



# NEWSLETTER

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## Why a labyrinth network?

Working as I have with labyrinths for 13 years in the Toronto area, I've been close to the ground, not only on labyrinths themselves, but on their gradual immersion into our collective culture.

At first, most people I spoke with thought of a labyrinth as a maze, which Kathleen Russell, an early committee

member calls, "entertainment for the mind." Today, more people understand that labyrinths are designed for prayer, relaxation or meditation.

Through Network programs, concerts and our website, many have been made aware of labyrinths and have embraced them into their lives.

Some have shared stories with us — they are what keep us committed to the essence of the experience.

Why a network? Because...

- a man received a late night phone call from his father's nursing home. He was unable to reach his bedside on time. "I knew there was a labyrinth in Trinity Square Park," he said. "In a numbed state I found the labyrinth and walked to the centre, broke into sobs and said my goodbyes. I felt my father's presence."

- a woman needed a place to hold her renaming ceremony. It was a way to make a ritual about stepping into a new stage of her life. The labyrinth became a sacred space for her.

- a stressed corporate employee said, "I bring a problem from my workday to the labyrinth, regularly. I always come away with a fresh perspective and a direction to take."

- a newly diagnosed cancer patient uses the labyrinth to feel supported during a difficult time. "The labyrinth absorbs some of my angst and I renew inner strength."

May these stories and countless more like them ripple outward to draw others, inwards.

— JO ANN STEVENSON, President

Box 22 Station Q  
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[www.labyrinthnetwork.ca](http://www.labyrinthnetwork.ca)



Stone Garden Labyrinth, Brantford  
- stone path with cedars and perennials, 19 blue granite monoliths

If you have a labyrinth story or event, we'd like to know about it. Please send them to: [info@labyrinthnetwork.ca](mailto:info@labyrinthnetwork.ca) along with your name and phone number.



Toronto Island Labyrinth at St. Andrews-by-the-Lake Anglican Church  
- grass, wild flowers, beach stones



Medaille Retreat House, London  
- chipstone path surrounded by 1500 bricks

## MISERY LOVES COMPANY

*Our spiritual quest, I feel, can be summarized as this single obligation to switch from life-as-maze to life-as-labyrinth. The transformation from maze to labyrinth requires us to dismiss much of our conditioning, to reevaluate our identity, and to apply a new context to our lives. With life-as-labyrinth, we discover that all paths are part of the One Path, leading unfailingly to the centre, where despite appearances and differences, we will eventually all meet. No one will be lost. If we are alive, we are on the path.*  
- Robert Ferré, *Living the Labyrinth* by Jill Geoffrion.

Our plan was to whipper-snip a labyrinth in a hayfield at the Clown Farm on Manitoulin Island ([www.clownfarm.com](http://www.clownfarm.com)) this past summer.

When we arrived we saw that the hayfield had not yet been mown and there was no mowing date in sight.

We wanted the labyrinth to be used in the first couple of days for the Baby Clown workshop, so, letting go of our hayfield plan, we set out through the woods to the far from miserable Misery Bay on nearby Lake Huron, hoping to find an alternative spot to draw one on the sandy beach.

When we reached the lake, it was the wide, flat rock table of the ancient alvar plain that called out to us to let go of our sandy beach plan and see this spot as the perfect place to construct a labyrinth from the numerous stones scattered about. We

measured with our feet and decided it was just big enough for a 25' diameter.

The next day we returned with a wheelbarrow and hats and three of us worked for over 3 hours marking the 11-circuit Chartres design with rope and chalk, gathering stones and then placing them to fill in the pattern.

We looked up from our work at one point and noticed that a thick mist had drifted in from the lake, making the setting even more magical.

Two of us stayed another hour obsessively filling in the spaces with more stones before heading back at dusk through swarms of mosquitoes along the wooded trail to the car.

The next day 19 people walked the one-foot-wide path together. It was an amazing afternoon and added a wonderful dimension to the program.

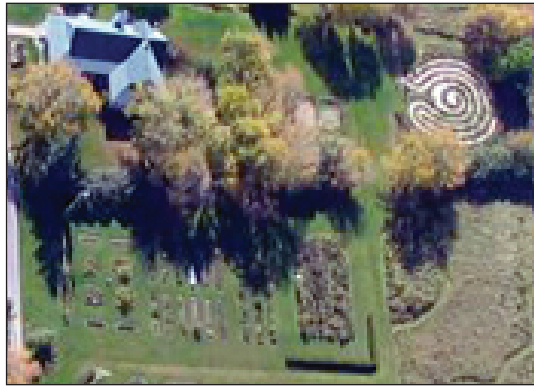
– LOIS HAYES AND JANICE TURNER



Lois & Janice at Misery Bay Labyrinth

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See the Labyrinth Community Network website for more walking sites. Also check [www.labyrinthlocator.com](http://www.labyrinthlocator.com) for labyrinths around the globe.



The Herb Garden, Ottawa  
- perennial herbs



Healing Grounds & Sanctuary, Kinburn  
- woodland path marked by crystals, stones, shells and trees

*If anything is required, it is this: fearlessness in your examination of life and death, willingness to continually grow, openness to the possibility that the ordinary is extraordinary, and that your sorrows and your joys have meaning and mystery.*

- A New American Spirituality, Elizabeth Lesser

## PILLOW TALK CREATIONS

I was first introduced to labyrinths a few years ago by Beverley Chen, a Labyrinth facilitator from Ottawa. At the time I was making Victorian Crazy Patch pillows and decided to explore the idea of putting a labyrinth on a pillow top. When I worked out ways to do this, the project took off. Beverley encouraged me to make pillows for her to have available at the various workshops she facilitated and this challenge gave me the incentive I needed.

The labyrinth pillow idea became a labour of love and a very rewarding hobby. I researched different patterns and started creating a variety of hand-made pillows using many different fabrics and embellishments. To date more than 100 labyrinth pillows have found their way into as many people's lives.

I have especially enjoyed crafting my pillows for people who need a meditative tool to assist in recovering from an illness or a loss. I always try to fit the design, colour and fabric to the recipient.

Information about the process for using a labyrinth is provided with each pillow.

See the Marketplace on our website or contact Joyce directly at [Joyceml@bell.net](mailto:Joyceml@bell.net).

– JOYCE LAYMAN

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## Upcoming events

### **Celtic Service at Metropolitan United Church**

Labyrinth and music.  
December 20 at 7:00 p.m.,  
56 Queen Street East, Toronto.  
416 362-0331 x24.

### **Labyrinth as Sanctuary**

with Canadian Labyrinth Ventures,  
Christ Church Cathedral,  
420 Sparks St., Ottawa.  
Third Friday of each month at 7pm.  
To learn more see  
[www.canadianlabyrinthventures.com](http://www.canadianlabyrinthventures.com)  
or phone 613 728-7520.

### **Winter Solstice Walk at Toronto Public Labyrinth**

takes place at noon December 21st. Michael Franklin will make medieval music, wearing gloves. Dates of the 2011 open walks will be posted on our Labyrinth Community Network website early in the new year. All are welcome to attend.

### **Facilitator Training with Lauren Artress,**

Chartres, France. May 21 & 22, 2011.  
Contact: Veriditas at 707 283-0373.

### **Timothy Eaton Memorial Church**

120 St. Clair Avenue West, Toronto  
First Sunday of each month 10am - 1pm,  
also New Year's Eve, Friday, December 31  
1pm - 4pm.



This labyrinth, located in old Kingston, Ontario, is called *Uitwaaien Natur Gardd A Drysfa*. It is a 'Certified Monarch Butterfly Way Station.' The name is both Dutch and Welsh. The first word, *uitwaaien*, is Dutch and the literal translation means walking in windy weather for fun. But, *uitwaaien* is usually used in its figurative sense of taking a short break in the countryside to clear one's head of the day-to-day worries. The rest of the name is Welsh, and means Nature Garden and Labyrinth.

The setting is most interesting for it is located on one-half acre of land with over 130 species of native trees, shrubs, flowers, vines, mosses and lichens. Anthony Papi, the owner and creator, presents labyrinth walks in the evening with candlelight. Email: [grayfriarscrunch@sympatico.ca](mailto:grayfriarscrunch@sympatico.ca).  
- *Lois Catalano*

## Get Involved

Join Friends of the Labyrinth Community Network to connect, learn, and participate with other labyrinth walkers. For \$25.00 per year we will send you our printed newsletter and notice of upcoming events. We'll put *your* special labyrinth event on our website, where possible, and you'll receive a 10% discount on the rental of our canvas labyrinths. You will also be invited to attend our AGM and our labyrinth working committee meetings. Your donation to Friends will ensure the continuation of this newsletter, our website, flyers and special events. To join please send us your name, email and post office addresses, along with your membership donation, payable to the Labyrinth Community Network. Our address is on each page of this newsletter. We thank you.

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## WHO WE ARE

**Chair:** Camilla Gryski  
**President & Co-Founder:** Jo Ann Stevenson  
**Co-Founder:** Anne Tanner  
**Secretary:** Joan D. Clayton  
**Treasurer:** Mary Anderson  
**Newsletter Editor:** Kathryn Knight  
**Friends Committee:** Maureen Edgar, Kathryn Knight  
**Website:** Joan D. Clayton, Lois Catalano  
**Webmaster:** Kent Williams  
**Email Coordinator:** Lois Catalano  
**Hostess for Meetings:** Carolyn Gratton  
**Interfaith Rep.:** John Joseph Mastandrea  
**Musician:** Michael Franklin

*We sat together, the forest and I  
Merging into Silence  
Until only the forest remained.*  
- Li Po