

From: Quad-City Labyrinth Project
To: cattfoy@earthlink.net
Date: 1/27/2007 12:24:34 AM
Subject: February Labyrinth Events

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QCLPathways

February Events

- [Quest for True Self: The Innocent](#)
- [Event Staff Volunteer Training](#)
- [World Peace Walk](#)
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Greetings!

Quad-City Labyrinth Project invites you to join us for these special labyrinth events during the month of February. By popular demand, we are offering the archetypes workshops again this year. Entitled Quest for True Self, this year-long series leads us on a powerful journey of Self-discovery. You may enroll in one workshop or the entire series. Take advantage of the special half-price discount on the Quest for True Self workshops and attend two workshops in February for the price of one!

Peaceful pathways,

Pat McLaughlin, Executive Director

Quest for True Self: The Innocent Labyrinth Workshop

Join us on the path of self-discovery as we explore the first of twelve archetypal patterns that guide our inner development and assist us on our quest for True Self.

Where & When

QCLP
Union Arcade Building
111 E. Third Street
Mezzanine

This is the first in a series of twelve workshops based on the book *Awakening the Heroes Within*, by Carol Pearson. Each month, we will explore one of twelve archetypes that help us rediscover our True Self and transform our world. In this workshop, we will embark on the heroic journey of The Innocent, the archetype associated with the Inner Child, to discover its role in shaping our lives. Exercises include

Davenport, Iowa

February 3, 2007
9:00 AM-12:00 PM

- Self-scoring of the twelve archetypes on the Heroic Myth Index
- Journaling to help us understand and awaken our inner guides
- embarking on a heroic journey on the labyrinth.

Take one workshop or enroll in the entire twelve- month series. Each self-contained workshop includes an overview of the twelve archetypal guides and an introduction to the spiral nature of the heroic journey. Bring a bottle of water, your journal, and a favorite writing instrument. Coffee and tea are provided.

Cost: \$50

Preregistration is required by February 1, 2007. To preregister, please e-mail your contact information to qclabyrinth@aol.com. **Take advantage of our 2-for-1 special by preregistering for both Quest for True Self workshops this month!** To order a copy of *Awakening the Heroes Within*, by Carol Pearson, please click on the link below:

[Awakening the Heroes Within](#)

Event Staff Volunteer Training

Labyrinth Workshop

Learn what it takes to plan and carry out a successful labyrinth walk!

Where & When

QCLP
Union Arcade Building
111 E. Third Street
Mezzanine
Davenport, Iowa

February 3, 2007
1 PM-3 PM

This workshop is intended for those who are interested in becoming QCLP Event Staff volunteers. Instruction includes a brief history of Quad-Labyrinth Project, an overview of the types of events we offer, the labyrinth patterns we use, and the basics of labyrinth event production.

The stage will already be set when you arrive for the workshop. After giving a brief history of Quad-City Labyrinth Project, Labyrinth Facilitator Pat McLaughlin will lead participants through the labyrinth activity zones. Discussion will focus on the importance of light and sound in creating sacred space. Instruction will also include the duties and responsibilities of the Greeter, Educator, Warmer, and Wheel Keeper.

Cost: 4 QCLP volunteer hours. **Preregistration is required by February 1, 2007.** To preregister, please e-mail your contact information to qclabyrinth@aol.com

World Peace Walk

Labyrinth Walk

Let there be peace on Earth, and let it begin with one step. Come walk the labyrinth with us at Faith United Church of Christ!

Where & When

Faith United Church of Christ
1630 W. 38th Street

Take a stroll for body, mind, and soul! We provide a number of tools to enhance your walk, such as meditation and worry stones, seeds of inspiration, and privacy shawls. Try walking with a This Little Light O' Mine to illuminate your unique contribution to the well-being of our community. Or simply put one foot in front of the other and enjoy the

Davenport, Iowa

February 8, 2007
6:00 PM-9:00 PM

unfolding serenity of a labyrinth walk. For first-time walkers, we provide a 5- minute introduction to the labyrinth, and we are always happy to answer any questions. A leisurely walk usually takes about 30 minutes, although you will probably want to linger longer in the peaceful atmosphere.

The idea for the World Peace Walk was developed soon after September 11, 2001, as a way to promote peace and mutual understanding among people of all walks of life. Because the labyrinth consists of a single path, it is a perfect metaphor for the path of life that unites us all as human beings. Much like the path of life, the labyrinth has many twists and turns along the way, which promote introspection and contemplation.

Because children love to play on the labyrinth, we have added a Family Hour to accommodate parents with children. Families are welcome to walk between 6 and 7 p.m. Adults are also welcome during this time if they are not disturbed by playful activity on or around the labyrinth. And for those who prefer a quieter environment, we have designated the hours of 7 to 9 p.m. as Contemplative Time. We invite you to discover the peacemaking path of the labyrinth at a World Peace Walk in a neighborhood near you. Dates, times, and locations for the World Peace Walks are posted on our Web site Events Calendar. So stay tuned, and visit our Web site often!

Cost: Donations appreciated!

Faith United Church of Christ

Valentine Walk **Labyrinth Walk**

Join us for a walk with your sweetheart at the Unitarian Church!

Where & When

Unitarian Church
3707 Eastern Avenue
Davenport, Iowa

Walk with your sweetheart in the splendor of the sanctuary in the treetops at the Unitarian Church. Candles will be available for those who wish to walk in the memory of a sweetheart. Art and journaling supplies will also be available for those who would like to make valentines.

February 10, 2007
7:00 PM-10:00 PM

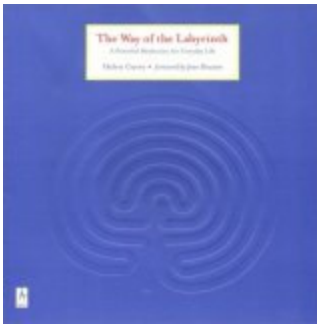
Cost: Donations appreciated!

Unitarian Church

Pathways Book Group **Book Discussion**

Pathways Book Group offers labyrinth enthusiasts the opportunity to read the books that are defining the emerging field of labyrinth-related endeavor. Suited for novice and experienced readers alike, Pathways is the forum for labyrinth talk!

Join us for a stimulating discussion of *The Way of the Labyrinth*, by Helen Curry. Written by the former President of The Labyrinth Society, this book describes how to use the labyrinth as a powerful meditation for everyday life. Topics include an introduction to labyrinths; suggestions for walking the labyrinth; the art of using



finger labyrinths; techniques for using the labyrinth for healing, ritual, and ceremony; and the creation of labyrinths for various purposes.

"Helen Curry's book, *The Way of the Labyrinth*, cuts a path through the mystery and intrigue surrounding labyrinths. Helen shares her journey with the labyrinth, and by doing so, has created an exciting, accessible book that will answer questions about making, walking, and using the labyrinth as a ritual tool." --Lauren Artress, Author of *Walking a Sacred Path: Rediscovering the Labyrinth as a Spiritual Tool*

Where & When

Borders
4000 E. 53rd Street
Davenport, Iowa

February 12, 2007
7:00 PM-8:30 PM

Cost: Free!

Pathways Book Group meets from 7 to 8:30 p.m. on the second Monday of every month in the cafe at Borders Books, Music & Cafe, 4000 E. 53rd Street, in Davenport, Iowa. To order a copy of *The Way of the Labyrinth*, by Helen Curry, please click on the link below:

[The Way of the Labyrinth](#)

Quest for True Self: The Orphan Labyrinth Workshop

Join us on the path of self-discovery as we explore the second of twelve archetypal patterns that guide our inner development and assist us on our quest for True Self.

Where & When

QCLP
Union Arcade Building
111 E. Third Street
Mezzanine
Davenport, Iowa

February 17, 2007
9:00 AM-12:00 PM

This is the second in a series of twelve monthly workshops based on the book *Awakening the Heroes Within*, by Carol Pearson. Each month, we will explore one of twelve archetypes that help us rediscover our True Self and transform our world. In this workshop, we will embark on the heroic journey of The Orphan, the archetype associated with the Inner Victim, to discover its role in our lives. Exercises include

- Self-scoring of the twelve archetypes on the Heroic Myth Index
- Journaling to help us understand and awaken our inner guides
- embarking on a heroic journey on the labyrinth.

Take one workshop or enroll in the entire twelve-month series. Each self-contained workshop includes an overview of the twelve archetypal guides and an introduction to the spiral nature of the heroic journey. Bring a bottle of water, your journal, and a favorite writing instrument. Coffee and tea are provided.

Cost: \$50

Preregistration is required by February 1, 2007. To preregister, please e-mail your contact information to qclabyrinth@aol.com. **Take advantage of our 2-for-1 special by preregistering for both Quest for True Self workshops this month!** To order a copy of *Awakening the Heroes Within*, by Carol Pearson, please click on the link below:

[Awakening the Heroes Within](#)

Labyrinth Facilitation

Labyrinth Class

Join Veriditas Certified Facilitator Pat McLaughlin to learn the basics of how to facilitate a labyrinth walk.

Where & When

QCLP
Union Arcade Building
111 E. Third Street
Mezzanine
Davenport, Iowa

February 17, 2007
1 PM-3 PM

In this workshop, participants will learn the essentials of facilitating a labyrinth event, including preparing the space, selecting music, and "holding the space." Instruction will also include a discussion of labyrinth patterns and their usage.

Our textbook for the class will be *Walking a Sacred Path: Rediscovering the Labyrinth as a Spiritual Practice*, by Lauren Artress. Please read the book before class so that you can ask questions. To order a copy of the book, please click on the link below:

[Walking a Sacred Path](#)

Quad-City Labyrinth Project

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qclabyrinth@aol.com
<http://www.qclabyrinth.org>

Quad-City Labyrinth Project is dedicated to educating the public about the benefits of using labyrinths for physical, mental, emotional, and spiritual well-being for people of all walks of life and all paths of faith.

Two
workshops
for one low
price!

Buy one get one free when you preregister for Quest for Self: The Innocent *and* Quest for True Self: The Orphan workshops. Offer valid only with preregistration. Hurry! Offer expires on February 1, 2007. Limit one coupon per person.

Offer Expires: February 1, 2007

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