

The Labyrinth at First & Central The Labyrinth at First & Central

A Place to Refresh Your Spirit

1101 N. Market Street • Wilmington • DE • 19801

Visit our website at www.fandc.org/labyrinth.html

Labyrinth Notes • May 2012

Our Theme for 2012 is Transforming Love: Seeing with the Eye of the Heart

Our Labyrinth Focus for 2012 is Connecting



The Labyrinth at First & Central is open on Wednesdays from 11 a.m. until 7 p.m. Our Chartres/medieval style portable labyrinth is set up in Memorial Hall on the church's lower level. Walk by candlelight to meditative music. If you have questions ask one of our hosts or ask at the Church Office for Labyrinth Coordinator/Facilitator, Joanne Reinbold.

Labyrinth Walks and Events in May

(All walks and events at First & Central unless otherwise noted)

Wednesday 5/2:

11 a.m. Labyrinth Walk

Music: "Seven Metals" by Benjamin Iobst

Saturday 5/5: World Labyrinth Day'

1 p.m. "Walk at 1 as One" Labyrinth Walk – Delaware Art Museum Labyrinth

Wednesday 5/9:

11 a.m. Labyrinth Drum Walk

Music: "Meditation Drum" by David and Steve Gordon

Wednesday 5/16: CLOSED

Wednesday 5/23:

11 a.m. Healing Sound Labyrinth Walk

Music: "Spiritual Healing" by Dueter

4 p.m. SoulCollage® Studio (until 7 p.m.)

Wednesday 5/30:

11 a.m. New Music Labyrinth Walk

Music: "Illuminations: Healing Music" by harpist, Christina Tourin

6 p.m. Labyrinth Inspired Art: Prayer Beads Workshop (until 8:30 p.m.)



The "Walk a Labyrinth Once a Month Commitment to Self-Care" Challenge We've heard so many folks say: "I really enjoy walking the labyrinth ...," "I really want to walk the labyrinth...," "I know I would benefit from walking the labyrinth ...," but, I just never seem to make time for a labyrinth walk."

You don't have to walk the labyrinth every week to benefit from it. Why not rise to the challenge and add the labyrinth to your self-care program. Pick a Wednesday, mark it on your calendar, and make a commitment to self-care by walking the labyrinth once every month?

Using a Labyrinth to Practice Self-Care Following are some of the benefits of walking a labyrinth for self-care.



- When you walk a labyrinth, you have intentionally set aside time for yourself.
- Use the labyrinth to help clear and calm your mind when thoughts, worries and concerns are whirling around in your head.
- Use the labyrinth to "step out of the world" when daily life feels rushed and chaotic.
- Use the labyrinth to seek that deep, still place within. Then, when you take your walk into the world, take the Stillness with you wherever you go.
- Practice deep breathing while you walk.
- Use your labyrinth walk to achieve a deep state of relaxation.
- Use the labyrinth as a tool to "grow" your spirituality.
- Use the labyrinth to center and focus for other spiritual and/or creative activities.
- Walk the labyrinth with the intention of seeking guidance for personal healing work.
- Use the labyrinth for meditative walking.
- Reflect on the labyrinth and the act of walking the labyrinth as a metaphor for your life's journey.
- Use the labyrinth as a spiritual tool to seek wholeness through the integration of mind, body, soul.



SoulCollage® Drop-in Studio Our next SoulCollage® Drop-in Studio is Wednesday, May 23, 2012 from 4 – 7 p.m. during our Healing Sound Walk.

In April, some of us, interested in creating a personal SoulCollage® deck, began work on the first of the seven Chakra Companion cards. This month, for those interested in creating these cards, we'll work on a second companion card by listening again to "A Guided Meditation through the Energy Centers" an audio CD by Seena Frost, founder/creator of SoulCollage.

Also, on May 23rd, we're going to try out a new activity: Sharing Time. From 6:30 p.m. until 7 p.m. we invite you to join Carol and Joanne in the "Telling Tent" to share insights into our SoulCollage® cards!

And please remember to bring a couple of images to add to our growing image pool!

The SoulCollage® Drop In Studio is hosted by Joanne Reinbold, First & Central's Labyrinth Coordinator/Facilitator and Carol Maurer, Delaware Art Museum's Labyrinth Coordinator/Facilitator and is located in the Library on the church's lower level. All materials provided. \$2 donation suggested.

The sample Companion card is titled "Heart Chakra Owls" by artist Meg Frost.

Labyrinth Inspired Art: Prayer Beads Workshop on Wednesday, May 30, 2012 from 6 – 8:30 p.m. join Carol Maurer and Joanne Reinbold at the Labyrinth to create prayer beads for inspiration, dedication, affirmation and prayers. Three beading projects will be presented! Cost: \$20.00 (includes all materials). To register, please reply to this email or email Labyrinth Coordinator Joanne Reinbold at reinbold@fandc.org.



You Can Help Us CONNECT with other Labyrinth Communities!

"Like" us on Facebook and share our posts. And, we'd appreciate it if you'd post on our FB Wall! Tell us about labyrinths you've visited. Share pictures. Ask questions. Start conversations. Make suggestions. Let others know about our

Facebook page. On Facebook search for "The Labyrinth at First & Central," go to our page, click "Like," become a friend and join the conversation!

Sharing Our Experiences on the Labyrinth

Sometimes walkers leave a comment on our "Sharing Sheet," and we'd like to share some of these comments with the F & C labyrinth community.

*"Thank you for that beautiful labyrinth experience yesterday!
What a gift! Blessings on your day!"*
from the 4 April 2012 Holy Week Labyrinth Walk



Please Share This Newsletter with other labyrinth enthusiasts and communities, as well as friends and acquaintances who are or might be interested in labyrinths. Thank you!

If you'd like to receive *F & C Labyrinth Notes* the monthly newsletter from the Labyrinth program at First & Central, please call (302.654.5372) or email Labyrinth Coordinator Joanne Reinbold at jmreinbold209@gmail.com.

Have Questions or Comments? If you have questions, comments or would like more information about the Labyrinth at First & Central, please contact Labyrinth Coordinator/Facilitator, Joanne Reinbold by email at reinbold@fandc.org or by phone at 302.654.5372.



News from Delaware's Regional Rep

World Labyrinth Day – May 5, 2012

Press Release from the Labyrinth Society:

The third World Labyrinth Day will be held on Saturday, May 5, 2012. World Labyrinth Day is an annual global event celebrated each year on the first Saturday in May, sponsored by The Labyrinth Society, an international organization founded in 1998.

The Labyrinth Society invites the world to 'Walk As One at 1' in an attempt to create a wave of peaceful energy moving around the planet. To participate, people are invited to walk a labyrinth at 1:00 p.m. in their local time zone. While large group events are planned, no event is too small. Individuals who wish to participate may use a finger labyrinth in the comfort of their home.

In the past, a variety of events were held at over 100 locations worldwide, including the Ellipse in Washington, D.C., churches, and even a maximum-security women's prison. Countries joining the celebration included: the United States, Canada, England, the Bahamas, France, Spain, New Zealand, China, South Africa, and Australia.

While the origin of the labyrinth is unknown, labyrinths have been found all over the world dating from earliest antiquity. Once popular in the Middle Ages, labyrinths have been experiencing a resurgence in popularity. It has become increasingly common to find labyrinths in schools, prisons, parks, hospitals, spas, churches, and retreat centers. The World Wide Labyrinth Locator, www.labyrinthlocator.com, an online database, lists over 3400 labyrinths around the world.

Labyrinths are thought to enhance right brain activity, and uses include problem solving, conflict resolution, walking meditation, modern day pilgrimage, and stress management. The American Cancer Society states that labyrinths "may be helpful as a complementary method to decrease stress and create a state of relaxation."

Research studies conducted in a variety of settings consistently have shown that walking a labyrinth reduces stress. In fact, over the past few years, this has been the most commonly reported finding related to the so-called 'labyrinth effect,' according to John W. Rhodes, Ph.D. Chair of The Labyrinth Society Research Committee.

The Labyrinth Society (TLS) is one of the foremost groups responsible for promoting the current international labyrinth movement. The Labyrinth Society is an international organization whose mission is to support all those who create, maintain and use labyrinths, and to serve the global community by providing education, networking, and opportunities to experience transformation. Since its inception, more than 1500 people have joined TLS. One of The Labyrinth Society's greatest contributions has been helping to establish The World Wide Labyrinth Locator.

Additional World Labyrinth Day information and resources are available on The Labyrinth Society's website at <http://labyrinthociety.org/world-labyrinth-day>

On Saturday, May 5th, World Labyrinth Day, the First & Central Labyrinth Community is encouraged to "Walk as One at 1" at the Delaware Art Museum Labyrinth.



Joanne M. Reinbold
Delaware's Regional Representative for the Labyrinth Society International