



LAN Circle Wrap-up

March 26, 2024

Updates

- Chris: LLP updates- watch for information about our Sacred Journey to Newfoundland & Labrador to be announced very soon. You won't want to miss this opportunity! Also, there is a new video available on the LLP website about how to create an intention. [More information here.](#)
- The first 2024 book club meeting is April 2nd at 7 pm EDT. The book is **Awe: The New Science of Everyday Wonder and How It Can Transform Your Life** by Dacher Keltner. Please email Tisha if you are interested in joining the book club: tishaus08@yahoo.com. It isn't necessary to read the book to join in on our rich discussions! At this meeting we will decide what we want to read for the rest of the year.

Inspiration/Meditation

Sue Cummings: Ocean health, LL #9, Newfoundland intention group history

Our own LAN circle member, Sue, beautifully shared information about her homeland, Newfoundland & Labrador. We learned about how Legacy Labyrinth #9 came to be and the lovely story about where it will be placed in the cathedral. The purpose of LL #9 will be ocean health. Master labyrinth maker, Lisa Moriarty, is painting the labyrinth beneath the fisherman's windows. She definitely enticed several of us to be a part of the Sacred Journey and LL #9 dedication in September! (I can't wait!!) A few of the links that Sue mentioned are below and a follow-up note she wrote Wednesday morning is included at the end of this wrap-up. Thank you, Sue, for the rich information and the transformative meditation you led to bring us into our intention for the next four weeks.

- Message in a Bottle is an essential read for anyone coming to the Ocean Labyrinth. It is just being released now and is a beautiful and engaging read. It is not all science but also a love affair with the earth and life as it was, is and is becoming. Not overly long and very engaging and features the newfoundland marine environment as well as the ocean from Antarctica to the Arctic.
<https://www.penguinrandomhouse.ca/books/658340/message-in-a-bottle-by-holly-hogan/9780385696265>
- Message in a Bottle song by Sting:
https://www.google.com/search?q=who+wrote+the+song+message+in+a+bottle&oq=who+wrote+the+song+m+essag&gs_lcrp=EgZjaHJvbWUqBwgAEAAyGAAQyBwgAEAAyGAAQyBggBEEUYOTIICAIQABg
- Vesica Piscis videos:
 - <https://www.youtube.com/watch?v=Sp7PWv-Rz1c>
 - <https://www.youtube.com/watch?v=32zAjidyAOE>

Our Intention for the next month

May our actions, individually and collectively, restore Ocean Health to the benefit of the whole earth community.

Next Steps

- Mark your calendar for the pre-WLD event hosted by Veriditas on **Saturday, April 6**. Registration information here: <https://www.worldlabyrinthday.org/wld-2024/pre-wld-events>.
- The next book club is **April 2nd, 7 pm EDT**.
- The next LAN Circle is **April 28, 7 pm EDT**.

Closing:

A blessing, by Starhawk: <https://www.spiritualityandpractice.com/practices/practices/view/22041/blessing-for-water>

Praise and gratitude to the sacred waters of the world, to the oceans, the mother of life, the womb of the plant life that freshens our air with oxygen, the brew that is stirred by sunlight and the moon's gravity into the great currents and tides that move across the earth, circulating the means of life, bringing warmth to the frozen Arctic and cool, fresh winds to the tropics. We give thanks for the blessed clouds and the rain that brings the gift of life to the land, that eases the thirst of roots, that grows the trees and sustains life even in the dry desert. We give thanks for the springs that bring life-giving water up from the ground, for the small streams and creeks, for the mighty rivers. We praise the beauty of water, the sparkle of the sunlight on a blue lake, the shimmer of moonlight on the ocean's waves, the white spray of the waterfall. We take delight in the sweet singing of the dancing stream and the roar of the river in the flood.

We ask help to know within ourselves all the powers of water: to wear down and to build up, to ebb and to flow, to nurture and to destroy, to merge and to separate. We know that water has great powers of healing and cleansing, and we also know that water is vulnerable to contamination and pollution. We ask help in our work as healers, in our efforts to ensure that the waters of the world run clean and run free, that all the earth's children have the water they need to sustain abundance of life. Blessed be the water.— *Starhawk in [The Earth Path](#)*

A follow-up note from Sue Cummings:

St. John's, Newfoundland and Labrador

Lan meeting, March 26th, 2024

Standing on the shoreline and looking out from the vantage point of any of the world's continents gives the impression that the world's ocean is a kind of near infinity. We know more about the surface of the moon than we know about the ocean floor. There are innumerable species we have not even seen or named, yet alone understand the role they play in the whole earth community. The vastness of the Earth's Ocean consists of one single body of water that envelopes the 30% of land mass above water. It seems such immensity would be invulnerable to any mark we might leave upon it even though the Ocean is home to some of the most delicate species in nature.

This Ocean is the mother of all life on Earth. It is from her that we have our beginnings, all of us. This Ocean is your first home. Though as humans, we are a land species, our primordial beginnings are still echoed in the salty sea of our own mother's womb where we prepare for our life in the world.

The Ocean covers 70% of Earth's surface and holds about the same percentage of the earth's carbon footprint, deeply influencing weather patterns and the planet's atmosphere. Every second breath you breathe is made possible through the conversion of carbon dioxide into oxygen occurring through the bloom of the ocean's phytoplankton.

The shoreline from which I view this wonder, is a tiny island in the North Atlantic just off an oceanic, continental shelf, called the Grand Banks, once one of the most prolific fishing grounds in the world. The modern history (last 600 plus years) of the island of Newfoundland is the pattern of settler colonialism we are familiar with all through the Americas. Here it was the vying of French, English, Spanish and Portuguese that formed the society I live in today. Predominately white European stock, we are English speaking and hale dominantly from English and Irish roots. Nordic influences are now only recognized through archeological remains. The Indigenous peoples were decimated by the colonial beginnings of this present age. The last living member of the noble Beothuk, a young woman named Shanawdithit, was 'kindly' displayed as a human trophy to the British and died in St. John's of tuberculosis.

Through all this colonial period the Ocean offered up its plenty. Policies of territorial waters developed to control fishing practices around the Island. Yet overfishing and environmental changes resulted in a full collapse of this abundance in the 1980/90's. Ocean's deteriorating health began to show early symptoms in these decades, but these were largely ignored and even covered up by political forces until the empty nets could not be denied and a full moratorium was declared for the Atlantic Cod with decimating effects on the nearest peoples to this catastrophe, Newfoundlanders and Labradorians.

Islands of plastic were being reported forming far out to sea because of the interaction of ocean currents carrying domestic and commercial garbage to the natural convergence points of these currents. The greater damage though, was out of sight in the depths below the surface as fish and sea mammals ingested particles and pieces of discarded plastic, Now, about 80% of ocean species are contaminated and threatened by this issue alone. We know weather patterns are changing and Ocean Health is a primary player in this phenomenon.

As a people, Newfoundlanders and Labradorians have witnessed these changes with a kind of intimacy privileged by few other North Americans. Pollution, ocean mining. Oil production, marine species health and resource management threaten or have already decimated one of the most prolific fisheries in the world.

This morning the fiery sun rose again from the ocean lying just outside St. John's harbour, the harbour National Geographic named the fourth most beautiful harbour in the world. Ships come and go through the narrow opening into a steeply protected refuge from the North Atlantic wind and sea. As I look out to the most easterly headland in North America, Cape Spear, I look for icebergs, or whales, or the ships that bear family and loved ones home. As I train my eye down the ships docking, loading and unloading, I see flags from countries around the world. Until recently, just behind me, it was the steeples of mostly Christian churches that provided the high points around the harbour, but now there are competing structures of commerce and culture, Still, it is a beautiful city nestled around the harbour and under the steep hills that create the harbor basin.

This week, in the Anglican Cathedral of St. John the Baptist, Labyrinth artist, Lisa Moriarity will come honoring the 325th anniversary of this church and its partnership with Legacy Labyrinth, to create a labyrinth in the south transept that will be dedicated in September 2024 to the theme of Ocean Health. This labyrinth has been waiting a long, long time to come here. She has responded to deep contemplative listening. This labyrinth has also arrived in response to deep contemplative conversation and longs to offer herself to us in response to our deepening commitment as contemplative activists seeking to reestablish Ocean Health.

May our actions, individually and collectively, restore Ocean Health to the benefit of the whole Earth Community.

We welcome you to a homecoming. We welcome you to the labyrinth where we will each touch again our earliest beginnings. We will each discover our part in the collective awakening to a whole and healthy planet. Come and enjoy our hospitality, revel in the natural beauty, and commit to being part of our new unfolding planetary story.

The Labyrinth Community of St. John's Newfoundland and Labrador