



NEWSLETTER

2018

Box 22133
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www.labyrinthnetwork.ca

PARLIAMENT OF THE WORLD'S RELIGIONS NOVEMBER 1 TO 7, 2018 METRO CONVENTION CENTRE, TORONTO, CANADA



Argentina



Fiji



Senegal



Wales

The Parliament of the World's Religions is an international faith conference created to cultivate harmony among the world's religious and spiritual communities. Its mandate is to achieve a just, peaceful and sustainable world – a perfect dovetail with our labyrinth work.

Over 10,000 people from more than 200 diverse religious, indigenous and secular beliefs will participate in the Toronto conference, with more than 80 nations expected to be represented.

The Rev. Dr. John Joseph Mastandrea of Metropolitan United Church chairs the Parliament of World's Religions Toronto 2018 committee. He brings his longstanding membership on the Labyrinth Community Network working committee, his training as a Veriditas Facilitator and his deep commitment to labyrinth work.

Labyrinths are designed to enhance peace, understanding and tolerance among diverse people, and they are a footprint for spirituality based on personal experience. Perhaps not surprisingly, the Toronto Parliament will highlight the labyrinth.

The labyrinth will be one of seven sacred spaces at the Convention Centre. Jo Ann Stevenson has proposed several diverse labyrinth experiences to enhance some of the programs to be featured: walks for our planet and global healing during a climate change day of focus; walks with the Sacred Feminine during a women's issues focus day; and walks as one to facilitate community building among diverse peoples.

Some facilitators will be welcome as volunteers. Please be in touch at info@labyrinthnetwork.ca. Registration is open. To learn more and purchase tickets visit parliamentofreligions.org. Note the \$100 early-bird discount on their website <https://parliamentofreligions.org/webform/2018-parliament-registration>

Go to www.labyrinthlocator.com to learn more about these and other labyrinths from around the world.



LABYRINTH AS MINDFULNESS TOOL

The labyrinth is a singular circuitous path that invites the walker to navigate to the centre and the edge of the labyrinth with each forward step. In the action of physically walking from edge to centre and centre to edge there is a realignment with the harmony of body, mind and spirit.

On the way, as you prepare to walk, centre yourself, ask for insight and hold in the sacred light someone you know, or perhaps a place you hold deep in your heart. In the centre you may find insight. It is there you may wish to pause awhile.

When we centre ourselves we enter into a state of mindfulness meditation or centering meditation.

Centering meditation is an ancient form of spiritual praxis uniting mind, body and spirit. More recently the contemporary terminology of mindfulness meditation has emerged.

For some, mindfulness is the concept of intention setting, breath awareness, body sensations, with the use of music, poetry, or sacred text to connect inwardly, and what it means to be still.

The Labyrinth is one form of mindfulness meditation that is available for all to discover. Find the quiet centre at one of the many labyrinths listed at www.labyrinthnetwork.ca.

– THE REV. DR. JOHN JOSEPH MASTANDREA
Chair, Parliament of the World's Religions 2018 committee, Metropolitan United Church, Toronto

An early morning walk is a blessing for the whole day.

– Henry David Thoreau

Please visit our website for more details on these and other Ontario labyrinths and products.



ROYAL OTTAWA MENTAL HEALTH CENTRE Public. 7 circuits. Hospital butterfly logo in centre.



MIDHURST UNITED CHURCH Midhurst. Public. 5 circuits. 60 ft. diameter



STONE GARDEN Brantford. Private. Available for walks.



Mindful Solutions, Ontario. Unique handcrafted labyrinth products.

From the President EVERYDAY MIRACLES KEEP LABYRINTH RESOURCES AFLOAT

Whether you are new to labyrinths or a labyrinth veteran, on-line websites are a source for enriching your experience. We are grateful to those who keep our network website vital at www.labyrinthnetwork.ca.

As well, www.veriditas.org is a treasure-trove of webinars, seminars, reference listings and courses to evolve in self-awareness and service.

Veriditas is an international non-profit based in Petaluma California, near San Francisco. It is managed by executive director, Dawn Matheny, and a handful of part time staff.

Founder The Rev. Dr. Lauren Artress continues to be the soul of Veriditas with a profound book soon to be released, *The Path of the Holy Fool: What It Teaches about Imagination*.

A small volunteer board from across the U.S., Australia and Canada meets by phone monthly and in person twice a year.

I have served on this board since 2015 and am wowed by the miracle of this organization continuing to thrive. There have been challenges. A major component of Veriditas' budget is participation in pilgrimages to Chartres, France each May. Travel advisories and safety concerns have dealt a blow. Last year, Veriditas' headquarters



Veriditas Board of Directors. LCN President Jo Ann Stevenson is 4th from the left.

had to relocate. As they were settling into a new space, fires ravaged through Petaluma, but Dawn and her staff barely missed a beat.

I serve as secretary to the board and work on the program committee, looking for ways to ensure that Veriditas is there for future generations.

As our treasurer, Barbara Ludlum explains, the work is vital, but tends to be under supported, perhaps taken for granted.

There are everyday miracles behind Veriditas. It is a blessing to see them at close hand.

– JO ANN STEVENSON

*One love, one heart
Let's get together
and be all right.*

– Bob Marley

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