

LAN Circle Wrap-up

November 28, 2023



We were so happy to welcome 28 folks to our LAN circle. We had a few new faces, too. It was a very meaningful and poignant meeting.

Updates

- LLP has a journal article published!!! The name of the article in *Frontiers in Psychology* is: “Collective Labyrinth Walking with a Shared Intention Leads to Connectedness, Transcendent Experiences, and Insights for Compassionate Action during the COVID Pandemic.” [Click here](#) to read the article.
- Chris Katzenmeyer, Executive Director of LLP, asked us to be on the watch for the end of the year financial campaign.
- The next Book club will be *The Path of the Holy Fool* by Rev. Dr. Lauren Artress on January 9, 2024, at 7 pm ET.
- Johanna: Global Coherence Initiative (GCI) reminder-taking place on 11/29 at 6 pm ET: our group is LAN, the password is “orangeearth85”. To upload the app, go to HeartMath Institute and follow the links. We “meet” on the app the 4th Wednesday of each month for about 15 minutes to share our coherent energy with each other and around the world.

Inspiration

Thank you, Sheila Spremulli, for talking to us about trauma-informed self-care. It was perfect timing to discuss this topic. Before we can do our Labyrinth Activist work collectively, we must care for ourselves and our own wounding. As she promised us, see below for a list of the resources from her presentation and other suggestions.

Intention

Our intention from October continued for this month:

All humanitarian aid reaches the people in need in Gaza and Israel immediately.

- We meditated for 10 minutes and walked our finger labyrinths. Then we shared our powerful and emotional visions. Frank Faine, who is of the Jewish Faith, shared his concern and sometimes frustration about the way Israel is being portrayed in the media. We learned, again, that our intentions need to rise above dissent to a common truth. This isn’t easy work—but we are learning! Our circle is strong, wise, and compassionate.
- Add your thoughts and feelings as you continue to use this intention (or tweak it to resonate for you) to our [Facebook page](#).

Next Steps

- The next LAN Circle is scheduled for December 26th at 7 pm ET. But watch your inbox at that time for a special treat. There will not be a Zoom meeting until **January 23**.
- Join Chris and Ellen for a Pre-WLD event on **January 6th** offered at two different times. Registration information is available if you [click here](#).
- Mark your calendars for the book club on **January 9, 2024, 7 pm ET**.

- On Saturday, January 27th from 9-11 am PT Chris and Ellen will be doing a webinar about Labyrinth Activism with the Trinity Episcopal Speakers Bureau in Portland, Oregon. [Click here for registration information.](#) (when registration links are up).

Closing

“If your compassion does not include yourself, it is incomplete.”

— Jack Kornfield

Thank you to everyone in our circle last night. It was a beautiful experience to be with you.

Blessings as we each celebrate our December Holidays!!

Gratefully,

Ellen

Director, Labyrinth Activist Network, Legacy Labyrinth Project

Meeting Chat:

18:04:52 From Kathleen To Everyone:

Greetings from North Carolina, USA

18:06:14 From Rev. Steve (He Him) To Everyone:

 Golden CO

18:08:19 From Zia Shapiro To Everyone:

Dear New & Old Friends, Zia from Carmel Valley, CA here. I have another meeting at 4:30 PM/PST & will probably need to leave early, but SO wanted to connect with you all even briefly. Thanks! Zia (zia@ceremoniesinmonterey.com)

18:14:33 From The Labyrinth Society/ Carmel Stabley /PA To Everyone:

<https://www.worldlabyrinthday.org/>

18:46:21 From Michael Murschel To Everyone:

Michael J Murschel, SD, MA, CH


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224-577-8338

18:47:15 From Zia Shapiro (Carmel Valley CA) To Everyone:

Thank you Sheila!

18:49:04 From Rev. Steve (He Him) To Everyone:

Reacted to "Thank you Sheila!" with 

18:49:31 From Rob Meyer-Kukan To Everyone:

Can you put the intention in the chat?

18:50:26 From Ellen Bintz Meuch To Everyone:

All humanitarian aid reaches the people in need in Gaza and Israel immediately.

18:59:22 From Kathleen To Everyone:

I need to sign off for the evening. It's always a blessing to see you all.

19:12:50 From The Labyrinth Society/ Carmel Stabley /PA To Everyone:

"The Love of Thousands" by Christine Valters Paintner talks about angels and ancestors helping us to heal generational trauma. It has a devotional element as well.

19:22:49 From Lisa Haupt To Everyone:

I participated with a very informative webinar today...with Dr. Landau — 20-page guide entitled HOW TO TALK TO JUST ABOUT ANYONE ABOUT ISRAEL-PALESTINE... <https://landau-interfaith.com/>

19:30:24 From Maxine To Everyone:

Thanks so much for this wonderful session, so sad I have to leave. Peace and love to you all!!

Trauma-Sensitive, Self-Care Resource List
Sheila Spremulli for LAN Presentation
November 28, 2023

Trauma/Post Traumatic Growth

Aubri Tallent Coaching Labyrinths & Post-traumatic Growth Organizations/Training/Coaching:

<https://www.aubritallent.com/kit-self-guided-course> Aubri uses the labyrinth map (**below**) in her work.

Veriditas interviewed her on November 27, 2023. Her online self-guided course is \$79. Veriditas plans to offer an edited version of her course (cost not established, yet) beginning December 21, 2023.



Geared for spiritual director but anyone can take these courses

Foundations of Trauma-Supporting Spiritual Care

“The first step toward the ongoing work of becoming” bringing trauma-sensitive awareness to our LAN meetings and practices “is increasing our capacity to be *with* and *work with* our trauma ruptures and residues”.

Shannon Michael Pater M.A.R., M.Div., Psy.D. | Yoga Alliance E-RYT 500 “Foundations of Trauma-Supporting Spiritual Care is designed for *anyone* who feels called to better understand trauma as a spiritual wound and wants to strengthen their skillful practice of providing spiritual care.”

<https://www.youtube.com/watch?v=Hkw2BQkwTps> <https://noticethejourney.com/wisdom-of-trauma-video>
www.noticethejourney.com, <https://youtu.be/GgT8KlOscrM>

Spiritual Directors International (SDI)

These SDI offerings are for Spiritual Directors but anyone can take the course.

SDI 2023 Course: <https://www.sdicompanions.org/product/trauma-and-wellness-for-spiritual-directors-and-companions-self-paced-online-course/>

SDI 2024 Course: <https://www.sdicompanions.org/product/trauma-and-belonging-for-spiritual-directors-and-companions/>

Miscellaneous

Global Trauma Relief Program <https://cmbm.org/calendar/events/online-professional-training-program-in-mind-body-medicine-feb-2024/> See **Nicol, David. Subtle Activism** (SUNY series in Transpersonal and Humanistic Psychology) (p. 176). State University of New York Press. Kindle Edition. **See Appendix 1 for more resources**


Exploring the Contemplative Dimensions of Healing Trauma James Finley available at <https://store.cac.org/products/healing-trauma> Free Mp3 download

[This Conversation Will Change How You Think About Trauma:](#)

The author of “The Body Keeps the Score” on how trauma transforms the body and the brain (The Ezra Klein Show: 24 August 2021 | 1 hour 20 mins | Transcript

TLS Bibliography “trauma” search result

Walking the labyrinth: Enhancing spiritually sensitive clinical practice. Reflections: Narratives of Professional Helping.

Special issue: Spirituality Diversity in Social Work, 113, 84-95. (2005). Brigid, M. open access:  [Reflections: Narratives of Professional Helping](#)

<https://reflectionsandnarrativesofprofessionalhelping.org> > ...

Thought Kitchen, LLC

Mindful organization building/support <https://www.thought-kitchen.com/services-4>

Jill S. Carnell (she/her) Cofounder & Chief Contemplative Officer (Presented at TLS Conference 2023).

Books

Attuned: Practicing Interdependence to Heal Our Trauma—and Our World, Thomas Hübl (2023)

Trauma-Sensitive Mindfulness: Practices for Safe and Transformative Healing, David Treleaven (2018).

Anchored: How to Befriend Your Nervous System Using Polyvagal Theory, Deborah A. Dana (2021)

[Mortebo Church Sculpture https://upload.wikimedia.org/wikipedia/commons/5/57/Martebo_kyrka.Flykten_till_Egypten..jpg](https://upload.wikimedia.org/wikipedia/commons/5/57/Martebo_kyrka.Flykten_till_Egypten..jpg)