

St. Paul's LABYRINTH

The Labyrinth: a resource for spiritual work and play

Summer 2010



Regular hours:

MON – THUR 8:30–9:30am

SATURDAY: 10:00 – Noon

SUNDAY: 9:30am – 12:30pm

2ND FRIDAY of the MONTH

7:00–9:00pm

LAST FRIDAY of MONTH

7:00 – 9:00PM

Walk with candle light
and live music

(Musician listing on page 3)

We are closed on
holiday Mondays



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HOW TO FIND US---

St. Paul's is in the West End
at 1130 Jarvis Street just in
from (North East of) Davie St
Ph: 604.685.6832 (ext.17)

Web: stpaulsanglican.bc.ca
labyrinth@stpaulsanglican.bc.ca

Rentals: Call the office
Volunteers: Email the office



“Earth Day 2010”

It was, as Alex said, an enchanted evening. It began as an evening with very little time for decorating the labyrinth hall. We would have exactly one half hour to create a mood that would recall us all to our love for the earth and to the crisis we must address.

Dorothy brought sandwiches to snack on as we planned what to do. Alex brought flowers - all the flowers he could carry, and others

brought vases, fabric and treasures such as pebbles, pine boughs, feathers and birds eggs. Jo Anne, Alex and Dorothy arranged the flowers in vases from modest to huge. Louise brought an exquisite arrangement in a round blue bowl. Shawna arrived with a ‘prayer tree’ – a fabric banner with the outline of a tree, where labyrinth visitors could pin up their “wishes for the Earth”.

At 6:30pm nine of us paraded into the hall armed with the flower arrangements. We moved non-stop attending to one task or another according to our plan. New ideas suddenly developed and were seized and used or set aside. Sally, Louise and Georgia lit and positioned 70 candles. Kira moved from site to site dealing with the unexpected, the broken flower, the need for masking tape or tacks and so on. Suddenly, at 6:48, it was done and it was beautiful. Spaced around the hall were five 'stations of beauty' aglow with fabric, candles and many, many flowers in red, orange, pink or yellow. In the centre of the labyrinth was blue, blue bowl and blue cloth, simple and gentle. The prayer tree in fabric of earth tones, as if it indeed sprang from the soil, resembled a fairytale tree, at once moving and playful. Maps of the stars in a dark blue night sky lay on the floor in the four directions inviting us to move onto another plane. **<continued on pg 2>**



More Earth Day photos online at: <http://bit.ly/ctDDzL>

ATTENTION VOLUNTEERS!

We don't tend to see each other, as people volunteer at all kinds of different times, however that can change! What's the best way to get us to talk and learn from each other?

How do we share our experiences about the labyrinth?

Sally Hull, one of our volunteers has volunteered to coordinate responses to these questions and think about organizing an event(s) for volunteers to meet up with each other.

Respond to Sally at sallybkhull@hotmail.com with your ideas!

- Shawna, Volunteer Coord.

FYI: All identified donations to the Labyrinth of \$20 or more automatically receive a tax receipt in February of the following year. Donations of a lesser amount receive a tax receipt upon request.



Earth Day Photo

On the Second Friday of the Month, the Labyrinth is open from 7:00 – 9:00pm with a special focus or program.



July 9th - The Labyrinth and Liminal Space.

Les Blydo will facilitate a discussion about liminal space, labyrinths, labyrinths on the foreshore of the beach and show slides from a labyrinth walk, held last summer at Spanish Banks. Les invites us into the space between land & water, day & night, body & spirit - and beyond.



August - Gone Fishing! Labyrinth closed.



September 10th - Snake Man — a Story and a Walk

Kira Van Deusen brings an ancient Persian story to life on the labyrinth — with storytelling and cello music. The wicked Zahhak shows how fear begets fear, and how light can shine into those dark places.



Oct. 8th Bringing Outside In, Inside Out: Territorial Labyrinth

Usually, the Labyrinth is an inward-looking tool; Place-historian Coll Thrush will offer some thoughts on moving (perhaps literally) from the Labyrinth hall out into the landscape around our walking space. The back alley, the West End, English Bay, North Shore Mountains, Fraser River, Cascadia, and beyond: **how might this reorientation enrich our walking?**

Toning on the Labyrinth

Due to the positive response to toning evenings in December 2009 and May 2010, we are contemplating the possibility of making a permanent event - perhaps one per season. Toning: It is about producing (vocal) sound in a group setting. It is very beneficial because body, soul and spirit are engaged at the same time. Toning is NOT singing. The focus is not on pitch or tempo. It is, rather, about making your own, personal music with your voice, either responding to a need you may have, or just for the sheer delight of it. Before we can determine a permanent toning event, we'd like to invite your suggestions. Once we hear from you, we can plan for future events. We think they are exciting and hope you do too! Thank you! We look forward to hearing from you loud & clear!

“Earth Day continued...”

And the enchantment began. Twenty people walked the labyrinth and made their own connection with their earthly home and what it means. This was Earth Day 2010. On Earth Day May 2011 we hope to see a greener earth and may we all renew our commitment on the labyrinth. A big thank you to everybody for pulling this off.! Next year the Earth Day tree banner will be accepting wishes and hopes for the earth!~ *Earth Day Organizing Committee*

Volunteers had created what impressed me as "stations of beauty". Just outside the labyrinth and in the centre, we came upon beautifully made and lovingly tended flower arrangements. We stopped, looked, sniffed, meditated and walked on. What impressed me was the very human and meticulous desire to create beauty - sometimes in unexpected places. ~ *event attendee*

Upcoming live music on the labyrinth

On the fourth Friday of every month there is live music in the labyrinth. The interaction between musician and walkers is always something magical. Here's what upcoming musicians say about themselves. Do join us!

June 25 Johanna Hauser, clarinet

"When I play music at the labyrinth I drop into the sound and the sound guides me, moving focus from thought to sensation, ideas to feelings, temporal to eternal. I have faith that whatever comes out of the clarinet will be what's needed, perhaps easing the way, lightening the step, uplifting the spirit."

July 23 Kira Van Deusen, cello and voice

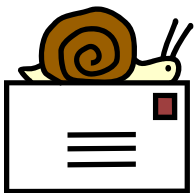
"I improvise cello and vocal sounds in concert with the energy of the space and the walkers, listening and playing, watching and singing. What emerges is an expression of the present moment. Occasionally a classical piece sneaks in, and becomes part of the improvisation."

August 27 Judy Henry, flute and harp

Judy is a performing flutist and harpist (and dedicated labyrinth walker) from Delta. Steeped in classical training and encompassing Celtic and Christian spirituality, Judy will be joining you in a musical walk with harp selections from medieval through the ages.

September 24 Theda Phoenix, voice and bowls

Theda is an Intuitive Singer and Songwriter with a passion for spiritual growth and healing. She uses her voice and spontaneous intuitive songs as a medium to inspire and remind people of their divinity and infinite potential.



Newsletter by e-mail

If you would like to receive the newsletter by

e-mail or on the web, let us know. If you are currently receiving the newsletter by e-mail and would like to switch back to paper, contact us and give us your current postal address. If you have moved recently be sure to let us know your new address.



Labyrinth Facilitators in Training

The following labyrinth members are currently completing their facilitator training with Veritas:

- Kira - Coll

More details next newsletter!

walkingalabyrinth.blogspot.com



During the summer Les Blydo will be drawing sand labyrinths at various beaches in Vancouver. These labyrinths are temporary installations that will disappear when the tide comes in. It's a marvellous opportunity to walk outdoors and also to see how a labyrinth is constructed from scratch. Be prepared to get your feet wet! At one or two of these walks, Kira Van

Deusen will lead a session called "Sounding Between Land and Sea", finding how our own vocal sounds can harmonize with the sounds around us. Stay tuned to Les's blog for up-to-date locations and times including Sat. June 26 11am-1:30pm & Sat July 3, 3-5pm,

Spanish Banks. **walkingalabyrinth.blogspot.com**

Welcome to Labyrinth's New Administrator

When you call you will hear a new voice on the phone: Barry Goheen. in his own words:

"I come to St. Paul's and the Labyrinth with a very diverse history beginning with growing up on the farm in Sask. followed by careers in civil engineering, corporate banking and service industry that took me first from Sask to rural Alberta, then Calgary and finally here to Vancouver 7 years ago. Here in Vancouver, many know me as the past administrator for the Gay & Lesbian Business Association of BC.

I have been acquainted with St. Paul's for a number of years; both the Church through its current rector (a personal friend) and the Labyrinth which I have enjoyed walking on occasion and bringing out of town friends to visit. I am excited to be a part of the Labyrinth as its new administrator. I know from personal experience its power as a healing tool and a means of grounding one's self and look forward with working with the Guild to continue its work in the community.

Please feel free to contact me here at St. Paul's. I would love to meet you all and hear what ideas you might have to make the Labyrinth an even more well known and powerful part of the community. Thank you".

*Barry Goheen, St. Paul's
Parish/Labyrinth Administrator*



Join our facebook group

"The Labyrinth at St Pauls Anglican Church, Vancouver"

<http://bit.ly/9vxUwh>

Earth Day at Renfrew Ravine

The Renfrew Ravine labyrinth is located on the trail that runs along the east side of Renfrew Ravine, just off Renfrew St. between 22nd and 29th Avenues. It is tended by Carmen Rosen, whom some of us know as a wonderful singer. She and the Still Moon Society put on the annual Renfrew Ravine Moon Festival and other community events.

The paths of this outdoor 7 circuit classical labyrinth are laid out with stones. I learned that some of the stones come from very exotic places and were donated by a man who lives nearby and who had been keeping them in his basement! The labyrinth was put in about 8 years ago or so.

On Earth Day they were celebrating their new lunations, made from black and white pebbles set in concrete. Each piece contains 4 lunations. A similar mosaic had already been created several years ago in the center. Both are beautiful.

Carmen had approached the teacher of a leadership program in the local high school. She recruited a group of students to do the work of making and installing the lunations, thus learning about labyrinths. And so it was that the celebration was attended mainly by about 50 teenagers munching pizza as they walked! It was lovely - and quite inspiring as a way of involving youth. Check out their blog at: <http://bit.ly/bkonJA>

Please let us know if you would be interested in an event for children and their caregivers. Please call 604.685.6832

**St. Paul's Church is pleased to
co-sponsor for the 2nd year an
Inter-Spiritual Sacred Dance
Festival November 20th, 2010.
More details to follow!**