

From: Quad-City Labyrinth Project
To: cattfoy@earthlink.net
Date: 1/13/2007 2:54:42 AM
Subject: QCLPathways

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QCLPathways

January Events

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Greetings!

Quad-City Labyrinth Project invites you to join us for these special labyrinth events during the month of January. We look forward to seeing you on the path!

Peaceful pathways,

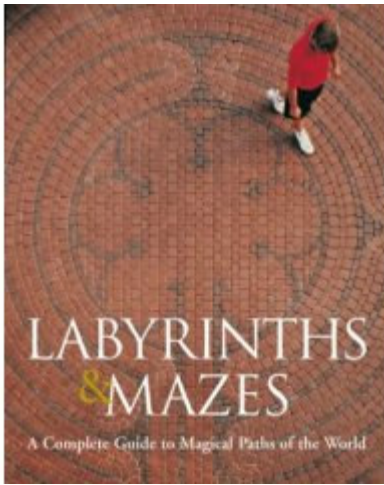
Pat McLaughlin, Executive Director

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 endeavor. Suited for novice and experienced readers alike, Pathways is the forum for labyrinth talk!

Join us for a stimulating discussion of *Labyrinths & Mazes: A Complete Guide to Magical Paths of the World*, by Jeff Saward! Written by the world's leading labyrinth scholar, this book is full of stunning photos of labyrinths around the world and their fascinating history. A must-read for labyrinth enthusiasts who are seeking an overview of labyrinth history and the development of the worldwide labyrinth movement.



Pathways Book Group meets from 7 to 8:30 p.m. on the second Monday of every month in the café at Borders Books, Music & Café, 4000 E. 53rd Street, in Davenport, Iowa. For more information, call facilitator Pat McLaughlin at (563) 323-1737. Cost: Free.

February 12: *The Way of the Labyrinth*, by Helen Curry.

Where & When

Borders Books, Music
& Cafe
4000 E. 53rd Street
Davenport, Iowa

January 15, 2007
7:00 PM-8:30 PM

Martin Luther King Memorial Walk

World Peace Walk

Celebrate the life and legacy of Dr. Martin Luther King, Jr. by walking the labyrinth and contemplating your contribution to "The Beloved Community."

Where & When

Martin Luther King
Community Center
630 Martin Luther King
Drive
Rock Island, Illinois

January 15, 2007
2:00 PM-4:00 PM

To honor the legacy of Dr. Martin Luther King, Jr., Quad-City Labyrinth Project will host a labyrinth walk on January 15, 2007, from 2 to 4 p.m. at the Martin Luther King Community Center in Rock Island. The walk gives participants the opportunity to pay tribute to the King legacy and contemplate their own contribution to "The Beloved Community." Thanks to a grant from the Southern Law Poverty Center, free materials on teaching tolerance and practicing the principles of nonviolence will be available.

The walk will take place on the 11-circuit Chartres- pattern portable canvas labyrinth. Continuous 5- minute introductions will be held for those unfamiliar with labyrinths. Creative arts materials will be available for those who wish to reflect upon their experience. Keep the dream alive by joining us for this memorable event!

Cost: Donations appreciated. Proceeds support the Quad-City Labyrinth Project World Peace Walks program.

Clutter Clearing

Labyrinth Workshop

Learn how to use the labyrinth and apply the basic principles of Feng Shui to clear internal blockages that prevent you from enjoying health, wealth, and happiness!

Where & When

Quad-City Labyrinth Project
111 E. Third Street
Mezzanine
Davenport, Iowa

January 20, 2007
9:00 AM-12:00 PM

Based on the best-selling book *Clear Your Clutter with Feng Shui*, by Karen Kingston, this workshop teaches you how to free yourself from physical, mental, emotional, and spiritual clutter. Fun and effective exercises will include

- Treasure mapping with finger labyrinths to discover the areas where your life force energy is sluggish or blocked
- Creating effective “cures” that help circulate the energy and maximize creative flow
- Learning how to release blockages by doing gentle clearing exercises on the labyrinth.

Clear the internal clutter that prevents you from making positive changes in your life. Join Labyrinth Facilitator Pat McLaughlin to learn how to use the labyrinth to do internal housecleaning in playful, yet powerful, ways.

Preregistration is required by January 17, 2007. RSVP by e-mailing qclabyrinth@aol.com or calling the QCLP office at (563) 323-1737. Cost: \$50.

Clear Your Clutter with Feng Shui

Introduction to Labyrinths

Labyrinth Class

This class provides basic information that every labyrinth enthusiast should know about the history and uses of labyrinths and the worldwide labyrinth movement.

Where & When

Quad-City Labyrinth Project
111 E. Third Street
Mezzanine
Davenport, Iowa

January 20, 2007
1:00 PM-3:00 PM

Join labyrinth facilitator Pat McLaughlin to learn more about the fascinating story of labyrinths and their worldwide reemergence in contemporary society. We will discuss their ancient origins, global distribution, the amazing variety of forms, the differences between labyrinths and mazes, and much more!

Preregistration is required by January 17, 2007. RSVP for this event by e-mailing qclabyrinth@aol.com or by calling the QCLP office at (563) 323-1737. Cost: \$30.

Quest for True Self

Labyrinth Workshop

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

This is the first in a series of twelve monthly workshops based on the

Where & When

Quad-City Labyrinth Project
111 E. Third Street
Mezzanine
Davenport, Iowa

January 28, 2007
9:00 AM-12:00 PM

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 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 your journal and favorite writing instrument.

Preregistration is required by January 25, 2007. RSVP by e-mailing qclabyrinth@aol.com or calling the QCLP office at (563) 323-1737. Cost: \$50

Awakening the Heroes Within

Labyrinth Facilitation 101

Labyrinth Workshop

Join Veriditas Certified Facilitator Pat McLaughlin to learn how to facilitate the process of walking a labyrinth.

Where & When

Quad-City Labyrinth Project
111 E. Third Street
Mezzanine
Davenport, Iowa

January 28, 2007
1:00 PM-3:00 PM

This interactive class presents a philosophy of working with labyrinths and facilitating the process of walking labyrinths. Concepts include basic approaches to the walk, sacred space, the "threefold path," the labyrinth as metaphor, and suggested tools for enhancing the walk.

Our text for the class is *Walking a Sacred Path: Rediscovering the Labyrinth as a Spiritual Practice*, by Lauren Artress, the leading figure in labyrinth facilitator training. Instruction will focus on the use of the Chartres-pattern labyrinth. Information will also be available about how to become a Veriditas Certified Facilitator.

Prerequisite: Participants must read *Walking a Sacred Path* before attending class.

Preregistration is required by January 25, 2007. RSVP by e-mailing qclabyrinth@aol.com or calling the QCLP office at (563) 323-1737. Cost: \$30

Walking a Sacred Path

**Quad-City
Labyrinth Project**

111 E. Third Street

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.

Suite 306
Davenport, Iowa 52801

(563) 323-1737
qclabyrinth@aol.com
<http://www.qclabyrinth.org>

Save
\$10

This coupon is good for a \$10 discount on any QCLP workshop during the month of January. Offer valid only with preregistration. Limit one coupon per person.

Offer Expires: January 31, 2007

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