

# Labyrinth e-Letter

No.8, June 2012



**Newsletter of the Frederic and Margaret Wallis Labyrinth Committee**

## EVENTS

### Next Event: Meditative Walking during Matariki

**Sunday 8 July from 2pm**

Held wet or fine, followed by afternoon tea (koha please)

Matariki was traditionally used as an opportunity for people to come together in a time of celebrating and learning. Midwinter was the season for reflecting on the past while examining the present and planning how to move forward into the future. In many cultures it is the traditional New Year, symbolising a new beginning.

This year we are delighted to welcome Ajahn Kusalo, Abbott of the Bodhinyanarama Monastery, and his fellow monks to assist with exploring these issues on the labyrinth. They will teach us about and lead us in the art of meditative walking.

The Buddhist monks used the labyrinth on a regular basis at Frederic Wallis House and it will be our pleasure to have them back. It is all the more poignant since the labyrinth relocation given that Buddhists founded hospitals and hospices several hundred years before Christianity. They consequently have a sound understanding of the labyrinth as an effective healing tool during meditative walking.

You are warmly invited to explore the links between Matariki, the medieval labyrinth pattern first used in Chartres Cathedral in France and the Buddhist practice of meditative walking in a healing environment. This event will take place regardless of the weather. Afternoon tea (koha please) and the opportunity to walk the labyrinth are included in the programme.

### Coming soon: The Labyrinth's story told in graphics

Throughout all of September

In the hospital corridor between Patient Enquiries and the Chapel

**Later on: Carols Around the Labyrinth** 14 December between 7.40 – 9pm

**More details** on both these events in the next Labyrinth e-Letter, in August and on our website [labyrinth.org.nz](http://labyrinth.org.nz)

*Thank you for your ongoing support and interest in the Labyrinth at Hutt Hospital.*