. By Lorraine & Geoff Rodda San Remo

In 2006 Aboriginal visitors from Uluru described the San Remo Santa Rosa Meditation Labyrinth **"as a beautiful way to bring the spirit back to the shared land"**. **"Congratulations to the builder"**. These words were profound. We needed to know more. The Aboriginal people with whom we consulted said they saw "Biami" their spirit person in various labyrinth styles. e.g. Santa Rosa, the Reconciliation Labyrinth - from South Africa, the Native American - Man in the Maze pattern and the Classic labyrinth.



The Classic labyrinth, found on the Isle of Crete over 4000 years ago, was modified by Geoff to reflect Biami the Spirit Person in Aboriginal culture.



Biami was one of the wisest men whom the Rainbow Serpent created at the beginning of time, and when he grew old, the Mother of Life gave him a spirit form and the power to protect all tribes from harm.

Quote: Adapted from Oodgeroo Noonuccal, *Stradbroke Dreamtime* (Pymble: Angus & Robertson, 1993) From the Stradbroke Island Aboriginal people, Queensland

Healthy Parks Healthy People Inaugural Congress Melbourne 11-16 April 2010 Master Plan Poster Presentation

A labyrinth is included in the Aboriginal healing garden - within the San Remo Community Park Masterplan. The poster below was presented in the Healthy Parks Healthy People Inaugural Congress by Carol Blair President of San Remo Management Foreshore Committee and Geoff Rodda Vice President.



The Masterplan caught the attention of Ric McConaghy, a presenter at the HPHP Congress. Plans were made to have community input to further develop the details of the park.

Over 100 people of all ages drew or wrote their ideas on a long roll of paper whilst others gathered around large boards indicating their preferences on a variety of play, health and fitness stations. All joined in with the spirit of the day enjoying the sausage sizzles, sand play and marsh mellow toasting.



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Labyrinth Day - 1st of May 2010

Walking as ONE at 1pm around the globe. Congratulations to all - Walking events were held in each State and Territory of Australia. Well done.

- Shepparton Victoria
- Mirboo North Victoria
- St Andrews Victoria
- Melbourne Victoria
- McLaren Vale South Australia
- Mundaring Western Australia
- Lower Chittering Western Australia
- Newstead Tasmania
- Swanport Tasmania
- Rachum New South Wales
- Yandina Queensland
- Alice Springs North Territory
- Australian Capital Territory



Some photo's of World Labyrinth Day - Down Under. A great effort to have walks in each State and Territory of Australia. Well done.

Maypole Labyrinth Dance Photo by Crystal Dawn for the Labyrinth Nth West Network.

The Labyrinth Society Annual Gathering 2010 had a Workshop on how to do the maypole dance in the Labyrinth.

It would be wonderful if we could have a National Maypole Dance for World Labyrinth Day in 2011. Is there a group out there who are interested in hosting the event?

Does anyone know how to do the Maypole Dance? Any volunteers to experiment during Lauren's visit?



The candle light labyrinth walk at Batman Park in Melbourne Victoria was again a huge success with over 100 first time walkers coming out of the dark to experience the labyrinth.



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Healthy Parks Healthy People Congress The Labyrinth Experience. By Lorraine Rodda

A last minute hitch . . . the HPHP Congress was not going to sponsor the outside walk. We would have to arrange our own sponsor and insurance etc. *Luckily we again had The Grove's support and the insurance cover.* The Melbourne Council, Parks Victoria and the Insurers, acknowledging our previous events, and understanding our plight, fast tracked permission to hold an outdoor labyrinth event so now we could relax . . .

That was until the day of the presentation. Paula McLeod arrived with The PVC Classic Labyrinth, generously loaned to us from the Amberley Edmund Rice Retreat Centre. No sooner was the labyrinth rolled out when the wind sprung up. Geoff Rodda, Rhonda Dingle and I visited a nearby construction site for help. The workmen generously loaned us a wheel barrow and rocks to weigh down the labyrinth. So now we could relax . . .

That was until a very corporate looking person approached us wondering if maybe we were creating something evil in the park. Unknown to us the friendly corporate type was happily chatting with us whilst we were being checked out at the office . . . Another Corporate type came over to let us know we had approval and of course this was a great opportunity to describe what we were doing and why.

Unhindered, Helen Malcolm on the other hand used her tape machine to create the classic labyrinth on the carpet within the Congress Centre. As you can see from the photo it looked stunning. Some Aboriginal Parks Rangers were fascinated watching Helen create the pattern and wanted to know more. So here we were set to go . . . or were we?

The Workshop was disappointing as only a handful of people attended Helen Malcolm & Paul McLeod's presentations. This meant that the numbers were insufficient to carry out the proposed research; comparing differences between walking labyrinths indoors to outdoors. Financially this was also a very costly exercise and a big time commitment.

Despite the threatening weather it was interesting that of the six people who chose to walk the labyrinth only one person chose to walk the indoor labyrinth and the others chose the outdoors one. . . until the rain started and the wind increased. After a couple of minutes we all made a hasty retreat. The labyrinth was packed up with Paula drying it out and returning it to Amberley the next day.

On reflection we hold walks with small numbers of people and consider the event a success. There were 1000's of people at the Congress with a huge variety of keynote speakers and workshops from which to choose. The labyrinth did not have the exposure that other topics received. I feel to have labyrinths included in an International Forum was a great achievement and that opens the way for its inclusion in the HPHP Congress to be held in London in 2012. I have put down a few thoughts about ways to increase the labyrinth profile - Page 16

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Healthy Parks Healthy People Congress to be held in London 2012

By Lorraine Rodda

If there is a labyrinth presentation and walk at the next HPHP Congress in London there will need to be more opportunities for delegates to become familiar with labyrinth walking, the benefits to health and well being and how labyrinths are reflected in the natural and in the human world. e.g.

- Keynote speaker linking the labyrinth with nature and the benefits of building onto the experience of the natural world by labyrinth walking.
- Audio visual introduction to labyrinth walking with peoples experiences on display within the main hub of Congress
- Poster displays of sacred geometry, labyrinths in natural settings and WWLL displays if possible by continents.
- A temporary labyrinth needs to be set up within the main hub of the Congress for people to experience walking it. Ideally the labyrinth would be made of natural materials . . . but this raises issues of hazards and therefore it may need to be a design taped to the floor.
- Workshops for people to explore sacred geometry, creating and walk labyrinths.

Healthy Parks Healthy People - Melbourne Communiqué - Our Commitment - Extract.

We commit to further our understanding of, and strengthen the connection between, nature and people. Our success depends on interdisciplinary collaboration and alliances. We as leaders in our field commit to work together to strive for a healthy planet and healthy humanity, and continue to promote, facilitate and advance the health and vitality of the world's parks and communities.

We undertake to rethink our approach to improving human and environmental health and do all in our powers to reconnect people to nature. We adopt the Healthy Parks Healthy People philosophy to protect the earth's two most important assets – nature and people.

Parks contribute to cohesive, vibrant and healthy societies

From massive wilderness parks to neighbourhood green spaces, parks provide a place for people to get away and get together. Individuals find peace in parks; families and friends congregate in parks; volunteers devote time to work in parks; conservation, recreation and natural and cultural history groups visit parks. Such activities support personal wellbeing, build social cohesion and strengthen our communities. Parks protect sites of great social, cultural and spiritual value to communities.

Parks support Indigenous people's wellbeing, livelihoods and culture. The link between Indigenous people and their environment is central to their cultural identity. Parks are a component of an indigenous landscape that benefit from this connection and knowledge when Indigenous people are engaged in park planning and management. As traditional owners, their stories about the land, its spiritual significance and natural features enrich the experience for all visitors. Traditional owners also derive economic benefit from their association with parks as owners, managers or commercial operators.

Programs in parks that recognise the special needs of specific groups – such as parents, ethnic and religious groups, physically and mentally challenged people, the elderly, youth and children – ensure the benefits of parks can be accessed by all. The alienation of youth from nature is a modern trend that must be reversed. Young people are the future custodians of parks; however technology competes for their time. Instilling appreciation of the natural and cultural values of parks and nature in young people will guarantee the future of both.

Parks provide a window to our past, they are a vital part of our physical and social infrastructure, and are integral to our health and wellbeing today and into the future.

The HPHP website has the complete report entitled Melbourne Communiqué Healthy Parks Healthy People.

www.healthyparkshealthypeoplecongress.org

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Veriditas

Public Talks & Walks, Workshops, and Facilitator Training

with Reverend Dr. Lauren Artress



Lauren Artress is known for her cutting edge work with the labyrinth. Her first book, *Walking a Sacred Path*, and her workshops are known worldwide as she has dedicated her life work to activating and facilitating the transformation of the human spirit through the Labyrinth Experience. Lauren is a licensed psychotherapist in California in the USA and a Spiritual Director.

Walking the labyrinth is a meditative practice that is being embraced in many countries around the world. This practice can have many applications. In hospitals it offers a quiet place for prayer, in spas it is used to integrate the mind, body and spirit. In prisons it provides solace and self-reflection. In churches and cathedrals it quiets the mind and opens the heart. Though there are many labyrinth styles, the Chartres-style labyrinth is known for its whole-brain integration that opens the channels to creativity and innovation.

Thursday 10th March 2011 9am - 3pm

Workshop Topic: Walking the Sacred Path
St Johns Cathedral Brisbane
gfinn@anglicanbrisbane.org
Tel: (07) 3835 2231 Fee \$98

Rural Health Academic Centre 11 & 12 March 11 49 Graham St Shepparton Victoria

Friday 11th March 2011 - Both Free entry

4.00pm Labyrinth walk for health professionals
8.30pm Talk : 'Living a Healthy, Authentic Life'.

Saturday 12th March 2011 - Both Free entry

3.00pm Facilitated Labyrinth Community Walk
7.30pm Talk: The Labyrinth: Its History, mystery and Meaning'.

Booking is essential : www.trybooking.com/KUB
www.ruralhealth.unimelb.edu.au

Note: Limited numbers can attend so please do not register to attended both the labyrinth walks as they will be similar. Please advise if you are unable to attend talks and or walks so others may come.

Sunday 13th March 2011

8.30am Sermon

St Augustine's Church Maude Street in Shepparton

Sunday 13th March 2011

6.00pm Evensong Holy Trinity Cathedral

Ovens Street Wangaratta RSVP Email

<https://sites.google.com/a/wangaratta-anglican.org.au/labyrinth/>

Sunday 13th to Wednesday 16th March 2011 Cloud Mountain Retreat - Dunkeld



You are invited to stay at Cloud Mountain Retreat, to be involved in putting the concluding work on the Arboretum Chartres style labyrinth prior to its official opening. (See page 18 for details)

The Reverend.Dr. Lauren Artress will attend a special luncheon at the Retreat on the Tuesday preceding the opening of the Dunkeld Community Labyrinth that evening at 6pm.

Bookings Tel 55772354 3 nights at \$470 or \$800 for couples includes all meals
www.cloudmountainretreat.com.au

Tuesday 15th March 2011

Dunkeld Community' Arboretum Earth Poetry Labyrinth' Old Ararat Road Dunkeld

Topic: The labyrinth - Learning to walk lightly on the land.



Lauren Artress will open the labyrinth with community representatives, school children and welcome to country contributing to the final instillation and walking of the labyrinth. Experience a lighter relationship to the gift of place and land through mindful walking and inner reflection. A meal and a short presentation by Lauren Artress to follow.
This is a free event.

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Thursday 17th March 2011 7pm - 10pm
Talk and Candlelight Walk
Topic: The healing path of the labyrinth



The Augustine Centre 2 Minona St Hawthorn
Fee 7pm Talk \$45.00 per person
Donation 9pm Candlelight Labyrinth Walk

This event is proudly supporting the Olivia Newton-John Cancer and Wellness Centre Appeal.

Bookings: Tel 56785638

Email : lgrodda@primus.com.au

Other ways to Support the Olivia Newton-John Cancer and Wellness Centre Appeal

- Hold your own Community Labyrinth Walk
- A group of friends could pledge a few dollars a month - Nothing is too small

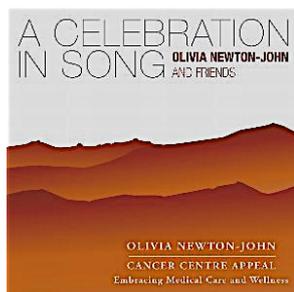
To register your support please call 9496 5753.

Olivia's Fundraising CD 'A Celebration in Song'.

Proceeds from Olivia's fundraising album of inspiring duets, with Delta Goodrem, Sir Cliff Richard and more, will help support the appeal to build a dedicated Cancer and Wellness Centre at the Austin Hospital.

Listen to samples of songs from the album "A Celebration in Song" and purchase your copy at [Bigpond Music](http://BigpondMusic.com).

Visit the [Olivia Newton John Cancer and Wellness Centre Appeal website](http://www.OliviaAppeal.com) to find out more on the appeal. www.OliviaAppeal.com



Workshops and Facilitator Training
Campion Centre of Ignation Spirituality
99 Studley Park Road in Kew Victoria

Friday 18th March 2011 - 10am - 4 pm

Workshop: Walking your talk: Using the labyrinth to live an authentic life

The workshop serves as a model for presenting the labyrinth and helps the facilitator-in-training to embody the labyrinth and serves as the qualifying workshop for admission to the facilitator training course. Fee AUD \$135.00 per person

Saturday 19th & Sunday 20th March 2011
Facilitator training. 10am - 4pm.

As Basic Training: The weekend will include developing skills to facilitate labyrinth walks, deepening your labyrinth knowledge and practice. Topics covered include: Different models of presenting the labyrinth e.g. work-shops, conferences, open walks, retreats. Communicating in the language of your audience. Designing approach and content for presentations. History of labyrinths and meanings. The difference between archetypal and contemporary designs. You may already have experience presenting the labyrinth, whilst this makes our conversation richer, is not a pre-requisite for acceptance into training. To apply for admission to training see website:- www.veriditas.org/programs/training.shtml \$US 600

As a Refresher Course: If you have undertaken Veriditas Facilitators Training without applying it right away in your community you may want to consider this training as part of your professional development or as part of your progression to become a Certified Veriditas Facilitator. Whilst the material at this weekend is the basic training, the context and the people present, with different experiences and different questions always make "refreshers" worth the time and resources. Enquiries & enrolments please contact: Dawn Matheny dawn@veriditas.org. Refresher Course Fee \$US 300



Pre-requisite to attend the Facilitators Training.

Attending a Veriditas Workshop, is a pre-requisite for admission to the training. Also reading Lauren's books, "The Sacred Path" & "The Sacred Path Companion". www.amazon.com

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Monday 21st March 2011 10am - 4pm

Workshop: Broadening and Deepening Our Facilitating Skills & Labyrinth Knowledge
The Workshop is open to all to attend. It is for Veriditas and non Veriditas Facilitators who are facilitating labyrinth walks in all settings. **Fee \$A 150**
Bookings Telephone (03) 56785638
Email lgrodda@iprimus.com.au

Tuesday 22nd March 2011 Time 11am

Topic: Stoking the fires of creativity
Venue: McClelland Gallery & Sculpture Park
390 McClelland Drive Langwarrin Vic.
Lauren Artress will introduce the use of the labyrinth as a practice that encourages an encounter with our creative process.

This is a Free Event - Bookings are essential
rspv@mcclellandgallery.com Telephone 9789 1671



The Winding Path, the Search for Truth 2010

Artists Statement

The labyrinth is a reflection of our existence in time and space. We are here now and life is current but in this world where technology is constantly advancing, human nature is not. It is often the values of the past that are most relevant today, it is an exploration of meanings and powers from the past and their meaning for the future. It is about interconnection of humanity throughout time and space.

Rocks, for me, are about the personal focus of our being. Rocks bring me together with the earth, as part of nature. The random stonework of this labyrinth is a reflection of this feeling. To touch these rocks is also to absorb, emotionally with our heart and mind. With this creation there is a blurring of the physical and conceptual boundaries between structure and environment and exploring the search for heritage.

This is an open ended conversation in which everyone is invited to participate.

Andrew Rogers

Saturday 12th February 2011 10am - 5pm
@ The Railway Park.

Calling all Mosaic Artists.

The Healesville Community Labyrinth needs your help. We need experienced people to grout the mosaic panels.

Saturday 12th February 2011



Please bring : boots, gloves, equipment such as trowels, sponges, ice cream containers. BYO lunch - we will provide drinks.

Please note: This is a construction zone, no children or animals are allowed on site due to occupational health and safety issues.

For further information and to RSVP your availability please call Donna Swan on 0419 896 350 or Merran Macs 59622388



Saturday 19th March 2011

The Healesville Labyrinth's Official Opening Day.

A day not to be missed. The opening will be in conjunction with the Healesville's Harvest & Music Festivals . To find out more about the program please email rivendell@each.com.au or Phone 03 5962 2388 The program will appear on the website towards the end of February 2011.

www.healesvillelabyrinth.org.au

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To find a labyrinth to walk in Australia and to have yours listed go to the "Directory" of this website kindly hosting our labyrinth locator.

www.labyrinthlinkaustralia.org

"We sat side by side in the morning light & looked out at the future together"

www.storypeople.com



Firesouls. www.openspacesacredplaces.org

Behind each sacred space is a firesoul. A word used to describe the people who are the sparks behind the creation of sacred spaces. The firesouls' passion and vision are the driving forces behind nurturing the sacred spaces from idea to reality. Their energy, enthusiasm, patience and persistence inspire communities to come together around the creation and use of public green spaces. Are you a "Fire-soul"? Then you maybe interested in joining the team as we walk towards the labyrinth being an integral part of the communities in which we live, work, learn and play to walk with us as we create our Australian Network.

TLS Region Representatives In Australia Come Walk With Us

Emily Simpson is welcomed as a TLS Regional Representative for NSW - Joining with Margaret and Siobhan. Ikia Healy has left Tasmania but we are hopeful when it gets settled in Queensland he will again join us as a TLS RR.

We are looking for more people to become TLS RR. ? It's a great way to really be in the thick of things! This does not involve a lot of time between 1 - 3 three hours a month and your probably doing that anyway.

Help us be connected with what is happening in your area. Encourage World Labyrinth Day events. We welcome your articles to the newsletter and help us build the data base of labyrinth of the Locators and add to the newsletter mailing list. To find out more go to this website www.labyrinthsociety.org/regional-reps

Victoria

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groddabdav@iprimus.com.au

Paula McLeod - Hurstbridge
mcleods@bigpond.com

Dr Lisa Shortridge - Shepparton
lisashortridgeau@yahoo.com.au

Dr Helen Malcom - Shepparton
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Leonie Brien - Wangaratta
Leonie.Brien@galen.vic.edu.au

Helen Bramley-Jackson - Bendigo
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Junitta Vallak - Foster
greenweave@dcsi.net.au

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labyrinth-lady@hotmail.com

Dr Margaret Rainbird - French's Forest
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Emily Simpson
emily@foxground.net

Tasmania

Jo Cook - Bellerive
j_cook@pjc.com.au

Western Australian

Beth Robertson Nathanael's Rest

Australian Capital Territory

Alison Meretini - Turner
alison.meretini@apex.net.au

Northern Territory

Position vacant

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South Australia

Cedar Prest cedarprest@yahoo.com.au
Non TLS Representative