

Dear Subscriber,

05/02/2014

### Welcome December

The last of the year unfolds with December smiling upon us in a knowing way. Do we indeed save the best for last?

### December Focus



Bless the chill in the air and the seasonal shift that reminds us to go inward. Find the warmth of the light inside this month and perhaps let the focus be not simply on the external inside as in the home or indoors of nature, though look to the inner dwelling for the spark that is alight in all of us.

This month brings many gifts in the traditional exchanging ritual that comes in holiday form, though it blesses us all with the gift of realizing what we indeed are and have to give when we remember the light inside. So as you head indoors, smile and focus this month and notice that you have the opportunity of depth... go as deep as you want as the reservoir of our wisdom is great. This can be a journey to the 'Great Indoors'... enjoy the exploration.

*Mary found this star pattern on the WWLL*

### Reflect on the Solstice

December gives us much to ponder as we walk its days...darkness and light, beginnings and endings, giving and receiving, rushing and waiting. These are the hallmarks of the "seasons" that December holds... nature's seasons, with autumn's final act and winter's arrival mid-month, and the calendar's seasons, collectively expressed this month as the "holiday season."

Parker Palmer suggests that "seasons" is a wise metaphor for the movement of life. He believes ..."the notion that our lives are like the eternal cycle of the seasons does not deny the struggle or the joy, the loss or the gain, the darkness or the light, but encourages us to embrace it all – and to find in all of it opportunities for growth."



What season do you find yourself as you step into the "seasons" of this twelfth and final month of the year? In the Northern Hemisphere, there is no denying that nature is preparing us for its darkest and shortest of days, and winter's official arrival on December

21<sup>st</sup>, the Winter Solstice.

*Design by labyrinthlessons.com*

## Reflections of the Year

### January

We began anew with a newsletter as a way to connect with members and invite them into the club to become active and perhaps to use the first month and the God Janus, The Roman God of doors and gates to remind us to open more doors and perhaps see things from different perspectives. Our newsletter was a beginning for us to rekindle the fire of the commitment we make to walking and using the labyrinth to further our understanding and appreciation.



*Collection of January/Janus Facts*

### February

It was the month of love and we searched for the heartfelt path sharing messages that came from those who design heart shaped labyrinths including the beach labyrinths of Jerry Etzkorn of Canada. We introduced a blog and encourage others to join us and share their thoughts being on the lookouts for the many types of heart shaped labyrinths and their variety of uses. We were able to capture 28 individual designs with heart...How about you?



*Collection of Heart Labyrinths*

### March

The mighty month of March brought with it the growth of our blog featuring the luck of the labyrinth. We shared a little about Hymy Syed and his 80 labyrinth creations including the Toronto City of Labyrinths Project and how they are on the path to creating the number one city in the world for labyrinths. We also took a look at the Lenten Labyrinth and what movement in the labyrinth is all about with the Baltic Wheel design.



Shamrock designs by Tony Christie

Kenneth McIntosh Celtic Feet Arizona

Sponful Designs

The Celtic Spiral



## April

In April we changed our look to be more uniform with the Labyrinth Society and began using their software to send out our news. There was some adjustment in it all, though only a few short months later we were in step with the changes. April brought forth the idea of the natural landscaping and being Earth focused.

We enjoyed some aerial labyrinth images and celebrated National Humor Month as a way to walk more lighthearted and perhaps add a skip in the footsteps. We also focused on labyrinths on location and featured a theme of the month in our blog so that we might all walk in the month with natural

landscapes in mind, both external and internal.

## May

In May the focus was about presence and celebrating the celebrations of May from May Day to World Labyrinth Day and on to Memorial Day. We looked at the ways labyrinths might be incorporated into celebration.

We shared our personal presence and beginnings with the labyrinth and in our blog shared a focus of being of the moment while in the moment of the labyrinth footprint by footprint. These are Mary's footprint labyrinth design and remind us to that at our fingertips is the reminder of the footprints we make every day.



*Design by Mary Silvaroli Daul*



## June

The concept of time is large for many and it became our focus to appreciate. With the year half accomplished, what would the second half bring? The Solstice and its relation to the labyrinth were brought to attention as well as the garden labyrinths that spring up to delight the landscape and the senses.

We began midyear questions as a sort of review to see how we were doing and what was in step for members and what they might like to see more of. We also realized that we were both an excellent resource to speak of the value of the impending annual gathering of the Labyrinth Society and our recommendations.

*Design by Labyrinth Lessons.com*

## July

Our summer months in the Northern Hemisphere are often anticipated with the great outdoors and getting away. Our perspective was directed toward traveling with the labyrinth and being on the journey. We showcased the Girl Scout Labyrinth that was created in Illinois as being the first we could find that was entirely created, directed and built by a Girl Scout troop as a project, and not for an Eagle Scout award either. It reminded us of the importance to bring in the next generation to discover and appreciate what the labyrinth offers all of us.



*Design reworked... originally Mesa Labyrinth Design*

## August

While in the spirit of summer, we reflected on the element of playfulness and shared the many ways that the labyrinth is depicted in the world playfully. We engaged in the art of play with going barefoot and really feeling the labyrinth beneath, sand labyrinths and how to play on the path. We explored the "Dog Days" of summer and even found its relation to animals with the Double Dog Labyrinth of John Rudinger.



*Collection of Beach Labyrinth Designs*



## September

The month of peace prevailed as it holds many offerings for us to share with the labyrinth we invited ourselves to explore the change of seasons more harmoniously, in step. The Handprint Labyrinth design by Maia Scott was a focus and a way to be mindful of the finger walk occasionally as an alternative as she has designed it as both for equal purpose.

Another alternative was the labyrinth coloring book offered by Aliyah Schick for adults and children alike to enjoy the many designs in another medium

moving along the path in a different manner.

*The Girl Scout Labyrinth photo by L Tournaloukis*

## October

An invitation to return was the view of October. It is a time of the seasonal shift and one in which we can remember a return to the times familiar and heart moving. Sharing about the labyrinths in schools is one way in which many of us can remember starting a new year and what a great way to introduce a younger element into the Labyrinth Society and movement.



The Gathering became a purposeful topic as we all returned once again to embrace the knowledge and wisdom of what the labyrinth offers although this year outside of the normal US settings, we visited beautiful Vancouver Island and took in the natural landscapes that invite creativity and soulful reflection. We were pleased to offer our reception at the gathering and to rekindle alliances while making new friends. The Gathering is a worthwhile return for everyone annually, if only to renew yourself.

*Photo by Shadra*

## November

In gratitude, we are mindful of the blessings of the labyrinths we've known and our aim for the month kept this in mind. We shared grateful reflections of value from the Gathering in a great mindfulness. We shared our mission for 2014 as we met for the first time as collaborative chairs of this committee. This meeting was rich and full of purpose and a joyful one to finally make after two years of phone conversations; together we addressed our ideas and ideals in purpose for the membership.

We explored the labyrinths of thanks and living and the Native American labyrinth of the Man in the Maze. It was rich with the traditions in the US of Thanksgiving. For the Blog we held gratitude for what has been accomplished and as Lynda was on a mission all month, we knew the silence might also offer a different type of reflection or purpose others to step up in membership and share.



*Collection of Native American Labyrinths*

## December

we look into the month of many gifts and appreciate this long journey of time that is short in the perspective of the world. We are about the reflection and in the walk of the labyrinth; we have taken the journey inward in the first part of the year with the newness and zest anyone takes in a project or an idea with. We found our centering midyear in what we were creating finding a familiarity with ourselves and purpose and as we have come into the reflective walk of return, we look ahead to see where our next steps will take us with more ideas and deeper meaning. *Design by Jerry Etzkorn*

***Our Heart Mission of 2014***



The first part is to take a look at what it means to be a member in our 365 Club as so many do not make a daily journey or reflection. For those of us who do, this is not a threat or a worry as we will do what we do no matter what. For those that have not

found this to be an easy stride, we hope to adjust those outlines and simply invite any committed to walking with regular purpose as that is indeed what we all have in common. Feel free to send your thoughts on this. [365Club@labyrinthsociety.org](mailto:365Club@labyrinthsociety.org)

The second is to encourage the labyrinth into our everyday lives via the stories you share. We hope to have collected 365 stories by next year's end because of you. You all have these amazing stories we hear about and sometimes their simplicity reveals a beauty all by itself. Do share with us and we will add it to the blog. Consider becoming a writer with one story a month that makes sense that just might be a simple reflection of your walk... keeping it all very simple, easy and from the heart is our aim. Help us add value to this club for all of us. With great thanks... Lynda and Mary

Your thoughts or stories? [365Club@labyrinthsociety.org](mailto:365Club@labyrinthsociety.org)

## Blog Update

The month of November was conspicuously silent as there were no entries. Lynda was on a mission and technology was not a willing participant. We realized that our gratitude could be silent too, though perhaps it is also a message for others to have a voice as it is our intention.

What has inspired you this year? If every one of you would share a story or two... we would meet our wonderful goal and create so much for the Labyrinth Society and those who love labyrinths. Do consider adding your value as a member. We welcome it!

[Contact us](#) to be added as a contributing writer.

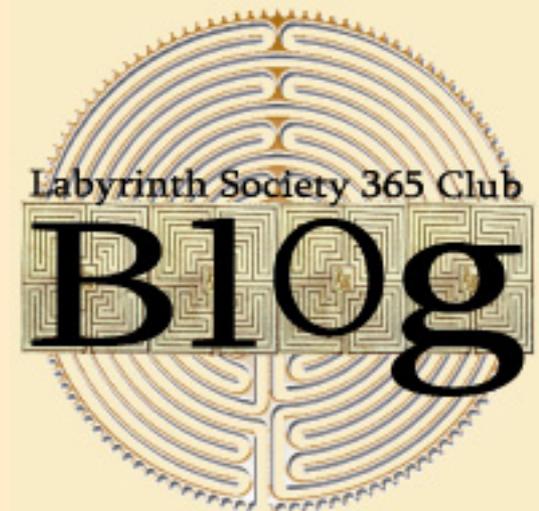


## With December Wishes...

It has been a year of amazing twists and turns and on the path we each have taken, we were overjoyed to find a meeting of the minds at the Gathering as a highlight of our year.

We have shared, cared and even dared in moving this club along and we so very much cherish the time you take to drop us a note, though be aware that we know from all we have done that those who get the most out of the walk, put the most into it. We want everyone to feel as purposeful about their experiences as we are in this creation. It isn't amazing... *it's labyrinthing and it's fabulous to know and connect with each and every one!*

In service and of heart,  
Lynda Tournaloukis and Mary Silvaroli Daul





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