

Dear Subscriber,

05/02/2014

Did you miss us?



Last month we didn't play an April Fool's prank, we just didn't show up. We were evaluating the busyness in life and wondering about how best to continue creating a connection that served the membership of the 365 Club. We took the month and like the spring that has finally come, a new emergence has brought us change. Mary will be moving onward in her labyrinth adventures and I wish her well

as her partnership has meant a lot to me. She has been more the outreach and I the one who brings the news to bear and together it found a path to you.

Should anyone wish to be collaborative in the process of aiding in the 365 club, I would indeed entertain your interest and welcome your assistance. Many thanks, Lynda [Please contact me.](#)

Photo Credits: The Lands End Labyrinth in the San Francisco Bay area, by webecoist

"To exist is to change, to change is to mature, to mature is to go on creating oneself endlessly."

Henri Bergson

A Word to Walk on.... *Change*

It is nice to have a theme to walk on so in the merry month of May and all it's giving of springtime abundance that leads us into the summer weather, consider the Idea of Change as a concept to walk upon this month.

Consider perhaps the change in yourself or your labyrinth over the years of walking. Consider what it means to change and how change is relatively easy, though keeping what you change might be more consuming. Each day take notice of the changes you make from step to step or day to day and find an outlet like journaling, painting, music or other creative endeavors to record your growth in change this month.



Photo Credits: The Imprint Labyrinth of Gloucester, by the Webecoist



Welcome New Members

This month we welcome Nancy Voogd from Santa Cruz, California! Nancy has been walking her own Triple Spiral Labyrinth almost daily for the past three years. When away from home, her love of the pattern finds her building temporary ones in sand,

out of palm fronds or chalking them in a parking lot for herself and others. Nancy is a seasoned blogger so watch for her story in the months to come!

Image: Nancy Voogd's Triple Spiral Labyrinth

"Man cannot discover new oceans unless he has the courage to lose sight of the shore."

Andre

Gide

Labyrinths in the World



Have you heard of the Sparq Labyrinth? It is a uniquely personal integrative experience where the aim is to tap into technology and mindfulness in a simple and easy five-minute method. Matthew Cook of the University of Oklahoma realized what he calls an over reliance of technology at work. One only has to stop and consider the relative inactivity of the major parts of the physical body when planted

in front of the computer screen for long parts of the day to realize a need for

presence and movement. For students in particular this is an issue with long hours in research.

Matthew realized that there could be a healthy way to exact a breath of better form and function into this pattern of complacency by introducing the five-minute labyrinth, which could be individually selected from a variety of cultural and aesthetic computer designs and then illuminated for a quick walk in the day.

Together with research colleague Janet Croft they introduced the Sparq labyrinth during finals week in 2013 where over 70% reported feeling more relaxed and 80% less agitated.

Following this pilot, they traveled with the labyrinth to another campus and then onto the UMass Amherst Campus at the W.E.B. DuBois library where it serves as a meditative sanctuary. The Office of Technology Development at Oklahoma University has partnered with them and with an abundance of resources and a new grant, proves to aide them well in further developments like the new Sparq 2.0 to share with the world.

[To find out more see Sparq Labyrinth](#)

Photo Image Credits, Sparq Labyrinth



World Labyrinth Day

May you walk as One at One!
Celebrate the first Saturday of May with a walk alone or with a group. Somewhere in the world others are walking with you. May each step we take together share a beneficial peace with the spirit of love and joy infused along the pathway. Step along with us this year. Download a finger labyrinth, use a personal design, walk a local labyrinth, or join with a group.

A Farewell from Mary

It is with regret that I announce my resignation as Co-Chair of the 365 Walking Club. I have enjoyed the opportunity to contribute to TLS and the Club and look forward to committing time and energy to both in new and different ways.

My thanks go out to Lynda for her leadership and creativity in coordinating our combined stories for the eNews. It has been fun to plan and research stories and to meet some of you along the way. I hope to continue this pursuit going forward and hope that you will consider joining me in sharing your personal stories, photos, and friendship on the labyrinth path.

Walking with you... Mary



Hooray for the Merry Month of May



It seems the last vestiges of the season of winter and the feminine energy have found a closure as the warm weather returns to our hemisphere of the north.

It is a time when we plant new seeds, cultivate ideas and emerge onto the great expectations that the season of warmth holds for us.

Wishing a joyous uprising to Mother Earth on the upcoming day for mother celebrations ahead and to the many celebrations this month holds for us.

May we all find collaboration and connection together,

Lynda Turloukis, 365 Club Chair

Any comments, ideas or collaborations... I am always open to hear from you! 365club@labyrinthociety.org

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