



NEWSLETTER

VOLUME 2 • ISSUE 1

The year in review

Labyrinth use and awareness seems to have taken a quantum leap this past year. So too has our network outreach.

Our website is our pride and joy as it continues to grow and expand with new labyrinths in our Directory, new books listed, upcoming events, and much more.

Box 22 Station Q
Toronto ON M4T 2L7
www.labyrinthnetwork.ca

Last fall we had an LCN day retreat at the home of Brenda Wivell, creator of the Stone Garden Labyrinth. We spoke of our hopes to support artists in a labyrinth event to encourage and unleash creativity. Thank you Brenda, because that intention has manifested wonderfully.

Soon, we will have a Power Point presentation up on the website featuring photos of many beautiful labyrinths accompanied by thoughtful quotations to lead you into meditation. The presentation will be accompanied by original music. Watch also for an iPod download to use on your walks.

We were busy with special events this past year. Over and above the annual labyrinth walks at Trinity Square Park for the two solstices, two equinoxes and Earth Day, we also co-sponsored a magnificent concert by the Hildegard Project celebrating Hildegard Von Bingen's Feast Day in The Church of the Holy Trinity.

Hildegard was a 12th century abbess, daughter of a knight, and dedicated to the church. She preached openly, communicated with kings and popes, founded a convent, and wrote treatises on theology, science and medicine. To learn more go to: www.hildegard.org/documents/flanagan.

We have responded to increased media attention this past year, raising awareness of our website and the growing number of labyrinths throughout the province. Some of these were New Classical 96.3, City TV, CBC Radio One's *Here and Now*, *Faith Journal* CTS, CP24, and NOW magazine.

In closing, we extend a big thank you to you, our Friends. Your membership contribution makes all the difference.



The Hildegard project at the Church of the Holy Trinity
Photo by Genevieve Mazur

WALK ONTARIO'S CIRCLES!



Battle Hill Farms, Glencoe



Glenhyrst Art Gallery, Brantford

“Stories move in circles. They don’t go in straight lines. So it helps if you listen in circles. There are stories inside stories and stories between stories, and finding your way through them is as easy and as hard as finding your way home. And part of the finding is the getting lost. And when you’re lost, you start to look around and to listen.”

— from Deena Metzger’s *Writing for Your Life*

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TORONTO ISLAND LABYRINTH

Our friend, Laurie Jones, created a labyrinth on Toronto Island 10 years ago in memory of her friend, Terry Metcalf. It is located near St. Andrew-by-the-Lake Anglican Church on Ward’s Island.

In her words, “I considered various ways of marking the grass, from laying a heavy mooring line and waiting for the sun to leave its shadow, to pinning down black plastic. In the end it was stones that I chose, stones from Island beaches that I gathered on my bike bucket by bucket. There were roughly 7,000 stones laid cheek to cheek.

“Work went ahead. I laid the Island labyrinth out with a 13 pointed star made from wool and wooden stakes. Early on I ditched the yardstick and went to real feet (as in mine) to measure with. It was remarkable how the concentric circles fell into place, the labrys locations were revealed, and I learned to stop looking at the photocopy I had and just make the labyrinth work around the tree I had picked for its centre. As serendipity would have it, the morning I finished I stood at the entrance and my shadow was cast at the foot of the central maple tree. The tree’s canopy ended just at the edge of the circles. It was a great sensation of wholeness.”

Laurie Jones can be reached at Rails End Gallery & Arts Centre, 21 York

Street, Haliburton, ON K0M 1S0
www.railsendgallery.com

Watch the website for details of a spring walk at St. Andrews-by-the-Lake. To find the location go to www.torontoisland.org, or phone 416 203-0873.

BLUE MOON

Louis Hayes and I were out on New Year’s Eve with a few friends at 1:30 a.m. walking the labyrinth outside of St. Paul’s Church in Newmarket. I had checked it out during the day and it looked quite walkable. By the time we got there it had snowed. It was a great walk, lots of fun and a good reminder for the first of the year to remember to let go!

The full blue moon did not appear while we walked but on the way home it showed its face and we drove home with the moon roof open so we could all see it. I walked the dog around 3 a.m. and the moon stayed out for most of my walk. It was all a wonderful way to start the new year and decade.

— JANICE TURNER

SNAKE LABYRINTH

Leslie Robbins-Conway and Paul Conway are the proprietors of an unusual labyrinth at Miller Lake on the Bruce Peninsula called the Snake Labyrinth. It is open to visitors from April to October.

See the Labyrinth Community Network website for more walking sites. Also check www.labyrinthlocator.com for labyrinths around the globe.



High Park Labyrinth, Toronto



Leamington Labyrinth, Leamington

Relax.
Enjoy the spiral.
If you miss something
On the first round,
Don't worry.
You might pick it up
On the second – or
third – or ninth.
It doesn't matter.
Relax.
Timing is everything.
If the bell does ring,
It will resonate
through all the rungs of
your spiral.
If it doesn't ring,
it is the wrong spiral –
or the wrong time –
or there is no bell.
— from Marion
Woodman's *Coming
Home to Myself:
Reflections for
Nurturing a Woman's
Body and Soul*

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Leslie and Paul have been serving country suppers and giving story telling concerts at their 100-acre farm for six years. And yes, there is a snake that lives near the labyrinth, but he is shy and doesn't appear very often! To make enquires phone 519 795-7477 or visit www.voyageurstorytelling.ca

—JOAN D. CLAYTON

LCN MARKETPLACE

The Marketplace page on our website has grown! There are labyrinth pillows and wall hangings to buy, glass finger labyrinths, and wooden labyrinths, even a portable, durable vinyl floor labyrinth. Two CDs are available, one from Muskoka's Anne Walker called *Labyrinth*, and one by Debbie Danbrook featuring her wonderful healing shakuhachi flute.

Most recently we have introduced two double labyrinth fingerboards from Irma Haggith called Brain Balance Boards, where the right and left hands follow a labyrinth path simultaneously. The benefits? Irma says Montessori teachers who have purchased them are having great results with students who are stressed. It is believed that using the non-dominant hand helps us to create new neural pathways, and will help balance the whole body.

Imagine if labyrinths were used more in retirement homes, hospitals, clinics and businesses.

Upcoming events

Toronto Public Labyrinth at Trinity Square Park

Spring Equinox, Saturday March 20
Earth Day, Thursday, April 22
Summer Solstice, Monday June 21
Fall Equinox, Thursday, September 23
Winter Solstice, Tuesday, December 21

Rev. Dr. Lauren Artress in Ottawa May 2 to 4

Sacred Pattern, Sacred Path Workshop and Veriditas Facilitators' Course.
707 283-0373 or contact@veriditas.org.

Toronto Island Labyrinth

Watch the website for details of a spring walk at St. Andrews-by-the-Lake Anglican Church.

For location phone 416 203-0873 or go to: www.torontoisland.org.

St. Paul's Anglican Church, Westdale

1140 King Street West, Hamilton
Third Sunday of month at 7:30 p.m.
905 528-3724.

Bishop Cronyn Memorial Church

442 William Street, London
Third Tuesday of month from 2 to 4 p.m.
519 432-9348.

Metropolitan United Church, Toronto

56 Queen Street East
Monday to Friday from 12 to 3 p.m.
416 362-0331 ext. 24.



St. Joseph's Mother House, North Bay



St. Paul's Church, Thunder Bay



Loretto Maryholme Spirituality Centre, Roches Point

Get involved

The Labyrinth Community Network needs your help. If you have a knack for public relations, photography, writing, creating special events and tours, or perhaps you are an ideas person, please get in touch.

WHO WE ARE

Chair: Camilla Gryski

Honourary Co-founder: Anne Tanner

President & Co-founder:

Jo Ann Stevenson

Secretary: Joan D. Clayton

Treasurer: Mary Anderson

Friends Committee, Newsletter and

Media Rep: Kathryn Knight

Website: Joan Clayton & Lois Catalano

Webmaster: Kent Williams

Email Co-ordinator: Lois Catalano

Hostess for Meetings: Carolyn Gratton

Interfaith Rep: John Joseph Mastandrea

Musician for Events: Michael Franklin

High Park Labyrinth Rep:

Anny Fyreagle

Also Janice Lewis, Susan Howard, Immie Manthei, Kathy Ryndak, Krystina Lewicki, Ann-Marie Boudreau and others who care enough to come out to the meetings, share ideas and offer support.

Please be sure to visit our website for updates, news, upcoming events, links, and other information:

www.labyrinthnetwork.ca.

If you would like to receive this newsletter in digital format via email, please let us know at info@labyrinthnetwork.ca.

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