

Dear Subscriber,

12/02/2013

Resending...

Our monthly July news has already been sent out, so for some of you this is just a resend, though for a number of you this may be the first time since April that you have received our news. As we switched up to become more mainstream with the Labyrinth Society in April, we did not realize that a number of our participants were not receiving our monthly news. This has just come to our attention and with the thanks for David Gallagher, Kay Whipple and the illustrious technology assistance... we are back on the happy path. Our apologies for those who have not received the news and as we move forward we know we are not complete with the mistakes of life, though perhaps we have mastered some of the consistency to deliver a little connection with you each month. Happy reading and do share your thoughts... we love to know if we are on target.

With Happy steps forward, Mary and Lynda:)

In Step With July



The month of July is ushered in with fireworks, parades, and picnics to honor Independence Day in the US and Canada Day for our neighbors to the North. For those of us living in the Northern Hemisphere, July is the midpoint of summer, gifting us with thirty-one days and as many ways to celebrate and savor summer's finest pleasures.

In keeping with our focus on new ways of walking the labyrinth, we offer a little July trivia to get you thinking. *Pictured, Festive Fourth on*

the Labyrinth

Did you know...

- Larkspur, a.k.a. Delphinium, is considered July's flower and is symbolic of an open heart.
- July's gemstone is the Ruby and is known for its strength and beauty as well as symbolic of peace and contentment. Can you add some red flowers to your labyrinth garden or dust off those ruby slippers for your morning walk.
- In the US, July is national ice cream month and the third Sunday of the month is National Ice Cream Day. How many steps per scoop can you take.

- July is also national blueberry month! If you are so inspired, how about an edible finger-food labyrinth? *And please remember to share!*

July Focus

July is a month for those of us in the northern hemisphere, where the idea of getting away, exploring, and travel come up. It is that time of summer vacation where we want to investigate the outdoors and rediscover nature.

It's as if we refresh our souls with what Mother Nature has to offer so that we can find the balance of living indoors for the remainder of the year. It's where we move from what's normal to what's natural and so in this thematic idea of walking for the month of July, go natural!



“Travelers, there is no path, paths are made by walking.”
Antonio Machado

Questions on the half year...



We have been traveling together since January, seeking to create a new path for the 365 Walking Club. New and repeat travelers among us, we hope to find greater purpose and possibility on the path of club membership. It has been 181 days of walking, based on the travel plans we first made, so now we think that it is time to consider the steps we have made, our current location, and the direction we have been going.

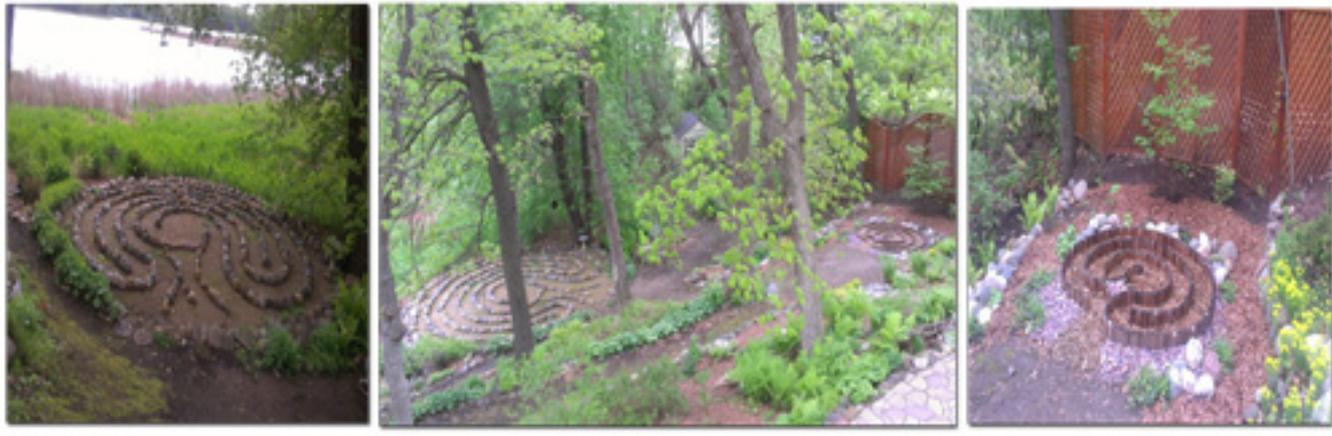
As with membership in any CLUB, there are different reasons for joining and different expectations among the members. For our purposes, as travelers on and with the labyrinth, the answers to the questions that follow are likely to be as different as the labyrinths that we choose to walk. Please thoughtfully reflect on the following questions and share them in the coming months.

What does membership in TLS 365 Walking Club mean to you?

- Commitment?
 - to self
 - to others
- Contribution?
 - sharing our stories
 - sharing our labyrinths
- Community & Connection?

- Celebration?

Member Gardens



Do you have a labyrinth in your garden that you would like to share? We welcome images and stories of member labyrinths “in bloom” as a way of planting some seeds of inspiration for our own gardens and our 365 Walking Club member directory.

Mary shares her two “labyrinth gardens” in White Bear Lake, Minnesota. Consider this just a “sneak peek” and an invitation to visit her lakeside, woodland labyrinths whenever you find yourself in Saint Paul!

Mary’s Labyrinth Gardens

I “planted” my first labyrinth garden in the summer of 2008, a 22’ Dancing Woman™. [Lisa Gidlow Moriarty](#) provided consultation and design services, and a local landscape contractor managed site preparation.

The choice of material for my walking surface, compacted class five gravel, was based solely on *TIME*...more time for walking, less time for weeding! As for the 350 fieldstone rocks that were chosen to form the walls and give shape to my “dancing woman” – it was as *natural* as my choice of a labyrinth, but that is a story for another time.

My second labyrinth was “planted” two years ago, an 8’ Mini-Classical™ from the Personal Sacred Space Series™ purchased through The [Labyrinth Company](#). The labyrinth design came preprinted on landscape fabric and, once secured in place, I just added a mulch base of shredded bark and a series of curved wooden stakes for the walls.

My gardens continue to hold powerful possibilities for a third and final labyrinth installment. I look forward to the inspirational stories and photos you all have to share!

“Earth laughs in flowers.”
Ralph Waldo Emerson

From *The Girl's Perspective*

It is a pleasure to share that a local group of teen Girl Scouts are on a mission to bring a labyrinth to their community in Park Ridge, IL. The girls became interested in the labyrinth after their parent troop leader asked to have a presentation for them. They enjoyed the experience and their enthusiasm grew. The troop began to consider a Community Sustainability Project, a precursor to the Golden Merit Award, and began researching information about the labyrinth.



In Scouting, the highest rank attainable is the Golden Eagle of Merit. It is typically earned while in High School and to earn it both Boy Scouts and Girl Scouts must complete a project of service to the community.

When they asked for mentorship, it was an honor to oblige. The girls project required it to not only be a contribution to the community, it had to also be sustainable. The mentoring continued throughout the year, and in that time the girls were part of a workshop, experienced field trips to discover area labyrinths, and applied their practical knowledge by using finger labyrinths in ways that supported their mission's purpose of alleviating community stress.

Throughout the year each found how the use of a finger labyrinth could relax her own individual stress from taking tests and school application to gaining personal life perspectives. One of the girls even commented about how she felt there was so much more involved in the labyrinth than what was on the surface. It had depth.

The troop brainstormed through the year and came up with a design that made sense, sought out community assistance to raise the necessary funds, spoke to community groups to enlighten and inform residents, and will soon be prepared to commence with the construction at the end of this month. It is a joy to be a part of their dedication and inspiring to see the budding intrigue that piques the interest of this youthful generation, our next Labyrinth Society members.

Labyrinths on the Go and Vacationing with Labyrinths



How do you vacation as a labyrinth enthusiast? Do you scope out the labyrinths that may be on the path to your destination? Does your vacation include a trip to the labyrinth or perhaps yours is a pilgrimage between them.

We are curious as to the ways that our members utilize vacation time when including the labyrinth and walking daily. If you'll take a moment to reply with your story, we will be happy to feature it next month. Your story is the path to our

enrichment!

A Labyrinth Directory



We were thinking that a member directory might be something of value. It can allow for members to note where other labyrinths exist either locally or while on a traveling route. Perhaps having the opportunity to connect and share the stories of a walk between members might be a great way to build and grow our community. What say you, fellow walkers? Yay or Nay?

Blog Update

Our blog continues to generate interest, though if you wish to share a story, just send it along in the comments , or feel free to send along your story and you can be a featured writer.

We can have up to ten featured writers for the blog, so if you are interested in contributing your thoughts on your walk or things of labyrinth interest, we would love to have your input.

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



Wishing you all a month of natural perspective... may your travels be joyful,



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