



A Tool For Community Healing

Contra Costa Labyrinth Project

C.C. Labyrinth News

Walnut Creek, CA 94598

260 Walnut Avenue

Contra Costa Labyrinth Project

Listening to the Labyrinth

The labyrinth first spoke to me when it happened to catch my eye in a magazine article. Reading the article more closely, I was drawn to the meditative aspect of what the labyrinth had to offer. After all, we all can use a little more contemplative time in our lives.

Willing to explore the possibilities of the labyrinth, I headed for Grace Cathedral. Even though it is surrounded by the busy noise of San Francisco streets, it was very relaxing and enjoyable. Intrigued, I sought out a workshop on labyrinths, hoping to learn more about the history and ways to further my first walking experience. What I wasn't aware of at the time was that I was really going to learn about myself.

I attended the workshop not knowing what to expect but tried to remain open to whatever would unfold as the workshop progressed. When it was time to walk the labyrinth, I waited patiently for my turn to enter the sacred space. As I wound around the curves before me, a surprisingly different experience from the first walk arose. I found myself becoming worried and uncertain that I was not following the path correctly and may not find my way to the center. I checked to be sure I was still behind the same person, trying to appease my worries. But what if she had fallen off the path too? This was ridiculous. I was supposed to be feeling calm not anxious. I reminded myself that there was only one way in and one way out on the labyrinth. If I were patient, I would have to reach the center.

I was greatly relieved when I got to the labyrinth's center but also puzzled by my reaction. Standing in the middle, eyes closed, I reflected on my journey in. That's when I realized the labyrinth had spoken to me again. The walk into the center of the labyrinth paralleled the walk I was having in my life. I was uncertain spiritually and professionally as to whether or not I was following the right path

and even more uncertain of what was going to happen along the way. I was growing impatient with myself because I wasn't already where I thought I should be. If I could trust the labyrinth in getting me to the center, I could walk my own life's journey with that same trust in myself to reach my own personal center. It

would take patience, but by following my heart, I couldn't fall off the path. I thanked the labyrinth for the insight and with a renewed sense of purpose, I followed the path back out again.



I wanted to share this personal story as a way of welcoming others to experience the labyrinth. Listen closely, it could simply be a nice walk or the labyrinth may have something to say to you.

—Faye Mettler

Full Moon Walks to Resume

The first full moon walk of 2003 will be on Tuesday, March 18th at 8:30 pm. It also happens to be the spring equinox! Come and enjoy walking the labyrinth by candlelight and moonlight. (Rain cancels.)

The Contra Costa Labyrinth Project is made possible by a grant from the California Endowment's September 11th Special Opportunities Fund.

Walking For Peace the Rest of Our Lives

Walnut Avenue United Methodist Church and Peace Lutheran Church of Danville will host simultaneous labyrinth walks at their respective campuses. All are invited to join us at the labyrinth closest to you.

On **Saturday, March 8 at 4pm**, we will gather to walk our prayers for the world. All who want to join in prayer for our world are encouraged to attend. We will meet regardless of weather.

In Walking A Sacred Path, Lauren Artress notes that “most of the experiences that occur on the labyrinth are unexpected. They are guided by a sacred wisdom, a creative intelligence that knows more about what we need than do our conscious selves.” Let us gather, then, to experience the unexpected, to seek sacred wisdom and to experience creative solutions. Please join us and invite others to join us.

Directions to Peace Lutheran Church in Danville, 3201 Camino Tassajara, Danville, CA: Take Sycamore Exit off of 680. Head east. Sycamore Road turns into Camino Tassajara; continue straight on Camino Tassajara. Peace Lutheran is about 5 miles from Sycamore exit. Peace is located on the corner of Camino Tassajara and Old Blackhawk Road.



Directions to Walnut Ave. United Methodist Church, 260 Walnut Ave., Walnut Creek, CA: Take Ygnacio Road exit. Turn right onto Ygnacio Road. Continue past John Muir Hospital. Turn right on Walnut Ave. Continue for 1/4 mile. Church will be on your left-hand side.

With questions or comments, call 925-933-0888.

“When one walks the labyrinth, it is...a very ancient expression of thanks and remembrance of the divine in all things.”

www.labyrinthina.com



Well Update

About three years ago the Contra Costa Labyrinth Committee emerged and brought along the idea to create a meditative garden. In order to keep the two plus acres of land sufficiently watered, the Labyrinth committee decided that a well was the best way to go, as city water would cost too much. Thus the Well Project was born.

Four well drilling companies were contracted to bid on the project but, for various reasons, the bidding process dragged on longer than expected. Finally a driller was selected. Unfortunately, our funds were found to be insufficient for the job, which meant more delays for the project.

It took more than a year for the full funds to be collected so that we could proceed with the project. The next concern was where to drill the well. A dowser was consulted to help resolve the problem and pinpoint the drill site. After establishing the location, we notified the well drilling company and agreed upon a drilling date. When the drilling crew and equipment arrived, they spent three days drilling the well. Several days later the well was developed and necessary well equipment installed at the well head.

The well water has been sampled. Once we receive an “Okay” of water quality, we will develop the distribution system and proceed with the garden.

—Gordon Pioch



The Labyrinth Website

The Contra Costa Labyrinth Project has a website under construction. We hope to have our site up and running February 10th. Our web address will be:

www.contracostalabyrinthproject.org

The site will contain a great pictorial history of the labyrinth project. It includes photos of the building of the outdoor labyrinth, the design and painting of the portable labyrinth, photos of the community garden and the future healing and meditation garden. We also have an events page, a page with links to other labyrinth sites, pages with information and history of labyrinths and an "US" page.

The hours to design and build the labyrinth website have all been donated by Adolph Sanchez of pixelGraphics. In addition, Adolph has spent many patient hours teaching me how to build and maintain this website.

—Cheri Gibbens



Cosmic Dance

Paneurhythmy, meaning "Supreme Cosmic Rhythm," is a series of movements originally taught by the Bulgarian spiritual teacher Peter Deunov during the first half of the 20th century. They are designed to harmonize the Paneurhythmy dancer with the spiritual and Divine energies transmitted through the Earth, the Sun, fellow dancers, one's own body and being, and the whole Cosmos. Each movement represents a specific aspect of spiritual life and growth as expressed through the living symbology of Nature, e.g. Awakening, Flying, The First Day of Spring, The Rising Sun, Joy of the Earth and Sunbeams. These movements are generally performed outdoors, in the morning, in a natural setting, to musical accompaniment. They involve movement in a circular pattern, expressing a harmonious, balanced alignment with the "Central Sun" of God. Optimally, they are performed barefoot on the grass to maximize one's contact with the living energies of the Earth, and with live musicians, to more fully channel the higher energies that are expressed through music. Traditionally, they are performed between the Spring and the Fall Equinoxes, the time when Nature is most outwardly expressive of warmth and growth. In the Rila Mountains of Bulgaria, sometimes over one thousand people join together in the circular movement of Paneurhythmy, though one person is sufficient to perform this sacred dance. Dancers have experienced healings, awakenings and spiritual upliftment from participating in a focused manner in Paneurhythmy.

Since Glasnost ended the repression of Peter Deunov's teachings in Bulgaria, there has been a resurgent interest in Paneurhythmy both in Bulgaria and around the world. In the San Francisco Bay area, there are a number of groups that gather to dance Paneurhythmy on weekend mornings, including a small group that dances on the Contra Costa Labyrinth.

For more information on Paneurhythmy and the teachings of Peter Deunov, check the hyperlinks and books offered by Evera Books at www.everabooks.com.

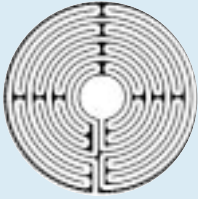
"I suspect that there are as many ways of walking the labyrinth as there are people on this planet"

—Dr. Lauren Artress,
Walking a Sacred Path

EDITORIAL INFORMATION

The "CC Labyrinth News" is published quarterly by the Contra Costa Labyrinth Project, Rev. Joanne Peterson, Director. This newsletter is dedicated, as the Labyrinth, to be an instrument of healing. We welcome articles from individuals and groups, stories about personal spiritual healing at the labyrinth, and other timely information. **Submissions for the April 2003 edition are due by March 15, 2003.** The Labyrinth Committee, Faye Mettler, Chair, will review information before it is published. Layout and editing by Pete Cruz. Photos by members of the Walnut Ave. UMC.

Please mail any articles or photo submissions to:
The Contra Costa Labyrinth Project
260 Walnut Avenue
Walnut Creek, CA 94598



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Peace and Healing

On September 7, 2001 the United Nations passed the U.N. Resolution 55/282 declaring September 21 as the International Day of Peace. In Walnut Creek, many people celebrated International Day of Peace by participating in the community dedication of the Labyrinth for Peace and Healing.

We gathered in community, under a full moon, to reflect, sing, dance and to trace the ancient path of the labyrinth. In our own way we each carried our thoughts and prayers into the labyrinth; others left symbols of their hopes for peace before winding their way back to the entryway of the labyrinth and back into the world.

In a violent world on the edge of war, it is important that there is a place in our community dedicated to peace and healing. It is said that we only progress in those things that we can measure. The creating and dedication of the Labyrinth for Peace and Healing is a measurement of our desire for a world of inclusion and global unity. The generous invitation to all members of the community to walk the labyrinth at any time provides the

possibility for us individually or collectively to find our inner peace as each step takes us predictably to the center and returns us to the world, renewed.

I hope to meet you on the path of peace.

—Jeanelyse Doran
Mt. Diablo Peace Center

Watch This Spot For Future Calendar of Labyrinth Events

In future months, the Contra Costa Labyrinth Project will both host and/or sponsor Community Events, including Classes, Workshops, Moon Walks, etc.

Let us hear from you, if there is a particular Workshop or subject you would be interested in attending. We are open to suggestions.

Call us at (925) 933-0888