

Meister Eckhart wrote, “We progress through stopping.”

True - but in this wired world how do we stop?

Pastor Rick Zweck (A former school chaplain and parish pastor) will introduce participants to the “stillness toolkit” – activities that lead students into stillness.

The labyrinth is an essential part of this “toolkit.” Pastor Rick has 5 years experience working in schools with the labyrinth – from prep to year 12. He has also just returned from France where he completed the Advanced Facilitator training with Veriditas. Participants will walk to St John’s Cathedral to walk the Labyrinth and consider how such an experience may lead students into stillness and spiritual reflection.

(St John’s Anglican Cathedral is a 30-minute walk across the Brisbane River and through the city. Those unable/preferring not to walk may take a taxi at own expense)



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LABYRINTH RESOURCES

Web addresses

www.veriditas.org

<http://www.labyrinthos.net/>

www.labyrinthproject.com

www.labyrinthlinkaustralia.org

Books

Artress L. *Walking a Sacred Path* Riverhead Books, New York, 2006

Artress L. *The Sacred Path Companion* Riverhead Books, New York, 2006

Hancock G.D. *108 Ways to use labyrinths in schools* Hancock and Associates, Las Vegas, 2007

Camp C.A. *Praying at every Turn*, Crossroad 2006

Villemaire L. *The Labyrinth Experience, an Educator's Resource*, Sisters of St. Joseph of Springfield MA

McCarthy M. *Kids on the Path - School Labyrinth Guide* Labyrinth Resource Group 2007

Kalstrom C. *Children and the labyrinth – Liturgical and Non-liturgical uses* Alternative Learning Environments, Inc., 2001

McCullogh D. *The Unending Mystery – A journey through labyrinths and mazes*
Anchor Books, New York

Books available from:

www.fishpond.org

www.bookdepository.co.uk



Some Student Reflections

“I could feel my brain go quiet. In the middle of the labyrinth I prayed to God. I said thankyou God for caring for me.”

“I prayed for my loved one who is travelling to come home safely. The labyrinth helped me to believe he will. The school should have a labyrinth so students can go there to pray.”

“I’m not a very spiritual person but the labyrinth was a very spiritual experience which I enjoyed. “

“I thought of NOTHING and had NO thoughts, which may seem like nothing, but it had a massive effect on me because I’ve always got something that I’m thinking about and to think of nothing was really strange. Thanks.”

Prep teacher – Immanuel College

“The children really enjoyed walking the labyrinth. One Prep mother said it was the first time her child said anything about school all year. She said he excitedly told her: “Guess what mum...today we went to labrador and put all our worries on a stone and gave them to Jesus...now we don’t have to worry about them at all!”

Some Adult Reflections

Widower:

“As you know I lost my wife 7 years ago and have battled a bit since then. However in the experience of the labyrinth...I took your lead, said goodbye and handed her over to God, and since then I have had the weight of losing her lifted from me. Although she is still a part of my life I no longer dream of her or consider what life could have been. Thankyou Rick, I really believe that the process of the Labyrinth certainly worked for me.”

Teacher: Clairvaux Mackillop College

“I found the Labyrinth a great experience. It was lovely to have the opportunity to be quiet and still and to look inwardly for a change.”